

# 2026 January

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
			1 <b>2026 New Year (Public Holiday)</b>	2 Let's Jam with Glockenspiel 10:00am -11:30pm 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 Let's Do Calligraphy 3:30pm - 5:00pm	3
5 Let's Do Kpop ((Lite)) 9:30am - 10:30am	6 Let's Qigong 8:30am - 9:30am	7 Let's Piloxing ((Lite)) 10:00am - 11:00am	8 Let's Steel Tonic ((Lite)) 10:00am - 11:00am	9 Let's Jam with Glockenspiel 10:00am -11:30pm Let's Exercise with Razak** 10:00am - 11:00am	10
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Do Zentangle 11:00am - 12:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	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 Dance Through The Eras** 11:00am - 12:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
Let's Pick Up Malay 3:00pm - 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。

# 2026 January

**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
12	13	14	15	16	17
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 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 Sing Together 12:30pm - 2:30pm	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 Pick Up Malay 3:00pm - 4:00pm	Let's Do Crochet 2:00pm - 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 Calligraphy 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm				
19	20	21	22	23	24
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Learn Archery* 9:00am - 1:00pm	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 Piloxing Lite 10:00am - 11:00am	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 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 Pick Up Malay 3:00pm - 4:00pm	Let's Do Line Dance (A) 2:00pm - 3:00pm	Let's Edible & Garden City 2:00pm - 3:30pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
Digital - IMDA Go-Digital - Workshop 3:45pm - 5:00pm	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。

# 2026 January

**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
26	27	28	29	30	31
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Go Gai Gai** Ocenarium@Sentosa 10:00am - 3:00pm	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 Piloxing Lite 10:00am - 11:00am	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 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 Pick Up Malay 3:00pm - 4:00pm	Let's Do Line Dance (A) 2:00pm - 3:00pm	Let's Edible & Garden City 2:00pm - 3:30pm	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 Lim Kopi (Men's Talk) 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。

# 2026 —月

 **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**

				1	2	3
5	6	7	8	9	10	
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		
一起学唱歌 12:30pm - 2:30pm	一起做钩针编织 2:00pm - 4:00pm		一起玩乌克丽丽 (B) 11:00am - 12:00pm	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					

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。

# 2026 — 月

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
12	13	14	15	16	17
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	
一起学唱歌 12:30pm - 2:30pm	一起来makan - 中心内* 12:00pm - 1:00pm		一起玩乌克丽丽 (B) 11:00am - 12:00pm	一起来唱戏 12:30pm - 2:30pm	
一起学马来话 3:00pm - 4:00pm	一起做钩针编织 2:00pm - 4:00pm		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 (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				
19	20	21	22	23	24
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起学射剑* 9:00am - 1:00pm	一起做Steel Tonic Lite 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
一起玩乌克丽丽 (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	一起玩乌克丽丽 (B) 11:00am - 12:00pm	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	一起来跳舞** 11:00am - 12:00pm	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	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。

# 2026 — 月

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
26	27	28	29	30	31
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起去Gai Gai* 新加坡海洋生态馆 10:00am - 3:00pm	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	一起做Piloxing Lite 10:00am - 11:00am	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	一起玩乌克丽丽 (B) 11:00am - 12:00pm	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		一起喝咖啡(只限男性) 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。