2024 November

*Nominal fee of \$3 per session

*Only for selected Seniors onl

Centre Name: AACC (Kampung Admiralty)

Centre Address: 676 Woodlands Drive 71 #06-01 S. 730676

& Centre Contact: 6870 8500

4:00pm - 5:00pm





*Only for selected Seniors	only				
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		
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	Centre Closed	
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	Staff Event	
		Digital - Make-3D-Werkz 2:00pm - 6:00pm	Fun with Kakis 2:00pm - 4:00pm	(1:00pm - 6:00pm)	
		Let's CALM 1.0*			

2024 November

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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		
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	Quarterly AAC Town Hall	
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	Staff Only (Center Closed)	
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)	Agua Fun Fit*	Let's Steady Lah*	Let's Jam with Ukulele (B)	Let's Sing Opera Together	
2:45pm - 3:45pm	12:00pm - 1:00pm	2:00 pm - 3.30pm	11:00am - 12:00pm	12:30pm - 2:30pm	
2:45pm - 3:45pm Let's Do Recycle Art 2:00pm - 4:00pm	·	· · · · · · · · · · · · · · · · · · ·	· ·	- · -	
Let's Do Recycle Art	12:00pm - 1:00pm Let's Do Crochet	2:00 pm - 3.30pm Let's Do Nagomi (A)	11:00am - 12:00pm Let's Makan Together	12:30pm - 2:30pm Let's Do Recycle Art (B)	

2024 November

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MON TUE WED THU FRI SAT

25	26	27	28	29
Stay Green Together	Stay Green Together	Stay Green Together	Stay Green Together	Stay Green Together
8:30am - 9:30am	8:30am - 9:30am	8:30am - 9:30am	8:30am - 9:30am	8:30am - 9:30am
Let's Kpop (Lite)	Let's Qigong	Community Health Post	Square Stepping Exercise	Let's Jam with Glockenspiel (A)
9:30am - 10:30am	8:30am - 9:30am	9:00am-1:00pm	10:00am - 11:00am	9:30am -11:00am
Let's Jam with Ukulele (A)	Let's Exercise with Razak (Chairobics)	Let's Jam with Ukulele (Beginner)	Let's Gen Together - Kindergarten	Let's Jam with Glockenspiel (B)
10:30am-11:30am	10:00am - 10:45am	9:00am - 10:00am	10:00am - 11:00am	11:00am -12:30pm
Let's Sing Together	Let's Do Zentangle	Let's Indian Dance (A/B)	Let's Jam with Ukulele (B)	Let's Exercise with Razak (Aerobics)
12:30pm - 2:30pm	11:00am - 12:00pm	9:30am - 11:30am	11:00am - 12:00pm	10:00am - 10:45am
et's Steel Combat (Male Exclusive)	Aqua Fun Fit*	Let's Steady Lah*	Let's Do Nagomi (C)	Let's Sing Opera Together
2:45pm - 3:45pm	12:00pm - 1:00pm	2:00 pm - 3.30pm	1:00pm -2:30pm	12:30pm - 2:30pm
Let's Do Recycle Art	Let's Do Crochet	Let's Do Nagomi (A)	Let's Do Nagomi (B)	Let's Do Recycle Art (B)
2:00pm - 4:00pm	2:00pm - 4:00pm	2:00pm - 3:30pm	2:30pm -4:00pm	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		

2024 十一月

*每节课费用 \$3元

*仅限选定的会员

Centre Name: AACC (Kampung Admiralty)

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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	一起做钩针编织 2:00pm - 4:00pm	一起做步行足球* 10:00am - 11:30am	一起玩乌克丽丽 (B) 11:00am - 12:00pm		
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	因员工活动日	
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	下午休业	
		3D 打印学习课程 2:00pm - 6:00pm	游戏时间 2:00pm - 4:00pm	12:00pm - 6:00pm	
		一起做防肌肉萎缩运动* 4:00pm - 5:00pm			

