

2026 September

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



MON

TUE

WED

THU

FRI

SAT

	1	2	3	4	5
	Let's Lawn Bowl* 9:30am - 11:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Do Seated Exercise (Malay Exclusive) 8:30am - 9:30am	Let's Lawn Bowl (Mix) 9:30am - 11:30am	Let's go Gai Gai Singapore Sea Regatta 2026 8:30am - 1:00pm
	Let's Walking Football 10/13 (Woodlands Sport Pavilion) 10:00am - 11:30am	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Gold Aerobic 9:00am - 10:00am	
	Let's Do Paper Quilling 2:00pm - 4:00pm	Let's Jam with Ukulele 10:30am - 12:00pm	Community Fall to Fit - 5/10 9:30am - 11:30am	Let's Do Seated Exercise 10:15am - 11:15am	
	Happy Programme 2:00pm - 3:00pm	Let's Gen with PCF Sparkle Tots (NTUC Health AAC Woodlands East) 3:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Do Clay Art 2:00pm - 4:00pm	
	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	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
7	8	9	10	11	12
CHP Services (by appointment only) 9:00am - 5:00pm	Let's Lawn Bowl* 9:30am - 11:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Do Seated Exercise (Malay Exclusive) 8:30am - 9:30am	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
Let's Zumba Gold 9:30am - 10:30am	Digital- Fun! LEGGO with 乖孙 (grandkids) 9:00am - 5:00pm	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Gold Aerobic 9:00am - 10:00am	
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	Happy Programme 2:00pm - 3:00pm	Let's Ukulele 10:30am - 12:00pm	Riang Ria Sekampung* 10:00am - 11:00am	Let's Do Seated Exercise 10:15am - 11:15am	
Let's Talk News 11:00am - 12:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Fall to Fit - 6/10 9:30am - 11:30am	Let's Do Crochet 2:00pm - 4:00pm	
Let's KTV Together* 2:00pm - 5:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Gel Blaster 2:00pm - 3:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	
Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm		Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Gel Blaster 3:00pm - 4:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	
Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm			Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm		
			Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm		

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Community Health Post (by appointment only) 9:00am - 5:00pm	Let's Lawn Bowl* 9:30am - 11:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Do Seated Exercise (Malay Exclusive) 8:30am - 9:30am	AAC Team Building Day (Center Close)	
Let's Dragonboat 9:30am - 11:30am	Let's Walking Football 11/13 (Woodlands Sport Pavilion) 10:00am - 11:30am	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Community Fall to Fit - 7/10 9:30am - 11:30am		
Let's Zumba Gold 9:30am - 10:30am	Riang Ria Sekampung* 10:00am - 11:00am	Let's Jam with Ukulele 10:30am - 12:00pm	Let's Gen Together - Primary (Woodlands Garden School - AM) 10:00am - 11:30pm		
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	Let's Do Paper Quilling 2:00pm - 4:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am		
Let's KTV Together* 2:00pm - 5:00pm	Happy Programme 2:00pm - 3:00pm	Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Gen Together - Primary (Woodlands Garden School - PM) 10:00am - 11:30pm		
Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm		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
21	22	23	24	25	26
CHP Services (by appointment only) 9:00am - 5:00pm	Let's Lawn Bowl* 9:30am - 11:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Do Seated Exercise (Malay Exclusive) 8:30am - 9:30am	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
Let's Zumba Gold 9:30am - 10:30am	Let's Walking Football 12/13 (Woodlands Sport Pavilion) 10:00am - 11.30am	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Fall to Fit - 8/10 9:30am - 11:30am	Gold Aerobic 9:00am - 10:00am	
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	Happy Programme 2:00pm - 3.00pm	Let's Ukulele 10:30am - 12:00pm	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Wheelchair Servicing Workshop 9.30am - 11.30am	
Let's KTV Together* 2:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Haircut Services (Location - 693E) 10:00am - 12:00pm	Let's Do Seated Exercise 10:15am - 11:15am	
Let's Play TatSim PVP at HomeTeam NS (Khatib)* 2:00pm - 4.00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Do Crochet 2:00pm - 4.00pm	
Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm		Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Bowl (Orchid Country Club) 2:30pm - 4:30pm	
Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm				Traffic Police Talk 3:30pm - 4:30pm	
				Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	
				Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
28	29	30			
Community Health Post (by appointment only) 9:00am - 5:00pm	Let's Lawn Bowl** 9:30am - 11:30am	Let's Chair Zumba 9:00am - 10:00am			
Let's Dragonboat 9:30am - 11:30am	Let's Walking Football 12/13 (Woodlands Sport Pavilion) 10:00am - 11.30am	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am			
Let's Zumba Gold 9:30am - 10:30am	Happy Programme 2:00pm - 3.00pm	Let's Jam with Ukulele (Advanced Techniques) 10:30am - 12:00pm			
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Do Recycle Art 2:00pm - 4:00pm			
Let's KTV Together* 2:00pm - 5:00pm	Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm			
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					

