



2025 October

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



ntuc Health

*Nominal fee of \$3 per session

*Only for selected Seniors only

MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		NTUC Health AAC Day 9:00am - 1:00pm	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am -11:30pm	Functional Screening Test 9:00am - 1:00pm
		Let's Piloxing Lite 10:00am - 11:00am	Let's Exercise with Razak (CFS4-5)** 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
		Let's Steady Lah** 2:00pm - 3:30pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
		Let's Do Nagomi 2:00pm - 5:00pm	Let's Dance Through The Eras** 11:00am - 12:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
			Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Calligraphy 3:30pm - 5:00pm	
			Let's Do Nagomi (Beginners) 2:00pm -3:30pm		
6	7	8	9	10	11
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	Digital Workshop (Woodlands) 10:00am - 11:00am
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Do Zentangle 11:00am - 12:00pm	Let's Steady Lah** 2:00pm - 3:30pm	Let's Exercise with Razak (CFS4-5)** 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** 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 Do Crochet 2:00pm - 4:00pm		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		

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
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 Makan Together* 12:00pm - 1:00pm	Let's Exercise with Razak (CFS4-5)** 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** 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 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 Calligraphy 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Do Nagomi (Beginners) 2:00pm - 3:30pm		
20	21	22	23	24	25
	Let's Qigong 8:30am - 9:30am	Staying Well Series - Mental Health Workshop (Dementia) 9:30am - 12:00pm	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30pm	Let's Go Gai Gai** (Digital for Life Festival) 10:00am - 2:00pm
	Let's Do Zentangle 11:00am - 12:00pm	Let's Piloxing Lite 10:00am - 11:00am	Let's Exercise with Razak (CFS4-5)** 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
	Let's Be Happy** 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 Do Crochet 2:00pm - 4:00pm		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		

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
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 (CFS4-5)** 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** 10:00am - 11:00am		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 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 Bowling* 2:30pm - 4:30pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Do Nagomi (Beginners) 2:00pm - 3:30pm		

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* 每节课费用 \$3元
* 仅限选定的会员

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		NTUC Health AAC Day 9:00am - 1:00pm	一起做Steel Tonic Lite 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	服务 - 健康检查 9:00am - 1:00pm
		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	
		Steady Lah! 保健操** 2:00pm - 3:30pm	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
		一起做日本和谐粉彩 (兴趣班) 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	
			一起来跳舞** 11:00am - 12:00pm	一起写书法 3:30pm - 5:00pm	
			一起做日本和谐粉彩 (初级) 2:00pm - 3:30pm		
6	7	8	9	10	11
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	乐学数码 (Woodlands) 10:00am - 11:00am
一起玩乌克兰丽丽 (A) 10:30am - 11:30am	Happy! 推广健康老龄化计划** 10:00am - 11:00am	Steady Lah! 保健操** 2:00pm - 3:30pm	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	
	一起做钩针编织 2:00pm - 4:00pm		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	一起来makan - 中心内* 12:00pm - 1:00pm	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	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		一起来跳舞** 11:00am - 12:00pm	一起写书法 3:30pm - 5:00pm	
	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		
20	21	22	23	24	25
	一起练气功 8:30am - 9:30am	保健系列 - 精神健康讲座 9:30am - 12:00pm	一起做Steel Tonic Lite 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	一起去Gai Gai (参观数码益终身节2025) 10:00am - 2:00pm
	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 (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		

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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	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	
一起学马来话 3:00pm - 4:00pm	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		一起来跳舞** 11:00am - 12:00pm	一起打保龄球* 2:30pm - 4:30pm	
	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		

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