

2026 April

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



MON

TUE

WED

THU

FRI

SAT

		1	2	3	4
		<p>Let's Stretch Band 8:30AM - 9:30AM @274 VOID DECK <i>*Register on Healthy365*</i></p>	<p>Let's Taichi 9AM - 10AM @BETWEEN 273 & 274 <i>*Registration Required*</i></p>	<p>GOOD FRIDAY! CENTRE CLOSED PUSAT DITUTUP</p>	
		<p>Let's Go Gai Gai Gardens By The Bay - Japan Spring + lunch 9:15AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required - 20 slots*</i> IB \$8 / OB \$12</p>			
			<p>Let's Do Crochet (Intermediate) 10AM - 12PM @ NTUC Health AACC Tampines L1 <i>*Registration Required*</i></p>		
		<p>Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>	<p>Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>		
			<p>Let's Yum Cha Together at Activity 3:30PM - 4PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>		

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MON 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11
<p>Let's Kpop 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i></p>	<p>Let's Line Dance 9:30AM - 10:30AM @274 VOID DECK <i>*Register on Healthy365*</i></p>	<p>Let's Stretch Band 8:30AM - 9:30AM @274 VOID DECK <i>*Register on Healthy365*</i></p>	<p>Let's Taichi 9AM - 10AM @BETWEEN 273 & 274 <i>*Registration Required*</i></p>	<p>Let's Zumba Gold 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i></p>	<p>Let's Talk News & Yum Cha 10AM - 11:30AM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i></p>
<p>NEW - Let's Do Mindful Breathing 9:30AM - 10:30AM @273 Tampines Changkat Zone 5RN <i>*Registration Required* IB Free / OB \$4</i></p>	<p>Let's Learn Hanyu Pinyin (1/12 class) 9.30AM - 11AM @273 Tampines Changkat Zone 5RN <i>*Registration Required*</i> <i>IB Free / OB \$18 for 12 classes</i></p>	<p>Let's Eat Healthy for Chronic Disease (Mandarin) 8.45AM - 9.45AM @NTUC Health AACC Tampines L2 <i>*Registration Required - 20 slots*</i></p>	<p>Let's Do Crochet (Intermediate) 10AM - 12PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i></p>		
<p>Let's Walking Football (Group A) 9:45AM - 11.30AM @ Our Tampines Hub <i>*Registration Required*</i></p>		<p>Let's Pick Up Malay 10AM - 11AM @285 Tampines Changkat Zone 4RN <i>*Registration Required - 15 slots*</i></p>			
	<p>Let's Yoga - Shoulder & Neck 11AM - 12PM @273 Tampines Changkat Zone 5RN <i>*Registration Required IB Free / OB \$4 *</i></p>				
<p>Strategise with Kakis (Mahjong) 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i></p>	<p>Let's Zentangle - Joy of Art 11AM - 12PM @285 Tampines Changkat Zone 4RN <i>*Registration Required IB Free / OB \$4 *</i></p>	<p>Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>	<p>IMDA Go-Digital - Workshop (English) 2PM - 3.30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>	<p>Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i></p>	
	<p>Let's Do Crochet (Beginners) 2PM - 4PM @273 Tampines Changkat Zone 5RN <i>*Registration Required IB Free / OB \$4 *</i></p>		<p>Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>	<p>Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>	
	<p>Let's Combat Age-related Loss of Muscle (CALM - 1/14 class) 2PM - 5PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i></p>		<p>Let's Yum Cha Together at Activity 3:30PM - 4PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>		

