2024 September

- **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
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 (Registeration) 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 Dinning 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)	Let's Do Line Dance (B)		Fun with Kakis		
2:30pm - 4:30pm	3:00pm - 4:00pm		2:00pm - 4:00pm		



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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
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				
23	24	25	26	27	28
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)	Let's Do Crochet	Let's Do Nagomi (A)	Let's Do Nagomi (C)	Let's Sing Opera Together	
2:45pm - 3:45pm	2:00pm - 4:00pm	2:00pm - 3:30pm	1:00pm -2:30pm	12:30pm - 2:30pm	
2:45pm - 3:45pm Let's Do Recycle Art 2:00pm - 4:00pm		2:00pm - 3:30pm	1:00pm -2:30pm Let's Do Nagomi (B) 2:30pm -4:00pm	12:30pm - 2:30pm Let's Do Recycle Art (B) 1:30pm - 3:30pm	
Let's Do Recycle Art	2:00pm - 4:00pm Let's Do Line Dance (A)	2:00pm - 3:30pm	Let's Do Nagomi (B)	Let's Do Recycle Art (B)	



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*Nominal fee of \$2 per session

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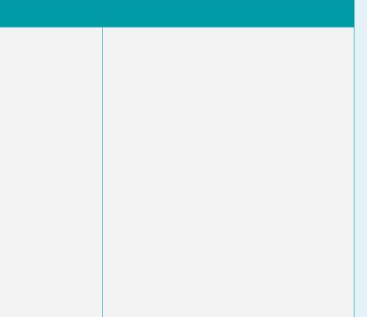


MON	TUE	WED	THU	FRI
30				
Stay Green Together 8:30am - 9:30am				
Let's Kpop 9:30am - 10:30am				
Let's Jam with Ukulele (A) 10:30am-11:30am				
Let's Sing Together 12:30pm - 2:30pm				
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm				
Let's Do Recycle Art 2:00pm - 4:00pm				

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。



SAT





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MON	TUE	WED	тни	FRI	SAT
2	3	4	5	6	7
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	一起写书法 (进步)
8:30am - 9:30am	8:30am - 9:30am	8:30am - 9:30am	8:30am - 9:30am	8:30am - 9:30am	10:00am - 12:00pm
一起跳K-pop	一起练气功	社区护士站	方块踏步运动	一起玩钟琴 (A)	数码技能 @ 兀兰
9:30am - 10:30am	8:30am - 9:30am	9:00am - 1:00pm	10:00am - 11:00am	9:30am - 11:00am	10:00am - 12:00pm
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	一起做禅绕画	一起做日本和谐粉彩 (A)	一起玩乌克丽丽 (B)	一起跟Razak线上做运动	
12:30pm - 2:30pm	11:00am - 12:00pm	2:00pm - 3:30pm	11:00am - 12:00pm	10:00am - 10:45am	
一起做钢铁拳击(精简版)(只限男性)	一起做钩针编织		一起做日本和谐粉彩 (C)	一起做再循环工艺 (B)	
2:45pm - 3:45pm	2:00pm - 4:00pm		1:00pm - 2:30pm	1:30pm - 3:30pm	
一起做再循环工艺	一起跳排舞 (A)		一起做日本和谐粉彩 (B)	一起来唱戏	
2:00pm - 4:00pm	2:00pm - 3:00pm	_	2:30pm - 4:00pm	12:30pm - 2:30pm	
	一起跳排舞 (B)		游戏时间		
	3:00pm - 4:00pm		2:00pm - 4:00pm		
	一起做Steel Tonic				
	7:30pm - 8:30pm				
9	10	11	12	13	14
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	一起做月饼
8:30am - 9:30am	8:30am - 9:30am	8:30am - 9:30am	8:30am - 9:30am	8:30am - 9:30am	9:30am - 11:30am
一起跳K-pop	一起练气功	社区护士站	方块踏步运动	一起玩钟琴 (A)	一起来makan
9:30am - 10:30am	8:30am - 9:30am	9:00am - 1:00pm	10:00am - 11:00am	9:30am - 11:00am	12:00pm - 1:00pm
一起玩乌克丽丽 (A)	一起跟Razak线上做运动	一起跳印族舞	代际交流 - 幼儿园 10:00am -	一起玩钟琴 (B)	
10:30am - 11:30am	10:00am - 10:45am	9:30am - 11:30am	11:00am	11:00am - 12:30pm	
一起学唱歌	一起做禅绕画	一起做日本和谐粉彩 (A)	一起玩乌克丽丽 (B)	一起跟Razak线上做运动	
12:30pm - 2:30pm	11:00am - 12:00pm	2:00pm - 3:30pm	11:00am - 12:00pm	10:00am - 10:45am	
一起做钢铁拳击(精简版)(只限男性)	一起做钩针编织		一起做日本和谐粉彩 (B)	ー起做再循环工艺 (B)	
2:45pm - 3:45pm	2:00pm - 4:00pm		2:30pm - 4:00pm	1:30pm - 3:30pm	
一起做再循环工艺	一起跳排舞 (A)		游戏时间	一起来唱戏	
2:00pm - 4:00pm	2:00pm - 3:00pm		2:00pm - 4:00pm	12:30pm - 2:30pm	
一起做日本和谐粉彩(RN 7)	一起跳排舞 (B)			一起写书法 (初学者)	
2:30pm - 4:30pm	3:00pm - 4:00pm			3:30pm - 5:00pm	
	一起做Steel Tonic				





