

# 2025 April

\*Nominal fee of \$3 per session

\*Only for selected Seniors only

Centre Name: AACC (Kampung Admiralty)  
Centre Address: 676 Woodlands Drive 71 #06-01 S. 730676  
Centre Contact: 6870 8500



ntuc Health

| MON   | TUE  | WED  | THU  | FRI   | SAT |
|---|--|--|--|---|-----|
|   | 1  | 2  | 3  | 4   | 5   |
|   | Let's Qigong<br>8:30am - 9:30am                        | Let's Indian Dance (A/B)<br>9:30am - 11:30am | Square Stepping Exercise<br>10:00am - 11:00am          | Let's Jam with Glockenspiel<br>10:00am - 11:30pm                    |     |
|   | Let's Jam with Ukulele (Beginner)<br>10:00am - 11:30am | Walking Football*<br>10:00am - 11:30am       | Let's Steel Tonic Lite<br>10:00am - 11:00am            | Let's Exercise with Razak<br>(Resistance Band)<br>10:00am - 10:45am |     |
|   | Let's Do Zentangle<br>11:00am - 12:00pm                | Let's Do Nagomi (A)<br>2:00pm - 3:30pm       | Let's Gen Together - Kindergarten<br>10:00am - 11:00am | Let's Sing Opera Together<br>12:30pm - 2:30pm                       |     |
|   | Let's Do Crochet<br>2:00pm - 4:00pm                    |  | Let's Jam with Ukulele (B)<br>11:00am - 12:00pm        | Let's Do Recycle Art (B)<br>1:30pm - 3:30pm                         |     |
|   | Let's Do Line Dance (A)<br>2:00pm - 3:00pm             |  | Let's Do Nagomi (Beginners)<br>1:00pm - 2:30pm         | Let's Do Calligraphy class (Beginners)<br>3:30pm - 5:00pm           |     |
|   | Let's Do Line Dance (B)<br>3:00pm - 4:00pm             |  | Let's Do Nagomi (B)<br>2:30pm - 4:00pm                 |   |     |
|   |  |  | Fun with Kakis<br>2:00pm - 4:00pm                      |   |     |
| 7   | 8  | 9  | 10   | 11  | 12  |
| Let's Kpop (Lite)<br>9:30am - 10:30am                     | Let's Qigong<br>8:30am - 9:30am                        | Let's Indian Dance (A/B)<br>9:30am - 11:30am | Square Stepping Exercise<br>10:00am - 11:00am          | Let's Jam with Glockenspiel<br>10:00am - 11:30pm                    |     |
| Let's Jam with Ukulele (A)<br>10:30am - 11:30am           | Let's Jam with Ukulele (Beginner)<br>10:00am - 11:30am | Walking Football*<br>10:00am - 11:30am       | Let's Steel Tonic Lite<br>10:00am - 11:00am            | Let's Exercise with Razak<br>(Resistance Band)<br>10:00am - 10:45am |     |
| Let's Sing Together<br>12:30pm - 2:30pm                   | Let's Do Zentangle<br>11:00am - 12:00pm                | Let's Do Nagomi (A)<br>2:00pm - 3:30pm       | Let's Gen Together - Kindergarten<br>10:00am - 11:00am | Let's Sing Opera Together<br>12:30pm - 2:30pm                       |     |
| Let's Steel Combat<br>(Male Exclusive)<br>2:45pm - 3:45pm | Let's Do Crochet<br>2:00pm - 4:00pm                    |  | Let's Jam with Ukulele (B)<br>11:00am - 12:00pm        | Let's Do Recycle Art (B)<br>1:30pm - 3:30pm                         |     |
| Let's Do Recycle Art<br>2:00pm - 4:00pm                   | Let's Do Line Dance (A)<br>2:00pm - 3:00pm             |  | Let's Do Nagomi (Beginners)<br>1:00pm - 2:30pm         | Let's Do Calligraphy class (Interest)<br>3:30pm - 5:00pm            |     |
|   | Let's Do Line Dance (B)<br>3:00pm - 4:00pm             |  | Let's Do Nagomi (B)<br>2:30pm - 4:00pm                 |   |     |
|   |  |  | Let's Gen Together - Secondary<br>2:30pm - 3:30pm      |   |     |

