# 2025 October

\*Nominal fee of \$3 per session

\*Only for selected Seniors only

**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	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		

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。

# 2025 October

\*Nominal fee of \$3 per session

\*Only for selected Seniors only

Centre Name: AACC (Kampung Admiralty)

Centre Address: 676 Woodlands Drive 71 #06-01 S730676

& Centre Contact: 6870 8500





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		
	3.00pm 1.00pm		2.00pm 3.30pm		
20	21	22	23	24	25
20		<b>22</b> Staying Well Series - Mental Health Workshop (Dementia) 9:30am - 12:00pm	·	24  Let's Jam with Glockenspiel 10:00am -11:30pm	25  Let's Go Gai Gai**  (Digital for Life Festival)  10:00am -2:00pm
Happy Diwali	<b>21</b> Let's Qigong	Staying Well Series - Mental Health Workshop (Dementia)	23 Let's Steel Tonic Lite	Let's Jam with Glockenspiel	Let's Go Gai Gai** (Digital for Life Festival)
and	Let's Qigong 8:30am - 9:30am Let's Do Zentangle	Staying Well Series - Mental Health Workshop (Dementia) 9:30am - 12:00pm Let's Piloxing Lite	Let's Steel Tonic Lite 10:00am - 11:00am  Let's Exercise with Razak (CFS4-5)**	Let's Jam with Glockenspiel 10:00am -11:30pm Let's Exercise (Resistance Band)	Let's Go Gai Gai** (Digital for Life Festival)
and	Let's Qigong 8:30am - 9:30am  Let's Do Zentangle 11:00am - 12:00pm  Let's Be Happy**	Staying Well Series - Mental Health Workshop (Dementia) 9:30am - 12:00pm Let's Piloxing Lite 10:00am - 11:00am Let's Do Nagomi	Let's Steel Tonic Lite 10:00am - 11:00am  Let's Exercise with Razak (CFS4-5)** 10:00am - 11:00am  Let's Gen Together - Kindergarten	Let's Jam with Glockenspiel 10:00am -11:30pm Let's Exercise (Resistance Band) 10:00am - 10:45am Let's Sing Opera Together	Let's Go Gai Gai** (Digital for Life Festival)
and	Let's Qigong 8:30am - 9:30am  Let's Do Zentangle 11:00am - 12:00pm  Let's Be Happy** 10:00am - 11:00am  Let's Do Crochet	Staying Well Series - Mental Health Workshop (Dementia) 9:30am - 12:00pm Let's Piloxing Lite 10:00am - 11:00am Let's Do Nagomi	Let's Steel Tonic Lite 10:00am - 11:00am  Let's Exercise with Razak (CFS4-5)** 10:00am - 11:00am  Let's Gen Together - Kindergarten 10:00am - 11:00am  Let's Dance Through The Eras**	Let's Jam with Glockenspiel 10:00am -11:30pm  Let's Exercise (Resistance Band) 10:00am - 10:45am  Let's Sing Opera Together 12:30pm - 2:30pm  Let's Do Recycle Art	Let's Go Gai Gai** (Digital for Life Festival)

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。

# 2025 October

\*Nominal fee of \$3 per session

\*Only for selected Seniors only

Centre Name: AACC (Kampung Admiralty)

Centre Address: 676 Woodlands Drive 71 #06-01 S730676

& Centre Contact: 6870 8500



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		

### 2025 十月

\* 每节课费用 \$3元

\*仅限选定的会员

**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	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
6 一起跳K-pop (Lite) 9:30am - 10:30am	<b>7</b> 一起练气功 8:30am - 9:30am	8 一起做Piloxing Lite 10:00am - 11:00am	9 一起做Steel Tonic Lite 10:00am - 11:00am	<b>10</b> 一起玩钟琴 10:00am - 11:30am	11 乐学数码(Woodlands) 10:00am - 11:00am
一起跳K-pop (Lite)	一起练气功	一起做Piloxing Lite	一起做Steel Tonic Lite	一起玩钟琴	乐学数码(Woodlands)
一起跳K-pop (Lite) 9:30am - 10:30am 一起玩乌克丽丽 (A)	一起练气功 8:30am - 9:30am Happy ! 推广健康老龄化计划**	一起做Piloxing Lite 10:00am - 11:00am Steady Lah! 保健操**	一起做Steel Tonic Lite 10:00am - 11:00am 一起跟Razak做运动 (CFS 4-5)**	一起玩钟琴 10:00am - 11:30am 一起线上做阻力带运动	乐学数码(Woodlands)
一起跳K-pop (Lite) 9:30am - 10:30am 一起玩乌克丽丽 (A) 10:30am - 11:30am 一起学唱歌	一起练气功 8:30am - 9:30am Happy ! 推广健康老龄化计划** 10:00am - 11:00am 一起做禅绕画	一起做Piloxing Lite 10:00am - 11:00am Steady Lah! 保健操** 2:00pm - 3:30pm 一起做日本和谐粉彩 (兴趣班)	一起做Steel Tonic Lite 10:00am - 11:00am 一起跟Razak做运动 (CFS 4-5)** 10:00am - 11:00am 代际交流 - 幼儿园 10:00am -	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	乐学数码(Woodlands)
一起跳K-pop (Lite) 9:30am - 10:30am 一起玩乌克丽丽 (A) 10:30am - 11:30am 一起学唱歌	一起练气功 8:30am - 9:30am Happy!推广健康老龄化计划** 10:00am - 11:00am 一起做禅绕画 11:00am - 12:00pm 一起做钩针编织	一起做Piloxing Lite 10:00am - 11:00am Steady Lah! 保健操** 2:00pm - 3:30pm 一起做日本和谐粉彩 (兴趣班)	一起做Steel Tonic Lite 10:00am - 11:00am 一起跟Razak做运动 (CFS 4-5)** 10:00am - 11:00am 代际交流 - 幼儿园 10:00am - 11:00am 一起玩乌克丽丽 (B)	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	乐学数码(Woodlands)

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。

# 2025 十月

\*每节课费用 \$3元

\*仅限选定的会员

Centre Name: AACC (Kampung Admiralty)

Centre Address: 676 Woodlands Drive 71 #06-01 S730676

& Centre Contact: 6870 8500



( Health

MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
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	
1 1			1000 · /// >= -1 / 6 6 / -> · ·	1-75 1 77 BB 1 1151	

9:30am - 10:30am	8:30am - 9:30am	10:00am - 11:00am	10:00am - 11:00am	10:00am - 11:30am	
一起玩乌克丽丽 (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
Grand Brown	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 #	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	
Diwali	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		
			一起做日本和谐粉彩 (初级)		

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。

### 2025 十月

\* 每节课费用 \$3元

\*仅限选定的会员

Centre Name: AACC (Kampung Admiralty)

© Centre Address: 676 Woodlands Drive 71 #06-01 S730676

Centre Contact: 6870 8500



MON	TUE	WED	THU	FRI	SA
27	28	29	30	31	
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	
−起玩乌克丽丽 (A)  0:30am - 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		