2025 June

*Nominal fee of \$3 per session

*Only for selected Seniors only

Centre Name: AACC (Kampung Admiralty)

😥 Centre Address: 676 Woodlands Drive 71 #06-01 S. 730676

2:00pm -3:30pm

Centre Contact: 6870 8500





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。

3:00pm - 4:00pm

Health

SAT

	SAT
	7
ockenspiel 30pm	
th Razak Band) 45am	
Together 30pm	HARI RAYA HAJI
e Art (B) Opm	(PUBLIC HOLIDAY)
ass (Beginner) Opm	
	14
ockenspiel 30pm	
th Razak Band) 45am	
Together 30pm	
e Art (B) Opm	
lass (Interest) Opm	



2025 JUX *Nominal fee of \$3 per session *Only for selected Seniors only			C (Kampung Admiralty) Woodlands Drive 71 #06-01 S.) 8500	730676	Health
MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance 9:30am - 11:30am	Square Stepping Exercise 10:00am - 11:00am	Let's Gen Together - Others 10:30am - 12:00pm	Let's Go Gai Gai* 9:00am -1:00pm
Let's Jam with Ukulele (A) 10:30am-11:30am	Rolling Good Times 10:00am -11:30am	Let's Piloxing Lite 10:00am - 11:00am	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	Let's Dance,Move, Express 2:00pm - 4:00pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Do Nagomi (Beginners) 1:00pm -2:30pm	Let's Do Calligraphy (Beginner) 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Rolling Good Times 2:00pm -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 Indian Dance 9:30am - 11:30am	Square Stepping Exercise 10:00am - 11:00am		Let's Go Gai Gai* 9:00am -1:00pm
Let's Jam with Ukulele (A) 10:30am-11:30am	Rolling Good Times 10:00am -11:30am	Let's Piloxing Lite 10:00am - 11:00am	Let's Steel Tonic Lite 10:00am - 11:00am		
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	Let's Dance,Move, Express 2:00pm - 4:00pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Centre Closed	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	(Town hall)	
Let's Do Recycle Art 2:00pm - 4:00pm	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Do Nagomi (Beginners) 1:00pm -2:30pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm				

2025 June

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Centre Name: AACC (Kampung Admiralty)

Centre Address: 676 Woodlands Drive 71 #06-01 S. 730676

📞 Centre Contact: 6870 8500

MON	TUE	WED	тни	FRI
30				
Let's Kpop (Lite) 9:30am - 10:30am				
Let's Jam with Ukulele (A) 10:30am-11:30am				
Let's Sing Together 12:30pm - 2:30pm				
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm				
Let's Do Recycle Art 2:00pm - 4:00pm				







2025 六月

*每节课费用 \$3元 *仅限选定的会员

- **Centre Name:** AACC (Kampung Admiralty)
- 😥 Centre Address: 676 Woodlands Drive 71 #06-01 S. 730676
- **Centre Contact:** 6870 8500



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
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	方块踏步运动 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	防跌课程Rolling Good Times 10:00am - 11:30am	代际交流 - 其他 10:30am - 12:00pm	一起做Steel Tonic Lite 10:00am - 11:00am	一起跟Razak线上做运动 10:00am - 10:45am	
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm	一起Dance,Move,Express 2:00pm - 4:00pm	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	哈芝节
一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm	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	一起玩乌克丽丽 (B) 11:00am - 12:00pm	ー起做再循环工艺 (B) 1:30pm - 3:30pm	(公共假期)
	一起跳排舞 (中级) 2:00pm - 3:00pm		一起做日本和谐粉彩 (初级) 1:00pm - 2:30pm	一起写书法 (初学者) 3:30pm - 5:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm		防跌课程Rolling Good Times 2:00pm - 3:30pm		
9	10	11	12	13	14
	一起练气功 8:30am - 9:30am	一起跳印族舞 9:30am - 11:30am	方块踏步运动 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
			referedant infordant	l'orobann l'hiobann	
	防跌课程Rolling Good Times 10:00am - 11:30am	一起做Piloxing Lite 10:00am - 11:00am	一起做Steel Tonic Lite 10:00am - 11:00am	一起跟Razak线上做运动 10:00am - 10:45am	
SORRY WE'RE			一起做Steel Tonic Lite	一起跟Razak线上做运动	
ŠORRY WE'ŘE		10:00am - 11:00am 一起做日本和谐粉彩 (兴趣班)	一起做Steel Tonic Lite 10:00am - 11:00am	一起跟Razak线上做运动 10:00am - 10:45am 一起来唱戏	
ŠORRY WE'ŘE CLOSED	10:00am - 11:30am 一起做禅绕画 11:00am - 12:00pm 一起做钩针编织	10:00am - 11:00am 一起做日本和谐粉彩 (兴趣班)	ー起做Steel Tonic Lite 10:00am - 11:00am 代际交流 - 幼儿园 10:00am - 11:00am ー起玩乌克丽丽 (B)	ー起跟Razak线上做运动 10:00am - 10:45am ー起来唱戏 12:30pm - 2:30pm ー起做再循环工艺 (B)	



