

Cashew Calendar - Housekeeping

Font Text

Hello

Hello

Hello

Background Highlights

Complementary Colour

Pantone 320 C

C: 96 M: 0 Y: 31 K: 2

R: 0 G: 156 B: 166 #009CA6

#0099a8cb

#0099a898

#0099a865

#0099a832

#0099a818

Contrasting Colour

Pantone 360 C

C: 59 M: 0 Y: 90 K: 0

R: 108 G: 194 B: 74 #6CC24A

#75be4dcb

#75be4d98

#75be4d65

#75be4d32

#75be4d18

Pantone 7548 C

C: 0 M: 11 Y: 100 K: 0

R: 255 G: 198 B: 0 #FFC600

#fec400cb

#fec40098

#fec40065

#fec40032

#fec40018

Pantone 179-12 C

C: 0 M: 0 Y: 0 K: 78

R: 94 G: 94 B: 95 #5E5E5F

#5c5d60cb

#5c5d6098

#5c5d6065

#5c5d6032

#5c5d6018

2026 September

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	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 Go Gai Gai** (Singapore Sea Regatta) 8:30am - 1:00pm
	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 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 2:30pm - 4:00pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 4:00pm - 5:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
	Let's Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm		Let's Do Nagomi (Beginner) 2:00pm - 4:00pm	Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	
			Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Do Calligraphy 3:30pm - 5:00pm	

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
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 Exercise (Water Bottle) 10:00am - 10:45am	Stay Well Series - Mindfulness and Self Care for Healthy Ageing (Chinese) 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 Jam with Ukulele (A) 10:45am - 11:45am	Let's Do Zentangle 10:00am - 12:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Sing Opera Together 12:00pm - 2:00pm	
Let's Sing Together 12:45pm - 2:45pm	Let's Do Crochet 2:00pm - 4:00pm	Let's 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 Do Recycle Art 1:30pm - 3:30pm	
Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	Let's Do Line Dance 2:30pm - 4:00pm		Let's Do Nagomi (Beginner) 2:00pm - 4:00pm	Let's Gen Together - Tertiary 2:00pm - 5:00pm	
	Let's Strategise with Kakis(Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm		Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Jam with Ukulele (Intermediate) 3:30pm - 5:00pm	

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
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	AAC Team Building (Centre Closed)	
Let's Exercise (Water Bottle) 10:00am - 10:45am	Stay Well Series - Mindfulness and Self Care for Healthy Ageing (Chinese) 10:00am - 12:00pm	Let's Piloxing Lite 10:00am - 11:00am	Digital - Fab Lab Series - 3D Printing Workshop 10:00am - 4:00pm		
Let's Jam with Ukulele (A) 10:45am-11:45am	Let's Walking Football 10:00am - 11:30am	Let's Do Nagomi 2:00pm - 5:00pm	Let's do seated exercise** 10:00am - 11:00am		
Let's Sing Together 12:45pm - 2:45pm	Let's Do Zentangle 10:00am - 12:00pm	Let's Gen Together - Primary 2:30pm - 3:30pm	Let's Gen Together - Kindergarden 10:00am - 11:00am		
Let's Pick Up Malay 3:00pm - 4:00pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 3:30pm - 5:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm		
Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	Let's Do Line Dance 2:30pm - 4:00pm		Let's Do Nagomi (Beginner) 2:00pm - 4:00pm		
	Let's Strategise with Kakis(Rummy-O) 2:00pm - 5:00pm		Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm		

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Community Health Post 9:00am - 1:00pm	Let's do seated exercise** 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30am	
Let's Exercise (Water Bottle) 10:00am - 10:45am	Stay Well Series - Mindfulness and Self Care for Healthy Ageing (Chinese) 10:00am - 12:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Gen Together - Kindergarden 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Jam with Ukulele (A) 10:45am - 11:45am	Let's Walking Football 10:00am - 11:30am	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm	Let's Jam with Ukulele 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Sing Together 12:45pm - 2:45pm	Let's Do Zentangle 10:00am - 12:00pm	Wellness - CPF workshop 3:30pm - 5:30pm	Let's Do Nagomi (Beginner) 2:00pm - 4:00pm	Let's Do Recycle Art 1:30pm - 3:30pm	
Let's Target Together 2:00pm - 4:00pm	Let's Do Crochet 2:00pm - 4:00pm		Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Bowl 2:00pm - 4:00pm	
Let's Pick Up Malay 3:00pm - 4:00pm	Let's Do Line Dance 2:30pm - 4:00pm			Let's Talk About Road Safety 3:00pm - 4:30pm	
Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm			Digital - IMDA Go-Digital - Workshop 3:45pm - 5:00pm	
				Let's Jam with Ukulele (Intermediate) 3:30pm - 5:00pm	
				Let's Strategise with Kakis (Rummy-O) 4:00pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
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 Exercise (Water Bottle) 10:00am - 10:45am	Stay Well Series - Mindfulness and Self Care for Healthy Ageing (Chinese) 10:00am - 12:00pm	Let's Piloxing Lite 10:00am - 11:00am			
Let's Jam with Ukulele (A) 10:45am-11:45am	Let's Do Zentangle 10:00am - 12:00pm	Let's Do Nagomi 2:00pm - 5:00pm			
Let's Sing Together 12:45pm - 2:45pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Strategise with Kakis (Rummy-O) 9:30am - 11:30am 2:00pm - 5:00pm			
Let's Pick Up Malay 3:00pm - 4:00pm	Let's Do Line Dance 2:30pm - 4:00pm				
Let's Strategise with Kakis (Rummy-O) 3:00pm - 5:00pm	Let's Strategise with Kakis(Rummy-O) 2:00pm - 5:00pm				

