

2026 October

 **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
			Let's Go Gai Gai - AAC Day 2026 Centre Closed	Let's Jam with Glockenspiel 10:00am - 11:30am	
				Let's Exercise (Resistance Band) 10:00am - 10:45am	
				Let's Sing Opera Together 12:30pm - 2:30pm	
				Let's Do Recycle Art 1:30pm - 3:30pm	
				Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	
				Let's Do Calligraphy 3:30pm - 5:00pm	

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

5	6	7	8	9	10
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 Dragonboat 9:30am - 11:30am	Let's Do Zentangle 10:00am - 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 Exercise (By Leo) 10:00am - 11:00am	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 12:00pm - 2:00pm	
Let's Learn Swimming (SwimSeniors) 10:00am - 10:45am 11:00am - 11:45am	Let's Line Dance 2:30pm - 4:00pm	Let's Gen Together - Primary 2:30pm - 3:30pm	SMRT - BUS SHARING (English) 10:00am - 11:00am	Let's Do Recycle Art 1:30pm - 3:30pm	
Let's Jam with Ukulele (A) 10:45am - 11:45am	Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Bowl 2:00pm - 4:00pm	
Let's Sing Together 12:45pm - 2:45pm			Stay Well Series - Fall Prevention (Chinese) 2:00pm - 4:00pm	Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	
Let's Pick Up Malay** 3:00pm - 4:00pm			Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm		
Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm					

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MON

TUE

WED

THU

FRI

SAT

12	13	14	15	16	17
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 Dragonboat 9:30am - 11:30am	Let's Do Zentangle 10:00am - 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 Exercise with Leo (Y2S) 10:00am - 11:00am	Let's Do Crochet 2:00pm - 4:00pm	Let's Fencing 10:00am - 11:00am	Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
SwimSeniors Programme 10:00am - 10:45am 11:00am - 11:45am	Let's Do Line Dance 2:30pm - 4:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Jam with Ukulele 11:00am - 12:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
Let's Jam with Ukulele (A) 10:45am - 11:45am	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm	Stay Well Series - Fall Prevention (Chinese) 2:00pm - 4:00pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm	
Let's Sing Together 12:45pm - 2:45pm			Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm	Let's Do Calligraphy 3:30pm - 5:00pm	
Let's Pick Up Malay** 3:00pm - 4:00pm					
Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm					

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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
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 Dragonboat 9:30am - 11:30am	Let's Do Zentangle 10:00am - 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 Exercise (By Leo)) 10:00am - 11:00am	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 Gen Together - Primary 11:00am - 12:30pm	
Let's Learn Swimming (SwimSeniors) 10:00am - 10:45am 11:00am - 11:45am	Let's Line Dance 2:30pm - 4:00pm	Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm	Let's Jam with Ukulele 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Jam with Ukulele (A) 10:45am-11:45am	Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm		Stay Well Series - Fall Prevention (Chinese) 2:00pm - 4:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
Let's Sing Together 12:45pm - 2:45pm			Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm	Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm	
Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm					

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MON

TUE

WED

THU

FRI

SAT

26	27	28	29	30	
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 Dragonboat 9:30am - 11:30am	Let's Do Zentangle 10:00am - 12:00pm	Let's Piloxing Lite 10:00am - 11:00am	Let's Dance through the Eras** 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Exercise (By Leo) 10:00am - 11:00am	Let's Do Crochet 2:00pm - 4:00pm	Let's Gen Together - Primary 11:00am - 12:30pm	Let's do seated exercise** 10:00am - 11:00am	Let's Gen Together - Primary 11:00am - 12:30pm	
Let's Learn Swimming (SwimSeniors) 10:00am - 10:45am 11:00am - 11:45am	Let's Line Dance 2:30pm - 4:00pm	Let's Makan Together 12:00pm - 1:00pm	Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Jam with Ukulele (A) 10:45am - 11:45am	Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm	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 Sing Together 12:45pm - 2:45pm		Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Let's Makan Together 12:00pm - 1:00pm	Digital - IMDA Go-Digital - Workshop 3:45pm - 5:00pm	
Let's Pick Up Malay** 3:00pm - 4:00pm			Stay Well Series - Fall Prevention (Chinese) 2:00pm - 4:00pm	Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm	
Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm			Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm		

