

2026 August

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



MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Community Health Post 9:00am - 1:00pm	Let's Steel Tonic (Lite) 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30am	
Digital - Fab Lab Series Digital Embroidery Workshop 10:00am - 1:00pm	Let's Do Zentangle 10:00am - 12:00pm	Let's Say No To Frailty 9:30am - 11:30am	Let's do seated exercise** 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Jam with Ukulele (A) 10:45am - 11:45am	Let's Do Crochet 2:00pm - 4:00pm	Let's Piloxing Lite 10:00am - 11:00am	Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Sing Together 12:45pm - 2:45pm	Let's Do Line Dance (A) 2:00pm - 3:00pm	Let's Celebrate (National Day) 12:00pm - 2:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	Let's Do Line Dance (B) 3:00pm - 4:00pm	Let's Gen Together - Primary 2:30pm - 3:30pm	Let's Do Nagomi (Beginner) 2:00pm - 3:30pm	Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	
	Let's Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 4:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Do Calligraphy 3:30pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Public Holiday	Let's Qigong 8:30am - 9:30am	Community Health Post 9:00am - 1:00pm	Let's Steel Tonic (Lite) 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30am	
	Let's Do Zentangle 10:00am - 12:00pm	Let's Piloxing Lite 10:00am - 11:00am	Let's do seated exercise** 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
	Let's Do Crochet 2:00pm - 4:00pm	Let's Go Gai Gai** (ICCP_Yakult Factory Tour) 10:00am - 11:30am	Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Sing Opera Together 12:00pm - 2:00pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Let's Do Nagomi (Beginner) 2:00pm - 3:30pm	Let's Gen Together - Tertiary 2:00pm - 4:00pm	
	Let's Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm		Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Jam with Ukulele (Intermediate) 3:30pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Community Health Post 9:00am - 1:00pm	Let's Steel Tonic (Lite) 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30am	
Let's Do Chair Yoga 10:00am-10:45am	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 Exercise (Resistance Band) 10:00am - 10:45am	
Let's Jam with Ukulele (A) 10:45am-11:45am	Let's Do Zentangle 10:00am - 12:00pm	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 Sing Together 12:45pm - 2:45pm	Let's Makan Together 12:00pm - 1:00pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	Let's Do Crochet 2:00pm - 4:00pm		Let's Do Nagomi (Beginner) 2:00pm - 3:30pm	Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Do Calligraphy 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm				
	Let's Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm				

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Community Health Post 9:00am - 1:00pm	Let's Archery 9:00am - 12:00pm	Let's Jam with Glockenspiel 10:00am -11:30am	
Let's exercise Chair Yoga 10:00am-10:45am	Let's Do Zentangle 10:00am - 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 Jam with Ukulele (A) 10:45am-11:45am	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 Sing Opera Together 12:30pm - 2:30pm	
Let's Sing Together 12:45pm - 2:45pm	Let's Do Line Dance (A) 2:00pm - 3:00pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Do Recycle Art 1:30pm - 3:30pm	
Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Jam with Ukulele 11:00am - 12:00pm	Let's Bowl 2:00pm - 4:00pm	
	Let's Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm		Let's Do Nagomi (Beginner) 2:00pm - 3:30pm	Digital -IMDA Go-Digital - Workshop 3:45pm - 5:00pm	
			Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 4:00pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
31					
Let's Kpop (Lite) 9:30am - 10:30am					
Let's exercise Chair Yoga 10:00am-10:45am					
Let's Jam with Ukulele (A) 10:45am-11:45am					
Let's Sing Together 12:45pm - 2:45pm					
Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm					

