

2026 October

 **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
			Centre Closure	Let's Chair Zumba @ Blk 108 9:00am - 10:00 am (Registration Required)	
				Digital- Fun! LEGGO with 乖孙 (grandkids) @ Bay A 10:00am - 4:00pm (Registration Required)	
				Let's Stretch Band @ Blk 108 10:15am - 11:15 am (Registration Required)	
				Let's Level Up Arabic @ Bay A 10:30am - 12:00pm (Registered Participants Only)	
				Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	
				Let's Bowl @ Tampines Safrā (Fee Required) 2:00pm - 4:00pm (Registration Required)	

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 **ntuc Health**

MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
Let's Piloxing (Standing) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	Let's Taichi @ Blk 108 (Interest Group) 8:00am - 9:00am (Registered Participants Only)	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 Chair Zumba @ Blk 108 9:00am - 10:00am (Registration Required)	
Let's Walking Football @ Tampines Hub (Combined) 10:00am - 11:30am (Registered Participants Only)	F4 (Let's Piloxing (Seated)) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	Let's Jam with Harmonica @ Bay A (Fee Required) 9:30am - 10:30am (Registered Participants Only)	Let's Makan Together - F4 @ Bay A 8:30am - 9:30am	Let's Walking Football Competition @ Tampines Hub 9:00am - 12:00pm	
Let's CALM @ Bay A 10:30am - 11:30am (Registered Participants Only)	Exoskeleton Tryout 10:00am - 12:00pm (Registration Required)	Let's Social Dance @ Bay A 11:00am - 12:30pm	Let's Learn to Cook with Alice (Fee Required) 9:00am - 10:00am (Registered Participants Only)	Let's Stretch Band @ Blk 108 10:15am - 11:15am (Registration Required)	
Stay Well Series - Health Talk by CGH: Let's Learn About High Blood Pressure @ Bay B 10:30am - 11:30am	Let's Learn to Repair @ Bay A (Interest Group) 10:30am - 12:30pm (Registered Participants Only)	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	Let's Jam with Ukulele @ Bay B (Interest Group) 10:00am - 12:00pm	Let's Level Up Arabic @ Bay A 10:30am - 12:00pm (Registered Participants Only)	
Let's Do Zentangle (Instructor-Led) @ Bay B 1:30pm - 3:30pm	Digital - IMDA Go-Digital Workshop @ Bay B (Conducted in Mandarin) 1:30pm - 3:30pm	Let's Do Crochet @ Bay A (Interest Group) 1:30pm - 3:30pm	Let's Jam with Ukulele @ Bay B (Intermediate Class) 1:30pm - 3:30pm (Registered Participants Only)	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	
Strategise with Kakis - Rummi O Training @ Bay A 1:30pm - 3:00pm	Strategise with Kakis - Rummi O Training @ Bay A 1:30pm - 3:30pm	Let's Do Paper Quilling @ Bay A (Fee Required) 3:30pm - 5:00pm	Let's Learn to Play Chess @ Bay A (Beginner) 3:30pm - 5:00pm	Lets Bowl @ Tampines Safr (Fee Required) 2:00pm - 4:00pm (Registration Required)	
Let's Line Dance @ Bay A 3:00pm - 4:30pm	Let's Do Seated Exercise @ Bay A (Interest Group) 4:00pm - 5:00pm	Let's CALM (Supervised Session) 4pm - 5pm (Registered Participants Only)		Let's Pick Up - Conversational English @ Bay A (Conducted in Mandarin) 7.30pm - 8.30pm	

