

2026 April

 **Centre Name:** AACC (Kampung Admiralty)
 **Centre Address:** 676 Woodlands Drive 71 #06-01 S730676
 **Centre Contact:** 6870 8500



MON	TUE	WED	THU	FRI	SAT
		1 Let's Piloxing Lite 10:00am - 11:00am Let's Do Nagomi 2:00pm - 5:00pm	2 Let's Steel Tonic (Lite) 10:00am - 11:00am Let's Seated Exercise ** 10:00am - 11:00am Let's Gen Together - Kindergarden 10:00am - 11:00am Let's Jam with Ukulele (B) 11:00am - 12:00pm Let's Jam with Ukulele (Beginners) 10:00am - 11:30am Let's Do Nagomi (Beginners) 2:00pm - 3:30pm	3 Centre Closed (Good Friday)	4
6 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	7 Let's Qigong 8:30am - 9:30am Let's Walking Football 10:00am - 11:30am Let's Do Zentangle 11:00am - 12:00pm Let's Do Crochet 2:00pm - 4:00pm Let's Gen Together - Tertiary (Service Learning-NTU Student) 2:00pm - 4:30pm	8 Let's Say No To Frailty 9:30am - 11:30am Let's Piloxing Lite 10:00am - 11:00am Let's Do Nagomi 2:00pm - 5:00pm	9 Let's Steel Tonic (Lite) 10:00am - 11:00am Let's do seated exercise** 10:00am - 11:00am Let's Gen Together - Kindergarden 10:00am - 11:00am Let's Jam with Ukulele (B) 11:00am - 12:00pm Let's Jam with Ukulele (Beginners) 10:00am - 11:30am Let's Do Nagomi (Beginners) 2:00pm - 3:30pm	10 Let's Jam with Glockenspiel 10:00am -11:30am Let's Exercise (Resistance Band) 10:00am - 10:45am Let's Sing Opera Together 12:30pm - 2:30pm Let's Do Recycle Art 1:30pm - 3:30pm Digital -IMDA Go-Digital - Workshop 3:45pm - 5:00pm	11

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Say No To Frailty 9:30am - 11:30am	Let's Steel Tonic (Lite) 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30am	
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Do Zentangle 11:00am - 12:00pm	Let's Piloxing Lite 10:00am - 11:00am	Let's do seated exercise** 10:00am - 11:00am	Let's Gen Together - Tertiary 10:00am - 11:30am	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
	Let's Gen Together (Service Learning-NTU Student) 12:30pm - 4:30pm	Let's Gen Together - Tertiary 2:30pm - 4:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Do Nagomi (Beginners) 2:00pm - 3:30pm	Let's Do Calligraphy 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Gen Together - Tertiary 2:30pm - 4:00pm		
20	21	22	23	24	25
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Say No To Frailty 9:30am - 11:30am	Let's Steel Tonic (Lite) 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30am	
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Walking Football 10:00am - 11:30am	Let's Piloxing Lite 10:00am - 11:00am	Let's do seated exercise** 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Do Recycle Art 1:30pm - 3:30pm	
	Let's Do Crochet 2:00pm - 4:00pm		Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Gen Together - Others 3:30pm - 4:30pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Makan Together* 12:00pm - 1:00pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Do Nagomi (Beginners) 2:00pm - 3:30pm		

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30		
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Say No To Frailty 9:30am - 11:30am	Let's Go Gai Gai** Bollywood Veggies Outing 9:00am - 11:00am		
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Do Zentangle 11:00am - 12:00pm	Let's Piloxing Lite 10:00am - 11:00am	Let's Steel Tonic (Lite) 10:00am - 11:00am		
Centre Closed 1pm - 6pm (Staff Training)	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's do seated exercise** 10:00am - 11:00am		
	Let's Gen Together - Secondary 2:30pm - 4:30pm		Let's Jam with Ukulele (B) 11:00am - 12:00pm		

