

2025 November

-  **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
3	4	5	6	7	8
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 with Razak** 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Be Happy (HPB)** 10:00am - 11:00am		Let's Gen Together - Kindergarten 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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ntuc Health

MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Mental Wellness Talk (Club Heal) 9:30am - 12:00pm	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 Piloxing Lite 10:00am - 11:00am	Let's Exercise with Razak** 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Be Happy (HPB)** 10:00am - 11:00am	Let's Do Nagomi 2:00pm - 5:00pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	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 Makan Together* 12:00pm - 1:00pm	Let's Dance Through The Eras** 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 Jam with Ukulele (B) 11:00am - 12:00pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Do Nagomi (Beginners) 2:00pm - 3:30pm		
17	18	19	20	21	22
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	TownHall Center Close	Let's Go Gai Gai** "Home" Skit at Aliwal Street (Singapore Cultural Pass) 7.30pm - 8.30pm
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Do Zentangle 11:00am - 12:00pm	Let's do Reminiscent through Singapore Currency (Tsao Foundation) 2:00pm - 4:00pm	Let's Exercise with Razak** 10:00am - 11:00am		
Let's Sing Together 12:30pm - 2:30pm	Let's Be Happy (HPB)** 10:00am - 11:00am	Let's Do Nagomi 2:00pm - 5:00pm	Let's Gen Together - Kindergarten 10:00am - 11:00am		
	Let's Do Crochet 2:00pm - 4:00pm		Let's Dance Through The Eras** 11:00am - 12:00pm		
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Jam with Ukulele (B) 11:00am - 12:00pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Do Nagomi (Beginners) 2:00pm - 3:30pm		

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
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 Reminiscent through Singapore Currency (Tsao Foundation) 2:00pm - 4:00pm	Let's Exercise with Razak** 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Be Happy (HPB)** 10:00am - 11:00am	Let's Do Nagomi 2:00pm - 5:00pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Pick Up Malay 3:00pm - 4:00pm	Afternoon Session Closed for Staff Event		Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
			Let's Do Nagomi (Beginners) 2:00pm -3:30pm	Let's Bowl at Orchid Bowl (OCC)* 2:30pm - 4.30pm	

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2025 十一月

Centre Name: AACC (Kampung Admiralty)
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MON	TUE	WED	THU	FRI	SAT
					1
3	4	5	6	7	8
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	
一起玩乌克兰丽 (A) 10:30am - 11:30am	Happy! 推广健康老龄化计划** 10:00am - 11:00am	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	一起跟Razak做运动 (CFS 4-5)** 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		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 (B) 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
10	11	12	13	14	15
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	保健系列 - 精神健康讲座 (Club Heal) 9:30am - 12:00pm	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	Happy! 推广健康老龄化计划** 10:00am - 11:00am	一起做Piloxing Lite 10:00am - 11:00am	一起跟Razak做运动 (CFS 4-5)** 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	
一起学马来话 3:00pm - 4:00pm	一起做钩针编织 2:00pm - 4:00pm	一起来makan - 中心内* 12:00pm - 1:00pm	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 (中级) 2:00pm - 3:00pm		一起来跳舞** 11:00am - 12:00pm		
	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		
17	18	19	20	21	22
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	员工培训 中心休业	一起去Gai Gai 短剧 "家" at Aliwal Street (新加坡文化通行证) 7.30pm - 8.30pm
一起玩乌克兰丽 (A) 10:30am - 11:30am	Happy! 推广健康老龄化计划** 10:00am - 11:00am	血汗钱 - 探寻新加坡钞票变迁之旅 (曹氏基会所) 2:00pm - 4:00pm	一起跟Razak做运动 (CFS 4-5)** 10:00am - 11:00am		
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		
	一起做钩针编织 2:00pm - 4:00pm		一起玩乌克兰丽 (B) 11:00am - 12:00pm		
	一起跳排舞 (中级) 2:00pm - 3:00pm		一起来跳舞** 11:00am - 12:00pm		
	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		

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一起玩乌克兰丽 (A) 10:30am - 11:30am	Happy! 推广健康老龄化计划** 10:00am - 11:00am	血汗钱 - 探寻新加坡钞票变迁之旅 (曹氏基会所) 2:00pm - 4:00pm	一起跟Razak做运动 (CFS 4-5)** 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	
一起学马来话 3:00pm - 4:00pm	员工培训 中心下午关闭		一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起做再循环工艺 1:30pm - 3:30pm	
			一起来跳舞** 11:00am - 12:00pm	一起打保龄球 (OCC)* 2:30pm - 4:30pm	
			一起做日本和谐粉彩 (初级) 2:00pm - 3:30pm		

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