

# 2025 September

\*Nominal fee of \$3 per session

\*Only for selected Seniors only

 **Centre Name:** AACC (Kampung Admiralty)  
 **Centre Address:** 676 Woodlands Drive 71 #06-01 S. 730676  
 **Centre Contact:** 6870 8500



 **ntuc Health**

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Staying Well Series - Mental Health Workshop 9:30am - 12:00pm	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 Happy ( <b>Registration</b> ) 10:00am - 11:30am	Let's Piloxing Lite 10:00am - 11:00am	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	Let's Steady Lah 2:00pm - 3:30pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
	Aqua Fit* 12:00pm - 1:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Do Nagomi (Beginners) 2:00pm -3:30pm	Let's Do Recycle Art 1:30pm - 3:30pm	
	Let's Do Crochet 2:00pm - 4:00pm			Let's Do Calligraphy 3:30pm - 5:00pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm				
	Let's Do Line Dance (B) 3:00pm - 4:00pm				
8	9	10	11	12	13
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Steady Lah* 2:00pm - 3:30pm	Let's Steel Tonic Lite 10:00am - 11:00am	Town Hall Centre Closed 9:00am - 6:00pm	Let's Go Gai Gai* 9:00am -12:00pm
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 Gen Together - Kindergarten 10:00am - 11:00am		
Let's Sing Together 12:30pm - 2:30pm	Aqua Fit* 12:00pm - 1:00pm		Let's Jam with Ukulele (B) 11:00am - 12:00pm		
	Let's Do Crochet 2:00pm - 4:00pm		Let's Do Nagomi (Beginners) 2:00pm -3:30pm		
	Let's Do Line Dance (A) 2:00pm - 3:00pm				
	Let's Do Line Dance (B) 3:00pm - 4:00pm				

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Steady Lah* 10:00am - 11:30am	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 Busker Robin 10:00am - 11:00am	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Aqua Fit* 12:00pm - 1:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	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 Gen Together - Primary 2:00pm - 3:30am	Let's Do Nagomi (Beginners) 2:00pm - 3:30pm	Let's Do Recycle Art 1:30pm - 3:30pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm			Let's Do Calligraphy 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm				
22	23	24	25	26	27
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 Steady Lah 2:00pm - 3:30pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Exercise (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Happy* 10:00am - 11:30am	Let's Do Nagomi 2:00pm - 5:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Learn Digital (IMDA) 3:45pm - 5:00pm	Let's Do Crochet 2:00pm - 4:00pm		Let's Makan Together 12:00pm - 1:00pm	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 Bowl 2:30pm - 4:30pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Bus Safety Engagement Talk (Mandarin) 4:00pm - 5:00pm		

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MON	TUE	WED	THU	FRI	SAT
29	30				
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Qigong 8:30am - 9:30am				
Let's Pick Up Malay 3:00pm - 4:00pm	Let's Do Zentangle 11:00am - 12:00pm				
	Let's Happy* 10:00am - 11:30am				
	Let's Do Crochet 2:00pm - 4:00pm				
	Let's Do Line Dance (A) 2:00pm - 3:00pm				
	Let's Do Line Dance (B) 3:00pm - 4:00pm				

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2025 九月

\* 每节课费用 \$3元  
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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
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 9:30am - 12:00pm	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 (A) 10:30am - 11:30am	Happy! 推广健康老龄化计划 10:00am - 11:30am	一起做Piloxing Lite 10:00am - 11:00am	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	
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm	Steady Lah! 保健操 2:00pm - 3:30pm	一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起来唱戏 12:30pm - 2:30pm	
	一起跳水上韵律操 12:00pm - 1:00pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	一起做日本和谐粉彩 (初级) 2:00pm - 3:30pm	一起做再循环工艺 1:30pm - 3:30pm	
	一起做钩针编织 2:00pm - 4:00pm			一起写书法 3:30pm - 5:00pm	
	一起跳排舞 (中级) 2:00pm - 3:00pm				
	一起跳排舞 (初级) 3:00pm - 4:00pm				
8	9	10	11	12	13
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	Steady Lah! 保健操 2:00pm - 3:30pm	一起做Steel Tonic Lite 10:00am - 11:00am	中心休业 (员工培训)	一起去Gai Gai* 9:00am - 12:00pm
一起玩乌克兰丽 (A) 10:30am - 11:30am	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		
一起学唱歌 12:30pm - 2:30pm	一起跳水上韵律操 12:00pm - 1:00pm		一起玩乌克兰丽 (B) 11:00am - 12:00pm		
	一起做钩针编织 2:00pm - 4:00pm		一起做日本和谐粉彩 (初级) 2:00pm - 3:30pm		
	一起跳排舞 (中级) 2:00pm - 3:00pm				
	一起跳排舞 (初级) 3:00pm - 4:00pm				

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15	16	17	18	19	20
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	Steady Lah! 保健操 10:00am - 11:30am	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	一起做禅绕画 11:00am - 12:00pm	街头艺人歌唱表演 10:00am - 11:00am	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	
一起学唱歌 12:30pm - 2:30pm	一起跳水上韵律操 12:00pm - 1:00pm	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	代际交流 - 小学 2:00pm - 3:30pm	一起做日本和谐粉彩 (初级) 2:00pm - 3:30pm	一起做再循环工艺 1:30pm - 3:30pm	
	一起跳排舞 (中级) 2:00pm - 3:00pm			一起写书法 3:30pm - 5:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm				
22	23	24	25	26	27
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	一起做禅绕画 11:00am - 12:00pm	Steady Lah! 保健操 2:00pm - 4:00pm	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	
一起学唱歌 12:30pm - 2:30pm	Happy! 推广健康老龄化计划 10:00am - 11:30am	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	一起来唱戏 12:30pm - 2:30pm	
乐学数码 (IMDA) 3:45pm - 5:00pm	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	一起打保龄球 2:30pm - 4:30pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm		巴士安全讲座 (华语) 4:00pm - 5:00pm		

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一起玩乌克兰 (A) 10:30am - 11:30am	一起练气功 8:30am - 9:30am				
一起学马来话 3:00pm - 4:00pm	Happy ! 推广健康老龄化计划 10:00am - 11:30am				
	一起做禅绕画 11:00am - 12:00pm				
	一起做钩针编织 2:00pm - 4:00pm				
	一起跳排舞 (中级) 2:00pm - 3:00pm				
	一起跳排舞 (初级) 3:00pm - 4:00pm				

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