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MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
<p>Let's Kpop 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i></p>	<p>Let's Line Dance 9:30AM - 10:30AM @274 VOID DECK <i>*Register on Healthy365*</i></p>	<p>Let's Stretch Band 8:30AM - 9:30AM @274 VOID DECK <i>*Register on Healthy365*</i></p>	<p>Let's Taichi 9AM - 10AM @BETWEEN 273 & 274 <i>*Registration Required*</i></p>	<p>Let's Zumba Gold 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i></p>	
<p>NEW - Let's Do Mindful Breathing 9:30AM - 10:30AM @273 Tampines Changkat Zone 5RN <i>*Registration Required IB Free / OB \$4*</i></p>	<p>Let's Learn Hanyu Pinyin (2/12 class) 9.30AM - 11AM @273 Tampines Changkat Zone 5RN <i>*Registration Closed*</i></p>		<p>Let's Do Crochet (Intermediate) 10AM - 12PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i></p>	<p>CENTRE CLOSED PUSAT DITUTUP</p>	
	<p>Let's Steel Combat (Male Exclusive) 10AM - 11AM @275 VOID DECK <i>*Registration Required*</i></p>				
<p>Let's Walking Football (Group B) 9:45AM - 11.30AM @ Our Tampines Hub <i>*Registration Required*</i></p>	<p>Let's Yoga - Shoulder & Neck 11AM - 12PM @273 Tampines Changkat Zone 5RN <i>*Registration Required IB Free / OB \$4*</i></p>	<p>Let's Stay Independent in Golden Years (English) 11:30AM - 12.30PM @NTUC Health AACC Tampines L2 <i>*Registration Required - 20 slots*</i></p>			
	<p>Let's Zentangle - Joy of Art 11AM - 12PM @285 Tampines Changkat Zone 4RN <i>*Registration Required IB Free / OB \$4*</i></p>		<p>Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>		
<p>Strategise with Kakis (Mahjong) 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i></p>	<p>Let's Do Crochet (Beginners) 2PM - 4PM @273 Tampines Changkat Zone 5RN <i>*Registration Required IB Free / OB \$4*</i></p>	<p>Let's Gen Together - Singapore Polytechnic - Service Learning Program 2:30PM - 4:30PM @NTUC Health AACC Tampines L2 <i>*Registration Required*</i></p>	<p>Let's Celebrate April Birthday + Let's Yum Cha Together at Activity 3:00PM - 4.00PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>		
	<p>Let's Combat Age-related Loss of Muscle (CALM 2/14 class) 4PM - 5PM @NTUC Health AACC Tampines L1 <i>*Registration Closed*</i></p>	<p>Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>	<p>Let's Combat Age-related Loss of Muscle (CALM 3/14 Class) 4PM - 5PM @NTUC Health AACC Tampines L1 <i>*Registration Closed*</i></p>		

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MON 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25
Let's Kpop 9AM - 10AM @278 OPEN PLAZA *Register on Healthy365*	Let's Line Dance 9:30AM - 10:30AM @274 VOID DECK *Register on Healthy365*	Let's Stretch Band 8:30AM - 9:30AM @274 VOID DECK *Register on Healthy365*	Let's Taichi 9AM - 10AM @BETWEEN 273 & 274 *Registration Required*	Let's Zumba Gold 9AM - 10AM @278 OPEN PLAZA *Register on Healthy365*	Let's Talk News & Yum Cha 10AM - 11:30AM @NTUC Health AACC Tampines L1 *Registration Required*
NEW - Let's Do Mindful Breathing 9:30AM - 10:30AM @273 Tampines Changkat Zone 5RN *Registration Required* IB Free / OB \$4*	Let's Learn Hanyu Pinyin (3/12 class) 9.30AM - 11AM @273 Tampines Changkat Zone 5RN *Registration Closed*	Let's Pick Up Malay 10AM - 11AM @285 Tampines Changkat Zone 4RN *Registration Required*	Let's Do Crochet (Intermediate) 10AM - 12PM @NTUC Health AACC Tampines L1 *Registration Required*	Let's Go Gai Gai - Singapore Flyer / Lunch at own expense 9AM - 2PM *Registration Required - IB \$8 / OB \$30*	
Let's Walking Football (Group A) 9:45AM - 11.30AM @ Our Tampines Hub *Registration Required*					
	Let's Yoga - Shoulder & Neck 11AM - 12PM @273 Tampines Changkat Zone 5RN *Registration Required- IB Free / OB \$4*				
Strategise with Kakis (Mahjong) 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *Registration Required*	Let's Zentangle - Joy of Art 11AM - 12PM @285 Tampines Changkat Zone 4RN *Registration Required- IB Free / OB \$4*	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *Registration Required*	IMDA Go-Digital - Workshop (Mandarin) 2PM - 3.30PM @285 Tampines Changkat Zone 4RN *Registration Required*	Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	
	Let's Do Crochet (Beginners) 2PM - 4PM @273 Tampines Changkat Zone 5RN *Registration Required- IB Free / OB \$4*		Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *Registration Required*	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *Registration Required*	
	Let's Combat Age-related Loss of Muscle (CALM 4/14 class) 4PM -5PM @NTUC Health AACC Tampines L1 *Registration Closed*		Let's Yum Cha Together at Activity 3:30PM -4PM @285 Tampines Changkat Zone 4RN *Registration Required*	Let's Combat Age-related Loss of Muscle (CALM 5/14 class) 4PM -5PM @NTUC Health AACC Tampines L1 *Registration Closed*	

