

2026 July

 **Centre Name:** AAC (Kampung Kembangan)
 **Centre Address:** Blk 102 #01-389 Lengkong Tiga S410102
 **Centre Contact:** 6715 6758 / 8031 2807 (WhatsApp Only)



 **ntuc Health**

MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Let's Taichi (IL) @ Blk 108 (Paid Monthly) 8:00am - 9:00am (Registration Required)	F4 (Let's Brisk Walk) 7:30am - 8:30am	Let's CALM (Muscle and Mind) @ Bay A 9:00am - 10:00am (Registered Participants Only)	
		Let's Jam with Harmonica @ Bay B (Fee Required) 9:30am - 10:30am (Registered Participants Only)	Let's Makan Together - F4 @ Bay A 8:30am - 9:30am	Let's Chair Zumba @ Blk 108 9:00am - 10:00 am (Registration Required)	
		Let's Jam with Ukulele - Discovering Ukulele Picking Patterns @ Bay B 11:00am - 12:00pm (Registered Participants Only)	Let's Jam with Ukulele @ Bay B (Interest Group) 10:00am - 12:00pm	Let's Stretch Band @ Blk 108 10:15am - 11:15 am (Registration Required)	
		Let's Social Dance @ Bay A 11:00am - 12:30pm	Let's Jam with Ukulele @ Bay B (Intermediate Class) 2:00pm - 4:00pm (Registered Participants Only)	Let's Pick Up - Conversational Arabic (Beginner) @ Bay a (Conducted in English and Malay) 11:15am - 12:15pm (Registered Participants Only)	
		Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	Let's Gen Together - Tertiary (Temasek Junior College) @ Bay A 2.00pm - 4.00pm	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	
		Let's Do Crochet @ Bay A (Interest group) 2:00pm - 4:00pm	Let's Pick Up - Conversational Malay (Intermediate) @ Bay A (Conducted in English) 4:00pm - 5:00pm	Stay Well Series - Stroke Talk @ Bay A (Conducted in Mandarin) 2:00pm - 3:30pm (Registration Required)	
		Let's Learn Basic Golf @ Bay A 3:00pm - 4:00pm		Let's Adaptive Sports (Boccia) @ Bay A 3:30pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		一起打太极(IL) @Blk 108 (按月付费) 8:00am - 9:00am (需要报名)	F4 一起快步走 7:30am - 8:30am	一起做防肌肉萎缩运动 (肌肉和精神) @Bay A 9:00am - 10:00am (仅限已注册参与者)	
		一起吹口琴 @Bay B (需要付费) 9:30am - 10:30am (仅限已注册参与者)	一起来makan - F4 @ Bay A 8:30am - 9:30am	一起做坐式尊巴 @Blk 108 9:00am - 10:00 am (仅限已注册参与者)	
		一起玩乌克兰丽 - 学习拨弦模式 @ Bay B 11:00am - 12:00pm (仅限已注册参与者)	一起玩乌克兰丽 @ Bay B (兴趣小组) 10:00am - 12:00pm	一起做弹力带拉筋操 @Blk 108 10:15am - 11:15 am (仅限已注册参与者)	
		一起跳社交舞 @ Bay A 11:00am - 12:30pm	一起玩乌克兰丽 @ Bay B (中级) 2:00pm - 4:00pm (仅限已注册参与者)	一起学阿拉伯语会话 (初级) @Bay B (英语和马来语讲解) 11:15am - 12:15pm (仅限已注册参与者)	
		一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	代际交流 - 大专学府 - 淡马锡初级学院 @ Bay A 2.00pm - 4.00pm	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	
		一起做钩针编织 @ Bay A (兴趣小组) 2:00pm - 4:00pm	一起学马来语 (中级) (英语讲解) 4:00pm - 5:00pm	保健系列 - 辨识中风症状 @ Bay A (华语讲解) 2:00pm - 3:30pm (需要报名)	
		一起打基础高尔夫球 @ Bay A 3:00pm - 4:00pm		一起玩硬地滚球 @ Bay A 3:30 - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
Let's Piloxing (Standing) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	F4 (Let's Piloxing (Seated)) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	Let's Taichi (IL) @ Blk 108 (Paid Monthly) 8:00am - 9:00am (Registration Required)	F4 (Let's Brisk Walk) 7:30am - 8:30am	Let's CALM (Muscle and Mind) @ Bay A 9:00am - 10:00am (Registered Participants Only)	
Let's Walking Football @ Tampines Hub (Group B) 10:00am - 11.30am (Registered Participants Only)	Let's Learn to Repair (#10) @ Bay A 10.30am - 12.30pm (Registered Participants Only)	Let's Jam with Harmonica @ Bay B (Fee Required) 9:30am - 10:30am (Registered Participants Only)	Let's Makan Together - F4 @ Bay A 8:30am - 9:30am	Let's Chair Zumba @ Blk 108 9:00am - 10:00am (Registration Required)	
Let's Celebrate (Birthday) 12:00pm - 1:00pm (Registered Participants Only)	Let's Pick Up - Conversational Mandarin (Beginner) @ Bay A (Conducted in English) 2:00pm - 3:00pm	Let's Jam with Ukulele - Discovering Ukulele Picking Patterns @ Bay B 11:00am - 12:00pm (Registered Participants Only)	Let's Talk News @ Bay A 9:30am - 10:30am	Let's Stretch Band @ Blk 108 10:15am - 11.15am (Registration Required)	
Let's Social Dance @ Bay A (Practice Session) 2:00pm - 3:00pm	Let's Understand Pet Care (Caring for Dogs) @ Bay B 2:00pm - 3:30pm	Let's Social Dance @ Bay A 11:00am - 12:30pm	Let's Jam with Ukulele @ Bay B (Interest Group) 10:00am - 12:00pm	Let's Pick Up - Conversational Arabic (Beginner) (Conducted in English and Malay) 11:15am - 12:15pm (Registered Participants Only)	
Let's Do Zentangle @ Bay B (Interest group) 2:00pm - 4:00pm	Let's Do Paper Quilling @ Bay A (Fee Required) 3:00pm - 4:30pm	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	Let's Jam with Ukulele @ Bay B (Intermediate Class) 2:00pm - 4:00pm (Registered Participants Only)	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	
Let's Line Dance @ Bay A 3:00pm - 4:30pm		Let's Do Crochet @ Bay A (Interest group) 2:00pm - 4:00pm	Let's Learn to Play Chess (Beginner) 3.00pm - 4.30pm	Let's Play Golf (Fee Required) 2:30pm - 4:30pm (Registration Required)	
		Let's Talk About Managing Caregiver Stress @ Bay A 7:00pm - 8:30pm (Registration Required)		Let's Pick Up - Conversational English @ Bay A (Conducted in Mandarin) 7.30pm - 8.30pm	