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| MON   | TUE  | WED  | THU  | FRI   | SAT |
|---|--|--|--|---|-----|
| 14  | 15   | 16   | 17   | 18  | 19  |
| Let's Kpop (Lite)<br>9:30am - 10:30am                     | Let's Qigong<br>8:30am - 9:30am                        | Let's Indian Dance (A/B)<br>9:30am - 11:30am                                   | Square Stepping Exercise<br>10:00am - 11:00am          |   |     |
| Let's Jam with Ukulele (A)<br>10:30am-11:30am             | Let's Jam with Ukulele (Beginner)<br>10:00am - 11:30am | Walking Football*<br>10:00am - 11:30am   | Let's Gen Together - Kindergarten<br>10:00am - 11:00am |   |     |
| Let's Sing Together<br>12:30pm - 2:30pm                   | Let's Do Zentangle<br>11:00am - 12:00pm                | Let's Do Nagomi (A)<br>2:00pm - 3:30pm   | Let's Jam with Ukulele (B)<br>11:00am - 12:00pm        |   |     |
| Let's Steel Combat<br>(Male Exclusive)<br>2:45pm - 3:45pm | Let's Makan Together<br>12:00pm - 1:00pm               | Digital - Fun!<br>ARtec 3D PrintingWerkz<br>(Trial Session)<br>2.30pm - 4.30pm | Let's Do Nagomi (Beginners)<br>1:00pm -2.30pm          |   |     |
| Let's Do Recycle Art<br>2:00pm - 4:00pm                   | Let's Do Crochet<br>2:00pm - 4:00pm                    |  | Let's Do Nagomi (B)<br>2:30pm -4:00pm                  |   |     |
|   | Let's Do Line Dance (A)<br>2:00pm - 3:00pm             |  | Fun with Kakis<br>2:00pm - 4:00pm                      |   |     |
|   | Let's Do Line Dance (B)<br>3:00pm - 4:00pm             |  |  |   |     |
| 21  | 22   | 23   | 24   | 25  | 26  |
| Let's Kpop (Lite)<br>9:30am - 10:30am                     | Let's Qigong<br>8:30am - 9:30am                        | Let's Indian Dance (A/B)<br>9:30am - 11:30am                                   | Square Stepping Exercise<br>10:00am - 11:00am          | Let's Jam with Glockenspiel<br>10:00am -11:30pm                     |     |
| Let's Jam with Ukulele (A)<br>10:30am-11:30am             | Walking Football*<br>9.00am - 11.30am                  | Let's Do Nagomi (A)<br>2:00pm - 3:30pm   | Let's Steel Tonic Lite<br>10:00am - 11:00am            | Let's Exercise with Razak<br>(Resistance Band)<br>10:00am - 10:45am |     |
| Let's Sing Together<br>12:30pm - 2:30pm                   | Let's Jam with Ukulele (Beginner)<br>10:00am - 11:30am | Digital - Fun!<br>ARtec 3D Printing Werkz<br>(Session 1)<br>2.30pm - 4.30pm    | Let's Gen Together - Kindergarten<br>10:00am - 11:00am | Let's Sing Opera Together<br>12:30pm - 2:30pm                       |     |
| Let's Steel Combat<br>(Male Exclusive)<br>2:45pm - 3:45pm | Let's Do Zentangle<br>11:00am - 12:00pm                |  | Let's Jam with Ukulele (B)<br>11:00am - 12:00pm        | Let's Do Recycle Art (B)<br>1:30pm - 3:30pm                         |     |
| Let's Do Recycle Art<br>2:00pm - 4:00pm                   | Let's Do Crochet<br>2:00pm - 4:00pm                    |  | Let's Do Nagomi (Beginners)<br>1:00pm -2.30pm          | Let's Do Calligraphy (Interest)<br>3:30pm - 5:00pm                  |     |
|   | Let's Do Line Dance (A)<br>2:00pm - 3:00pm             |  | Let's Do Nagomi (B)<br>2:30pm -4:00pm                  |   |     |
|   | Let's Do Line Dance (B)<br>3:00pm - 4:00pm             |  | Fun with Kakis<br>2:00pm - 4:00pm                      |   |     |

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|---|--|------------------------------|-----|-----|-----|
| 28  | 29   | 30                           |     |     |     |
| Let's Kpop (Lite)<br>9:30am - 10:30am                     | Let's Qigong<br>8:30am - 9:30am                        | Centre Close for<br>Townhall |     |     |     |
| Let's Jam with Ukulele (A)<br>10:30am-11:30am             | Let's Jam with Ukulele (Beginner)<br>10:00am - 11:30am |                              |     |     |     |
| Let's Sing Together<br>12:30pm - 2:30pm                   | Let's Do Zentangle<br>11:00am - 12:00pm                |                              |     |     |     |
| Let's Steel Combat<br>(Male Exclusive)<br>2:45pm - 3:45pm | Let's Do Crochet<br>2:00pm - 4:00pm                    |                              |     |     |     |
| Let's Do Recycle Art<br>2:00pm - 4:00pm                   | Let's Do Line Dance (A)<br>2:00pm - 3:00pm             |                              |     |     |     |
|   | Let's Do Line Dance (B)<br>3:00pm - 4:00pm             |                              |     |     |     |

