

2024 December

*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



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Jam with Ukulele (Intermediate) 9:00am - 10:00am	Square Stepping Exercise 10:00am - 11:00am	CENTRE CLOSED (AAC/AACC STAFF EVENT)	Digital Life Club @ Woodlands 10:00am - 12:00pm
Let's Jam with Ukulele (B) 10:30am-11:30am	Let's Exercise with Razak(Chairobics) 10:00am - 10:45am	Let's Indian Dance (A/B) 9:30am - 11:30am	Let's Steel Tonic Lite 10:00am - 11:00am		Let's Do Calligraphy (Advance) 10:00am - 12:00pm
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	Walking Football* 10:00am - 11:30am	Let's Jam with Ukulele (B) 11:00am - 12:00pm		
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Aqua Fun Fit* 12:00pm - 1:00pm	Let's Steady Lah* 2:00 pm - 3.30pm	Let's Do Nagomi (C) 1:00pm -2:30pm		
Let's Do Recycle Art 2:00pm - 4:00pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi (A) 2:00pm - 3:30pm	Let's Do Nagomi (B) 2:30pm -4:00pm		
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Fun with Kakis 2:00pm - 4:00pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm				
9	10	11	12	13	14
Let's Gen Together - Tertiary (RP) 9:30am - 12:00pm	Let's Qigong 8:30am - 9:30am	Let's Jam with Ukulele (Intermediate) 9:00am - 10:00am	Square Stepping Exercise 10:00am - 11:00am	Digital Learning Experience (Republic Poly) 10:00am - 12:30pm	
Let's Jam with Ukulele (B) 10:30am-11:30am	Let's Exercise with Razak(Chairobics) 10:00am - 10:45am	Let's Gen Together - SEED 10:30am - 12:00pm	Let's Steel Tonic Lite 10:00am - 11:00am	Health Carnival (Ngee Ann Poly) 9:00am - 12:00pm	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	Walking Football* 10:00am - 11:30am	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Jam with Glockenspiel 9:30am -11:30pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Aqua Fun Fit* 12:00pm - 1:00pm	Let's Happy* 2:00 pm - 3.30pm	Let's Do Nagomi (B) 2:30pm -4:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Do Recycle Art 2:00pm - 4:00pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi (A) 2:00pm - 3:30pm	Fun with Kakis 2:00pm - 4:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
Let's Do Nagomi (RN 7) 2:30pm - 4:30pm	Let's Do Line Dance (A) 2:00pm - 3:00pm	Digital - Make-3D-Werkz* 2:00pm - 5:30pm		Let's Do Calligraphy class (Beginner) 3:30pm - 5:00pm	
Let's Learn Digital (IMDA) 3:45pm - 5:00pm	Let's Do Line Dance (B) 3:00pm - 4:00pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2024 December

*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



MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Jam with Ukulele (Intermediate) 9:00am - 10:00am	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 9:30am -11:30pm	
Let's Jam with Ukulele (B) 10:30am-11:30am	Let's Exercise with Razak(Chairobics) 10:00am - 10:45am	Let's Indian Dance (A/B) 9:30am - 11:30am	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Aerobics) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	Walking Football* 10:00am - 11:30am	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Makan Together 12:00pm - 1:00pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Aqua Fun Fit* 12:00pm - 1:00pm	Let's Happy* 2:00 pm - 3.30pm	Let's Do Nagomi (C) 1:00pm -2:30pm	NHG Health Talk (Wheel Chair Handling) 1:00pm - 3:00pm	
Let's Do Recycle Art 2:00pm - 4:00pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi (A) 2:00pm - 3:30pm	Let's Do Nagomi (B) 2:30pm -4:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
Let's Learn Digital (IMDA) 3:45pm - 5:00pm	Let's Do Line Dance (A) 2:00pm - 3:00pm	Digital - Make-3D-Werkz* 2:00pm - 5:30pm	Fun with Kakis 2:00pm - 4:00pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm	SCAM Prevention Talk 4:00pm - 5:30pm			
23	24	25	26	27	28
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am		Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 9:30am -11:30pm	
Let's Jam with Ukulele (B) 10:30am-11:30am	Let's Exercise with Razak(Chairobics) 10:00am - 10:45am		Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Aerobics) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm		Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Aqua Fun Fit* 12:00pm - 1:00pm		Let's Do Nagomi (B) 2:30pm -4:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
Let's Do Nagomi (RN 7) 2:30pm - 4:30pm	CHRISTMAS EVE (Centre Closed at 1pm)		Fun with Kakis 2:00pm - 4:00pm	Let's Do Calligraphy class (Beginner) 3:30pm - 5:00pm	
Let's Do Recycle Art 2:00pm - 4:00pm					

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2024 December

*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



MON	TUE	WED	THU	FRI	SAT
30	31				
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am				
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Exercise with Razak(Chairobics) 10:00am - 10:45am				
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm				
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Aqua Fun Fit* 12:00pm - 1:00pm				
Let's Do Recycle Art 2:00pm - 4:00pm	NEW YEAR EVE (Centre Closed at 1pm)				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2024 十二月

