

2026 August

 **Centre Name:** AACC (Tampines)
 **Centre Address:** 1 Tampines Street 22 S529367
 **Centre Contact:** 9457 2665



ntuc Health

MON 3	TUE 4	WED 5	THU 6	FRI 7	SAT 8
Let's Kpop 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	Let's Line Dance 9:30AM - 10:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	Let's Stretch Band 8:30AM - 9:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	Let's Taichi 9AM - 10AM @BETWEEN 273 & 274 <i>*Registration Required*</i>	Let's Zumba Gold 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	
	Let's Steel Combat (Male Exclusive) 10AM - 11AM @275 VOID DECK <i>*Registration Required*</i>	I'm Soul Inc with MFS 10AM - 11AM @NTUC Health AACC Tampines L2LR <i>*Registration Required*</i>	Let's Do Crochet (Intermediate) 10AM - 12PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	Let's Gen Together - National Day Celebration with ITE College East 10:30AM - 12:30PM @NTUC Health AACC Tampines L2LR <i>*Registration Required*</i>	
Stay Well Series - Stroke Awareness (EL) 10AM - 11:30AM @ NTUC Health AACC Tampines L2LR <i>*Registration Required*</i>	Digital Fab Lab - Laser Cutting 10AM - 1PM @ Kampung Admiralty AAC <i>*No Transport*</i> <i>*Registration Required - 5 slots*</i>			Let's Do Sewing (Beginners) 10AM - 12PM @ NTUC Health AACC Tampines L2 <i>*Registration Required - Limited Slots*</i>	
Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	Let's Zentangle - Joy of Art 11AM - 12PM @ NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>		Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @NTUC Health AACC Tampines L2HR <i>*Registration Required*</i>	
	Let's Do Crochet (Beginners) 2PM - 4PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	
	Strategise with Kakis (Mahjong) 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>				
	Square Stepping Exercise(10/12 class) 4PM - 5PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>				

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MON 10	TUE 11	WED 12	THU 13	FRI 14	SAT 15
Let's Celebrate National Day! CENTRE CLOSED 中心关闭 PUSAT DITUTUP	Let's Line Dance 9:30AM - 10:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	Let's Stretch Band 8:30AM - 9:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	Let's Taichi 9AM - 10AM @BETWEEN 273 & 274 <i>*Registration Required*</i>	Let's Zumba Gold 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	
		Let's Go Gai Gai - Crocodile Farm + Lunch 8.30AM - 1.30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*Paid Outing</i>	Let's Do Crochet (Intermediate) 10AM - 12PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	Let's Do Sewing (Beginners) @NTUC Health AACC Tampines L2LR <i>*By Invitation Only*</i>	
	Let's Zentangle - Joy of Art 11AM - 12PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	Let's Pick Up Malay! 10AM - 11AM @NTUC Health AACC Tampines L2SH <i>*Registration Required*</i>	CENTRE CLOSED 中心关闭 PUSAT DITUTUP	Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @NTUC Health AACC Tampines L2HR <i>*Registration Required*</i>	
	Let's Do Crochet (Beginners) 2PM - 4PM @NTUC Health AACC Tampines L2HR <i>*Registration Required*</i>	Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>			
		Strategise with Kakis (Rummy-O) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>		Strategise with Kakis (Rummy-O) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	
	Square Stepping Exercise(11/12 class) 4PM - 5PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>				

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MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
Let's Kpop 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	Let's Line Dance 9:30AM - 10:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	Let's Stretch Band 8:30AM - 9:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	Let's Taichi 9AM - 10AM @BETWEEN 273 & 274 <i>*Registration Required*</i>	Let's Zumba Gold 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	Let's Go Gai Gai - Duck Tour 8.45AM - 11:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required-Paid Outing*</i>
Let's Walking Football (Group A) 9:45AM - 11:30AM @Our Tampines Hub <i>*Registration CLOSED*</i>	Let's Steel Combat (Male Exclusive) 10AM - 11AM @ 275 VOID DECK <i>*Registration Required*</i>	Let's Dragon Boat Time: To be Confirmed @Kallang Basin <i>*No transport*</i> <i>*Registration Required - 12 slots*</i>	Let's Do Crochet (Intermediate) 10AM - 12PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	Let's Do Sewing (Beginners) 10AM - 12PM @NTUC Health AACC Tampines L2SH <i>*Registration Required*</i>	
Digital Fab Lab - Digital Embroidery 10AM - 1PM @ Kampung Admiralty AAC <i>*No Transport*</i> <i>*Registration Required - 5 slots*</i>	Let's Zentangle - Joy of Art 11AM - 12PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	Community Health Post 9:30AM - 12PM @NTUC Health AACC Tampines L1 <i>*By Invite Only*</i>	I'm Soul Inc with NASS 2PM - 3PM @NTUC Health AACC Tampines L2LR <i>*Registration Required*</i>	
Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	Let's Do Crochet (Beginners) 2PM - 4PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	IMDA Go-Digital - Workshop (EL) 2PM - 3.30PM @NTUC Health AACC Tampines L2SH <i>*Registration Required*</i>	Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	
	Strategise with Kakis (Mahjong) 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	Let's Celebrate August Birthday 3PM - 4PM @To be Confirmed <i>*By Invitation*</i>	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	
	Square Stepping Exercise(12/12 class) 4PM - 5PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>		Let's Gen Together - Bartley Sec Symphonic Band & Modern Dance 2.45PM - 6PM @Bartley Secondary School <i>*Registration Required - 20 slots*</i>		