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MON	TUE	WED	THU	FRI	SAT
		1 一起做Piloxing Lite 10:00am - 11:00am 一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	2 一起做Steel Tonic Lite 10:00am - 11:00am 一起跟做运动** 10:00am - 11:00am 代际交流 - 幼儿园 10:00am - 11:00am 一起玩乌克兰丽 11:00am - 12:00pm 一起玩乌克兰丽 (初级) 10:00am - 11:30am 一起做日本和谐粉彩 (初级) 2:00pm - 3:30pm	3 复活节 (中心休业)	4
6	7	8	9	10	11
一起跳K-pop (Lite) 9:30am - 10:30am 一起玩乌克兰丽 (A) 10:30am - 11:30am 一起学唱歌 12:30pm - 2:30pm	一起练气功 8:30am - 9:30am 一起来踢球 10:00am - 11:30am 一起做禅绕画 11:00am - 12:00pm 一起做钩针编织 2:00pm - 4:00pm 代际交流 - 大学 2:00pm - 4:30pm	一起做Say No to Frailty 9:30am - 11:30am 一起做Piloxing Lite 10:00am - 11:00am 一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	一起做Steel Tonic Lite 10:00am - 11:00am 一起跟做运动** 10:00am - 11:00am 代际交流 - 幼儿园 10:00am - 11:00am 一起玩乌克兰丽 11:00am - 12:00pm 一起玩乌克兰丽 (初级) 10:00am - 11:30am 一起做日本和谐粉彩 (初级) 2:00pm - 3:30pm	一起玩钟琴 10:00am - 11:30am 一起线上做阻力带运动 10:00am - 10:45am 一起来唱戏 12:30pm - 2:30pm 一起做再循环工艺 1:30pm - 3:30pm 数码乐龄计划 - 培训课程 3:45pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起做Say No to Frailty 9:30am - 11:30am	一起做Steel Tonic Lite 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
一起玩乌克兰丽 (A) 10:30am - 11:30am	一起做禅绕画 11:00am - 12:00pm	一起做Piloxing Lite 10:00am - 11:00am	一起跟做运动** 10:00am - 11:00am	代际交流 - 大学 10:00am - 11:30am	
一起学唱歌 12:30pm - 2:30pm	代际交流 - 大学 12:30pm - 4:30pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	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	代际交流 - 大学 2:30pm - 4:00pm	一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起做再循环工艺 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) 2:00pm - 3:30pm	一起写书法 3:30pm - 5:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm		代际交流 - 大学 2:30pm - 4:00pm		
20	21	22	23	24	25
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起做Say No to Frailty 9:30am - 11:30am	一起做Steel Tonic Lite 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
一起玩乌克兰丽 (A) 10:30am - 11:30am	一起来踢球 10:00am - 11:30am	一起做Piloxing Lite 10:00am - 11:00am	一起跟做运动** 10:00am - 11:00am	一起线上做阻力带运动 10:00am - 10:45am	
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 - 5:00pm	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
数码乐龄计划 - 培训课程 3:45pm - 5:00pm	一起做钩针编织 2:00pm - 4:00pm		一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起做再循环工艺 1:30pm - 3:30pm	
	一起跳排舞 (中级) 2:00pm - 3:00pm		一起来makan - 中心内* 12:00pm - 1:00pm	代际交流 - 其他 3:30pm - 4:30pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm		一起做日本和谐粉彩 (初级) 2:00pm - 3:30pm		

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27	28	29	30		
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起做Say No to Frailty 9:30am - 11:30am	一起去Gai Gai* 9:00am - 11:00am		
一起玩乌克兰丽 (A) 10:30am - 11:30am	一起做禅绕画 11:00am - 12:00pm	一起做Piloxing Lite 10:00am - 11:00am	一起做Steel Tonic Lite 10:00am - 11:00am		
AAC团队训练 (中心休业)	一起做钩针编织 2:00pm - 4:00pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	一起跟做运动** 10:00am - 11:00am		
	一起跳排舞 (中级) 2:00pm - 3:00pm		一起玩乌克兰丽 (B) 11:00am - 12:00pm		
	一起跳排舞 (初级) 3:00pm - 4:00pm				

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