

2025 May

*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
				Let's Jam with Glockenspiel 10:00am -11:30pm Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am Let's Sing Opera Together 12:30pm - 2:30pm Let's Do Recycle Art (B) 1:30pm - 3:30pm Let's Do Calligraphy class (Beginner) 3:30pm - 5:00pm	
5	6	7	8	9	10
	Let's Qigong 8:30am - 9:30am Let's Do Zentangle 11:00am - 12:00pm 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	Let's Indian Dance 9:30am - 11:30am Let's Do Nagomi (A) 2:00pm - 3:30pm 3D Printing 2:30pm - 4:30pm	Square Stepping Exercise 10:00am - 11:00am Let's Steel Tonic Lite 10:00am - 11:00am Let's Gen Together - Kindergarten 10:00am - 11:00am Let's Jam with Ukulele (B) 11:00am - 12:00pm Let's Do Nagomi (Beginners) 1:00pm -2:30pm Let's Do Nagomi (Intermediate) 2:30pm -4:00pm	Let's Jam with Glockenspiel 10:00am -11:30pm Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am Let's Sing Opera Together 12:30pm - 2:30pm Let's Do Recycle Art (B) 1:30pm - 3:30pm Let's Go Gai Gai* 1:30pm -5:30pm Let's Do Calligraphy class (Interest) 3:30pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
	Let's Qigong 8:30am - 9:30am	Let's Indian Dance 9:30am - 11:30am	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30pm	
	Let's Do Zentangle 11:00am - 12:00pm	Let's Do Nagomi (A) 2:00pm - 3:30pm	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	
	Let's Do Crochet 2:00pm - 4:00pm	3D Printing 2:30pm - 4:30pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Do Nagomi (Beginners) 1:00pm - 2:30pm	Let's Do Calligraphy (Beginner) 3:30pm - 5:00pm	
			Rolling Good Times 2:00pm - 3:30pm		
			Let's Do Nagomi (Intermediate) 2:30pm - 4:00pm		
19	20	21	22	23	24
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance 9:30am - 11:30am	Square Stepping Exercise 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 (A) 2:00pm - 3:30pm	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Makan Together 12:00pm - 1:00pm	3D Printing 2:30pm - 4:30pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Crochet 2:00pm - 4:00pm		Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
Let's Do Recycle Art 2:00pm - 4:00pm	Rolling Good Times 10:00am - 11:30am		Rolling Good Times 2:00pm - 3:30pm	Let's Do Calligraphy class (Interest) 3:30pm - 5:00pm	
Let's Learn Digital (IMDA) 3:45pm - 5:00pm	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Do Nagomi (Beginners) 1:00pm - 2:30pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Do Nagomi (Intermediate) 2:30pm - 4:00pm		

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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance 9:30am - 11:30am	Square Stepping Exercise 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 (A) 2:00pm - 3:30pm	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Crochet 2:00pm - 4:00pm	3D Printing 2:30pm - 4:30pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Rolling Good Times 10:00am -11:30am		Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
Let's Do Recycle Art 2:00pm - 4:00pm	Let's Do Line Dance (A) 2:00pm - 3:00pm		Rolling Good Times 2:00pm -3:30pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Do Nagomi (Beginners) 1:00pm -2:30pm		
			Let's Do Nagomi (Intermediate) 2:30pm -4:00pm		

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MON	TUE	WED	THU	FRI	SAT
			1 	2 一起玩钟琴 10:00am - 11:30am 一起跟Razak线上做运动 10:00am - 10:45am 一起来唱戏 12:30pm - 2:30pm 一起做再循环工艺 (B) 1:30pm - 3:30pm 一起写书法 (初学者) 3:30pm - 5:00pm	3
5 	6 一起练气功 8:30am - 9:30am 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	7 一起跳印族舞 9:30am - 11:30am 一起做日本和谐粉彩 (兴趣班) 2:00pm - 3:30pm 3D 打印学习课程 2:30pm - 4:30pm	8 方块踏步运动 10:00am - 11:00am 一起做Steel Tonic Lite 10:00am - 11:00am 代际交流 - 幼儿园 10:00am - 11:00am 一起玩乌克兰丽丽 (B) 11:00am - 12:00pm 一起做日本和谐粉彩 (初级) 1:00pm - 2:30pm 一起做日本和谐粉彩 (中级) 2:30pm - 4:00pm	9 一起玩钟琴 10:00am - 11:30am 一起跟Razak线上做运动 10:00am - 10:45am 一起来唱戏 12:30pm - 2:30pm 一起做再循环工艺 (B) 1:30pm - 3:30pm 一起去Gai Gai* 1:30pm - 5:30pm 一起写书法 (兴趣班) 3:30pm - 5:00pm	10

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	一起练气功 8:30am - 9:30am	一起跳印族舞 9:30am - 11:30am	方块踏步运动 10:00am - 11:00am	一起玩钟琴 10:00am - 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 - 3:30pm	一起做Steel Tonic Lite 10:00am - 11:00am	一起跟Razak线上做运动 10:00am - 10:45am	
	一起做钩针编织 2:00pm - 4:00pm	3D 打印学习课程 2:30pm - 4:30pm	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 (中级) 2:00pm - 3:00pm		一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起做再循环工艺 (B) 1:30pm - 3:30pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm		一起做日本和谐粉彩 (初级) 1:00pm - 2:30pm	一起写书法 (初学者) 3:30pm - 5:00pm	
			一起做日本和谐粉彩 (中级) 2:30pm - 4:00pm		
			防跌课程Rolling Good Times 2:00pm - 3:30pm		
19	20	21	22	23	24
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起跳印族舞 9:30am - 11:30am	方块踏步运动 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	一起做日本和谐粉彩 (兴趣班) 2:00pm - 3:30pm	一起做Steel Tonic Lite 10:00am - 11:00am	一起跟Razak线上做运动 10:00am - 10:45am	
一起学唱歌 12:30pm - 2:30pm	一起来makan 12:00pm - 1:00pm	3D 打印学习课程 2:30pm - 4:30pm	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm	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 (B) 1:30pm - 3:30pm	
一起做再循环工艺 2:00pm - 4:00pm	防跌课程Rolling Good Times 10:00am - 11:30am		一起做日本和谐粉彩 (初级) 1:00pm - 2:30pm	一起写书法 (兴趣班) 3:30pm - 5:00pm	
乐学数码 (IMDA) 3:45pm - 5:00pm	一起跳排舞 (中级) 2:00pm - 3:00pm		一起做日本和谐粉彩 (中级) 2:30pm - 4:00pm		
	一起跳排舞 (初级) 3:00pm - 4:00pm		防跌课程Rolling Good Times 2:00pm - 3:30pm		

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一起做再循环工艺 2:00pm - 4:00pm	一起跳排舞 (中级) 2:00pm - 3:00pm		一起做日本和谐粉彩 (初级) 1:00pm - 2:30pm		
	一起跳排舞 (初级) 3:00pm - 4:00pm		一起做日本和谐粉彩 (中级) 2:30pm - 4:00pm		
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