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
Let's Piloxing (Standing) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	Let's Taichi @ Blk 108 (Interest Group) 8:00am - 9:00am (Registered Participants Only)	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 Chair Zumba @ Blk 108 9:00am - 10:00am (Registration Required)	
Let's CALM @ Bay A 10:30am - 11:30am (Registered Participants Only)	F4 (Let's Piloxing (Seated)) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	Let's Jam with Harmonica @ Bay A (Fee Required) 9:30am - 10:30am (Registered Participants Only)	Let's Makan Together - F4 @ Bay A 8:30am - 9:30am	Let's Stretch Band @ Blk 108 10:15am - 11:15am (Registration Required)	
Let's Do Zentangle @ Bay B (Interest Group) 1:30pm - 3:30pm	Let's Learn to Repair @ Bay A (Interest Group) 10:30am - 12:30pm (Registered Participants Only)	Let's Social Dance @ Bay A 11:00am - 12:30pm	Let's Talk News @ Bay A 8:30am - 9:30am	Let's Level Up Arabic @ Bay A 10:30am - 12:00pm (Registered Participants Only)	
Strategise with Kakis - Rummi O Training @ Bay A 1:30pm - 3:00pm	Let's Pick Up - Conversational Mandarin (Beginner) @ Bay B (Conducted in English) 1:30pm - 2:30pm	Centre Closure (PM)	Let's Jam with Ukulele @ Bay B (Interest Group) 10:00am - 12:00pm	Let's Learn to Cook with Mdm Tan (Fee Required) 1:30pm - 3:30pm (Registered Participants Only)	
Let's Line Dance @ Bay A 3:00pm - 4:30pm	Strategise with Kakis - Rummi O Training @ Bay A 1:30pm - 3:30pm		Let's Jam with Ukulele @ Bay B (Intermediate Class) 1:30pm - 3:30pm (Registered Participants Only)	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	
	Let's Do Pastel Drawing @ Bay B (Fee Required) 1:30pm - 3:30pm (Registered Participants Only)		Let's Pick Up - Conversational Malay (Intermediate) @ Bay A (Conducted in English) 4:00pm - 5:00pm	Lets Bowl @ Tampines Safra (Fee Required) 2:00pm - 4:00pm (Registration Required)	
	Let's Do Seated Exercise @ Bay A (Interest Group) 4:00pm - 5:00pm				

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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
Let's Piloxing (Standing) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	Let's Taichi @ Blk 108 (Interest Group) 8:00am - 9:00am (Registered Participants Only)	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 Chair Zumba @ Blk 108 9:00am - 10:00am (Registration Required)	
Let's CALM @ Bay A 10:30am - 11:30am (Registered Participants Only)	F4 (Let's Piloxing (Seated)) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	Let's Jam with Harmonica @ Bay A (Fee Required) 9:30am - 10:30am (Registered Participants Only)	Let's Makan Together - F4 @ Bay A 8:30am - 9:30am	Let's Stretch Band @ Blk 108 10:15am - 11:15am (Registration Required)	
Let's Do Zentangle @ Bay B (Instructor-Led) 1:30pm - 3:30pm	Let's Learn to Repair @ Bay A (Interest Group) 10:30am - 12:30pm (Registered Participants Only)	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 Level Up Arabic @ Bay A 10:30am - 12:00pm (Registered Participants Only)	
Let's Go Gai Gai - Hidden Heritage 1:00pm - 3:30pm (Registered Participants Only)	Digital - IMDA Go-Digital Workshop @ Bay B (Conducted in English) 1:30pm - 3:30pm	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	Let's Jam with Ukulele @ Bay B (Intermediate Class) 1:30pm - 3:30pm (Registered Participants Only)	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	
Strategise with Kakis - Rummi O Training @ Bay A 1:30pm - 3:00pm	Strategise with Kakis - Rummi O Training @ Bay A 1:30pm - 3:30pm	Let's Do Crochet @ Bay A (Interest Group) 1:30pm - 3:30pm	Let's Pick Up - Conversational Bahasa Indonesia @ Bay A 2pm - 3pm	Lets Bowl @ Tampines Safrat (Fee Required) 2:00pm - 4:00pm (Registration Required)	
Let's Line Dance @ Bay A 3:00pm - 4:30pm	Let's Do Seated Exercise @ Bay A (Interest Group) 4:00pm - 5:00pm		Let's Learn to Play Chess @ Bay A (Beginner) 3:30pm - 5:00pm	Let's Pick Up - Conversational English @ Bay A (Conducted in Mandarin) 7.30pm - 8.30pm	

