




# 2025 October

 **Centre Name:** AAC (Woodlands East)  
 **Centre Address:** Blk 691C Woodlands Drive 73 #01-43 S733691  
 **Centre Contact:** 6715 6754 / 6715 6755






MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		NTUC Health AAC Day 9:00am - 1:00pm	Let's Dance-Evergreen Embodiment (1/10)** 9:30am - 10:30am	Let's Exercise Resistance Band (Seated) 10:00am - 11:00am	
		Let's Chair Zumba 9:00am - 10:00am	Let's Do 3D Printing (4/4) 2:30pm - 4:30pm	Let's Do Clay Art 2:00pm - 4.00pm	
		Let's Piloxing Lite (Woodlands Sport Pavillion) 10:00am - 11:00am	LTA Talk on Bus Safety 2:00pm - 5.00pm	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	
		Ukulele (Advanced Techniques) 11:30am - 1:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	
		Let's Gen Together - Primary 2:30pm - 3:30pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm		
		Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm			

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职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

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 NTUC Health

MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
CHP Services (by appointment only) 9:00am - 5:00pm	Let's Glockenspiel (Level 2) 10:30am - 12:00pm	Let's Chair Zumba 9:00am - 10:00am	Let's Dance-Evergreen Embodiment (2/10)** 9:30am - 10:30am	Let's Exercise Resistance Band (Seated) 10:00am - 11:00am	
Zumba Gold 9:00am - 10:00am	Cross FIT 2:00pm - 3:00pm	Let's Piloxing Lite (Woodlands Sport Pavillion) 10:00am - 11:00am	Let's Learn to play Rummy-O (Beginner) 2:00pm - 4:00pm	Let's Makan Together* 12:00pm - 1:00pm	
Let's Lim Kopi* (Male Exclusive) 10:00am - 11:00am	Let's Do Paper Quilling 2:00pm - 4:00pm	Ukulele (Advanced Techniques) 11:30am - 1:00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Let's Do Crochet 2:00pm - 4:00pm	
Let's Learn to Sing (2/8) Beginner* 11:00am-12.30pm	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Gen Together - Primary Riverside Primary School 2:30pm - 3:30pm		Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	
Let's Learn to Sing (2/8) Advanced* 1:30pm-3.30pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm		Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	
Let's KTV Together (Karaoke)* 3.30pm-5.30pm					
Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm					

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
CHP Services (by appointment only) 9:00am - 5:00pm	Let's Glockenspiel (Level 2) 10:30am - 12:00pm	Let's Chair Zumba 9:00am - 10:00am	Let's Dance-Evergreen Embodiment (3/10)** 9:30am - 10:30am	Let's Exercise Resistance Band (Seated) 10:00am - 10:45am	
Zumba Gold 9:00am - 10:00am	Cross FIT 2:00pm - 3:00pm	Let's Piloxing Lite (Woodlands Sport Pavillion) 10:00am - 11:00am	Let's Learn to play Rummy-O (Beginner) 2:00pm - 4:00pm	Let's Do Clay Art 2:00pm - 4:00pm	
Let's Lim Kopi* (Male Exclusive) 10:00am - 11:00am	Let's Do Paper Quilling 2:00pm - 4:00pm	Ukulele (Advanced Techniques) 11:30am - 1:00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Digital - IMDA Go-Digital Session 2:30pm - 4:00pm	
Let's Learn to Sing (3/8) Beginner* 11:00am-12.30pm	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Do Recycle Art 2:00pm - 4:00pm		Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	
Let's Learn to Sing (3/8) Advanced* 1:30pm-3.30pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm		Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	
Let's KTV Together (Karaoke)* 3.30pm-5.30pm					
Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm					

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**NTUC Health**

MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
	Wheelchair Servicing Workshop 9.30am - 11.30am	Let's Chair Zumba 9:00am - 10:00am	Let's Dance-Evergreen Embodiment (4/10)** 9:30am - 10:30am	Let's Exercise Resistance Band (Seated) 10:00am - 11:00am	Let's Go Gai Gai** (Digital for Life Festival) 10:00am - 2:00pm
	Let's Glockenspiel (Level 2) 10:30am - 12:00pm	Let's Piloxing Lite (Woodlands Sport Pavillion) 10:00am - 11:00am	Let's Learn to play Rummy-O (Beginner) 2:00pm - 4:00pm	Let's Makan Together* 12:00pm - 1:00pm	
	Cross FIT 2:00pm - 3:00pm	Ukulele (Advanced Techniques) 11:30am - 1:00pm	Wellness Talk by Club Heal (Dementia Talk) 2:00pm - 5:00pm	Let's Do Crochet 2:00pm - 4:00pm	
	Let's Do Paper Quilling (Teacher) 2:00pm - 4:00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	
	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm		Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	
	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm				