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6	7	8	9	10	11
一起拳击皮拉提 @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起拳击皮拉提 Lite @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起打太极(IL) @ Blk 108 (按月付费) 8:00am - 9:00am (需要报名)	F4 一起快步走 7:30am - 8:30am	一起做防肌肉萎缩运动 (肌肉和精神) @ Bay A 9:00am - 10:00am (仅限已注册参与者)	
一起来踢球 @ 淡濱尼體育場 (B组) 10:00am - 11.30am (仅限已注册参与者)	一起学维修技能 (#10) @ Bay A 10.30am - 12.30pm (仅限已注册参与者)	一起吹口琴 @ Bay B (需要付费) 9:30am - 10:30am (仅限已注册参与者)	一起来makan - F4 @ Bay A 8:30am - 9:30am	一起做坐式尊巴 @ Blk 108 9:00am - 10:00 am (仅限已注册参与者)	
一起来庆生 12:00pm - 1:00pm (仅限已注册参与者)	我们来学普通话吧 @ Bay A (以英语进行) 2:00pm - 3:00pm	一起玩乌克兰丽 - 学习拨弦模式 @ Bay B 11:00am - 12:00pm (仅限已注册参与者)	一起聊新闻 @ Bay A 9:30am - 10:30am	一起做弹力带拉伸 @ Blk 108 10:15am - 11:15 am (仅限已注册参与者)	
一起跳社交舞 @ Bay A (练习) 2:00pm - 3:00pm	一起学宠物护理(狗) @ Bay B 2:00pm - 3:30pm	一起跳社交舞 @ Bay A 11:00am - 12:30pm	一起玩乌克兰丽 @ Bay B (兴趣小组) 10:00am - 12:00pm	一起学阿拉伯语会话 (初级) @ Bay B (英语和马来语讲解) 11:15am - 12:15pm (仅限已注册参与者)	
一起做禅绕画 @ Bay B (兴趣小组) 2:00pm - 4:00pm	一起做衍纸 @ Bay A (需要付费) 2:00pm - 4:00pm	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	一起玩乌克兰丽 @ Bay B (中级) 2:00pm - 4:00pm (仅限已注册参与者)	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	
一起跳排舞 @ Bay A 3:00pm - 4:30pm		一起做钩针编织 @ Bay A (兴趣小组) 2:00pm - 4:00pm	一起学国际象棋 (初级) 3.00pm - 4.30pm	一起打高尔夫球 (需要付费) 2:30 pm - 4:30 pm (需要报名)	
		照顾者压力管理 @ Bay A 7:00pm - 8:30pm (Registration Required)		一起学英语会话 @ Bay A (中文讲解) 7.30pm - 8.30pm	