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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
Let's Piloxing (Standing) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	Let's Taichi @ Blk 108 (Interest Group) 9:00am - 10:00am (Registered Participants Only)	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 Chair Zumba @ Blk 108 9:00am - 10:00am (Registration Required)	
Let's Do Zentangle @ Bay B (Interest Group) 1:30pm - 3:30pm	F4 (Let's Piloxing (Seated)) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	Let's Talk about Road Safety @ ECP 9:00am - 11:00am (Registered Participants Only)	Let's Makan Together - F4 @ Bay A 8:30am - 9:30am	Let's CALM Assessment @ Heartbeat at Bedok 9:30am - 12:30am (Registered Participants Only)	
Strategise with Kakis - Rummi O Training @ Bay A 1:30pm - 3:00pm	Let's Learn to Repair @ Bay A (Instructor Led) 10.30am - 12.30pm (Registered Participants Only)	Let's Social Dance @ Bay A 11:00am - 12:30pm	Let's Talk News @ Bay A 8:30am - 9:30am	Let's Stretch Band @ Blk 108 10:15am - 11.15am (Registration Required)	
Let's Line Dance @ Bay A 3:00pm - 4:30pm	Let's Pick Up - Conversational Mandarin (Beginner) @ Bay B (Conducted in English) 1:30pm - 2:30pm	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	Let's Jam with Ukulele @ Bay B (Interest Group) 10:00am - 12:00pm	Let's Level Up Arabic @ Bay A 10:30am - 12:00pm (Registered Participants Only)	
	Strategise with Kakis - Rummi O Training @ Bay A 1:30pm - 3:30pm	Let's Do Crochet @ Bay A (Interest Group) 1:30pm - 3:30pm	Let's do Paper Quilling @ Bay A (Fee Required) 3:30pm - 5:00pm	Rummi-Con Competition 1:30pm - 5:30pm (Registered Participants Only)	
	Let's Do Seated Exercise @ Bay A (Interest Group) 4:00pm - 5:00pm		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)	
				Lets Bowl @ Tampines Safrat (Fee Required) 2:00pm - 4:00pm (Registration Required)	

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2026 十月

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MON

TUE

WED

THU

FRI

SAT

			1	2	3
			中心暂时休业	一起做坐式尊巴 @ Blk 108 9:00am - 10:00 am (仅限已注册参与者)	
				Leggo! 与乖孙 @ Bay A 10:00am - 4:00pm (需要报名)	
				一起做弹力带拉筋操 @ Blk 108 10:15am - 11:15 am (仅限已注册参与者)	
				一起学阿拉伯语-中级 @ Bay A 10:30am - 12:00pm (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)	
				一起打保龄球 @ SAFRA淡滨尼俱乐部 (需要付费) 2:00pm - 4:00pm (需要报名)	