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# 2025 四月

\* 每节课费用 \$3元

\* 仅限选定的会员

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| Mon                                   | Tues                              | Wed                                | Thur                                     | Fri                                | Sat |
|---------------------------------------|-----------------------------------|------------------------------------|--|------------------------------------|-----|
|                                       | 1                                 | 2                                  | 3  | 4                                  | 5   |
|                                       | 一起练气功<br>8:30am - 9:30am          | 一起跳印族舞<br>9:30am - 11:30am         | 方块踏步运动<br>10:00am - 11:00am              | 一起玩钟琴<br>10:00am - 11:30am         |     |
|                                       | 一起玩乌克兰丽 (初级)<br>10:00am - 11:30am | 一起做步行足球*<br>10:00am - 11:30am      | 一起做Steel Tonic Lite<br>10:00am - 11:00am | 一起跟Razak线上做运动<br>10:00am - 10:45am |     |
|                                       | 一起做禅绕画<br>11:00am - 12:00pm       | 一起做日本和谐粉彩 (兴趣班)<br>2:00pm - 3:30pm | 代际交流 - 幼儿园<br>10:00am - 11:00am          | 一起来唱戏<br>12:30pm - 2:30pm          |     |
|                                       | 一起做钩针编织<br>2:00pm - 4:00pm        |                                    | 一起玩乌克兰丽 (B)<br>11:00am - 12:00pm         | 一起做再循环工艺 (B)<br>1:30pm - 3:30pm    |     |
|                                       | 一起跳排舞 (中级)<br>2:00pm - 3:00pm     |                                    | 一起做日本和谐粉彩 (初级)<br>1:00pm - 2:30pm        | 一起写书法 (初学者)<br>3:30pm - 5:00pm     |     |
|                                       | 一起跳排舞 (初级)<br>3:00pm - 4:00pm     |                                    | 一起做日本和谐粉彩 (中级)<br>2:30pm - 4:00pm        |                                    |     |
|                                       |                                   |                                    | 游戏时间<br>2:00pm - 4:00pm                  |                                    |     |
| 7                                     | 8                                 | 9                                  | 10                                       | 11                                 | 12  |
| 一起跳K-pop (Lite)<br>9:30am - 10:30am   | 一起练气功<br>8:30am - 9:30am          | 一起跳印族舞<br>9:30am - 11:30am         | 方块踏步运动<br>10:00am - 11:00am              | 一起玩钟琴<br>10:00am - 11:30am         |     |
| 一起玩乌克兰丽 (A)<br>10:30am - 11:30am      | 一起玩乌克兰丽 (初级)<br>10:00am - 11:30am | 一起做步行足球*<br>10:00am - 11:30am      | 一起做Steel Tonic Lite<br>10:00am - 11:00am | 一起来唱戏<br>12:30pm - 2:30pm          |     |
| 一起学唱歌<br>12:30pm - 2:30pm             | 一起做禅绕画<br>11:00am - 12:00pm       | 一起做日本和谐粉彩 (兴趣班)<br>2:00pm - 3:30pm | 代际交流 - 幼儿园<br>10:00am - 11:00am          | 一起做再循环工艺 (B)<br>1:30pm - 3:30pm    |     |
| 一起做钢铁拳击(精简版)(只限男性)<br>2:45pm - 3:45pm | 一起做钩针编织<br>2:00pm - 4:00pm        |                                    | 一起玩乌克兰丽 (B)<br>11:00am - 12:00pm         | 一起写书法 (兴趣班)<br>3:30pm - 5:00pm     |     |
| 一起做再循环工艺<br>2:00pm - 4:00pm           | 一起跳排舞 (中级)<br>2:00pm - 3:00pm     |                                    | 一起做日本和谐粉彩 (初级)<br>1:00pm - 2:30pm        |                                    |     |
|                                       | 一起跳排舞 (初级)<br>3:00pm - 4:00pm     |                                    | 一起做日本和谐粉彩 (中级)<br>2:30pm - 4:00pm        |                                    |     |
|                                       |                                   |                                    | 代际交流 - 中学<br>2:30pm - 3:30pm             |                                    |     |

