

\*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



MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	Let's Qigong 8:30am - 9:30am	Let's Indian Dance (A/B) 9:30am - 11:30am	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am -11:30pm	
	Let's Jam with Ukulele (Beginner) 10:00am - 11:30am	Walking Football* 10:00am - 11:30am	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	
	Let's Do Zentangle 11:00am - 12:00pm	Let's Do Nagomi (A) 2:00pm - 3:30pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
	Let's Do Crochet 2:00pm - 4:00pm		Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Do Nagomi (Beginners) 1:00pm -2.30pm	Let's Do Calligraphy class (Beginners) 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Do Nagomi (B) 2:30pm -4:00pm		
			Fun with Kakis 2:00pm - 4:00pm		
			F F		
7	8	9	10	11	12
<b>7</b> Let's Kpop (Lite) 9:30am - 10:30am	8 Let's Qigong 8:30am - 9:30am	9 Let's Indian Dance (A/B) 9:30am - 11:30am	· ·	11 Let's Jam with Glockenspiel 10:00am -11:30pm	12
Let's Kpop (Lite)	Let's Qigong	Let's Indian Dance (A/B)	10 Square Stepping Exercise	Let's Jam with Glockenspiel	12
Let's Kpop (Lite) 9:30am - 10:30am Let's Jam with Ukulele (A)	Let's Qigong 8:30am - 9:30am Let's Jam with Ukulele (Beginner)	Let's Indian Dance (A/B) 9:30am - 11:30am Walking Football*	10 Square Stepping Exercise 10:00am - 11:00am Let's Steel Tonic Lite	Let's Jam with Glockenspiel 10:00am -11:30pm Let's Exercise with Razak (Resistance Band)	12
Let's Kpop (Lite) 9:30am - 10:30am Let's Jam with Ukulele (A) 10:30am-11:30am Let's Sing Together	Let's Qigong 8:30am - 9:30am Let's Jam with Ukulele (Beginner) 10:00am - 11:30am Let's Do Zentangle	Let's Indian Dance (A/B) 9:30am - 11:30am Walking Football* 10:00am - 11:30am Let's Do Nagomi (A)	10Square Stepping Exercise 10:00am - 11:00amLet's Steel Tonic Lite 10:00am - 11:00amLet's Gen Together - Kindergarten	Let's Jam with Glockenspiel 10:00am -11:30pm Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am Let's Sing Opera Together	12
Let's Kpop (Lite) 9:30am - 10:30am Let's Jam with Ukulele (A) 10:30am-11:30am Let's Sing Together 12:30pm - 2:30pm Let's Steel Combat (Male Exclusive)	Let's Qigong 8:30am - 9:30amLet's Jam with Ukulele (Beginner) 10:00am - 11:30amLet's Do Zentangle 11:00am - 12:00pmLet's Do Crochet	Let's Indian Dance (A/B) 9:30am - 11:30am Walking Football* 10:00am - 11:30am Let's Do Nagomi (A)	10Square Stepping Exercise 10:00am - 11:00amLet's Steel Tonic Lite 10:00am - 11:00amLet's Gen Together - Kindergarten 10:00am - 11:00amLet's Jam with Ukulele (B)	Let's Jam with Glockenspiel 10:00am -11:30pm Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am Let's Sing Opera Together 12:30pm - 2:30pm Let's Do Recycle Art (B)	12
Let's Kpop (Lite) 9:30am - 10:30am Let's Jam with Ukulele (A) 10:30am-11:30am Let's Sing Together 12:30pm - 2:30pm Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm Let's Do Recycle Art	Let's Qigong 8:30am - 9:30amLet's Jam with Ukulele (Beginner) 10:00am - 11:30amLet's Do Zentangle 11:00am - 12:00pmLet's Do Crochet 2:00pm - 4:00pmLet's Do Line Dance (A)	Let's Indian Dance (A/B) 9:30am - 11:30am Walking Football* 10:00am - 11:30am Let's Do Nagomi (A)	10Square Stepping Exercise 10:00am - 11:00amLet's Steel Tonic Lite 10:00am - 11:00amLet's Gen Together - Kindergarten 10:00am - 11:00amLet's Jam with Ukulele (B) 11:00am - 12:00pmLet's Do Nagomi (Beginners)	Let's Jam with Glockenspiel 10:00am -11:30pmLet's Exercise with Razak (Resistance Band) 10:00am - 10:45amLet's Sing Opera Together 12:30pm - 2:30pmLet's Do Recycle Art (B) 1:30pm - 3:30pmLet's Do Calligraphy class (Interest)	12

# 2025 April

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**Centre Name:** AACC (Kampung Admiralty)

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**& Centre Contact:** 6870 8500



MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance (A/B) 9:30am - 11:30am	Square Stepping Exercise 10:00am - 11:00am	01	
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Jam with Ukulele (Beginner) 10:00am - 11:30am	Walking Football* 10:00am - 11:30am	Let's Gen Together - Kindergarten 10:00am - 11:00am	Good Friday	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	Let's Do Nagomi (A) 2:00pm - 3:30pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Good Friday	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Makan Together 12:00pm - 1:00pm	Digital - Fun! ARTec 3D PrintingWerkz (Trial Session) 2.30pm - 4.30pm	Let's Do Nagomi (Beginners) 1:00pm -2.30pm	Good IT lucy	
Let's Do Recycle Art 2:00pm - 4:00pm	Let's Do Crochet 2:00pm - 4:00pm		Let's Do Nagomi (B) 2:30pm -4:00pm		
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Fun with Kakis 2:00pm - 4:00pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm				
21	22	23	24	25	26
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance (A/B) 9:30am - 11:30am	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am -11:30pm	
Let's Jam with Ukulele (A) 10:30am-11:30am	Walking Football* 9.00am - 11.30am	Let's Do Nagomi (A) 2:00pm - 3:30pm	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Jam with Ukulele (Beginner) 10:00am - 11:30am	Digital - Fun! ARTec 3D Printing Werkz (Session 1) 2.30pm - 4.30pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Zentangle 11:00am - 12:00pm		Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
Let's Do Recycle Art 2:00pm - 4:00pm	Let's Do Crochet 2:00pm - 4:00pm		Let's Do Nagomi (Beginners) 1:00pm -2.30pm	Let's Do Calligraphy (Interest) 3:30pm - 5:00pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Do Nagomi (B) 2:30pm -4:00pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Fun with Kakis 2:00pm - 4:00pm		





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**Centre Address:** 676 Woodlands Drive 71 #06-01 S. 730676

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NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice. 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。



### SAT

## 2025 四月

\* 每节课费用 \$3元 \* 仅限选定的会员 **Centre Name:** AACC (Kampung Admiralty)

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**Centre Contact:** 6870 8500



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





## 2025 四月

\*每节课费用 \$3元 \*仅限选定的会员

- **Centre Name:** AACC (Kampung Admiralty)
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Mon	Tue	Wed	Thur	Fri	Sat
14	15	16	17	18	19
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起跳印族舞 9:30am - 11:30am	方块踏步运动 10:00am - 11:00am		
一起玩乌克丽丽 (A) 10:30am - 11:30am	一起玩乌克丽丽 (初级) 10:00am - 11:30am	一起做步行足球* 10:00am - 11:30am	代际交流 - 幼儿园 10:00am - 11:00am	Happy	
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 3:30pm	一起玩乌克丽丽 (B) 11:00am - 12:00pm	0-15:1-	
−起做钢铁拳击(精简版)(只限 男性) 2:45pm - 3:45pm	一起来makan 12:00pm - 1:00pm	3D 打印学习课程 2.30pm - 4.30pm	一起做日本和谐粉彩 (初级) 1:00pm - 2:30pm	Good Triday	
ー起做再循环工艺 2:00pm - 4:00pm	一起做钩针编织 2:00pm - 4:00pm		一起做日本和谐粉彩 (中级) 2:30pm - 4:00pm		
	一起跳排舞 (中级) 2:00pm - 3:00pm		游戏时间 2:00pm - 4:00pm		
	一起跳排舞 (初级) 3:00pm - 4:00pm				
21	22	23	24	25	26
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起跳印族舞 9:30am - 11:30am	方块踏步运动 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
一起玩乌克丽丽 (A) 10:30am - 11:30am	一起做步行足球* 9:00am - 11:30am	一起做日本和谐粉彩 (兴趣班) 2:00pm - 3:30pm	一起做Steel Tonic Lite 10:00am - 11:00am	一起跟Razak线上做运动 10:00am - 10:45am	
一起学唱歌 12:30pm - 2:30pm	一起玩乌克丽丽 (初级) 10:00am - 11:30am	3D 打印学习课程 2.30pm - 4.30pm	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
−起做钢铁拳击(精简版)(只限 男性) 2:45pm - 3:45pm	一起做禅绕画 11:00am - 12:00pm		一起玩乌克丽丽 (B) 11:00am - 12:00pm	一起做再循环工艺 (B) 1:30pm - 3:30pm	
一起做再循环工艺 2:00pm - 4:00pm	一起做钩针编织 2:00pm - 4:00pm		一起做日本和谐粉彩 (初级) 1:00pm - 2:30pm	一起写书法 (初学者) 3:30pm - 5:00pm	
	一起跳排舞 (中级) 2:00pm - 3:00pm		一起做日本和谐粉彩 (中级) 2:30pm - 4:00pm		
	一起跳排舞 (初级) 3:00pm - 4:00pm		游戏时间 2:00pm - 4:00pm		



## 2025 四月

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