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13	14	15	16	17	18
Let's Piloxing (Standing) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	F4 (Let's Piloxing (Seated)) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	Let's Taichi (IL) @ Blk 108 (Paid Monthly) 8:00am - 9:00am (Registration Required)	F4 (Let's Brisk Walk) 7:30am - 8:30am	Let's CALM (Muscle and Mind) @ Bay A 9:00am - 10:00am (Registered Participants Only)	
Let's Walking Football @ Tampines Hub (Group A) 10:00am - 11.30am (Registered Participants Only)	Let's Learn to Repair (#11) @ Bay A 10.30am - 12.30pm (Registered Participants Only)	Let's Jam with Harmonica @ Bay B (Fee Required) 9:30am - 10:30am (Registered Participants Only)	Let's Makan Together - F4 @ Bay A 8:30am - 9:30am	Let's Chair Zumba @ Blk 108 9:00am - 10:00am (Registration Required)	
Let's Adaptive Sports (Floorball & Ladder Toss) @ Bay A 10:00am - 11.30am	Let's Pick Up - Conversational Mandarin (Beginner) @ Bay A (Conducted in English) 2:00pm - 3:00pm	Let's Jam with Ukulele - Discovering Ukulele Picking Patterns @ Bay B 11:00am - 12:00pm (Registered Participants Only)	Let's Jam with Ukulele @ Bay B (Interest Group) 10:00am - 12:00pm	Let's Stretch Band @ Blk 108 10:15am - 11.15am (Registration Required)	
Let's Social Dance @ Bay A (Practice Session) 2:00pm - 3:00pm	Project PRAISE (Anti-Scam Talk) @ Bay B (Conducted in Malay) 2:00pm - 3:30pm (Registration Required)	Let's Social Dance @ Bay A 11:00am - 12:30pm	Let's Jam with Ukulele @ Bay B (Intermediate Class) 2:00pm - 4:00pm (Registered Participants Only)	Let's pick up - Conversational Arabic (Beginner) @ Bay B (Conducted in English & Malay) 11:15am - 12:15am (Registration Required)	
Let's Do Zentangle @ Bay B (Interest group) 2:00pm - 4:00pm	Digital - IMDA Go-Digital - Workshop @ Bay A (Conducted in Mandarin) 2:00pm - 4:00pm (Registration Required)	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	Let's Pick Up - Conversational Malay (Intermediate) @ Bay A (Conducted in English) 4:00pm - 5:00pm	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	
Let's Line Dance @ Bay A 3:00pm - 4:30pm		Let's Do Crochet @ Bay A (Interest group) 2:00pm - 4:00pm		NEA Talk @ Bay A 2:30pm - 3:30pm (Registration Required)	

