

# 2026 February

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
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 Jam with Ukulele (A) 10:30am-11:30am	Let's Do Zentangle 11:00am - 12:00pm	Let's Go Gai Gai** CNY shopping@ChinaTown 9:00am - 1:00pm	Let's Exercise with Razak** 10:00am - 11:00am	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 Edible & Garden City 2:00pm - 3:30pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Pick Up Malay 3:00pm - 4:00pm	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 Dance Through The Eras** 11:00am - 12:00pm		
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Let's Gen Together - Secondary 9:30am - 11:00am	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 Sing Together 12:30pm - 2:30pm	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 Pick Up Malay 3:00pm - 4:00pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Edible & Garden City 10:00am - 12:00pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Sing Opera 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	

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。

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**ntuc** **Health**

MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Kpop (Lite) 9:30am - 10:30am			Let's Steel Tonic (Lite) 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 Exercise with Razak** 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	<b>Chinese Lunar New Year (Public Holiday)</b>	<b>Chinese Lunar New Year (Public Holiday)</b>	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
			Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
23	24	25	26	27	28
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 Jam with Ukulele (A) 10:30am-11:30am	Let's Do Zentangle 11:00am - 12:00pm	Let's CNY Lohei* 12:30pm - 2:00pm	Let's Exercise with Razak** 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi 3:00pm - 5:00pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Do Recycle Art 1:30pm - 3:30pm	
Let's Celebrate (Choir) 2:30pm - 3:30pm	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Celebrate (Opera) 2:30pm - 3:30pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Dance Through The Eras** 11:00am - 12:00pm	Let's Do Calligraphy 3:30pm - 5:00pm	
			Let's Lim Kopi (Men's Talk) 3:00pm - 4:00pm		

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# 2026 二月

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ntuc Health

MON TUE WED THU FRI SAT

2

一起跳K-pop (Lite)  
9:30am - 10:30am

3

一起练气功  
8:30am - 9:30am

4

一起做Piloxing Lite  
10:00am - 11:00am

5

一起做Steel Tonic Lite  
10:00am - 11:00am

6

一起玩钟琴  
10:00am - 11:30am

7

一起玩乌克丽丽 (A)  
10:30am - 11:30am

一起做禅绕画  
11:00am - 12:00pm

一起去Gai Gai\*  
春节购物之游  
9:00am - 1:00pm

一起跟Razak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

一起做钩针编织  
2:00pm - 4:00pm

一起食用花园城市  
2:00pm - 3:30pm

代际交流 - 幼儿园  
10:00am - 11:00am

一起来唱戏  
12:30pm - 2:30pm

一起学马来话  
3:00pm - 4:00pm

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

一起玩乌克丽丽 (B)  
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

一起来跳舞\*\*  
11:00am - 12:00pm

9

代际交流 - 中学  
9:30am - 11:00am

10

一起练气功  
8:30am - 9:30am

11

一起做Piloxing Lite  
10:00am - 11:00am

12

一起做Steel Tonic Lite  
10:00am - 11:00am

13

一起玩钟琴  
10:00am - 11:30am

14

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

一起跟Razak做运动\*\* 10:00am -  
11:00am

一起线上做阻力带运动  
10:00am - 10:45am

一起学马来话  
3:00pm - 4:00pm

一起做钩针编织  
2:00pm - 4:00pm

一起食用花园城市  
10:00am - 12:00pm

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

一起玩乌克丽丽 (B)  
11:00am - 12:00pm

一起跳排舞 (初级)  
3:00pm - 4:00pm

一起做再循环工艺  
1:30pm - 3:30pm

一起写书法  
3:30pm - 5:00pm

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# 2026 二月

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
一起跳K-pop (Lite) 9:30am - 10:30am			一起做Steel Tonic Lite 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
一起玩乌克丽丽 (A) 10:30am - 11:30am			一起跟Razak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	<b>农历新年 (初一)</b>	<b>农历新年 (初二)</b>	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
			一起玩乌克丽丽 (B) 11:00am - 12:00pm	一起做再循环工艺 1:30pm - 3:30pm	
23	24	25	26	27	28
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	
一起玩乌克丽丽 (A) 10:30am - 11:30am	一起做禅绕画 11:00am - 12:00pm	一起来庆祝*(农历新年) 12:30pm - 2:00pm	一起跟Razak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	一起做钩针编织 2:00pm - 4:00pm	一起做日本和谐粉彩 (兴趣班) 3:00pm - 5:00pm	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
一起来庆祝(唱歌) 2:30pm - 3:30pm	一起跳排舞 (中级) 2:00pm - 3:00pm		一起玩乌克丽丽 (B) 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		一起来跳舞** 11:00am - 12:00pm	一起来庆祝(粤曲) 2:30pm - 3:30pm	
			一起喝咖啡(只限男性) 3:00pm - 4:00pm	一起写书法 3:30pm - 5:00pm	

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