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
CHP Services (by appointment only) 9:00am - 5:00pm	Let's Glockenspiel (Level 2) 10:30am - 12:00pm	Let's Chair Zumba 9:00am - 10:00am	Let's Dance-Evergreen Embodiment (5/10)** 9:30am - 10:30am	Let's Exercise Resistance Band (Seated) 10:00am - 10:45am	
Zumba Gold 9:00am - 10:00am	Cross FIT 2:00pm - 3:00pm	Let's Piloxing Lite (Woodlands Sport Pavillion) 10:00am - 11:00am	Let's Learn to play Rummy-O (Beginner) 2:00pm - 4:00pm	Balik Kampung 11:00am - 12:00pm	
Let's Lim Kopi* (Male Exclusive) 10:00am - 11:00am	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Ukulele (Advanced Techniques) 11:30am - 1:00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Let's Do Clay Art 2:00pm - 4:00pm	
Let's Learn to Sing (4/8) Beginner* 11:00am-12.30pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Let's Do Recycle Art 2:00pm - 4:00pm		Let's do Bowling at Orchid Bowl (OCC)* 2:30pm - 4.30pm	
Let's Learn to Sing (4/8) Advanced* 1:30pm-3.30pm		Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm		Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	
Let's KTV Together (Karaoke)* 3.30pm-5.30pm				Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	
Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm					

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		活跃乐龄日 9:00am - 1:00pm	舞蹈工作坊 1/10 9:30am - 10:30am	一起线上坐椅子 阻力带运动 10:00am - 11:00am	
		一起跳椅子尊巴 9:00am - 10:00am	一起做 3D 打印 (4/4) 2:00pm - 4:00pm"	一起做粘土艺术 2:00pm - 4:00pm	
		一起普拉提轻度训练 (Woodlands Sport Pavillion) 10:00am - 11:00am	陆路交通管理局 巴士安全 2:00pm - 4:00pm	游戏时间 Rummy-O 2:00pm - 5:00pm	
		尤克里里琴 (高级初学者) 10:00am - 11:00am	游戏时间 Rummy-O 2:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm	
		尤克里里琴 (技巧) 11:30am - 1:00pm	一起水培法 4:00pm - 5:00pm		
		一起做再循环工艺 2:00pm - 4:00pm			
		一起水培法 4:00pm - 5:00pm			

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MON	TUE	WED	THU	FRI	SAT	
6	7	8	9	10	11	
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	钟琴 (二级班) 10:30am - 12:00pm	一起跳椅子尊巴 9:00am - 10:00am	舞蹈工作坊 2/10 9:30am - 10:30am	一起线上坐椅子 阻力带运动 10:00am - 11.00am		
黄金尊巴舞 9:00am - 10:00am	一起做CrossFit 2:00pm - 3:00pm	一起普拉提 轻度训练 (Woodlands Sport Pavillion) 10:00am - 11:00am	学习如何玩 Rummy-O 游戏 (初学者) 2:00pm - 5:00pm	一起来makan 12:00pm - 1:00pm		
咖啡kaki 一起拉筋运动 9:30am - 10:00am	一起做衍纸 2:00pm - 4:00pm	尤克里里琴 (技巧) 11:30am - 1:00pm	一起水培法 4:00pm - 5:00pm	一起钩针编织 2:00pm - 4:00pm		
一起喝咖啡 (只限男性) 10:00am - 11:00am	游戏时间 Rummy-O 2:00pm - 5:00pm	代际交流 - 小学 (立德小学) 2:30pm - 3:30pm		游戏时间 Rummy-O 2:00pm - 5:00pm		
一起来唱歌 (初级) 2/8 11:00am - 12:30pm	一起水培法 4:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm		一起水培法 4:00pm - 5:00pm		
一起来唱歌 (高级) 2/8 1:30pm - 3:30pm						
一起来K歌 3:30am - 5:30pm						