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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
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	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	一起跳印族舞	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	9:30am - 11:30am		11:00am - 12:30pm	
一起学唱歌	一起做禅绕画	一起做日本和谐粉彩 (A)	一起玩乌克丽丽 (B)	一起跟Razak线上做运动	
12:30pm - 2:30pm	11:00am - 12:00pm	2:00pm - 3:30pm	11:00am - 12:00pm	10:00am - 10:45am	
一起做钢铁拳击(精简版)(只限男性)	一起做钩针编织		一起做日本和谐粉彩 (C)	一起做再循环工艺 (B)	
2:45pm - 3:45pm	2:00pm - 4:00pm	_	1:00pm - 2:30pm	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	
2.00pm - 4.00pm		-		12.30pm - 2.30pm	
	一起欧乔舜(B) 3:00pm - 4:00pm		2:00pm - 4:00pm		
	一起做Steel Tonic				
	7:30pm - 8:30pm				
23	24	25	26	27	28
	· · ·		26 一起种植物	27 一起种植物	28
	24				28
一起种植物	24 一起种植物	一起种植物	一起种植物	一起种植物	28
一起种植物 8:30am - 9:30am	24 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	28
ー起种植物 8:30am - 9:30am ー起跳K-pop 9:30am - 10:30am ー起玩乌克丽丽 (A)	24 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	ー起种植物 8:30am - 9:30am 社区护士站 9:00am - 1:00pm ー起跳印族舞	ー起种植物 8:30am - 9:30am 方块踏步运动 10:00am - 11:00am	ー起种植物 8:30am - 9:30am ー起玩钟琴 (A) 9:30am - 11:00am ー起玩钟琴 (B)	28
ー起种植物 8:30am - 9:30am ー起跳K-pop 9:30am - 10:30am ー起玩乌克丽丽 (A) 10:30am - 11:30am	24 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 	ー起种植物 8:30am - 9:30am ー起玩钟琴 (A) 9:30am - 11:00am ー起玩钟琴 (B) 11:00am - 12:30pm	28
ー起种植物 8:30am - 9:30am ー起跳K-pop 9:30am - 10:30am ー起玩乌克丽丽 (A) 10:30am - 11:30am ー起学唱歌	24 ー起种植物 8:30am - 9:30am ー起练气功 8:30am - 9:30am ー起跟Razak线上做运动 10:00am - 10:45am ー起做禅绕画	ー起种植物 8:30am - 9:30am 社区护士站 9:00am - 1:00pm ー起跳印族舞 9:30am - 11:30am ー起做日本和谐粉彩 (A)	 ー起种植物 8:30am - 9:30am 方块踏歩运动 10:00am - 11:00am 代际交流 - 幼儿园 10:00am - 11:00am 一起玩乌克丽丽 (B) 	ー起种植物 8:30am - 9:30am ー起玩钟琴 (A) 9:30am - 11:00am ー起玩钟琴 (B) 11:00am - 12:30pm ー起跟Razak线上做运动	28
ー起种植物 8:30am - 9:30am ー起跳K-pop 9:30am - 10:30am ー起玩乌克丽丽 (A) 10:30am - 11:30am ー起学唱歌 12:30pm - 2:30pm	24 ー起种植物 8:30am - 9:30am ー起练气功 8:30am - 9:30am ー起跟Razak线上做运动 10:00am - 10:45am ー起做禅绕画 11:00am - 12:00pm	ー起种植物 8:30am - 9:30am 社区护士站 9:00am - 1:00pm ー起跳印族舞 9:30am - 11:30am	 ー起种植物 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 一起玩乌克丽丽 (B) 11:00am - 12:00pm 	ー起种植物 8:30am - 9:30am ー起玩钟琴 (A) 9:30am - 11:00am ー起玩钟琴 (B) 11:00am - 12:30pm ー起跟Razak线上做运动 10:00am - 10:45am	28
ー起种植物 8:30am - 9:30am ー起跳K-pop 9:30am - 10:30am ー起玩乌克丽丽 (A) 10:30am - 11:30am ー起学唱歌 12:30pm - 2:30pm ー起做钢铁拳击(精简版)(只限男性)	24 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 一起做钩针编织	ー起种植物 8:30am - 9:30am 社区护士站 9:00am - 1:00pm ー起跳印族舞 9:30am - 11:30am ー起做日本和谐粉彩 (A)	 ー起种植物 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 一起玩乌克丽丽 (B) 11:00am - 12:00pm 一起来makan - 中心内 	ー起种植物 8:30am - 9:30am ー起玩钟琴 (A) 9:30am - 11:00am ー起玩钟琴 (B) 11:00am - 12:30pm ー起跟Razak线上做运动 10:00am - 10:45am ー起做再循环工艺 (B)	28
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*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	TUE	WED	THU	FRI
30				
一起种植物				
8:30am - 9:30am				
一起跳K-pop				
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				
一起做再循环工艺				
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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