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2026 九月

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	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	一起去Gai Gai** 8:30am - 1:00pm
	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 2:30pm - 4:00pm	一起游戏时间 9:30am - 11:30am 4:00pm - 5:00pm	一起玩乌克丽丽 11:00am - 12:00pm	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		一起做日本和谐粉彩 (初级) 2:00pm - 4:00pm	一起游戏时间 3:00pm - 5:00pm	
			一起游戏时间 2:00pm - 5:00pm	一起写书法 3:30pm - 5:00pm	

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7	8	9	10	11	12
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	
一起线上做阻力带运动 10:00am - 10:45am	保健系列 - 健康讲座 (正念与自我护理工作坊) 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	
一起玩乌克兰丽 (A) 10:45am - 11:45am	一起做禅绕画 10:00am - 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	
一起学唱歌 12:45pm - 2:45pm	一起做钩针编织 2:00pm - 4:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm	一起玩乌克兰丽 11:00am - 12:00pm	一起做再循环工艺 1:30pm - 3:30pm	
一起游戏时间 3:00pm - 5:00pm	一起跳排舞 2:30pm - 4:00pm		一起做日本和谐粉彩 (初级) 2:00pm - 4:00pm	一起游戏时间 3:00pm - 5:00pm	
	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm		一起游戏时间 2:00pm - 5:00pm	一起玩乌克兰丽 (中级) 3:30pm - 5:00pm	

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14	15	16	17	18	19
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	团队建设 (中心关闭)	
一起线上做阻力带运动 10:00am - 10:45am	保健系列 - 健康讲座 (正念与自我护理工作坊) 10:00am - 12:00pm	一起做Piloxing Lite 10:00am - 11:00am	3D 打印工作坊 10:00am - 4:00pm		
一起玩乌克兰丽丽 (A) 10:45am - 11:45am	一起来踢球 10:00am - 11:30am	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	一起做运动 (坐式)** 10:00am - 11:00am		
一起学唱歌 12:45pm - 2:45pm	一起做禅绕画 10:00am - 12:00pm	代际交流 - 小学 2:30pm - 3:30pm	代际交流 - 幼儿园 10:00am - 11:00am		
一起学马来语 3:00pm - 4:00pm	一起做钩针编织 2:00pm - 4:00pm	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		
一起游戏时间 3:00pm - 5:00pm	一起跳排舞 2:30pm - 4:00pm		一起做日本和谐粉彩 (初级) 2:00pm - 4:00pm		
	一起游戏时间 2:00pm - 5:00pm		一起游戏时间 2:00pm - 5:00pm		

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21	22	23	24	25	26	
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	一起做运动 (坐式)** 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am		
一起线上做阻力带运动 10:00am - 10:45am	保健系列 - 健康讲座 (正念与自我护理工作坊) 10:00am - 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	一起线上做阻力带运动 10:00am - 10:45am		
一起玩乌克兰丽丽 (A) 10:45am - 11:45am	一起来踢球 10:00am - 11:30am	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	一起来唱戏 12:30pm - 2:30pm		
一起学唱歌 12:45pm - 2:45pm	一起做禅绕画 10:00am - 12:00pm	乐龄CPF讲座 3:30pm - 5:30pm	一起做日本和谐粉彩 (初级) 2:00pm - 4:00pm	一起做再循环工艺 1:30pm - 3:30pm		
一起玩射击 2:00pm - 4:00pm	一起做钩针编织 2:00pm - 4:00pm		一起游戏时间 2:00pm - 5:00pm	一起打保龄球 2:00pm - 4:00pm		
一起学马来语 3:00pm - 4:00pm	一起跳排舞 2:30pm - 4:00pm					安心系列 - 马路安全 3:00pm - 4:30pm
	一起游戏时间 2:00pm - 5:00pm					数码乐龄计划 - 培训课程 3:45pm - 5:00pm
一起游戏时间 3:00pm - 5:00pm						一起玩乌克兰丽丽 (中级) 3:30pm - 5:00pm
						一起游戏时间 4:00pm - 5:00pm

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28	29	30			
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			
一起线上做阻力带运动 10:00am - 10:45am	保健系列 - 健康讲座 (正念与自我护理工作坊) 10:00am - 12:00pm	一起做Piloxing Lite 10:00am - 11:00am			
一起玩乌克兰丽丽 (A) 10:45am - 11:45am	一起来踢球 10:00am - 11:30am	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm			
一起学唱歌 12:45pm - 2:45pm	一起做禅绕画 10:00am - 12:00pm	一起游戏时间 9:30am - 11:30am 2:00pm - 5:00pm			
一起学马来语 3:00pm - 4:00pm	一起做钩针编织 2:00pm - 4:00pm				
一起游戏时间 3:00pm - 5:00pm	一起跳排舞 2:30pm - 4:00pm				
	一起游戏时间 2:00pm - 5:00pm				

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