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
11	12	13	14	15	16
一起种植物	一起种植物	一起种植物	一起种植物		
8:30am - 9:30am	8:30am - 9:30am	8:30am - 9:30am	8:30am - 9:30am		
一起跳K-pop (Lite)	一起练气功	社区护士站	方块踏步运动		
9:30am - 10:30am	8:30am - 9:30am	9:00am - 1:00pm	10:00am - 11:00am		
一起玩乌克丽丽 (A)	一起跟Razak线上做运动	一起玩乌克丽丽 (初级)	代际交流 - 幼儿园		
10:30am - 11:30am	10:00am - 10:45am	9:00am - 10:30pm	10:00am - 11:00am		
一起学唱歌	一起做禅绕画	一起做步行足球*	一起玩乌克丽丽 (B)	로 수 사 나 사 나	
12:30pm - 2:30pm	11:00am - 12:00pm	10:00am - 11:30am	11:00am - 12:00pm	季度AAC全体会议	
一起做钢铁拳击(精简版)(只限男性)	一起做钩针编织	一起做Steady Lah*	一起做日本和谐粉彩 (B)	(中心休业)	
2:45pm - 3:45pm	2:00pm - 4:00pm	2:00 pm - 3.30pm	2:30pm - 4:00pm	,	
一起做再循环工艺	一起跳排舞 (A)	一起做日本和谐粉彩 (A)	游戏时间		
2:00pm - 4:00pm	2:00pm - 3:00pm	2:00pm - 3:30pm	2:00pm - 4:00pm		
	一起跳排舞 (B)	3D 打印学习课程			
	3:00pm - 4:00pm	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	一起种植物	一起种植物	一起种植物	一起种植物	23
					23
一起种植物	一起种植物	一起种植物	一起种植物	一起种植物 8:30am - 9:30am 一起玩钟琴 (A)	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	23
一起种植物 8:30am - 9:30am 一起跳K-pop (Lite) 9:30am - 10:30am 一起玩乌克丽丽 (A)	一起种植物 8:30am - 9:30am 一起练气功 8:30am - 9:30am 一起跟Razak线上做运动	一起种植物 8:30am - 9:30am 社区护士站 9:00am - 1:00pm 一起玩乌克丽丽 (初级)	一起种植物 8:30am - 9:30am 方块踏步运动 10:00am - 11:00am	一起种植物 8:30am - 9:30am 一起玩钟琴 (A) 9:30am - 11:00am 一起玩钟琴 (B)	23
一起种植物 8:30am - 9:30am 一起跳K-pop (Lite) 9:30am - 10:30am	一起种植物 8:30am - 9:30am 一起练气功 8:30am - 9:30am	一起种植物 8:30am - 9:30am 社区护士站 9:00am - 1:00pm	一起种植物 8:30am - 9:30am 方块踏步运动 10:00am - 11:00am 代际交流 - 幼儿园 10:00am - 11:00am	一起种植物 8:30am - 9:30am 一起玩钟琴 (A) 9:30am - 11:00am 一起玩钟琴 (B) 11:00am - 12:30pm	23
一起种植物 8:30am - 9:30am 一起跳K-pop (Lite) 9:30am - 10:30am 一起玩乌克丽丽 (A) 10:30am - 11:30am 一起学唱歌	一起种植物 8:30am - 9:30am 一起练气功 8:30am - 9:30am 一起跟Razak线上做运动 10:00am - 10:45am 一起做禅绕画	一起种植物 8:30am - 9:30am 社区护士站 9:00am - 1:00pm 一起玩乌克丽丽 (初级) 9:00am - 10:30pm 一起跳印族舞	一起种植物 8:30am - 9:30am 方块踏步运动 10:00am - 11:00am 代际交流 - 幼儿园 10:00am - 11:00am 一起做Steel Tonic Lite	一起种植物 8:30am - 9:30am 一起玩钟琴 (A) 9:30am - 11:00am 一起玩钟琴 (B) 11:00am - 12:30pm 一起跟Razak线上做运动	23
一起种植物 8:30am - 9:30am 一起跳K-pop (Lite) 9:30am - 10:30am 一起玩乌克丽丽 (A) 10:30am - 11:30am 一起学唱歌 12:30pm - 2:30pm	一起种植物 8:30am - 9:30am 一起练气功 8:30am - 9:30am 一起跟Razak线上做运动 10:00am - 10:45am 一起做禅绕画 11:00am - 12:00pm	一起种植物 8:30am - 9:30am 社区护士站 9:00am - 1:00pm 一起玩乌克丽丽 (初级) 9:00am - 10:30pm 一起跳印族舞 9:30am - 11:30am	一起种植物 8:30am - 9:30am 方块踏步运动 10:00am - 11:00am 代际交流 - 幼儿园 10:00am - 11:00am 一起做Steel Tonic Lite 10:00am - 11:00am	一起种植物 8:30am - 9:30am 一起玩钟琴 (A) 9:30am - 11:00am 一起玩钟琴 (B) 11:00am - 12:30pm 一起跟Razak线上做运动 10:00am - 10:45am	23
一起种植物 8:30am - 9:30am 一起跳K-pop (Lite) 9:30am - 10:30am 一起玩乌克丽丽 (A) 10:30am - 11:30am 一起学唱歌 12:30pm - 2:30pm 一起做钢铁拳击(精简版)(只限男性)	一起种植物 8:30am - 9:30am 一起练气功 8:30am - 9:30am 一起跟Razak线上做运动 10:00am - 10:45am 一起做禅绕画 11:00am - 12:00pm 水上乐趣健身*	一起种植物 8:30am - 9:30am 社区护士站 9:00am - 1:00pm 一起玩乌克丽丽 (初级) 9:00am - 10:30pm 一起跳印族舞 9:30am - 11:30am 一起做Steady Lah*	一起种植物 8:30am - 9:30am 方块踏步运动 10:00am - 11:00am 代际交流 - 幼儿园 10:00am - 11:00am 一起做Steel Tonic Lite 10:00am - 11:00am 一起来makan - 中心内	一起种植物 8:30am - 9:30am 一起玩钟琴 (A) 9:30am - 11:00am 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)	23
一起种植物 8:30am - 9:30am 一起跳K-pop (Lite) 9:30am - 10:30am 一起玩乌克丽丽 (A) 10:30am - 11:30am 一起学唱歌 12:30pm - 2:30pm 一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm	一起种植物 8:30am - 9:30am 一起练气功 8:30am - 9:30am 一起跟Razak线上做运动 10:00am - 10:45am 一起做禅绕画 11:00am - 12:00pm 水上乐趣健身* 12pm - 1pm	一起种植物 8:30am - 9:30am 社区护士站 9:00am - 1:00pm 一起玩乌克丽丽 (初级) 9:00am - 10:30pm 一起跳印族舞 9:30am - 11:30am 一起做Steady Lah* 2:00 pm - 3.30pm	一起种植物 8:30am - 9:30am 方块踏步运动 10:00am - 11:00am 代际交流 - 幼儿园 10:00am - 11:00am 一起做Steel Tonic Lite 10:00am - 11:00am 一起来makan - 中心内 12:00pm - 1:00pm	一起种植物 8:30am - 9:30am 一起玩钟琴 (A) 9:30am - 11:00am 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	23
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2024 十一月

