

2024 November

*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
				1	2
				Stay Green Together 8:30am - 9:30am	Digital Life Club @ Woodlands 10:00am - 12:00pm
				Let's Jam with Glockenspiel (A) 9:30am - 11:00am	Let's Do Calligraphy (Advance) 10:00am - 12:00pm
				Let's Jam with Glockenspiel (B) 11:00am - 12:30pm	
				Let's Exercise with Razak (Aerobics) 10:00am - 10:45am	
				Let's Sing Opera Together 12:30pm - 2:30pm	
				Let's Do Recycle Art (B) 1:30pm - 3:30pm	
4	5	6	7	8	9
Stay Green Together 8:30am - 9:30am	Stay Green Together 8:30am - 9:30am	Stay Green Together 8:30am - 9:30am	Stay Green Together 8:30am - 9:30am	Stay Green Together 8:30am - 9:30am	
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Community Health Post 9:00am-1:00pm	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel (A) 9:30am - 11:00am	
Let's Jam with Ukulele (B) 10:30am-11:30am	Let's Exercise with Razak(Chairobics) 10:00am - 10:45am	Let's Jam with Ukulele (Beginner) 9:00am - 10:00am	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Jam with Glockenspiel (B) 11:00am - 12:30pm	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	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 Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Crochet 2:00pm - 4:00pm	Walking Football* 10:00am - 11:30am	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Centre Closed Staff Event (1:00pm - 6:00pm)	
Let's Do Recycle Art 2:00pm - 4:00pm	Let's Do Line Dance (A) 2:00pm - 3:00pm	Let's Steady Lah* 2:00 pm - 3.30pm	Let's Do Nagomi (C) 1:00pm - 2:30pm		
Let's Do Nagomi (RN 7) 2:30pm - 4:30pm	Let's Do Line Dance (B) 3:00pm - 4:00pm	Let's Do Nagomi (A) 2:00pm - 3:30pm	Let's Do Nagomi (B) 2:30pm - 4:00pm		
		Digital - Make-3D-Werkz 2:00pm - 6:00pm	Fun with Kakis 2:00pm - 4:00pm		
		Let's CALM 1.0* 4:00pm - 5:00pm			

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
Stay Green Together 8:30am - 9:30am	Stay Green Together 8:30am - 9:30am	Stay Green Together 8:30am - 9:30am	Stay Green Together 8:30am - 9:30am	Quarterly AAC Town Hall Staff Only (Center Closed)	
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Community Health Post 9:00am-1:00pm	Square Stepping Exercise 10:00am - 11:00am		
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Exercise with Razak (Chairobics) 10:00am - 10:45am	Let's Jam with Ukulele (Beginner) 9:00am - 10:00am	Let's Gen Together - Kindergarten 10:00am - 11:00am		
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 Crochet 2:00pm - 4:00pm	Let's Steady Lah* 2:00 pm - 3.30pm	Let's Do Nagomi (B) 2:30pm -4:00pm		
Let's Do Recycle Art 2:00pm - 4:00pm	Let's Do Line Dance (A) 2:00pm - 3:00pm	Let's Do Nagomi (A) 2:00pm - 3:30pm	Fun with Kakis 2:00pm - 4:00pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm	Digital - Make-3D-Werkz 2:00pm - 6:00pm			
		Let's CALM 1.0* 4:00pm - 5:00pm			
18	19	20	21	22	23
Stay Green Together 8:30am - 9:30am	Stay Green Together 8:30am - 9:30am	Stay Green Together 8:30am - 9:30am	Stay Green Together 8:30am - 9:30am	Stay Green Together 8:30am - 9:30am	
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Community Health Post 9:00am-1:00pm	Square Stepping Exercise 10:00am - 11:00am	Fun with Kakis 2:00pm - 4:00pm	
Let's Jam with Ukulele (B) 10:30am-11:30am	Let's Exercise with Razak (Chairobics) 10:00am - 10:45am	Let's Jam with Ukulele (Beginner) 9:00am - 10:00am	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Jam with Glockenspiel (B) 11:00am -12:30pm	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	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 Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Aqua Fun Fit* 12:00pm - 1:00pm	Let's Steady Lah* 2:00 pm - 3.30pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	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	Let's Makan Together 12:00pm - 1:00pm	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 2:00pm - 4:00pm	Digital - Make-3D-Werkz 2:00pm - 6:00pm	Let's Do Nagomi (B) 2:30pm -4:00pm	Let's Do Calligraphy class (Beginner) 3:30pm - 5:00pm	
		Let's CALM 1.0* 4:00pm - 5:00pm	Fun with Kakis 2:00pm - 4:00pm		

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MON

TUE

WED

THU

FRI

SAT

25	26	27	28	29	30
Stay Green Together 8:30am - 9:30am	Stay Green Together 8:30am - 9:30am	Stay Green Together 8:30am - 9:30am	Stay Green Together 8:30am - 9:30am	Stay Green Together 8:30am - 9:30am	
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Community Health Post 9:00am-1:00pm	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel (A) 9:30am -11:00am	
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Exercise with Razak (Chairobics) 10:00am - 10:45am	Let's Jam with Ukulele (Beginner) 9:00am - 10:00am	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Jam with Glockenspiel (B) 11:00am -12:30pm	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	Let's Indian Dance (A/B) 9:30am - 11:30am	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Exercise with Razak (Aerobics) 10:00am - 10:45am	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	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 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	Let's Do Nagomi (B) 2:30pm -4:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
	Let's Do Line Dance 2:00pm - 4:00pm	Digital - Make-3D-Werkz 2:00pm - 6:00pm	Fun with Kakis 2:00pm - 4:00pm		
		Let's CALM 1.0* 4:00pm - 5:00pm			