* 每节课费用 \$3元

* 仅限选定的会员

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



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起玩乌克兰丽 (中级) 9:00am - 10:30pm	方块踏步运动 10:00am - 11:00am	中心休业 (员工活动日)	一起写书法 (进步) 10:00am - 12:00pm
一起玩乌克兰丽 (A) 10:30am - 11:30am	一起跟Razak线上做运动 10:00am - 10:45am	一起跳印族舞 9:30am - 11:30am	一起做Steel Tonic Lite 10:00am - 11:00am		数码技能 @ 兀兰 10:00am - 12:00pm
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm	一起做步行足球* 10:00am - 11:30am	一起玩乌克兰丽 (B) 11:00am - 12:00pm		
一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm	水上乐趣健身* 12pm - 1pm	一起做Steady Lah* 2:00 pm - 3:30pm	一起做日本和谐粉彩 (C) 1:00pm - 2:30pm		
一起做再循环工艺 2:00pm - 4:00pm	一起做钩针编织 2:00pm - 4:00pm	一起做日本和谐粉彩 (A) 2:00pm - 3:30pm	一起做日本和谐粉彩 (B) 2:30pm - 4:00pm		
	一起跳排舞 (A) 2:00pm - 3:00pm		游戏时间 2:00pm - 4:00pm		
	一起跳排舞 (B) 3:00pm - 4:00pm				
9	10	11	12	13	14
代际交流 - 大专学府 (RP) 9:00am - 12:00am	一起练气功 8:30am - 9:30am	一起玩乌克兰丽 (中级) 9:00am - 10:30pm	方块踏步运动 10:00am - 11:00am	数码学习体验 (Republic Poly) 10:00am - 12:30pm	
一起玩乌克兰丽 (A) 10:30am - 11:30am	一起跟Razak线上做运动 10:00am - 10:45am	代际交流 - 小学 (First Campus) 10:30am - 12:00pm	一起做Steel Tonic Lite 10:00am - 11:00am	健康嘉年华 (Ngee Ann Poly) 9:00am - 12:00pm	
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm	一起做步行足球* 10:00am - 11:30am	一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起玩钟琴 9:30am - 11:30am	
一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm	水上乐趣健身* 12pm - 1pm	一起做Happy* 2:00 pm - 3:30pm	一起做日本和谐粉彩 (B) 2:30pm - 4:00pm	一起来唱戏 12:30pm - 2:30pm	
一起做再循环工艺 2:00pm - 4:00pm	一起做钩针编织 2:00pm - 4:00pm	一起做日本和谐粉彩 (A) 2:00pm - 3:30pm	游戏时间 2:00pm - 4:00pm	一起做再循环工艺 (B) 1:30pm - 3:30pm	
一起做日本和谐粉彩(RN 7) 2:30pm - 4:30pm	一起跳排舞 (A) 2:00pm - 3:00pm	3D 打印学习课程* 2:00pm - 5:30pm		一起写书法 (初学者) 3:30pm - 5:00pm	
乐学数码 (IMDA) 3:45pm - 5:00pm	一起跳排舞 (B) 3:00pm - 4:00pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2024 十二月

* 每节课费用 \$3元

* 仅限选定的会员

📍 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
16	17	18	19	20	21
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起玩乌克兰丽 (中级) 9:00am - 10:30pm	方块踏步运动 10:00am - 11:00am	一起玩钟琴 9:30am - 11:30am	
一起玩乌克兰丽 (A) 10:30am - 11:30am	一起跟Razak线上做运动 10:00am - 10:45am	一起跳印族舞 9:30am - 11:30am	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	一起做禅绕画 11:00am - 12:00pm	一起做步行足球* 10:00am - 11:30am	一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起来makan - 中心内 12:00pm - 1:00pm	
一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm	水上乐趣健身* 12pm - 1pm	一起做Happy* 2:00 pm - 3.30pm	一起做日本和谐粉彩 (C) 1:00pm - 2:30pm	NHG 健康讲座 (轮椅处理) 1:00pm - 3:00pm	
一起做再循环工艺 2:00pm - 4:00pm	一起做钩针编织 2:00pm - 4:00pm	一起做日本和谐粉彩 (A) 2:00pm - 3:30pm	一起做日本和谐粉彩 (B) 2:30pm - 4:00pm	一起做再循环工艺 (B) 1:30pm - 3:30pm	
乐学数码 (IMDA) 3:45pm - 5:00pm	一起跳排舞 (A) 2:00pm - 3:00pm	3D 打印学习课程* 2:00pm - 5:30pm	游戏时间 2:00pm - 4:00pm		
	一起跳排舞 (B) 3:00pm - 4:00pm	预防诈骗讲座 4:00pm - 5:30pm			
23	24	25	26	27	28
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am		方块踏步运动 10:00am - 11:00am	一起玩钟琴 9:30am - 11:30am	
一起玩乌克兰丽 (A) 10:30am - 11:30am	一起跟Razak线上做运动 10:00am - 10:45am		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	一起做禅绕画 11:00am - 12:00pm		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	
一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm	水上乐趣健身* 12pm - 1pm		一起做日本和谐粉彩 (B) 2:30pm - 4:00pm	一起来唱戏 12:30pm - 2:30pm	
一起做再循环工艺 2:00pm - 4:00pm	圣诞节前夕 (中心休业@1PM)		游戏时间 2:00pm - 4:00pm	一起写书法 (初学者) 3:30pm - 5:00pm	
一起做日本和谐粉彩(RN 7) 2:30pm - 4:30pm					

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2024 十二月

* 每节课费用 \$3元

* 仅限选定的会员

📍 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
30	31				
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am				
一起玩乌克兰丽 (A) 10:30am - 11:30am	一起跟Razak线上做运动 10:00am - 10:45am				
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm				
一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm	水上乐趣健身* 12pm - 1pm				
一起做再循环工艺 2:00pm - 4:00pm	新年前夕 (中心休业@1pm)				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。