

# 2026 June

 **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
Public Holiday	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 Adaptive Sport 9:00am - 1:00pm	Let's Say No To Frailty 9:30am - 11:30am	Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
	Let's Do Zentangle 10:00am - 12:00pm	Let's Piloxing Lite 10:00am - 11:00am	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm		Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm			Let's Do Calligraphy 3:30pm - 5:00pm	
	Let's Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm				

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MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
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) 10:30am-11:30am	Let's Do Zentangle 10:00am - 12:00pm	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 Gen Together - Tertiary (Lion Dance) 11:30pm - 12:30pm	Let's Do Crochet 2:00pm - 4:00pm	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 Sing Together 12:30pm - 2:30pm	Let's Do Line Dance (A) 2:00pm - 3:00pm	Let's Makan Together 12:00pm - 1:00pm	Let's Jam with Ukulele (B) 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 (B) 3:00pm - 4:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	
Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	Let's Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Let's Makan Together (Father's Day) 2:00pm - 4:00pm		

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MON	TUE	WED	THU	FRI	SAT
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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) 10:30am-11:30am	Let's Walking Football 10:00am - 11:30am	Let's Say No To Frailty 9:30am - 11:30am	Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 10:00am - 12:00pm	Let's Piloxing Lite 10:00am - 11:00am	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Go Gai Gai** (Duck Tours Outing) 10:00am - 11:30am	
Let's Pick Up Malay 3:00pm - 4:00pm	Digital - Fab Lab Series Laser Cutting Workshop 10:00am - 1:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm		Let's Do Recycle Art 1:30pm - 3:30pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm			Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm			Let's Do Calligraphy 3:30pm - 5:00pm	
	Let's Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm				

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MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
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) 10:30am-11:30am	Let's Do Zentangle 10:00am - 12:00pm	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 Gen Together - Tertiary (Lion Dance) 11:30pm - 12:30pm	Let's Do Crochet 2:00pm - 4:00pm	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 Sing Together 12:30pm - 2:30pm	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 Pick Up Malay 3:00pm - 4:00pm	Let's Do Line Dance (B) 3:00pm - 4:00pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Digital -IMDA Go-Digital - Workshop 3:45pm - 5:00pm	
Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	Let's Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm			Let's Strategise with Kakis (Rummy-O) 4:00pm - 5:00pm	
	Let's Go Gai Gai** (Cycling with Hwa Chong Students) 2:00pm - 6:30pm				

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MON	TUE	WED	THU	FRI	SAT
29	30				
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am				
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Walking Football 10:00am - 11:30am				
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 10:00am - 12:00pm				
Let's Pick Up Malay 3:00pm - 4:00pm	Let's Do Crochet 2:00pm - 4:00pm				
Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	Let's Do Line Dance (A) 2:00pm - 3:00pm				
	Let's Do Line Dance (B) 3:00pm - 4:00pm				
	Let's Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm				

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# 2026 六月

 **Centre Name:** AACC (Kampung Admiralty)  
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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
公共假期	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	
	一起做运动 9:00am - 1:30pm	一起做Say No to Frailty 9:30am - 11:30am	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	
	一起做禅绕画 10:00am - 12:00pm	一起做Piloxing Lite 10:00am - 11:00am	一起玩乌克丽丽 11:00am - 12:00pm	一起来唱戏 12:30pm - 2:30pm	
	一起做钩针编织 2:00pm - 4:00pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	一起游戏时间 2:00pm - 5:00pm	一起做再循环工艺 1:30pm - 3:30pm	
	一起跳排舞 (中级) 2:00pm - 3:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm		一起游戏时间 3:00pm - 5:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm			一起写书法 3:30pm - 5:00pm	
	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm				

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MON	TUE	WED	THU	FRI	SAT
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	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	
代际交流 - 大学 11:30am - 12:30pm	一起做钩针编织 2:00pm - 4:00pm	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	
一起学唱歌 12:30pm - 2:30pm	一起跳排舞 (中级) 2:00pm - 3:00pm	一起来makan - 中心内* 12:00pm - 1:00pm	一起玩乌克兰 11:00am - 12:00pm	一起做再循环工艺 1:30pm - 3:30pm	
一起学马来语 3:00pm - 4:00pm	一起跳排舞 (初级) 3:00pm - 4:00pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	一起游戏时间 2:00pm - 5:00pm	一起游戏时间 3:00pm - 5:00pm	
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 9:30am - 11:30am 2:00pm - 5:00pm	一起来makan - 中心内* 2:00pm - 4:00pm		

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<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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	一起来踢球 10:00am - 11:30am	一起做Say No to Frailty 9:30am - 11:30am	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 12:30pm - 2:30pm	一起做禅绕画 10:00am - 12:00pm	一起做Piloxing Lite 10:00am - 11:00am	一起玩乌克兰 (B) 11:00am - 12:00pm	一起去Gai Gai** (Duck Tours) 10:00am - 11:30am	
一起学马来语 3:00pm - 4:00pm	激光切割工作坊 10:00am - 1:00pm	一起做日本和谐粉彩 (兴趣 班) 2:00pm - 5:00pm	一起游戏时间 2:00pm - 5:00pm	一起来唱戏 12:30pm - 2:30pm	
一起游戏时间 3:00pm - 5:00pm	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		一起做再循环工艺 1:30pm - 3:30pm	
	一起跳排舞 (中级) 2:00pm - 3:00pm			一起游戏时间 3:00pm - 5:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm			一起写书法 3:30pm - 5:00pm	
	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm				

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MON

TUE

WED

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FRI

SAT

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	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	
一起玩乌克兰丽 (A) 10:30am - 11:30am	一起做禅绕画 10:00am - 12:00pm	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	
代际交流 - 大学 11:30am - 12:30pm	一起做钩针编织 2:00pm - 4:00pm	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	
一起学唱歌 12:30pm - 2:30pm	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	一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起做再循环工艺 1:30pm - 3:30pm	
一起学马来语 3:00pm - 4:00pm	一起跳排舞 (初级) 3:00pm - 4:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	一起游戏时间 2:00pm - 5:00pm	数码乐龄计划 - 培训课程 3:45pm - 5:00pm	
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 4:00pm - 5:00pm	
	一起去Gai Gai** (骑脚车游东海岸公园) 2:00pm - 6:30pm				

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29	30				
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am				
一起玩乌克兰丽丽 (A) 10:30am - 11:30am	一起来踢球 10:00am - 11:30am				
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 10:00am - 12:00pm				
一起学马来语 3:00pm - 4:00pm	一起做钩针编织 2:00pm - 4:00pm				
一起游戏时间 3:00pm - 5:00pm	一起跳排舞 (中级) 2:00pm - 3:00pm				
	一起跳排舞 (初级) 3:00pm - 4:00pm				
	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm				

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