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 十一月

* 每节课费用 \$3元

* 仅限选定的会员

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MON	TUE	WED	THU	FRI	SAT
				1	2
				一起种植物 8:30am - 9:30am	一起写书法 (进步) 10:00am - 12:00pm
				一起玩钟琴 (A) 9:30am - 11:00am	数码技能 @ 兀兰 10:00am - 12:00pm
				一起玩钟琴 (B) 11:00am - 12:30pm	
				一起跟Razak线上做运动 10:00am - 10:45am	
				一起做再循环工艺 (B) 1:30pm - 3:30pm	
				一起来唱戏 12:30pm - 2:30pm	
4	5	6	7	8	9
一起种植物 8:30am - 9:30am	一起种植物 8:30am - 9:30am	一起种植物 8:30am - 9:30am	一起种植物 8:30am - 9:30am	一起种植物 8:30am - 9:30am	
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	社区护士站 9:00am - 1:00pm	方块踏步运动 10:00am - 11:00am	一起玩钟琴 (A) 9:30am - 11:00am	
一起玩乌克兰 (A) 10:30am - 11:30am	一起跟Razak线上做运动 10:00am - 10:45am	一起玩乌克兰 (初级) 9:00am - 10:30pm	代际交流 - 幼儿园 10:00am - 11:00am	一起玩钟琴 (B) 11:00am - 12:30pm	
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm	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	一起做步行足球* 10:00am - 11:30am	一起玩乌克兰 (B) 11:00am - 12:00pm	因员工活动日 下午休业 12:00pm - 6:00pm	
一起做再循环工艺 2:00pm - 4:00pm	一起跳排舞 (A) 2:00pm - 3:00pm	一起做Steady Lah* 2:00 pm - 3.30pm	一起做日本和谐粉彩 (C) 1:00pm - 2:30pm		
一起做日本和谐粉彩(RN 7) 2:30pm - 4:30pm	一起跳排舞 (B) 3:00pm - 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		
		3D 打印学习课程 2:00pm - 6:00pm	游戏时间 2:00pm - 4:00pm		
		一起做防肌肉萎缩运动* 4:00pm - 5:00pm			

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11	12	13	14	15	16
一起种植物 8:30am - 9:30am	一起种植物 8:30am - 9:30am	一起种植物 8:30am - 9:30am	一起种植物 8:30am - 9:30am	季度AAC全体会议 (中心休业)	
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	社区护士站 9:00am - 1:00pm	方块踏步运动 10:00am - 11:00am		
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	一起玩乌克兰丽 (初级) 9:00am - 10:30pm	代际交流 - 幼儿园 10:00am - 11:00am		
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	一起做钩针编织 2:00pm - 4:00pm	一起做Steady Lah* 2:00 pm - 3.30pm	一起做日本和谐粉彩 (B) 2:30pm - 4:00pm		
一起做再循环工艺 2:00pm - 4:00pm	一起跳排舞 (A) 2:00pm - 3:00pm	一起做日本和谐粉彩 (A) 2:00pm - 3:30pm	游戏时间 2:00pm - 4:00pm		
	一起跳排舞 (B) 3:00pm - 4:00pm	3D 打印学习课程 2:00pm - 6:00pm			
		一起做防肌肉萎缩运动* 4:00pm - 5:00pm			
18	19	20	21	22	23
一起种植物 8:30am - 9:30am	一起种植物 8:30am - 9:30am	一起种植物 8:30am - 9:30am	一起种植物 8:30am - 9:30am	一起种植物 8:30am - 9:30am	
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	社区护士站 9:00am - 1:00pm	方块踏步运动 10:00am - 11:00am	一起玩钟琴 (A) 9:30am - 11:00am	
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	一起玩乌克兰丽 (初级) 9:00am - 10:30pm	代际交流 - 幼儿园 10:00am - 11:00am	一起玩钟琴 (B) 11:00am - 12:30pm	
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm	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	一起来makan - 中心内 12:00pm - 1:00pm	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	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	一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起来唱戏 12:30pm - 2:30pm	
一起做日本和谐粉彩(RN 7) 2:30pm - 4:30pm	一起跳排舞 (A & B) 2:00pm - 4:00pm	3D 打印学习课程 2:00pm - 6:00pm	一起做日本和谐粉彩 (C) 1:00pm - 2:30pm	一起写书法 (初学者) 3:30pm - 5:00pm	
		一起做防肌肉萎缩运动* 4:00pm - 5:00pm	一起做日本和谐粉彩 (B) 2:30pm - 4:00pm		
			游戏时间 2:00pm - 4:00pm		

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
一起种植物 8:30am - 9:30am	一起种植物 8:30am - 9:30am	一起种植物 8:30am - 9:30am	一起种植物 8:30am - 9:30am	一起种植物 8:30am - 9:30am	
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	社区护士站 9:00am - 1:00pm	方块踏步运动 10:00am - 11:00am	一起玩钟琴 (A) 9:30am - 11:00am	
一起玩乌克兰丽丽 (A) 10:30am - 11:30am	一起跟Razak线上做运动 10:00am - 10:45am	一起玩乌克兰丽丽 (初级) 9:00am - 10:30pm	代际交流 - 幼儿园 10:00am - 11:00am	一起玩钟琴 (B) 11:00am - 12:30pm	
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm	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	一起玩乌克兰丽丽 (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	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	一起来唱戏 12:30pm - 2:30pm	
	一起跳排舞 (A) 2:00pm - 3:00pm	3D 打印学习课程 2:00pm - 6:00pm	游戏时间 2:00pm - 4:00pm	一起写书法 (初学者) 3:30pm - 5:00pm	
	一起跳排舞 (B) 3:00pm - 4:00pm	一起做防肌肉萎缩运动* 4:00pm - 5:00pm			

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