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| Mon                                   | Tue                               | Wed                                | Thur                                     | Fri                                | Sat |
|---------------------------------------|-----------------------------------|------------------------------------|--|------------------------------------|-----|
| 14                                    | 15                                | 16                                 | 17                                       | 18                                 | 19  |
| 一起跳K-pop (Lite)<br>9:30am - 10:30am   | 一起练气功<br>8:30am - 9:30am          | 一起跳印族舞<br>9:30am - 11:30am         | 方块踏步运动<br>10:00am - 11:00am              | Happy<br>Good Friday               |     |
| 一起玩乌克兰丽 (A)<br>10:30am - 11:30am      | 一起玩乌克兰丽 (初级)<br>10:00am - 11:30am | 一起做步行足球*<br>10:00am - 11:30am      | 代际交流 - 幼儿园<br>10:00am - 11:00am          |                                    |     |
| 一起学唱歌<br>12:30pm - 2:30pm             | 一起做禅绕画<br>11:00am - 12:00pm       | 一起做日本和谐粉彩 (兴趣班)<br>2:00pm - 3:30pm | 一起玩乌克兰丽 (B)<br>11:00am - 12:00pm         |                                    |     |
| 一起做钢铁拳击(精简版)(只限男性)<br>2:45pm - 3:45pm | 一起来makan<br>12:00pm - 1:00pm      | 3D 打印学习课程<br>2.30pm - 4.30pm       | 一起做日本和谐粉彩 (初级)<br>1:00pm - 2:30pm        |                                    |     |
| 一起做再循环工艺<br>2:00pm - 4:00pm           | 一起做钩针编织<br>2:00pm - 4:00pm        |                                    | 一起做日本和谐粉彩 (中级)<br>2:30pm - 4:00pm        |                                    |     |
|                                       | 一起跳排舞 (中级)<br>2:00pm - 3:00pm     |                                    | 游戏时间<br>2:00pm - 4:00pm                  |                                    |     |
|                                       | 一起跳排舞 (初级)<br>3:00pm - 4:00pm     |                                    |  |                                    |     |
| 21                                    | 22                                | 23                                 | 24                                       | 25                                 | 26  |
| 一起跳K-pop (Lite)<br>9:30am - 10:30am   | 一起练气功<br>8:30am - 9:30am          | 一起跳印族舞<br>9:30am - 11:30am         | 方块踏步运动<br>10:00am - 11:00am              | 一起玩钟琴<br>10:00am - 11:30am         |     |
| 一起玩乌克兰丽 (A)<br>10:30am - 11:30am      | 一起做步行足球*<br>9:00am - 11:30am      | 一起做日本和谐粉彩 (兴趣班)<br>2:00pm - 3:30pm | 一起做Steel Tonic Lite<br>10:00am - 11:00am | 一起跟Razak线上做运动<br>10:00am - 10:45am |     |
| 一起学唱歌<br>12:30pm - 2:30pm             | 一起玩乌克兰丽 (初级)<br>10:00am - 11:30am | 3D 打印学习课程<br>2.30pm - 4.30pm       | 代际交流 - 幼儿园<br>10:00am - 11:00am          | 一起来唱戏<br>12:30pm - 2:30pm          |     |
| 一起做钢铁拳击(精简版)(只限男性)<br>2:45pm - 3:45pm | 一起做禅绕画<br>11:00am - 12:00pm       |                                    | 一起玩乌克兰丽 (B)<br>11:00am - 12:00pm         | 一起做再循环工艺 (B)<br>1:30pm - 3:30pm    |     |
| 一起做再循环工艺<br>2:00pm - 4:00pm           | 一起做钩针编织<br>2:00pm - 4:00pm        |                                    | 一起做日本和谐粉彩 (初级)<br>1:00pm - 2:30pm        | 一起写书法 (初学者)<br>3:30pm - 5:00pm     |     |
|                                       | 一起跳排舞 (中级)<br>2:00pm - 3:00pm     |                                    | 一起做日本和谐粉彩 (中级)<br>2:30pm - 4:00pm        |                                    |     |
|                                       | 一起跳排舞 (初级)<br>3:00pm - 4:00pm     |                                    | 游戏时间<br>2:00pm - 4:00pm                  |                                    |     |

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|---------------------------------------|-----------------------------------|------|------|-----|-----|
| 28                                    | 29                                | 30   |      |     |     |
| 一起跳K-pop (Lite)<br>9:30am - 10:30am   | 一起练气功<br>8:30am - 9:30am          | 中心关闭 |      |     |     |
| 一起玩乌克兰丽 (A)<br>10:30am - 11:30am      | 一起玩乌克兰丽 (初级)<br>10:00am - 11:30am |      |      |     |     |
| 一起学唱歌<br>12:30pm - 2:30pm             | 一起做禅绕画<br>11:00am - 12:00pm       |      |      |     |     |
| 一起做钢铁拳击(精简版)(只限男性)<br>2:45pm - 3:45pm | 一起做钩针编织<br>2:00pm - 4:00pm        |      |      |     |     |
| 一起做再循环工艺<br>2:00pm - 4:00pm           | 一起跳排舞 (中级)<br>2:00pm - 3:00pm     |      |      |     |     |
|                                       | 一起跳排舞 (初级)<br>3:00pm - 4:00pm     |      |      |     |     |

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