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MON 24	TUE 25	WED 26	THU 27	FRI 28	SAT 29
Let's Kpop 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	Let's Line Dance 9:30AM - 10:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	Let's Stretch Band 8:30AM - 9:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	Let's Taichi 9AM - 10AM @ BETWEEN 273 & 274 <i>*Registration Required*</i>	Let's Zumba Gold 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	Leave Well Series- Legacy Planning Workshop: Lasting Power of Attorney (LPA) (CL) 10AM - 12PM @NTUC Health AACC Tampines L1
		Let's Dragon Boat Time: To be Confirmed @Kallang Basin <i>*No transport*</i> <i>*Registration Required - 12 slots*</i>	Let's Do Crochet (Intermediate) 10AM - 12PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	Let's Do Sewing (Beginners) 10AM - 12PM @NTUC Health AACC Tampines L2LR <i>*By Invitation Only*</i>	
	Let's Zentangle - Joy of Art 11AM - 12PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	Let's Pick Up Malay! 10AM - 11AM @NTUC Health AACC Tampines L2SH <i>*Registration Required*</i>	Digital Fab Lab Series - 3D Printing Workshop 10AM - 4PM @ Kampung Admiralty AAC <i>*No Transport*</i> <i>*Registration Required - 6 slots*</i>		
Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	Let's Do Crochet (Beginners) 2PM - 4PM @NTUC Health AACC Tampines L2HR <i>*Registration Required*</i>	Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	IMDA Go-Digital - Workshop (CL) 2PM - 3.30PM @NTUC Health AACC Tampines L2SH <i>*Registration Required*</i>	Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	
	Strategise with Kakis (Mahjong) 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	

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MON	TUE	WED	THU	FRI	SAT
31					27
Let's Kpop 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>					
Let's Walking Football (Group A) 9:45AM - 11:30AM @Our Tampines Hub <i>*Registration CLOSED*</i>					
Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>					

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一起跳K-POP (乐龄版) 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	一起跳排舞 (乐龄版) 9:30AM - 10:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	一起做弹力带拉筋操 (乐龄版) 8:30AM - 9:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	一起打太极 9AM - 10AM @BETWEEN 273 & 274 <i>*Registration Required*</i>	一起跳尊巴 (乐龄版) 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	
	一起练钢铁拳击 (只限男性) 10AM - 11AM @275 VOID DECK <i>*Registration Required*</i>	基于科技的音乐和动作 10AM - 11AM @NTUC Health AACC Tampines L2LR <i>*Registration Required*</i>	中级钩针编织 10AM - 12PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	代际交流 - 工艺教育学院东区学院 一起欢庆国庆 10:30AM - 12:30PM @NTUC Health AACC Tampines L2LR <i>*Registration Required*</i>	
保健系列 - 辨识中风症状 (英语) 10AM - 11:30AM @ NTUC Health AACC Tampines L2LR <i>*Registration Required*</i>	激光切割工作坊 10AM - 1PM @ Kampung Admiralty AAC <i>*No Transport*</i> <i>*Registration Required - 5 slots*</i>			一起做缝纫 (初学者) 10AM - 12PM @ NTUC Health AACC Tampines L2 CANCELLED to celebrate ND Day <i>*Registration Required - 5 slots*</i>	
与朋友一起挑战序列 (桌游) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	一起做禅绕画 - 艺术之乐 11AM - 12PM @ NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	与朋友一起挑战序列 (桌游) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>		与朋友一起挑战序列 (桌游) 2PM - 4.30PM @NTUC Health AACC Tampines L2HR <i>*Registration Required*</i>	
	初级钩针编织 (初学者) 2PM - 4PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	与朋友一起策略 (桌游) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	与朋友一起策略 (桌游) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	与朋友一起策略 (桌游) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	
	快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>				
	方块踏步运动 (10/12课) 4PM - 5PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>				

