

2025 December

 **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	2	3	4	5	6
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Piloxing Lite 10:00am - 11:00am	Let's Steel Tonic (Lite) 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30pm	Let's Go Gai Gai** Journey To The East (Singapore Cultural Pass) 10:00am - 2:00pm
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Do Zentangle 11:00am - 12:00pm	Let's do Reminiscent through Singapore Currency (Tsao Foundation) 2:00pm - 4:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Be Happy (HPB)** 10:00am - 11:00am	Let's Do Nagomi 2:00pm - 5:00pm	Let's Dance Through The Eras** 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
	Let's Do Crochet 2:00pm - 4:00pm			Let's Do Recycle Art 1:30pm - 3:30pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm			Let's Do Calligraphy 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm				
8	9	10	11	12	13
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Piloxing Lite 10:00am - 11:00am	Let's Steel Tonic (Lite) 10:00am - 11:00am	AAC Team Bonding Session (Centre Closed)	
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Do Zentangle 11:00am - 12:00pm	Let's do Reminiscent through Singapore Currency (Tsao Foundation) 2:00pm - 4:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm		
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 Dance Through The Eras** 11:00am - 12:00pm		
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Learn to Bake* (Christmas Ginger Breadman Cookies) 3:00pm - 4:30pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm				

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。

2025 December

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



MON	TUE	WED	THU	FRI	SAT	
15	16	17	18	19	20	
Let's Learn Archery* 9:00am - 1:00pm	Let's Qigong 8:30am - 9:30am	Let's Piloxing Lite 10:00am - 11:00am	Let's Steel Tonic (Lite) 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am -11:30pm	Let's Appreciate our Volunteer (Concert by The Park @ Woodlands East) 5:00pm - 8:00pm	
Let's Kpop (Lite) 9:30am - 10:30am	Let's Do Zentangle 11:00am - 12:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Exercise with Razak** 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am		
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Do Crochet 2:00pm - 4:00pm	Let's Makan Together* 12:00pm - 1:00pm	Let's Dance Through The Eras** 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm		
Let's Sing Together 12:30pm - 2:30pm	Let's Do Line Dance (A) 2:00pm - 3:00pm		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 Do Calligraphy 3:30pm - 5:00pm
22	23	24	25	26	27	
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Piloxing Lite 10:00am - 11:00am	Christmas Day (Public Holiday)	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	Christmas Eve (Center Closed in the afternoon)		Let's Exercise (Resistance Band) 10:00am - 10:45am		
Let's Sing Together 12:30pm - 2:30pm	Let's Do Crochet 2:00pm - 4:00pm			Let's Sing Opera Together 12:30pm - 2:30pm		
	Let's Do Line Dance (A) 2:00pm - 3:00pm			Let's Do Recycle Art 1:30pm - 3:30pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm					

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。

2025 December

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



MON	TUE	WED	THU	FRI	SAT
29	30	31			
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Piloxing Lite 10:00am - 11:00am			
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Do Zentangle 11:00am - 12:00pm	New Year Eve (Center Closed in the afternoon)			
Let's Sing Together 12:30pm - 2:30pm	Let's Do Crochet 2:00pm - 4:00pm				
	Let's Do Line Dance (A) 2:00pm - 3:00pm				
	Let's Do Line Dance (B) 3:00pm - 4:00pm				

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。

2025 十二月

 **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	2	3	4	5	6
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起做Piloxing Lite 10:00am - 11:00am	一起做Steel Tonic Lite 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	一起去Gai Gai* 環岛追追追-东游记 (新加坡文化通行证) 10:00am - 2:00pm
一起玩乌克兰丽 (A) 10:30am - 11:30am	Happy! 推广健康老龄化计划** 10:00am - 11:00am	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	血汗钱 - 探寻新加坡钞票变迁之旅 (曹氏基会所) 2:00pm - 4:00pm	一起来跳舞** 11:00am - 12:00pm	一起来唱戏 12:30pm - 2:30pm	
	一起做钩针编织 2:00pm - 4:00pm			一起做再循环工艺 1:30pm - 3:30pm	
	一起跳排舞 (中级) 2:00pm - 3:00pm			一起写书法 3:30pm - 5:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm				
8	9	10	11	12	13
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起做Piloxing Lite 10:00am - 11:00am	一起做Steel Tonic Lite 10:00am - 11:00am	AAC团队建设日 (中心休业)	
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		
一起学唱歌 12:30pm - 2:30pm	一起做钩针编织 2:00pm - 4:00pm	血汗钱 - 探寻新加坡钞票变迁之旅 (曹氏基会所) 2:00pm - 4:00pm	一起来跳舞** 11:00am - 12:00pm		
	一起跳排舞 (中级) 2:00pm - 3:00pm		一起学烘培* 3:00pm - 4:30pm		
	一起跳排舞 (初级) 3:00pm - 4:00pm				

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。

2025 十二月

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



MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
一起学射剑* 9:00am - 1:00pm	一起练气功 8:30am - 9:30am	一起做Piloxing Lite 10:00am - 11:00am	一起做Steel Tonic Lite 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	一起义工感谢会 (公园音乐会@Woodlands East) 5:00pm - 8:00pm
一起跳K-pop (Lite) 9:30am - 10:30am	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	一起跟Razak做运动 (CFS 4-5)** 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	一起来makan - 中心内* 12:00pm - 1:00pm	一起玩乌克兰丽丽 (B) 11:00am - 12:00pm	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		一起来跳舞** 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			一起写书法 3:30pm - 5:00pm	
22	23	24	25	26	27
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起做Piloxing Lite 10:00am - 11:00am	圣旦节 (公共假期)	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	平安夜 (中心下午关闭)		一起线上做阻力带运动 10:00am - 10:45am	
一起学唱歌 12:30pm - 2:30pm	一起做钩针编织 2:00pm - 4:00pm			一起来唱戏 12:30pm - 2:30pm	
	一起跳排舞 (中级) 2:00pm - 3:00pm			一起做再循环工艺 1:30pm - 3:30pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm				

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。

2025 十二月

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



MON	TUE	WED	THU	FRI	SAT
29	30	31			
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起做Piloxing Lite 10:00am - 11:00am			
一起玩乌克兰丽丽 (A) 10:30am - 11:30am	一起做禅绕画 11:00am - 12:00pm	新年夜 (中心下午关闭)			
一起学唱歌 12:30pm - 2:30pm	一起做钩针编织 2:00pm - 4:00pm				
	一起跳排舞 (中级) 2:00pm - 3:00pm				
	一起跳排舞 (初级) 3:00pm - 4:00pm				

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。