

# 2025 August

\*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
				Let's Jam with Glockenspiel 10:00am - 11:30pm	Community Health Day 9:00am - 1:00pm
				Let's Exercise (Resistance Band) 10:00am - 10:45am	
				Let's Sing Opera Together 12:30pm - 2:30pm	
				Let's Do Recycle Art (B) 1:30pm - 3:30pm	
				Let's Do Calligraphy class 3:30pm - 5:00pm	
4	5	6	7	8	9
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Steady Lah 10:00am - 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	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	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Aqua Fit* 12:00pm - 1:00pm	Let's Gen Together - Primary 2:30pm - 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 Do Nagomi 2:00pm - 5:00pm	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) 2:00pm - 3:30pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm				



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**NTUC Health**

MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
Holiday In Lieu	Let's Qigong 8:30am - 9:30am	CSA talk 10:00am - 12:00pm	Square Stepping Exercise 10:00am - 11:00am	Let's Go Gai Gai* 9:30am -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 2:00pm - 6:00pm	
	Aqua Fit* 12:00pm - 1:00pm	Steady Lah* 2:00pm - 3:30pm	Let's Gen Together - Kindergarten 10:00am - 11:00am		
	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm		
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Do Nagomi (Beginners) 2:00pm -3:30pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Tote Bag Painting Workshop 2:00pm - 4:00pm		
18	19	20	21	22	23
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance 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	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	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Aqua Fit* 12:00pm - 1:00pm	Steady Lah* 2:00pm - 3:30pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Learn Digital (IMDA) 3:45pm - 5:00pm	Let's Makan Together 12:00pm - 1:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
	Let's Do Crochet 2:00pm - 4:00pm		Let's Do Nagomi (Beginners) 2:00pm -3:30pm	Let's Do Calligraphy 3:30pm - 5:00pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm				
	Let's Do Line Dance (B) 3:00pm - 4:00pm				

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance 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	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	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Aqua Fit* 12:00pm - 1:00pm	Steady Lah* 2:00pm - 3:30pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Tote Bag Painting Workshop 2:00pm - 4:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm				
	Let's Do Line Dance (B) 3:00pm - 4:00pm				

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2025 八月

\* 每节课费用 \$3元  
\* 仅限选定的会员

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MON	TUE	WED	THU	FRI	SAT
				1	2
				一起玩钟琴 10:00am - 11:30am	社区健康日 9:00am - 1:00pm
				一起跟Razak线上做运动 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	
				一起写书法 3:30pm - 5:00pm	
4	5	6	7	8	9
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	Steady Lah! 保健操 10:00am - 11:30am	方块踏步运动 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
一起玩乌克兰丽丽 (A) 10:30am - 11:30am	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	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	一起跳水上韵律操 12:00pm - 1:00pm	代际交流 - 小学 2:30pm - 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		一起玩乌克兰丽丽 (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		
	一起跳排舞 (初级) 3:00pm - 4:00pm				

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11	12	13	14	15	16
中心休业	一起练气功 8:30am - 9:30am	CSA 10:00am - 12:00pm	方块踏步运动 10:00am - 11:00am	一起去Gai Gai* 9:30am - 11:30am	中心休业 (内部活动)
	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		
	一起跳水上韵律操 12:00pm - 1:00pm	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		
	一起做钩针编织 2:00pm - 4:00pm	Steady Lah! 保健操 2:00pm - 4:00pm	一起玩乌克兰丽 (B) 11:00am - 12:00pm		
	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		
	一起跳排舞 (初级) 3:00pm - 4:00pm				
18	19	20	21	22	23
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	一起跟Razak线上做运动 10:00am - 10:45am	
一起学唱歌 12:30pm - 2:30pm	一起跳水上韵律操 12:00pm - 1:00pm	Steady Lah! 保健操 2:00pm - 4:00pm	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
乐学数码 (IMDA) 3:45pm - 5:00pm	一起来makan - 中心内 12:00pm - 1:00pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起做再循环工艺 1:30pm - 3:30pm	
	一起做钩针编织 2:00pm - 4:00pm		一起做日本和谐粉彩 (初级) 2:00pm - 3:30pm		
	一起跳排舞 (中级) 2:00pm - 3:00pm				
	一起跳排舞 (初级) 3:00pm - 4:00pm				

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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	一起跟Razak线上做运动 10:00am - 10:45am	
一起学唱歌 12:30pm - 2:30pm	一起跳水上韵律操 12:00pm - 1:00pm	Steady Lah! 保健操 2:00pm - 4:00pm	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	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	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		
	一起跳排舞 (初级) 3:00pm - 4:00pm				

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