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2026 八月

Centre Name: AACC (Kampung Admiralty)
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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	服务- 社区保健站 9:00am - 1:00pm	一起做Steel Tonic Lite 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
数码刺绣工作坊 10:00am - 1:00pm	一起做禅绕画 10:00am - 12:00pm	一起做Say No to Frailty 9:30am - 11:30am	一起做运动 (坐式)** 10:00am - 11:00am	一起线上做阻力带运动 10:00am - 10:45am	
一起玩乌克兰丽丽 (A) 10:30am - 11:30am	一起做钩针编织 2:00pm - 4:00pm	一起做Piloxing Lite 10:00am - 11:00am	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
一起学唱歌 12:30pm - 2:30pm	一起跳排舞 (中级) 2:00pm - 3:00pm	一起来庆祝 (国庆日) 12:00pm - 2:00pm	一起玩乌克兰丽丽 11:00am - 12:00pm	一起做再循环工艺 1:30pm - 3:30pm	
一起游戏时间 3:00pm - 5:00pm	一起跳排舞 (初级) 3:00pm - 4:00pm	代际交流 - 小学生 2:30pm - 3:30pm	一起做日本和谐粉彩 (初级) 2:00pm - 3:30pm	一起游戏时间 3:00pm - 5:00pm	
	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	一起游戏时间 9:30am - 11:30am 4:00pm - 5:00pm	一起游戏时间 2:00pm - 5:00pm	一起写书法 3:30pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
公共假期	一起练气功 8:30am - 9:30am	服务- 社区保健站 9:00am - 1:00pm	一起做Steel Tonic Lite 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
	一起做禅绕画 10:00am - 12:00pm	一起做Piloxing Lite 10:00am - 11:00am	一起做运动 (坐式)** 10:00am - 11:00am	一起线上做阻力带运动 10:00am - 10:45am	
	一起做钩针编织 2:00pm - 4:00pm	一起去Gai Gai** (访Yakult 工厂) 10:00am - 11:30am	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
	一起跳排舞 (中级) 2:00pm - 3:00pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	一起玩乌克兰丽丽 11:00am - 12:00pm	一起做再循环工艺 1:30pm - 3:30pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	一起做日本和谐粉彩 (初级) 2:00pm - 3:30pm	一起游戏时间 3:00pm - 5:00pm	
	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm		一起游戏时间 2:00pm - 5:00pm	一起玩乌克兰丽丽 (中级) 3:30pm - 5:00pm	

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17	18	19	20	21	22
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	服务- 社区保健站 9:00am - 1:00pm	一起做Steel Tonic Lite 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
一起做椅子瑜伽 10:00am - 10:45am	一起来踢球 10:00am - 11:30am	一起做Piloxing Lite 10:00am - 11:00am	一起做运动 (坐式)** 10:00am - 11:00am	一起线上做阻力带运动 10:00am - 10:45am	
一起玩乌克兰丽 (A) 10:45am - 11:45am	一起做禅绕画 10:00am - 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	
一起学唱歌 12:45pm - 2:45pm	一起来makan - 中心内* 12:00pm - 1:00pm	一起游戏时间 9:30am - 11:30am 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	
一起游戏时间 3:00pm - 5:00pm	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	一起游戏时间 3:00pm - 5:00pm	
	一起跳排舞 (中级) 2:00pm - 3:00pm		一起游戏时间 2:00pm - 5:00pm	一起写书法 3:30pm - 5:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm				
	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm				

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	服务- 社区保健站 9:00am - 1:00pm	一起玩射箭 9:00am - 12:00pm	一起玩钟琴 10:00am - 11:30am	
一起做椅子瑜伽 10:00am - 10:45am	一起做禅绕画 10:00am - 12:00pm	一起做Piloxing Lite 10:00am - 11:00am	一起做Steel Tonic Lite 10:00am - 11:00am	一起线上做阻力带运动 10:00am - 10:45am	
一起玩乌克兰丽 (A) 10:45am - 11:45am	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	一起做运动 (坐式)** 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
一起学唱歌 12:45pm - 2:45pm	一起跳排舞 (中级) 2:00pm - 3:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	代际交流 - 幼儿园 10:00am - 11:00am	一起做再循环工艺 1:30pm - 3:30pm	
一起游戏时间 3:00pm - 5:00pm	一起跳排舞 (初级) 3:00pm - 4:00pm		一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起打保龄球 2:00pm - 4:00pm	
	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm		一起做日本和谐粉彩 (初级) 2:00pm - 3:30pm	数码乐龄计划 - 培训课程 3:45pm - 5:00pm	
			一起游戏时间 2:00pm - 5:00pm	一起游戏时间 4:00pm - 5:00pm	

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31					
一起跳K-pop (Lite) 9:30am - 10:30am					
一起做椅子瑜伽 10:00am - 10:45am					
一起玩乌克丽丽 (A) 10:45am - 11:45am					
一起学唱歌 12:45pm - 2:45pm					
一起游戏时间 3:00pm - 5:00pm					

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