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2026 十月

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MON	TUE	WED	THU	FRI	SAT
			1	2	3
			中心关闭 (AAC DAY)	一起玩钟琴 10:00am - 11:30am	
				一起线上做阻力带运动 10:00am - 10:45am	
				一起来唱戏 12:30pm - 2:30pm	
				一起做再循环工艺 1:30pm - 3:30pm	
				一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	
				一起写书法 3:30pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
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	
一起划龙船 9:30am - 11:30am	一起做禅绕画 10:00am - 12:00pm	一起做Piloxing Lite 10:00am - 11:00am	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	
一起做运动 10:00am - 11:00am	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	
一起学游泳 10:00am - 10:45am 11:00am - 11.45am	一起跳排舞 2:30pm - 4:00pm	代际交流 - 小学 2:30pm - 3:30pm	SMRT巴士共享讲座(英语) 10:00am - 11:00am	一起做再循环工艺 1:30pm - 3:30pm	
一起玩乌克兰丽丽 (A) 10:45am - 11:45am	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	一起玩乌克兰丽丽 11:00am - 12:00pm	一起打保龄球 2:00pm - 4:00pm	
一起学唱歌 12:45pm - 2:45pm			保健系列 - 健康讲座 (预防跌倒) 2:00pm - 4:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	
一起学马来语** 3:00pm - 4:00pm			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					

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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		
一起划龙船 9:30am - 11:30am	一起做禅绕画 10:00am - 12:00pm	一起做Piloxing Lite 10:00am - 11:00am	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		
一起做运动 10:00am - 11:00am	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		
一起学游泳 10:00am - 10:45am 11:00am - 11:45am	一起打击剑 10:00am - 12:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	一起玩乌克兰丽丽 (B) 11:00am - 12:00pm	一起做再循环工艺 1:30pm - 3:30pm		
一起玩乌克兰丽丽 (A) 10:45am - 11:45am	一起跳排舞 2:30pm - 4:00pm		保健系列 - 健康讲座 (预防跌倒) 2:00pm - 4:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm		
一起学唱歌 12:45pm - 2:45pm	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	一起写书法 3:30pm - 5:00pm		
一起学马来语** 3:00pm - 4:00pm						
一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm						

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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	
一起划龙船 9:30am - 11:30am	一起做禅绕画 10:00am - 12:00pm	一起做Piloxing Lite 10:00am - 11:00am	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	
一起做运动 10:00am - 11:00am	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	代际交流 - 小学 11:00am - 12:30pm	
一起学游泳 10:00am - 10:45am 11:00am - 11:45am	一起跳排舞 2:30pm - 4:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起来唱戏 12:30pm - 2:30pm	
一起玩乌克兰丽 (A) 10:45am - 11:45am	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm		保健系列 - 健康讲座 (预防跌倒) 2:00pm - 4:00pm	一起做再循环工艺 1:30pm - 3:30pm	
一起学唱歌 12:45pm - 2:45pm			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	
一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm					

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一起划龙船 9:30am - 11:30am	一起做禅绕画 10:00am - 12:00pm	一起做Piloxing Lite 10:00am - 11:00am	一起 Dance Through The Eras** 10:00am - 11:00am	一起线上做阻力带运动 10:00am - 10:45am	
一起做运动 10:00am - 11:00am	一起做钩针编织 2:00pm - 4:00pm	代际交流 - 小学 11:00am - 12:30pm	一起做运动 (坐式)** 10:00am - 11:00am	代际交流 - 小学 11:00am - 12:30pm	
一起学游泳 10:00am - 10:45am 11:00am - 11:45am	一起跳排舞 2:30pm - 4:00pm	一起来makan - 中心内* 12:00pm - 1:00pm	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
一起玩乌克兰丽 (A) 10:45am - 11:45am	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	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	
一起学唱歌 12:45pm - 2:45pm		一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	一起 Makan 12:00pm - 1:00pm	数码乐龄计划 - 培训课程 3:45pm - 5:00pm	
一起学马来语** 3:00pm - 4:00pm			保健系列 - 健康讲座 (预防跌倒) 2:00pm - 4:00pm	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			一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm		

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