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30		
Let's Kpop 9AM - 10AM @278 OPEN PLAZA *Register on Healthy365*	Let's Line Dance 9:30AM - 10:30AM @274 VOID DECK *Register on Healthy365*	Let's Stretch Band 8:30AM - 9:30AM @274 VOID DECK *Register on Healthy365*	Let's Taichi 9AM - 10AM @ BETWEEN 273 & 274 *Registration Required*		
NEW - Let's Do Mindful Breathing 9:30AM - 10:30AM @273 Tampines Changkat Zone 5RN *Registration Required IB Free / OB \$4*	Let's Learn Hanyu Pinyin (4/12 class) 9.30AM - 11AM @273 Tampines Changkat Zone 5RN *Registration Closed*		Let's Do Crochet (Intermediate) 10AM - 12PM @NTUC Health AACC Tampines L1 *Registration Required*		
	Let's Steel Combat (Male Exclusive) 10AM - 11AM @275 VOID DECK *Registration Required*				
Let's Walking Football (Group B) 9:45AM - 11.30AM @ Our Tampines Hub *Registration Required*	Let's Yoga - Shoulder & Neck 11AM - 12PM @273 Tampines Changkat Zone 5RN *Registration Required IB Free / OB \$4*				
	Let's Zentangle - Joy of Art 11AM - 12PM @285 Tampines Changkat Zone 4RN *Registration Required IB Free / OB \$4*		Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *Registration Required*		
Strategise with Kakis (Mahjong) 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *Sign-up Required*	Let's Do Crochet (Beginners) 2PM - 4PM @273 Tampines Changkat Zone 5RN *Registration Required IB Free / OB \$4*	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *Registration Required*	Let's Yum Cha Together at Activity 3:30PM - 4PM @285 Tampines Changkat Zone 4RN *Registration Required*		
	Let's Combat Age-related Loss of Muscle (CALM 6/14 class) 4PM - 5PM @NTUC Health AACC Tampines L1 *Registration Closed*		Let's Combat Age-related Loss of Muscle (CALM 7/14 class) 4PM - 5PM @NTUC Health AACC Tampines L1 *Registration Closed*		

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MON

TUE

WED

THU

FRI

SAT

		1	2	3	4
		<p>一起做弹力带拉筋操 8:30AM - 9:30AM @274 VOID DECK *Healthy365 报名*</p>	<p>一起打太极 9AM - 10AM @BETWEEN 273 & 274 *需要报名*</p>	<p>耶稣受难日 中心暂停开放</p>	
		<p>一起去滨海湾花园 樱花走走 + 午餐 9:15AM - 12PM @ NTUC Health AACC Tampines Lvl 1 *需要报名 - 20 名额* IB \$8 / OB \$12</p>			
			<p>中级钩针编织 10AM - 12PM @ NTUC Health AACC Tampines L1 *需要报名*</p>		
		<p>与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	<p>与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>		
			<p>活动中共聚下午茶 3:30PM - 4PM @285 Tampines Changkat Zone 4RN *需要报名*</p>		

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<p>一起跳K-POP 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*</p>	<p>一起跳排舞 9:30AM - 10:30AM @274 VOID DECK *Healthy365 报名*</p>	<p>一起做弹力带拉筋操 8:30AM - 9:30AM @274 VOID DECK *Healthy365 报名*</p>	<p>一起打太极 9AM - 10AM @BETWEEN 273 & 274 *需要报名*</p>	<p>一起跳尊巴 (乐龄版) 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*</p>	<p>一起阅读新闻与饮茶 10AM - 11:30AM @NTUC Health AACC Tampines L1 *需要报名*</p>
<p>一起练习正念呼吸 9:30AM - 10:30AM @273 Tampines Changkat Zone 5RN *需要报名* IB Free / OB \$4</p>	<p>一起学汉语拼音(1/12课) 9.30AM - 11AM @273 Tampines Changkat Zone 5RN *需要报名* IB Free / OB \$18 for 12 课</p>	<p>一起健康饮食, 管理慢性疾病 (华语) 8.45AM - 9.45AM @NTUC Health AACC Tampines L2 *需要报名 - 20 名额*</p>	<p>中级钩针编织 10AM - 12PM @NTUC Health AACC Tampines L1 *需要报名*</p>		
<p>一起健步足球活动 (A 组) 9:45AM - 11.30AM @ Our Tampines Hub *需要报名*</p>		<p>一起学马来语 (初级) 10AM - 11AM @285 Tampines Changkat Zone 4RN *需要报名 - 15 名额* IB Free / OB \$4</p>			
	<p>肩颈理疗瑜伽 11AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名* IB Free / OB \$4</p>				
<p>快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *需要报名*</p>	<p>一起做禅绕画 11AM - 12PM @285 Tampines Changkat Zone 4RN *需要报名* IB Free / OB \$4</p>	<p>与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	<p>数码乐龄计划 - 培训课程(英语) 2PM - 3.30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	<p>与朋友一起挑战序列 (桌游) 2PM - 4.30PM @ 285 Tampines Changkat Zone 4 RN *需要报名*</p>	
	<p>初级钩针编织 2PM - 4PM @273 Tampines Changkat Zone 5RN *需要报名* IB Free/OB \$4</p>		<p>与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	<p>与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	
	<p>一起对抗肌肉流失 (1/14课) 2PM - 5PM @NTUC Health AACC Tampines L1 *需要报名*</p>		<p>活动中共聚下午茶 3:30PM - 4PM @285 Tampines Changkat Zone 4RN *需要报名*</p>		