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MON

TUE

WED

THU

FRI

SAT




13	14	15	16	17	18
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	钟琴 (二级班) 10:30am - 12:00pm	一起跳椅子尊巴 9:00am - 10:00am	舞蹈工作坊 3/10 9:30am - 10:30am	一起线上坐椅子 阻力带运动 10:00am - 11:00am	
黄金尊巴舞 9:00am - 10:00am	一起做CrossFit 2:00pm - 3:00pm	一起普拉提 轻度训练 (Woodlands Sport Pavillion) 10:00am - 11:00am	学习如何玩 Rummy-O 游戏 (初学者) 2:00pm - 5:00pm	一起做粘土艺术 2:00pm - 4:00pm	
咖啡kaki 一起拉筋运动 9:30am - 10:00am	游戏时间 Rummy-O 2:00pm - 5:00pm	尤克里里琴 (技巧) 11:30am - 1:00pm	一起水培法 4:00pm - 5:00pm	IMDA 数码技能咨询服务 2:30pm - 4:00pm	
一起喝咖啡 (只限男性) 10:00am - 11:00am	一起水培法 4:00pm - 5:00pm	代际交流 - 小学 (立德小学) 2:30pm - 3:30pm		游戏时间 Rummy-O 2:00pm - 5:00pm	
一起来唱歌 (初级) 3/8 11:00am - 12:30pm		一起水培法 4:00pm - 5:00pm		一起水培法 4:00pm - 5:00pm	
一起来唱歌 (高级) 3/8 1:30pm - 3:30pm		一起水培法 4:00pm - 5:00pm			
一起来K歌 3:30am - 5:30pm					

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MON

TUE

WED

THU

FRI




SAT

20	21	22	23	24	25
	轮椅维修工作坊 9:30am - 11:30am	一起跳椅子尊巴 9:00am - 10:00am	舞蹈工作坊 4/10 9:30am - 10:30am	一起线上坐椅子 阻力带运动 10:00am - 10:45am	
	钟琴 (二级班) 10:30am - 12:00pm	一起普拉提轻度训练 (Woodlands Sport Pavillion) 10:00am - 11:00am	Club Heal 健康讲座 (痴呆症讲座) 2:00pm - 5:00pm	一起来makan 12:00pm - 1:00pm	
	一起做CrossFit 2:00pm - 3:00pm	尤克里里琴 (技巧) 11:30am - 1:00pm	学习如何玩 Rummy-O 游戏 (初学者) 2:00pm - 5:00pm	一起钩针编织 2:00pm - 4:00pm	
	一起做衍纸 (老师) 2:00pm - 4:00pm	一起水培法 4:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm	游戏时间 Rummy-O 2:00pm - 5:00pm	
	游戏时间 Rummy-O 2:00pm - 5:00pm			一起水培法 4:00pm - 5:00pm	
	一起水培法 4:00pm - 5:00pm				

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黄金尊巴舞 9:00am - 10:00am	一起做CrossFit 2:00pm - 3:00pm	一起普拉提 轻度训练 (Woodlands Sport Pavillion) 10:00am - 11:00am	学习如何玩 Rummy-O 游戏 (初学者) 2:00pm - 5:00pm	一起来 Balik Kampung (马来族专 属) 11:00am - 12:00pm	
咖啡kaki 一起拉筋运动 9:30am - 10:00am	游戏时间 Rummy-O 2:00pm - 5:00pm	尤克里里琴 (技巧) 11:30am - 1:00pm	一起水培法 4:00pm - 5:00pm	一起做粘土艺术 2:00pm - 4:00pm	
一起喝咖啡 (只限男性) 10:00am - 11:00am	一起水培法 4:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm		一起玩保龄球 (胡姬乡村俱乐部) 2:30pm - 4:30pm	
一起来唱歌 (初级) 4/8 11:00am - 12:30pm				游戏时间 Rummy-O 2:00pm - 5:00pm	
一起来唱歌 (高级) 4/8 1:30pm - 3:30pm				一起水培法 4:00pm - 5:00pm	

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