

2026 July

 **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
		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 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 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 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	
		Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	
				Let's Do Calligraphy 3:30pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
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 Jam with Ukulele (A) 10:45am - 11:45am	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 Sing Together 12:45pm - 2:45pm	Let's Do Crochet 2:00pm - 4:00pm	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	
Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	Let's Do Line Dance (A) 2:00pm - 3:00pm	Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Let's Jam with Ukulele (Interest) 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 Nagomi (Beginner) 2:00pm - 3:30pm	Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	
	Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm		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
13	14	15	16	17	18
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Community Health Post 9:00am - 1:00pm	Let's Gen Together - Secondary 8:00am - 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 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 Zentangle 10:00am - 12:00pm	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 Makan Together 12:00pm - 1:00pm	Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Digital - Fab Lab Series 3D Printing Workshop 10:00am - 4:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	Let's Do Crochet 2:00pm - 4:00pm		Let's Gen Together - Kindergarden 10:00am - 11:00am	Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Jam with Ukulele 11:00am - 12:00pm	Let's Do Calligraphy 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Do Nagomi (Beginner) 2:00pm - 3:30pm		
	Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm		Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm		

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
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 Go Gai Gai** (LKH Crocodile Farm Outing) 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 do seated exercise** 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am -11:30am	
Let's Jam with Ukulele (A) 10:45am-11:45am	Let's Rock Climbing @AdventureHQ** 10:00am - 1:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:45pm - 2:45pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Gen Together - Secondary 3:00pm - 4:30pm	Let's Jam with Ukulele 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	Let's Do Line Dance (A) 2:00pm - 3:00pm	Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Let's Do Nagomi (Beginner) 2:00pm - 3:30pm	Let's Do Recycle Art 1:30pm - 3:30pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Appreciation Wine 2:00pm - 4:00pm	
	Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm			Digital - IMDA Go-Digital - Workshop 3:45pm - 5:00pm	
				Strategise with Kakis (Rummy-O) 4:00pm - 5:00pm	

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27	28	29	30	31	
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:p0am	Let's Jam with Glockenspiel 10:00am -11:30am	
Let's exercise Chair Yoga 10:00am-10:45am	Let's Walking Football 10:00am - 11:30am	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 Zentangle 10:00am - 12:00pm	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 Crochet 2:00pm - 4:00pm	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	
Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Do Nagomi (Beginner) 2:00pm - 3:30pm	Let's Bowl 2:00pm - 4:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Jam with Ukulele (Intermediate) 3:30pm - 5:00pm	
	Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm			Strategise with Kakis (Rummy-O) 4:00pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		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 2:00pm - 5:00pm	一起写书法 3:30pm - 5:00pm	

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6	7	8	9	10	11
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	
一起玩乌克兰 (A) 10:30am - 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) 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 9:30am - 11:30am 2:00pm - 5:00pm	一起玩乌克兰 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 (中级) 3:30pm - 5:00pm	

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13	14	15	16	17	18
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	代际交流 - 中学 8:00am - 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 (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	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	一起来makan - 中心内* 12:00pm - 1:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	3D 打印工作坊 10:00am - 4:00pm	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		代际交流 - 幼儿园 10:00am - 11:00am	一起游戏时间 3:00pm - 5:00pm	
	一起跳排舞 (中级) 2:00pm - 3:00pm		一起玩乌克兰 (B) 11:00am - 12:00pm	一起写书法 3:30pm - 5:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm		一起做日本和谐粉彩 (初级) 2:00pm - 3:30pm		
	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm		一起游戏时间 2:00pm - 5:00pm		

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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	一起去Gai Gai** (农光行鳄鱼场) 10:00pm - 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	一起做运动 (坐式)** 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
一起玩乌克兰 (A) 10:45am - 11:45am	一起去攀爬 10:00am - 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	一起线上做阻力带运动 10:00am - 10:45am	
一起学唱歌 12:45pm - 2:45pm	一起做钩针编织 2:00pm - 4:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	一起玩乌克兰 (B) 11:00am - 12:00pm	一起来唱戏 12:30pm - 2:30pm	
一起游戏时间 3:00pm - 5:00pm	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 2:00pm - 5:00pm	一起鉴赏酒 2:00pm - 4:00pm	
	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm			数码乐龄计划 - 培训课程 3:45pm - 5:00pm	
				一起游戏时间 4:00pm - 5:00pm	

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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	一起做禅绕画 10:00am - 12:00pm	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	一起做钩针编织 2:00pm - 4:00pm	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	一起打保龄球 2:00pm - 4:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm		一起游戏时间 2:00pm - 5:00pm	一起玩乌克兰丽 (中级) 3:30pm - 5:00pm	
	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm			一起游戏时间 4:00pm - 5:00pm	

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