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
一起拳击皮拉提 @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起打太极 @ Blk 108 (兴趣小组) 8:00am - 9:00am (仅限已注册参与者)	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 @ 淡滨尼天地 (A&B组) 10:00am - 11.30am (仅限已注册参与者)	F4 (一起拳击皮拉提 Lite) @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	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	一起来踢球大决赛 @ 淡滨尼天地 9:00am - 12:00pm	
一起做防肌肉萎缩运动 (肌肉和精神) @ Bay A 10:30am - 11:30am (仅限已注册参与者)	外骨骼试用 10:00am - 12:00pm (需要报名)	一起跳社交舞 @ Bay A 11:00am - 12:30pm	一起学烹饪 - 和Alice (需要付费) 9:00am - 10:00am (仅限已注册参与者)	一起做弹力带拉筋操 @ Blk 108 10:15am - 11:15 am (仅限已注册参与者)	
保健系列 - 健康讲座-樟宜综合医院: 一起来了解高血压 10:30am - 11:30am	一起学维修技能 @ Bay A (兴趣小组) 10.30am - 12.30pm (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)	一起玩乌克兰丽丽 @ Bay B (兴趣小组) 10:00am - 12:00pm	一起学阿拉伯语-中级 @ Bay A 10:30am - 12:00pm (仅限已注册参与者)	
一起做禅绕画 (IL) @ Bay B 1:30pm - 3:30pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程:设置和使用社交媒体应用程序 @ Bay B (中文讲解) 1:30pm - 3:30pm (需要报名)	一起做钩针编织 @ Bay A (兴趣小组) 1:30pm - 3:30pm	一起玩乌克兰丽丽 @ Bay B (中级) 1:30pm - 3:30pm (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)	
游戏时间 - 拉密-O @ Bay A 1:30pm - 3:00pm	游戏时间 - 拉密-O @ Bay A 1:30pm - 3:30pm	一起做衍纸 @ Bay A (需要付费) 3:30pm - 5:00pm (需要报名)	一起学国际象棋 (初级) @ Bay A 3.30pm - 5:00pm	一起打保龄球 @ SAFRA淡滨尼俱乐部 (需要付费) 2:00pm - 4:00pm (需要报名)	
一起跳排舞 @ Bay A 3:00pm - 4:30pm	坐式运动 @ Bay A (兴趣小组) 4:00pm-5:00pm	一起做防肌肉萎缩运动 (肌肉和精神 (指导活动)) @ Bay A 4pm - 5pm (仅限已注册参与者)		一起学英语会话 - 初级 @ Bay A (中文讲解) 7.30pm - 8.30pm	

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
一起拳击皮拉提 @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起打太极 @ Blk 108 (兴趣小组) 8:00am - 9:00am (仅限已注册参与者)	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	一起做坐式尊巴 @ Blk 108 9:00am - 10:00 am (仅限已注册参与者)	
一起做防肌肉萎缩运动 (肌肉和精神) @ Bay A 10:30am - 11:30am (仅限已注册参与者)	F4 (一起拳击皮拉提 Lite) @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	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	一起做弹力带拉筋操 @ Blk 108 10:15am - 11:15 am (仅限已注册参与者)	
一起做禅绕画 @ Bay B (兴趣小组) 1:30pm - 3:30pm	一起学维修技能 @ Bay A (兴趣小组) 10.30am - 12.30pm (仅限已注册参与者)	一起跳社交舞 @ Bay A 11:00am - 12:30pm	一起聊新闻 @ Bay A 8:30am - 9:30am	一起学阿拉伯语-中级 @ Bay A 10:30am - 12:00pm (仅限已注册参与者)	
游戏时间 - 拉密-O @ Bay A 1:30pm - 3:00pm	一起学中文会话 - 初级 @ Bay A (以英语进行) 1:30pm - 2:30pm	中心暂时休业 (PM)	一起玩乌克兰丽 @ Bay B (兴趣小组) 10:00am - 12:00pm	一起学烹饪 - 和 Mdm Tan (需要付费) 1:30pm-3:30pm (需要报名)	
一起跳排舞 @ Bay A 3:00pm - 4:30pm	游戏时间 - 拉密-O @ Bay A 1:30pm - 3:30pm		一起玩乌克兰丽 @ Bay B (中级) 1:30pm - 3:30pm (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)	
	一起学色粉画 @ Bay B (需要付费) 1:30pm - 3:30pm (仅限已注册参与者)		一起学马来语会话-中级 @ Bay A (以英语进行) 4:00pm - 5:00pm	一起打保龄球 @ SAFRA淡滨尼俱乐部 (需要付费) 2:00pm - 4:00pm (需要报名)	
	坐式运动 @ Bay A (兴趣小组) 4:00pm-5:00pm				