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Let's Celebrate National Day! CENTRE CLOSED 中心关闭 PUSAT DITUTUP	一起跳排舞 9:30AM - 10:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	一起做弹力带拉筋操 8:30AM - 9:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	一起打太极 9AM - 10AM @BETWEEN 273 & 274 <i>*Registration Required*</i>	一起跳尊巴 (乐龄版) 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	
		一起去 Gai Gai 鳄鱼农场 + 午餐 8.30AM - 1.30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*Paid Outing</i>	中级钩针编织 10AM - 12PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	一起做缝纫 (初学者) 10AM - 12PM @NTUC Health AACC Tampines L2LR <i>*By Invitation Only*</i>	
	一起来禅绕画 — 艺术之乐 11AM - 12PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	一起学基础马来语 10AM - 11AM @NTUC Health AACC Tampines L2SH <i>*Registration Required*</i>	CENTRE CLOSED 中心关闭 PUSAT DITUTUP	与朋友一起挑战序列 (桌游) 2PM - 4.30PM @NTUC Health AACC Tampines L2HR <i>*Registration Required*</i>	
	初级钩针编织 (初学者) 2PM - 4PM @NTUC Health AACC Tampines L2HR <i>*Registration Required*</i>	与朋友一起挑战序列 (桌游) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>			
		与朋友一起策略 (桌游) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>		与朋友一起策略 (桌游) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	
	方块踏步运动 (11/12课) 4PM - 5PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>				

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一起来踢球 (A组) 9:45AM - 11:30AM @Our Tampines Hub <i>*Registration CLOSED*</i>	一起练钢铁拳击 (只限男性) 10AM - 11AM @ 275 VOID DECK <i>*Registration Required*</i>	一起划龙舟 Time: To be Confirmed @Kallang Basin <i>*Registration Required - 12 slots*</i>	中级钩针编织 10AM - 12PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	一起做缝纫 (初学者) 10AM - 12PM @NTUC Health AACC Tampines L2SH <i>*Registration Required*</i>	
数码刺绣工作坊 10AM - 1PM @ Kampung Admiralty AAC <i>*No Transport*</i> <i>*Registration Required - 5 slots*</i>	一起来禅绕画 — 艺术之乐 11AM - 12PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	与朋友一起挑战序列 (桌游) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	社区保健站 9:30AM - 12PM @NTUC Health AACC Tampines L1 <i>*By Invite Only*</i>	基于科技的音乐和动作与义安中学 2PM - 3PM @NTUC Health AACC Tampines L2LR <i>*Registration Required*</i>	
与朋友一起挑战序列 (桌游) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	初级钩针编织 (初学者) 2PM - 4PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	与朋友一起策略 (桌游) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	数码乐龄计划 - 培训课程 (英语) 2PM - 3.30PM @NTUC Health AACC Tampines L2SH <i>*Registration Required*</i>	与朋友一起挑战序列 (桌游) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	
	快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	一起庆祝八月生日 3PM - 4PM @To be Confirmed <i>*By Invitation*</i>	与朋友一起策略 (桌游) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	与朋友一起策略 (桌游) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	
	方块踏步运动 (12/12课) 4PM - 5PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>		代际交流 - 巴特礼中学 交响乐团与现代舞 2.45PM - 6PM @Bartley Secondary School <i>*Registration Required - 20 slots*</i>		

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		一起划龙舟 Time: To be Confirmed @Kallang Basin *No transport* <i>*Registration Required - 12 slots*</i>	中级钩针编织 10AM - 12PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	一起做缝纫 (初学者) 10AM - 12PM @NTUC Health AACC Tampines L2LR <i>*By Invitation Only*</i>	
	一起做禅绕画 — 艺术之乐 11AM - 12PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	一起学基础马来语 10AM - 11AM @NTUC Health AACC Tampines L2SH <i>*Registration Required*</i>	3D 打印工作坊 10AM - 4PM @ Kampung Admiralty AAC <i>*No Transport*</i> <i>*Registration Required - 6 slots*</i>		
与朋友一起挑战序列 (桌游) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	初级钩针编织 (初学者) 2PM - 4PM @NTUC Health AACC Tampines L2HR <i>*Registration Required*</i>	与朋友一起挑战序列 (桌游) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	数码乐龄计划 - 培训课程 (华语) 2PM - 3.30PM @NTUC Health AACC Tampines L2SH <i>*Registration Required*</i>	与朋友一起挑战序列 (桌游) 2PM - 4.30PM @NTUC Health AACC Tampines L2SR <i>*Registration Required*</i>	
	快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	与朋友一起策略 (桌游) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	与朋友一起策略 (桌游) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	与朋友一起策略 (桌游) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	

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2026 August

 **Centre Name:** AACC (Tampines)
 **Centre Address:** 1 Tampines Street 22 S529367
 **Centre Contact:** 9457 2665





MON	TUE	WED	THU	FRI	SAT
31					27
一起跳K-POP (乐龄版) 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>					
一起来踢球 (A组) 9:45AM - 11:30AM @Our Tampines Hub <i>*Registration CLOSED*</i>					
与朋友一起挑战序列 (桌游) 2PM - 4.30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>					

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