

2025 November

 **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
1					
					Let's Go Gai Gai Digital For Life Festival @ HeartBeat Bedok 一起去Gai Gai - 数码生活节 @ HeartBeat Bedok 10:00am - 2:00pm (Registration Required) (需要报名)

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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	F4 (Let's Taichi (IL)) @Blk 108 F4 (一起打太极(IL)) @Blk 108 9:00am - 11:00am (Register via H365)	F4 (Let's Brisk Walk) F4 (一起快步走) 9:00am - 11:00am	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am (Registration Required) (需要报名)	
Let's Piloxing (Standing) 一起做皮拉提拳击(站立) (\$5 per session) 10:00am - 11:00am (Registration Required) (需要报名)	Let's Piloxing (Seated) 一起做皮拉提拳击(坐式) (\$5 per session) 10:00am - 11:00am (Registration Required) (需要报名)	Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm	CALM 1.0 Training Session 2 Dumbbell (Instructor-Led) @ AAC 2:00pm - 3:00pm (FULL) (满)	Let's go Gai Gai (Journey to the West) 一起去Gai Gai(《西游记》) (\$50 per person or Free with SG Culture Pass Credits) 10.00am to 1.00pm (Registration Required) (需要报名)	
CALM 1.0 Practice Session 1 Resistance Band (Supervised by staff) @ AAC 2:00pm - 3:00pm (FULL) (满)	Let's pick up - Conversational Malay Intermediate Level (Conducted in English) 一起学马来语(中级) 2:00pm - 3:00pm	Let's KTV Together (\$2 per session) 一起来K歌 2:00pm - 5:00pm (Registration Required) (需要报名)	Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm	Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm	
Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm	Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm			Let's Jam with Ukulele 一起玩乌克丽丽 (Interest Group) 2:00pm - 4:00pm	
Let's Line Dance 一起跳排舞 3:00pm - 4:30pm					

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	F4 (Let's Taichi (IL)) @Blk 108 F4 (一起打太极 (IL)) @Blk 108 9:00am - 11:00am (Register via H365)	F4 (Let's Brisk Walk) F4 (一起快步走) 9:00am - 11:00am	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am (Registration Required) (需要报名)	
Let's Piloxing (Standing) 一起做皮拉提拳 击(站立) (\$5 per session) 10:00am - 11:00am (Registration Required) (需要报名)	Let's Piloxing (Seated) 一起做皮拉提拳 击(坐式) (\$5 per session) 10:00am - 11:00am (Registration Required) (需要报名)	Let's Learn to Cook (Abacus) (\$5) 一起学习烹饪 (算盘子) (\$5) 10:00am - 12:00pm (Registration Required) (需要报名)	CALM 1.0 Training Session 3 Resistance Band & Eat Better Sharing (Instructor-Led) @ AAC 2:00pm - 3:00pm (FULL) (满)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	
CALM 1.0 Practice Session 2 Dumbbell (Supervised-led by staff) @ AAC 2:00pm - 3:00pm (FULL) (满)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Jam with Ukulele (#1) 一起玩乌克丽丽 (#1) 2:00pm - 4:00pm (Registration Required) (需要报名)	Let's Jam with Ukulele 一起玩乌克丽丽 (Interest Group) 2:00pm - 4:00pm	
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Digital Club @ NTUC Health (Protect Devices from Malicious Software, Chinese session) (保护设备免受恶意软件侵害, 中文会话) 2:00pm - 4:00pm (Registration Required) (需要报名)	Let's KTV Together (\$2 per session) 一起来K歌 2:00pm - 5:00pm (Registration Required) (需要报名)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm		
Let's Line Dance 一起跳排舞 3:00pm - 4:30pm	Let's Pick Up - Conversational English (Conducted in Mandarin) 一起学 (英语) 7.30pm - 8.30pm		Wellness Talk - Dental Health 保健系列 - 牙齿健康讲座 3:00pm - 4:00pm (Registration Required) (需要报名)		

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	F4 (Let's Taichi (IL)) @Blk 108 F4 (一起打太极(IL)) @Blk 108 9:00am - 11:00am (Register via H365)	F4 (Let's Brisk Walk) F4 (一起快步走) 9:00am - 11:00am	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am (Registration Required) (需要报名)	
Let's Piloxing (Standing) 一起做皮拉提拳击(站立) (\$5 per session) 10:00am - 11:00am (Registration Required) (需要报名)	Let's Piloxing (Seated) 一起做皮拉提拳击(坐式) (\$5 per session) 10:00am - 11:00am (Registration Required) (需要报名)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	CALM 1.0 Training Session 4 Dumbbell (Instructor-Led) @ AAC 2:00pm - 3:00pm (FULL) (满)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	
CALM 1.0 Practice Session 3 Resistance Band (Supervised-led by staff) @ AAC 2:00pm - 3:00pm (FULL) (满)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's KTV Together (\$2 per session) 一起来K歌 2:00pm - 5:00pm (Registration Required) (需要报名)	Let's Jam with Ukulele (#2) 一起玩乌克丽丽 (#2) 2:00pm - 4:00pm (Registration Required) (需要报名)	Let's Jam with Ukulele 一起玩乌克丽丽 (Interest Group) 2:00pm - 4:00pm	
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's pick up - Conversational Malay Intermediate Level (Conducted in English) 一起学马来语 (中级) 2:00pm - 3:00pm		Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm		
Let's Line Dance 一起跳排舞 3:00pm - 4:30pm					

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	
Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	F4 (Let's Tai Chi (IL)) @Blk 108 F4 (一起打太极 (IL)) @Blk 108 9:00am - 11:00am (Register via H365)	F4 (Let's Brisk Walk) F4 (一起快步走) 9:00am - 11:00am	Let's Chair Zumba 一起做坐式尊巴 9.00am - 10.00am (Registration Required) (需要报名)	
Let's Piloxing (Standing) 一起做皮拉提拳 击(站立) (\$5 per session) 10:00am - 11:00am (Registration Required) (需要报名)	Let's Piloxing (Seated) 一起做皮拉提拳 击(坐式) (\$5 per session) 10:00am - 11:00am (Registration Required) (需要报名)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	CALM 1.0 Training Session 5 Resistance Band & Rest Better Sharing (Instructor-Led) @ AAC 2:00pm - 3:00pm (FULL) (满)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	
CALM 1.0 Practice Session 4 Dumbbell (Supervised-led by staff) @ AAC 2:00pm - 3:00pm (FULL) (满)	Digital Club @ NTUC Health (Protect Devices from Malicious Software, English session) (保护设备免受恶意软件侵害, 英语会话) 2:00pm - 4:00pm (Registration Required) (需要报名)	Let's KTV Together (\$2 per session) 一起来K歌 2:00pm - 5:00pm (Registration Required) (需要报名)	Let's Jam with Ukulele (#3) 一起玩乌克丽丽 (#3) 2:00pm - 4:00pm (Registration Required) (需要报名)	Let's Jam with Ukulele 一起玩乌克丽丽 (Interest Group) 2:00pm - 4:00pm	
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm		Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm		
Let's Line Dance 一起跳排舞 3:00pm - 4:30pm	Let's Pick Up - Conversational English (Conducted in Mandarin) 一起学 (英语) 7.30pm - 8.30pm		Let's do Acrylic Painting (\$5) 一起来作画 (\$5) 3:00pm - 5:00pm (Registration Required) (需要报名)		

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