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13	14	15	16	17	18
一起拳击皮拉提 @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起拳击皮拉提 Lite @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起打太极(IL) @Blk 108 (按月付费) 8:00am - 9:00am (需要报名)	F4 一起快步走 7:30am - 8:30am	一起做防肌肉萎缩运动 (肌肉和精神) @ Bay A 9:00am - 10:00am (仅限已注册参与者)	
一起来踢球 @ 淡濱尼體育場 (A组) 10:00am - 11:30am (仅限已注册参与者)	一起学维修技能 (#11) @ Bay A 10.30am - 12.30pm (仅限已注册参与者)	一起吹口琴 @Bay B (需要付费) 9:30am - 10:30am (仅限已注册参与者)	一起来makan - F4 @ Bay A 8:30am - 9:30am	一起做坐式尊巴 @ Blk 108 9:00am - 10:00 am (仅限已注册参与者)	
一起玩地板球和梯式投球 @ Bay A 10:00am - 11:30am	我们来学普通话吧 @Bay A (以英语进行) 2:00pm - 3:00pm	一起玩乌克兰丽 - 学习拨弦模式 @ Bay B 11:00am - 12:00pm (仅限已注册参与者)	一起玩乌克兰丽 @ Bay B (兴趣小组) 10:00am - 12:00pm	一起做弹力带拉伸操 @ Blk 108 10:15am - 11:15 am (仅限已注册参与者)	
一起跳社交舞 @ Bay A (练习) 2:00pm - 3:00pm	防诈骗讲座 @ Bay B (马来讲解) 2:00pm - 3:30pm (需要报名)	一起跳社交舞 @ Bay A 11:00am - 12:30pm	一起玩乌克兰丽 @ Bay B (中级) 2:00pm - 4:00pm (仅限已注册参与者)	一起学阿拉伯语会话 (初级) @ Bay B (英语和马来语讲解) 11:15am - 12:15pm (仅限已注册参与者)	
一起做禅绕画 @ Bay B (导师带领) 2:00pm - 4:00pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 @ Bay A (中文讲解) 2:00pm - 4:00pm (需要报名)	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	一起学马来语 (中级) (英语讲解) 4:00pm - 5:00pm	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	
一起跳排舞 @ Bay A 3:00pm - 4:30pm		一起做钩针编织 @ Bay A (兴趣小组) 2:00pm - 4:00pm		国家环境局讲座 @ Bay A 2:30pm - 3:30pm	

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Let's Piloxing (Standing) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	F4 (Let's Piloxing (Seated)) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	Let's Taichi (IL) @ Blk 108 (Paid Monthly) 8:00am - 9:00am (Registration Required)	F4 (Let's Brisk Walk) 7:30am - 8:30am	Let's CALM (Muscle and Mind) @ Bay A 9:00am - 10:00am (Registered Participants Only)	
Health Screening with Singhealth 9:30am - 1:00pm (Registration Required)	Let's Learn to Repair (#12) @ Bay A 10.30am - 12.30pm (Registered Participants Only)	Let's go Gai Gai to SAF Paya Lebar Air base (Celebrating SAF Day) 9:00am - 12:00pm (Registration Required)	Let's Makan Together - F4 @ Bay A 8:30am - 9:30am	Let's Chair Zumba @ Blk 108 9:00am - 10:00am (Registration Required)	
Let's Walking Football @ Tampines Hub (Group B) 10:00am - 11.30am (Registered Participants Only)	Let's Pick Up - Conversational Mandarin (Beginner) @ Bay A (Conducted in English) 2:00pm - 3:00pm	Let's Jam with Harmonica @ Bay B (Fee Required) 9:30am - 10:30am (Registered Participants Only)	Let's Talk News @ Bay A 9:30am - 10:30am	Let's Stretch Band @ Blk 108 10:15am - 11.15am (Registration Required)	
Let's Social Dance @ Bay A (Practice Session) 2:00pm - 3:00pm	Let's Understand Pet Care (Caring for Cats) @ Bay B 2:00pm - 3:30pm	Let's Jam with Ukulele - Discovering Ukulele Picking Patterns @ Bay B 11:00am - 12:00pm (Registered Participants Only)	Let's Jam with Ukulele @ Bay B (Interest Group) 10:00am - 12:00pm	Let's pick up - Conversational Arabic (Beginner) @ Bay B (Conducted in English & Malay) 11:15am - 12:15pm (Registration Required)	
Let's Do Zentangle @ Bay B (Interest group) 2:00pm - 4:00pm	Leave Well Series - Legacy Planning Workshop (Will Writing) (Conducted in Mandarin) 2:00pm - 4:00pm (Registration Required)	Let's Social Dance @ Bay A 11:00am - 12:30pm	Let's Jam with Ukulele @ Bay B (Intermediate Class) 2:00pm - 4:00pm (Registered Participants Only)	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	
Let's Line Dance @ Bay A 3:00pm - 4:30pm		Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	Let's Learn to Play Chess (Beginner) 3.00pm - 4.30pm	Let's Talk About Gemini AI @ Bay A 2:30pm - 4:00pm (Registration Required)	
		Let's Do Crochet @ Bay A (Interest group) 2:00pm - 4:00pm		Let's Adaptive Sports (Boccia) @ Bay A 4:00pm - 5:00pm	

