

2026 May

 **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 Centre Closed (Labour Day)	2
4	5	6	7	8	9
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Say No To Frailty* 9:30am - 11:30am	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 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 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	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	
	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 Nagomi (Beginners) 2:00pm - 3:30pm	Let's Do Calligraphy 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm				

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MON	TUE	WED	THU	FRI	SAT	
11	12	13	14	15	16	
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Say No To Frailty* 9:30am - 11:30am	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 11:00am - 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 12:30pm - 2:30pm	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		
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art 1:30pm - 3:30pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Do Nagomi (Beginners) 2:00pm - 3:30pm			
			Let's Makan Together* 12:00pm - 1:00pm			
18	19	20	21	22		23
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Say No To Frailty* 9:30am - 11:30am	Let's Steel Tonic (Lite) 10:00am - 11:00am	Let's Gen Together - Secondary 9:30am - 11:00am		
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Walking Football 10:00am - 11:30am	Let's Piloxing Lite 10:00am - 11:00am	Let's do seated exercise* 10:00am - 11:00am	Let's Go Gai Gai* Hay Diaries Goat Farm 9:30am - 11:30am		
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30am		
Let's Pick Up Malay 3:00pm - 4:00pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Gen Together - Primary 3:00pm - 4:30pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Exercise (Resistance Band) 10:00am - 10:45am		
	Let's Do Line Dance (A) 2:00pm - 3:00pm			Let's Sing Opera Together 12:30pm - 2:30pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm			Let's Do Recycle Art 1:30pm - 3:30pm		
				Digital - IMDA Go-Digital - Workshop 3:45pm - 5:00pm		

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MON 25	TUE 26	WED 27	THU 28	FRI 29	SAT 30
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Centre Closed (Hari Raya Haji)	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	Leave Well Series - Legacy Planning Workshop - Advanced Care Planning 10:00am - 12:00pm		Let's do seated 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 Zentangle 11:00am - 12:00pm		Let's Jam with Ukulele (B) 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 Do Recycle Art 1:30pm - 3:30pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm				
	Let's Do Line Dance (B) 3:00pm - 4:00pm				

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2026 五月

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MON	TUE	WED	THU	FRI 1	SAT 2
				劳动节 (中心休业)	
4	5	6	7	8	9
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起做Say No to Frailty* 9:30am - 11:30am	一起做Steel Tonic Lite 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
一起玩乌克兰丽丽 (A) 10:30am - 11:30am	一起来踢球 10:00am - 11:30am	一起做Piloxing Lite 10:00am - 11:00am	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	一起做禅绕画 11:00am - 12:00pm	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	
	一起做钩针编织 2:00pm - 4:00pm		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	一起写书法 3:30pm - 5:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm				

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MON	TUE	WED	THU	FRI	SAT	
11	12	13	14	15	16	
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起做Say No to Frailty* 9:30am - 11:30am	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 11:00am - 12:00pm	一起做Piloxing Lite 10:00am - 11:00am	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	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		
	一起跳排舞 (中级) 2:00pm - 3:00pm		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			
			一起来makan - 中心内* 12:00pm - 1:00pm			
18	19	20	21	22		23
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起做Say No to Frailty* 9:30am - 11:30am	一起做Steel Tonic Lite 10:00am - 11:00am	代际交流 - 中学 9:30am - 11:00am		
一起玩乌克兰丽 (A) 10:30am - 11:30am	一起来踢球 10:00am - 11:30am	一起做Piloxing Lite 10:00am - 11:00am	一起跟k做运动* 10:00am - 11:00am	一起去Gai Gai* 夏氏牧羊场 9:30am - 11:30am		
一起学唱歌 12:30pm - 2:30pm	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	代际交流 - 幼儿园 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am		
一起学马来语 3:00pm - 4:00pm	一起做钩针编织 2:00pm - 4:00pm	代际交流 - 小学 3:00pm - 4:30pm	一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起线上做阻力带运动 10:00am - 10:45am		
	一起跳排舞 (中级) 2:00pm - 3:00pm			一起来唱戏 12:30pm - 2:30pm		
	一起跳排舞 (初级) 3:00pm - 4:00pm			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		

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	哈芝节 (中心休业)	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 11:00am - 12:00pm		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	预先护理计划 10:00am - 12:00pm		一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起来唱戏 12:30pm - 2:30pm	
一起学马来语 3:00pm - 4:00pm	一起做钩针编织 2:00pm - 4:00pm			一起做再循环工艺 1:30pm - 3:30pm	
	一起跳排舞 (中级) 2:00pm - 3:00pm				
	一起跳排舞 (初级) 3:00pm - 4:00pm				

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