2025 六月

*每节课费用 \$3元 *仅限选定的会员

- **Centre Name:** AACC (Kampung Admiralty)
- 😥 Centre Address: 676 Woodlands Drive 71 #06-01 S. 730676
- 📞 Centre Contact: 6870 8500



MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起跳印族舞 9:30am - 11:30am	方块踏步运动 10:00am - 11:00am	一起跟Razak线上做运动 10:00am - 10:45am	一起去Gai Gai* 1:30pm - 5:30pm
一起玩乌克丽丽 (A) 10:30am - 11:30am	防跌课程Rolling Good Times 10:00am - 11:30am	一起做Piloxing Lite 10:00am - 11:00am	一起做Steel Tonic Lite 10:00am - 11:00am	代际交流 - 其他 10:30am - 12:00pm	
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm	一起Dance,Move,Express 2:00pm - 4:00pm	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm	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	一起玩乌克丽丽 (B) 11:00am - 12:00pm	ー起做再循环工艺 (B) 1:30pm - 3:30pm	
	一起跳排舞 (中级) 2:00pm - 3:00pm		一起做日本和谐粉彩 (初级) 1:00pm - 2:30pm	一起写书法 (初学者) 3:30pm - 5:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm		防跌课程Rolling Good Times 2:00pm - 3:30pm		
00					
23	24	25	26	27	28
23 一起跳K-pop (Lite) 9:30am - 10:30am	24 一起练气功 8:30am - 9:30am	25 一起跳印族舞 9:30am - 11:30am	26 方块踏步运动 10:00am - 11:00am	27	28 一起去Gai Gai* 1:30pm - 5:30pm
一起跳K-pop (Lite)	一起练气功	一起跳印族舞	方块踏步运动	27	一起去Gai Gai*
一起跳K-pop (Lite) 9:30am - 10:30am 一起玩乌克丽丽 (A)	一起练气功 8:30am - 9:30am 防跌课程Rolling Good Times	一起跳印族舞 9:30am - 11:30am 一起做日本和谐粉彩 (兴趣班)	方块踏步运动 10:00am - 11:00am 一起做Steel Tonic Lite		一起去Gai Gai*
ー起跳K-pop (Lite) 9:30am - 10:30am ー起玩乌克丽丽 (A) 10:30am - 11:30am ー起学唱歌	一起练气功 8:30am - 9:30am 防跌课程Rolling Good Times 10:00am - 11:30am 一起做禅绕画	一起跳印族舞 9:30am - 11:30am 一起做日本和谐粉彩 (兴趣班) 2:00pm - 3:30pm —起Dance,Move,Express	方块踏步运动 10:00am - 11:00am 一起做Steel Tonic Lite 10:00am - 11:00am		一起去Gai Gai*
ー起跳K-pop (Lite) 9:30am - 10:30am ー起玩乌克丽丽 (A) 10:30am - 11:30am ー起学唱歌 12:30pm - 2:30pm ー起做钢铁拳击(精简版)(只限男性)	ー起练气功 8:30am - 9:30am 防跌课程Rolling Good Times 10:00am - 11:30am ー起做禅绕画 11:00am - 12:00pm ー起做钩针编织	ー起跳印族舞 9:30am - 11:30am ー起做日本和谐粉彩 (兴趣班) 2:00pm - 3:30pm ー起Dance,Move,Express 2:00pm - 4:00pm ー起做日本和谐粉彩 (兴趣班)	方块踏步运动 10:00am - 11:00am 一起做Steel Tonic Lite 10:00am - 11:00am 代际交流 - 幼儿园 10:00am - 11:00am 一起玩乌克丽丽 (B)	中心休业	一起去Gai Gai*



2025 大 * 每节课费用 \$3元 * 仅限选定的会员		Centre Contact: 6870 8	oodlands Drive 71 #06-01 S. 7306	
MON	TUE	WED	THU	FRI
30 一起跳K-pop (Lite) 9:30am - 10:30am				
一起玩乌克丽丽 (A) 10:30am - 11:30am				
一起学唱歌 12:30pm - 2:30pm				
一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm				

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。





SAT