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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
一起拳击皮拉提 @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起打太极 @ Blk 108 (兴趣小组) 8:00am - 9:00am (仅限已注册参与者)	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	一起做坐式尊巴 @ Blk 108 9:00am - 10:00 am (仅限已注册参与者)	
一起做防肌肉萎缩运动 (肌肉和精神) @ Bay A 10:30am - 11:30am (仅限已注册参与者)	F4 (一起拳击皮拉提 Lite) @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	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	一起做弹力带拉筋操 @ Blk 108 10:15am - 11:15 am (仅限已注册参与者)	
一起做禅绕画 @ Bay B (兴趣小组) 1:30pm - 3:30pm	一起学维修技能 @ Bay A (兴趣小组) 10:30am - 12:30pm (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 (兴趣小组) 10:00am - 12:00pm	一起学阿拉伯语-中级 @ Bay A 10:30am - 12:00pm (仅限已注册参与者)	
一起去Gai Gai - 文化遗产之旅 1:00pm - 3:30pm (仅限已注册参与者)	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程:设置和使用社交媒体应用程序 @ Bay B (英语讲解) 1:30pm - 3:30pm (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 @ Bay B (中级) 1:30pm - 3:30pm (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)	
游戏时间 - 拉密-O @ Bay A 1:30pm - 3:00pm	游戏时间 - 拉密-O @ Bay A 1:30pm - 3:30pm	一起做钩针编织 @ Bay A (兴趣小组) 1:30pm - 3:30pm	一起学印尼语 - 初级 @ Bay A 2pm - 3pm	一起打保龄球 @ SAFRA淡滨尼俱乐部 (需要付费) 2:00pm - 4:00pm (需要报名)	
一起跳排舞 @ Bay A 3:00pm - 4:30pm	坐式运动 @ Bay A (兴趣小组) 4:00pm-5:00pm		一起学国际象棋 (初级) @ Bay A 3.30pm - 5:00pm	一起学英语会话 - 初级 @ Bay A (中文讲解) 7.30pm - 8.30pm	

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2026 十月

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
26	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)	一起打太极 @ Blk 108 (兴趣小组) 8:00am - 9:00am (仅限已注册参与者)	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	一起做坐式尊巴 @ Blk 108 9:00am - 10:00 am (仅限已注册参与者)	
一起做禅绕画 @ Bay B (兴趣小组) 1:30pm - 3:30pm	F4 (一起拳击皮拉提 Lite) @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起学道路安全 @ 东海岸公园 9:00am - 11:00am (仅限已注册参与者)	一起来makan - F4 @ Bay A 8:30am - 9:30am	一起做防肌肉萎缩运动 (肌肉和精神) @ Heartbeat at Bedok 9:30am - 12:30am (仅限已注册参与者)	
游戏时间 - 拉密-O @ Bay A 1:30pm - 3:00pm	一起学维修技能 @ Bay A (兴趣小组) 10.30am - 12.30pm (仅限已注册参与者)	一起跳社交舞 @ Bay A 11:00am - 12:30pm	一起聊新闻 @ Bay A 8:30am - 9:30am	一起做弹力带拉筋操 @ Blk 108 10:15am - 11:15 am (仅限已注册参与者)	
一起跳排舞 @ Bay A 3:00pm - 4:30pm	一起学中文会话 - 初级 @ Bay A (以英语进行) 1:30pm - 2:30pm	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 (兴趣小组) 10:00am - 12:00pm	一起学阿拉伯语-中级 @ Bay A 10:30am - 12:00pm (仅限已注册参与者)	
	游戏时间 - 拉密-O @ Bay A 1:30pm - 3:30pm	一起做钩针编织 @ Bay A (兴趣小组) 1:30pm - 3:30pm	一起做衍纸 @ Bay A (需要付费) 3:30pm - 5:00pm (需要报名)	拉密-O大决赛 1:30pm - 5:30pm (仅限已注册参与者))	
	坐式运动 @ Bay A (兴趣小组) 4:00pm-5:00pm		一起学马来语会话-中级 @ Bay A (以英语进行) 4:00pm - 5:00pm	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	
				一起打保龄球 @ SAFRA淡滨尼俱乐部 (需要付费) 2:00pm - 4:00pm (需要报名)	

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