

# 2024 September

\*Nominal fee of \$2 per session

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



MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
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	Digital Life Club @ Woodlands 10:00am - 12:00pm
Let's Kpop 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 Do Calligraphy (Advance) 10:00am - 12:00pm
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Exercise with Razak (Chairobics) 10:00am - 10:45am	Let's Indian Dance 9:30am - 11:30am	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 Steady Lah (Registration) 2:00 pm - 3.30 pm	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	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi (A) 2:00pm - 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 Line Dance (A) 2:00pm - 3:00pm		Let's Do Nagomi (B) 2:30pm -4:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Fun with Kakis 2:00pm - 4:00pm		
	Let's Steel Tonic 7:30pm - 8:30pm				
9	10	11	12	13	14
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	Mooncake making Session 9:30am - 11.30am
Let's Kpop 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	Communal Dining 12:00pm - 1.00pm
Let's Jam with Ukulele (B) 10:30am-11:30am	Let's Exercise with Razak(Chairobics) 10:00am - 10:45am	Let's Indian Dance 9:30am - 11:30am	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 Do Nagomi (A) 2:00pm - 3:30pm"	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	Let's Do Crochet 2:00pm - 4:00pm		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 Line Dance (A) 2:00pm - 3:00pm		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	Let's Do Line Dance (B) 3:00pm - 4:00pm		Fun with Kakis 2:00pm - 4:00pm		
	Let's Steel Tonic 7:30pm - 8:30pm				

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MON	TUE	WED	THU	FRI	SAT
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
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 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 Indian Dance 9:30am - 11:30am	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 Steady Lah (Session 1 or 12) 2:00 pm - 3.30 pm	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	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi (A) 2:00pm - 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 Line Dance (A) 2:00pm - 3:00pm		Let's Do Nagomi (B) 2:30pm -4:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Fun with Kakis 2:00pm - 4:00pm		
	Let's Steel Tonic 7:30pm - 8:30pm				
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
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 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 Indian Dance 9:30am - 11:30am	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 Steady Lah (Session 2 or 12) 2:00 pm - 3.30 pm	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	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi (A) 2:00pm - 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 Line Dance (A) 2:00pm - 3:00pm		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	Let's Do Line Dance (B) 3:00pm - 4:00pm		Fun with Kakis 2:00pm - 4:00pm		
	Let's Steel Tonic 7:30pm - 8:30pm				

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MON	TUE	WED	THU	FRI	SAT
<b>30</b>					
Stay Green Together 8:30am - 9:30am					
Let's Kpop 9:30am - 10:30am					
Let's Jam with Ukulele (A) 10:30am-11:30am					
Let's Sing Together 12:30pm - 2:30pm					
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm					
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。

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
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	一起写书法 (进步) 10:00am - 12:00pm
一起跳K-pop 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	数码技能 @ 兀兰 10:00am - 12:00pm
一起玩乌克兰 (A) 10:30am - 11:30am	一起跟Razak线上做运动 10:00am - 10:45am	一起跳印族舞 9:30am - 11:30am	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	一起做日本和谐粉彩 (A) 2:00pm - 3:30pm	一起玩乌克兰 (B) 11:00am - 12:00pm	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		一起做日本和谐粉彩 (C) 1:00pm - 2:30pm	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	一起跳排舞 (A) 2:00pm - 3:00pm		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 (B) 3:00pm - 4:00pm		游戏时间 2:00pm - 4:00pm		
	一起做Steel Tonic 7:30pm - 8:30pm				
9	10	11	12	13	14
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	一起做月饼 9:30am - 11:30am
一起跳K-pop 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	一起来makan 12:00pm - 1:00pm
一起玩乌克兰 (A) 10:30am - 11:30am	一起跟Razak线上做运动 10:00am - 10:45am	一起跳印族舞 9:30am - 11:30am	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	一起做日本和谐粉彩 (A) 2:00pm - 3:30pm	一起玩乌克兰 (B) 11:00am - 12:00pm	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		一起做日本和谐粉彩 (B) 2:30pm - 4:00pm	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	一起跳排舞 (A) 2:00pm - 3:00pm		游戏时间 2:00pm - 4:00pm	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 (B) 3:00pm - 4:00pm			一起写书法 (初学者) 3:30pm - 5:00pm	
	一起做Steel Tonic 7:30pm - 8:30pm				

# 2024 九月

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16	17	18	19	20	21
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 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	一起跳印族舞 9:30am - 11:30am	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		一起做日本和谐粉彩 (C) 1:00pm - 2:30pm	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	一起跳排舞 (A) 2:00pm - 3:00pm		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 (B) 3:00pm - 4:00pm		游戏时间 2:00pm - 4:00pm		
	一起做Steel Tonic 7:30pm - 8:30pm				
23	24	25	26	27	28
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 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	一起跳印族舞 9:30am - 11:30am	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	一起跳排舞 (A) 2:00pm - 3:00pm		一起做日本和谐粉彩 (B) 2:30pm - 4:00pm	一起来唱戏 12:30pm - 2:30pm	
一起做日本和谐粉彩(RN 7) 2:30pm - 4:30pm	一起跳排舞 (B) 3:00pm - 4:00pm		游戏时间 2:00pm - 4:00pm	一起写书法 (初学者) 3:30pm - 5:00pm	
	一起做Steel Tonic 7:30pm - 8:30pm				

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30					
一起种植物 8:30am - 9:30am					
一起跳K-pop 9:30am - 10:30am					
一起玩乌克兰 (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					
一起做再循环工艺 2:00pm - 4:00pm					

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