2026 March

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

MON	TUE	WED	THU	FRI	SAT
2	**3**	**4**	**5**	**6**	**7**
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** 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 Gen Together - Kindergarden 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
	Let's go Gai Gai** (Service Learning-NTU Student) 10:00am - 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 (A) 2:00pm - 3:00pm		Let's Dance Through The Eras** 11:00am - 12:00pm	Let's Do Calligraphy 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm				
9	**10**	**11**	**12**	**13**	**14**
Let's Kpop (Lite) 9:30am - 10:30am	**Centre Closed (Staff Training)**	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 Nagomi 2:00pm - 5:00pm	Let's Exercise** 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm			Let's Gen Together - Kindergarden 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	
			Let's Dance Through The Eras** 11:00am - 12:00pm		

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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 Piloxing Lite 10:00am - 11:00am	Let's Steel Tonic (Lite) 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am -11:30pm	**Hari Raya Puasa**
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** 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Play Floorball** (Service Learning-NTU Student) 10:00am - 12:00pm		Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
Digital - IMDA Go-Digital - Workshop 3:45pm - 5:00pm	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 Play Game** (Service Learning-NTU Student) 2:30pm - 4:30pm		Let's Dance Through The Eras** 11:00am - 12:00pm	Let's Do Calligraphy 3:30pm - 5:00pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Gen Together - Others 2:00pm - 5:00pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm				
23	**24**	**25**	**26**	**27**	**28**
Holiday In-Lieu **(Centre Closed)**	Let's Qigong 8:30am - 9:30am	Let's Do Nagomi 2:00pm - 5:00pm	Let's Exercise** 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am -11:30pm	
	Let's Do Zentangle 11:00am - 12:00pm		Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
	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 Dance Through The Eras** 11:00am - 12:00pm	Let's Gen Together - Secondary 3:00pm - 4:15pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Lim Kopi (Men's Talk)** 3:00pm - 4:00pm		

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MON	TUE	WED	THU	FRI	SAT
30	31				
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 Do Zentangle 11:00am - 12:00pm				
Let's Sing Together 12:30pm - 2:30pm	Let's Do Crochet 2:00pm - 4:00pm				
	Let's Do Line Dance (A) 2:00pm - 3:00pm				
	Let's Do Line Dance (B) 3:00pm - 4:00pm				

2026 三月

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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	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		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	一起写书法 3:30pm - 5:00pm	
9	**10**	**11**	**12**	**13**	**14**
一起跳K-pop (Lite) 9:30am - 10:30am	**AAC团队训练 （中心休业）**	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		一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	一起跟做运动** 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			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	
			一起来跳舞** 11:00am - 12:00pm		

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 三月

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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	**开斋节**
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		代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
数码乐龄计划 - 培训课程 3:45pm - 5:00pm	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		一起跳排舞 (初级) 3:00pm - 4:00pm	一起写书法 3:30pm - 5:00pm	
			代际交流 - 其他 2:00pm - 5:00pm		
23	**24**	**25**	**26**	**27**	**28**
代替公共假日	一起练气功 8:30am - 9:30am	一起做日本和谐粉彩 (兴趣班) 3:00pm - 5:00pm	一起跟做运动** 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
	一起做禅绕画 11:00am - 12:00pm		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		一起喝咖啡（只限男性） 3:00pm - 4:00pm	代际交流 - 中学 3:00pm - 4:15pm	

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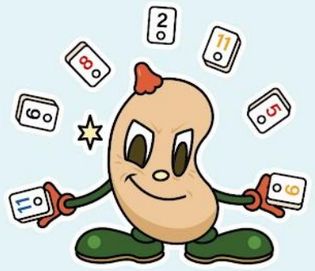

MON	TUE	WED	THU	FRI	SAT
30	31				
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am				
一起玩乌克丽丽 (A) 10:30am - 11:30am	一起做禅绕画 11:00am - 12:00pm				
一起学唱歌 12:30pm - 2:30pm	一起做钩针编织 2:00pm - 4:00pm				
	一起跳排舞 (中级) 2:00pm - 3:00pm				
	一起跳排舞 (初级) 3:00pm - 4:00pm				

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