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20	21	22	23	24	25
一起拳击皮拉提 @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起拳击皮拉提 Lite @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起打太极(IL) @ Blk 108 (按月付费) 8:00am - 9:00am (需要报名)	F4 一起快步走 7:30am - 8:30am	一起做防肌肉萎缩运动(肌肉和精神) @ Bay A 9:00am - 10:00am (仅限已注册参与者)	
健康检查 9:30am - 1:00pm (需要报名)	一起学维修技能 (#12) @ Bay A 10.30am - 12.30pm (仅限已注册参与者)	一起去Gai Gai - 巴耶利峇空军基地(庆祝SAF Day) 9:00am - 12:00pm (需要报名)	一起来makan - F4 @ Bay A 8:30am - 9:30am	一起做坐式尊巴 @ Blk 108 9:00am - 10:00 am (仅限已注册参与者)	
一起来踢球 @ 淡濱尼體育場(B组) 10:00am - 11.30am (仅限已注册参与者)	我们来学普通话吧 @ Bay A (以英语进行) 2:00pm - 3:00pm	一起吹口琴 @ Bay B (需要付费) 9:30am - 10:30am (仅限已注册参与者)	一起聊新闻 @ Bay A 9:30am - 10:30am	一起做弹力带拉筋操 @ Blk 108 10:15am - 11:15 am (仅限已注册参与者)	
一起跳社交舞 @ Bay A (练习) 2:00pm - 3:00pm	一起学宠物护理(猫) @ Bay B 2:00pm - 3:30pm	一起玩乌克兰丽丽 - 学习拨弦模式 @ Bay B 11:00am - 12:00pm (仅限已注册参与者)	一起玩乌克兰丽丽 @ Bay B (兴趣小组) 10:00am - 12:00pm	一起学阿拉伯语会话(初级) @ Bay B (英语和马来语讲解) 11:15am - 12:15pm (仅限已注册参与者)	
一起做禅绕画 @ Bay B (导师带领) 2:00pm - 4:00pm	走得自在系列 - 遗产与遗嘱规划 - 遗嘱规划 (华语讲解) 2:00pm - 4:00pm (需要报名)	一起跳社交舞 @ Bay A 11:00am - 12:30pm	一起玩乌克兰丽丽 @ Bay B (中级) 2:00pm - 4:00pm (仅限已注册参与者)	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	
一起跳排舞 @ Bay A 3:00pm - 4:30pm		一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	一起学国际象棋 (初级) 3.00pm - 4.30pm	一起来谈 Gemini AI @ Bay A 2:30pm - 4:00pm	
		一起做钩针编织 @ Bay A (兴趣小组) 2:00pm - 4:00pm		一起玩硬地滚球 @ Bay A 4:00pm - 5:00pm	

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2026 July

 **Centre Name:** AAC (Kampung Kembangan)
 **Centre Address:** Blk 102 #01-389 Lengkong Tiga S410102
 **Centre Contact:** 6715 6758 / 8031 2807 (WhatsApp Only)



MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
Let's Piloxing (Standing) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	F4 (Let's Piloxing (Seated)) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	Let's Taichi (IL) @ Blk 108 (Paid Monthly) 8:00am - 9:00am (Registration Required)	F4 (Let's Brisk Walk) 7:30am - 8:30am	Let's CALM (Muscle and Mind) @ Bay A 9:00am - 10:00am (Registered Participants Only)	
Let's Walking Football @ Tampines Hub (Group A) 10:00am - 11.30am (Registered Participants Only)	Let's Learn to Repair (#13) @ Bay A 10.30am - 12.30pm (Registered Participants Only)	Let's Jam with Harmonica @ Bay B (Fee Required) 9:30am - 10:30am (Registered Participants Only)	Let's Makan Together - F4 @ Bay A 8:30am - 9:30am	Let's Chair Zumba @ Blk 108 9:00am - 10:00am (Registration Required)	
Let's Adaptive Sports (Floorball & Ladder Toss) @ Bay A 10:00am - 11.30am	Let's Pick Up - Conversational Mandarin (Beginner) @ Bay A (Conducted in English) 2:00pm - 3:00pm	Let's Social Dance @ Bay A 11:00am - 12:30pm	Let's Jam with Ukulele @ Bay B (Interest Group) 10:00am - 12:00pm	Let's Stretch Band @ Blk 108 10:15am - 11.15am (Registration Required)	
Let's Social Dance @ Bay A (Practice Session) 2:00pm - 3:00pm	Digital - IMDA Go-Digital - Workshop (Conducted in Mandarin) @ Bay A 2:00pm - 4:00pm (Registration Required)	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	Let's Jam with Ukulele @ Bay B (Intermediate Class) 2:00pm - 4:00pm (Registered Participants Only)	Let's pick up - Conversational Arabic (Beginner) @ Bay B (Conducted in English & Malay) 11:15am - 12:15pm (Registration Required)	
Let's Do Zentangle @ Bay B (Interest group) 2:00pm - 4:00pm	Let's Do Acrylic Painting @ Bay B (Fee Required) 2:00pm - 4:00pm	Let's Do Crochet @ Bay A (Interest group) 2:00pm - 4:00pm	Let's Pick Up - Conversational Malay (Intermediate) @ Bay A (Conducted in English) 4:00pm - 5:00pm	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	
Let's Line Dance @ Bay A 3:00pm - 4:30pm		Let's Adaptive Sports (Boccia) @ Bay A 3.30pm - 5:00pm			

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2026 七月

📍 **Centre Name:** AAC (Kampung Kembangan)
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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
一起拳击皮拉提 @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起拳击皮拉提 Lite @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起打太极(IL) @ Blk 108 (按月付费) 8:00am - 9:00am (需要报名)	F4 一起快步走 7:30am - 8:30am	一起做防肌肉萎缩运动(肌肉和精神) @ Bay A 9:00am - 10:00am (仅限已注册参与者)	
一起来踢球 @ 淡濱尼體育場 (B组) 10:00am - 11:30am (仅限已注册参与者)	一起学维修技能 (#13) @ Bay A 10.30am - 12.30pm (仅限已注册参与者)	一起吹口琴 @ Bay B (需要付费) 9:30am - 10:30am (仅限已注册参与者)	一起来 makan - F4 @ Bay A 8:30am - 9:30am	一起做坐式尊巴 @ Blk 108 9:00am - 10:00 am (仅限已注册参与者)	
一起玩地板球和梯式投球 @ Bay A 10:00am - 11:30am	我们来学普通话吧 @ Bay A (以英语进行) 2:00pm - 3:00pm	起跳社交舞 @ Bay A 11:00am - 12:30pm	一起玩乌克兰丽丽 @ Bay B (兴趣小组) 10:00am - 12:00pm	一起做弹力带拉伸操 @ Blk 108 10:15am - 11:15 am (仅限已注册参与者)	
一起跳社交舞 @ Bay A (练习) 2:00pm - 3:00pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 @ Bay A (中文讲解) 2:00pm - 4:00pm (需要报名)	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	一起玩乌克兰丽丽 @ Bay B (中级) 2:00pm - 4:00pm (仅限已注册参与者)	一起学阿拉伯语会话(初级) @ Bay B (英语和马来语讲解) 11:15am - 12:15pm (仅限已注册参与者)	
一起做禅绕画 @ Bay B (导师带领) 2:00pm - 4:00pm	一起学丙烯画 @ Bay B (需要付费) 2:00pm - 4:00pm	一起做钩针编织 @ Bay A (兴趣小组) 2:00pm - 4:00pm	一起学马来语(中级) (英语讲解) 4:00pm - 5:00pm	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	
一起跳排舞 @ Bay A 3:00pm - 4:30pm		一起玩硬地滚球 @ Bay A 3:30pm - 5:00pm			

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