*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

25	26	27	28	29	
一起种植物	一起种植物	一起种植物	一起种植物	一起种植物	
8:30am - 9:30am	8:30am - 9:30am	8:30am - 9:30am	8:30am - 9:30am	8:30am - 9:30am	
一起跳K-pop (Lite)	一起练气功	社区护士站	方块踏步运动	一起玩钟琴 (A)	
9:30am - 10:30am	8:30am - 9:30am	9:00am - 1:00pm	10:00am - 11:00am	9:30am - 11:00am	
一起玩乌克丽丽 (A)	一起跟Razak线上做运动	一起玩乌克丽丽 (初级)	代际交流 - 幼儿园 10:00am - 11:00am	一起玩钟琴 (B)	
10:30am - 11:30am	10:00am - 10:45am	9:00am - 10:30pm	10:00am - 11:00am	11:00am - 12:30pm	
一起学唱歌	一起做禅绕画	一起跳印族舞	一起做Steel Tonic Lite	一起跟Razak线上做运动	
12:30pm - 2:30pm	11:00am - 12:00pm	9:30am - 11:30am	10:00am - 11:00am	10:00am - 10:45am	
一起做钢铁拳击(精简版)(只限男性)	水上乐趣健身*	一起做Steady Lah*	一起玩乌克丽丽 (B)	一起做再循环工艺 (B)	
2:45pm - 3:45pm	12pm - 1pm	2:00 pm - 3.30pm	11:00am - 12:00pm	1:30pm - 3:30pm	
一起做再循环工艺	一起做钩针编织	一起做日本和谐粉彩 (A)	一起做日本和谐粉彩 (B)	一起来唱戏	
2:00pm - 4:00pm	2:00pm - 4:00pm	2:00pm - 3:30pm	2:30pm - 4:00pm	12:30pm - 2:30pm	
	一起跳排舞 (A)	3D 打印学习课程	游戏时间	一起写书法 (初学者)	
	2:00pm - 3:00pm	2:00pm - 6:00pm	2:00pm - 4:00pm	3:30pm - 5:00pm	
	一起跳排舞 (B)	一起做防肌肉萎缩运动*			
	3:00pm - 4:00pm	4:00pm - 5:00pm			