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	一起来草地滚球** 9:30am - 11:30am	一起跳椅子尊巴 9:00am - 10:00am	一起跟做运动 (坐式) (马来族专属) 8:30am - 9.30am	一起来草地滚球 (男女) 9:30am - 11:30am	一起去 Gai Gai Singapore Sea Regatta 2026 8.30am - 1:00pm
	一起来踢球 9/13 (Woodands Sport Pavilion) 10:00am - 11.30am	一起普拉提轻度训练 (海军部一楼活动广场) 10:00am - 11:00am	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起跟做运动 (站式) 9:00am - 10.00am	
	一起做衍纸 2:00pm - 4:00pm	一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	Fall to Fit 运动 5/10 9:30am - 11:30am	一起跟做运动 (坐式) 10:15am - 11.15am	
	推广健康老龄化计划 (Happy Programme 开心计划) 2:00pm - 3:00pm	代际交流 PCF Sparkle Tots 幼儿园 (Woodlands East) 3:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起做粘土艺术 2:00pm - 4:00pm	
	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	
	一起水培法 4:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm		一起水培法 4:00pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	一起来草地滚球** 9:30am - 11:30am	一起跳椅子尊巴 9:00am - 10:00am	一起跟做运动 (坐式) (马来族专属) 8:30am - 9.30am	一起来草地滚球 (男女) 9:30am - 11:30am	
一起黄金尊巴舞 9:30am - 10:30am	Leggo! 与乖孙 9:00am - 5:00pm	一起普拉提轻度训练 (海军部一楼活动广场) 10:00am - 11:00am	Fall to Fit 运动 6/10 9:30am - 11:30am	一起跟做运动 (站式) 9:00am - 10.00am	
咖啡kaki 一起拉筋运动* 一起喝咖啡* 10:00am - 11:00am	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	一起来 Riang Ria (马来族专属) 10:00am - 11:00am	一起跟做运动 (坐式) 10:15am - 11.15am	
一起聊新闻 11:00am - 12.00pm	一起水培法 4:00pm - 5:00pm	一起做再循环工艺 2:00pm - 4:00pm	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起钩针编织 2:00pm - 4:00pm	
一起来K歌 2:00pm - 5:00pm		一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起玩凝胶弹枪 (1) 2:00pm - 3:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	
一起玩游戏时间 Rummy-O 2:00pm - 5:00pm		一起水培法 4:00pm - 5:00pm	一起玩凝胶弹枪 (2) 3:00pm - 4:00pm	一起水培法 4:00pm - 5:00pm	
一起水培法 4:00pm - 5:00pm			一起玩游戏时间 Rummy-O 2:00pm - 5:00pm		
			一起水培法 4:00pm - 5:00pm		

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	一起来草地滚球* 9:30am - 11:30am	一起跳椅子尊巴 9:00am - 10:00am	一起跟做运动 (坐式) (马来族专属) 8:30am - 9.30am	团队建设日 (中心关闭)	
一起划龙舟 9:00am - 11:30am	一起来踢球 11/13 (Woodlands Sport Pavilion) 10:00am - 11.30am	一起普拉提轻度训练 (海军部一楼活动广场) 10:00am - 11:00am	Fall to Fit 运动 7/10 9:30am - 11:30am		
一起黄金尊巴舞 9:30am - 10:30am	一起做衍纸 2:00pm - 4:00pm	一起玩尤克里里琴 10:30am - 12:00pm	代际交流 (早班) (Woodlands Garden School) 10:00am - 11:30am		
咖啡kaki 一起拉筋运动* 一起喝咖啡* 10:00am - 11:30am	推广健康老龄化计划 (Happy Programme 快乐计划) 2:00pm - 3:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am		
一起来K歌 2:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm	代际交流 (午班) (Woodlands Garden School) 1:00pm - 2:30pm		
一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm		一起玩游戏时间 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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服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	一起来草地滚球* 9:30am - 11:30am	一起跳椅子尊巴 9:00am - 10:00am	一起跟做运动 (坐式) (马来族专属) 8:30am - 9.30am	一起来草地滚球 (男女) 9:30am - 11:30am	
一起黄金尊巴舞 9:30am - 10:30am	一起来踢球 12/13 (Woodlands Sport Pavilion) 10:00am - 11.30am	一起普拉提轻度训练 (海军部一楼活动广场) 10:00am - 11:00am	一起做 Fall to Fit 运动 8/10 9:30am - 11:30am	一起跟做运动 (站式) 9:00am - 10.00am	
咖啡kaki 一起拉筋运动* 一起喝咖啡* 10:00am - 11:30am	推广健康老龄化计划 (Happy Programme 开心计划) 2:00pm - 3:00pm	一起玩尤克里里琴 10:30am - 12:00pm	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起跟做运动 (坐式) 10:15am - 11.15am	
一起来K歌 2:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起做再循环工艺 2:00pm - 4:00pm	理发服务 (Block 693E) 10:00am - 12:00pm	一起钩针编织 2:00pm - 4:00pm	
一起来玩 TatSim PVP吧! 2:00pm - 4:00pm	一起水培法 4:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起打保龄球 (胡姬乡村俱乐部) 2:30pm - 4:30pm	
一起玩游戏时间 Rummy-O 2:00pm - 5:00pm		一起水培法 4:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm	交警谈话 3:30pm - 4:30pm	
一起水培法 4:00pm - 5:00pm				一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	
				一起水培法 4:00pm - 5:00pm	

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28	29	30			
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	一起来草地滚球* 9:30am - 11:30am	一起跳椅子尊巴 9:00am - 10:00am			
一起划龙舟 9:00am - 11:30am	一起来踢球 12/13 (Woodands Sport Pavilion) 10:00am - 11.30am	一起普拉提轻度训练 (海军部一楼活动广场) 10:00am - 11:00am			
一起黄金尊巴舞 9:30am - 10:30am	巴士安全讲座 10:00am - 11:00am	一起玩尤克里里琴 10:30am - 12:00pm			
咖啡kaki 一起拉筋运动* 一起喝咖啡* 10:00am - 11:30am	推广健康老龄化计划 (Happy Programme 开心计划) 2:00pm - 3:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm			
一起聊新闻 11:00am - 12.30pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm			
一起来K歌 2:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm				
一起玩游戏时间 Rummy-O 2:00pm - 5:00pm					
一起水培法 4:00pm - 5:00pm					

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