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<p>一起跳K-POP 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*</p>	<p>一起跳排舞 9:30AM - 10:30AM @274 VOID DECK *Healthy365 报名*</p>	<p>一起做弹力带拉筋操 8:30AM - 9:30AM @274 VOID DECK *Healthy365 报名*</p>	<p>一起打太极 9AM - 10AM @BETWEEN 273 & 274 *需要报名*</p>	<p>一起跳尊巴 (乐龄版) 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*</p>	
<p>一起练习正念呼吸 9:30AM - 10:30AM @273 Tampines Changkat Zone 5RN *需要报名* IB Free / OB \$4</p>	<p>一起学汉语拼音 (2/12课) 9.30AM - 11AM @273 Tampines Changkat Zone 5RN *报名已截止*</p>		<p>中级钩针编织 10AM - 12PM @NTUC Health AACC Tampines L1 *需要报名*</p>	中心暂停开放	
	<p>一起练钢铁拳击 (只限男性) 10AM - 11AM @275 VOID DECK *需要报名*</p>				
<p>一起健步足球活动 (B组) 9:45AM - 11.30AM @ Our Tampines Hub *需要报名*</p>	<p>肩颈理疗瑜伽 11AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名* IB Free / OB \$4</p>	<p>晚年生活, 独立自主 (英语) 11:30AM - 12.30PM @NTUC Health AACC Tampines L2 *需要报名 - 20 名额*</p>			
	<p>一起做禅绕画 11AM - 12PM @285 Tampines Changkat Zone 4RN *需要报名* IB Free / OB \$4</p>		<p>与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>		
<p>快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *需要报名*</p>	<p>初级钩针编织 2PM - 4PM @273 Tampines Changkat Zone 5RN *需要报名* IB Free / OB \$4</p>	<p>代际交流 - 大专学府 新加坡理工学院跨代服务学习项目 2:30PM - 4:30PM @NTUC Health AACC Tampines L2 *需要报名*</p>	<p>一起庆祝四月生日 + 活动中共聚用下午茶 3PM - 4PM @285 Tampines Changkat Zone 4RN *需要报名*</p>		
	<p>让我们一起对抗肌肉流失 (2/14课) 4PM - 5PM @NTUC Health AACC Tampines L1 *报名已截止*</p>	<p>与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	<p>让我们一起对抗肌肉流失 (3/14课) 4PM - 5PM @NTUC Health AACC Tampines L1 *报名已截止*</p>		

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<p>一起跳K-POP 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*</p>	<p>一起跳排舞 9:30AM - 10:30AM @274 VOID DECK *Healthy365 报名*</p>	<p>一起做弹力带拉筋操 8:30AM - 9:30AM @274 VOID DECK **Healthy365 报名*</p>	<p>一起打太极 9AM - 10AM @BETWEEN 273 & 274 *需要报名*</p>	<p>一起跳尊巴 (乐龄版) 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*</p>	<p>一起阅读新闻与饮茶 10AM - 11:30AM @NTUC Health AACC Tampines L1 *需要报名*</p>
<p>一起练习正念呼吸 9:30AM - 10:30AM @273 Tampines Changkat Zone 5RN *需要报名* IB Free / OB \$4</p>	<p>一起学汉语拼音(3/12课) 9.30AM - 11AM @273 Tampines Changkat Zone 5RN *报名已截止*</p>	<p>一起学马来语 -初级 10AM - 11AM @285 Tampines Changkat Zone 4RN *需要报名 - 15 名额* IB Free / OB \$4</p>	<p>中级钩针编织 10AM - 12PM @NTUC Health AACC Tampines L1 *需要报名*</p>	<p>一起去新加坡摩天观景轮 + 午餐自费 9AM - 2PM *需要报名 - 名额有限* IB \$8 / OB \$30</p>	
<p>一起健步足球活动 (A组) 9:45AM - 11.30AM @ Our Tampines Hub *需要报名*</p>					
	<p>肩颈理疗瑜伽 11AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名* IB Free / OB \$4</p>				
<p>快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *需要报名*</p>	<p>一起做禅绕画 11AM - 12PM @285 Tampines Changkat Zone 4RN *需要报名* IB Free / OB \$4</p>	<p>与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	<p>数码乐龄计划 - 培训课程 (华语) 2PM - 3.30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	<p>与朋友一起挑战序列 (桌游) 2PM - 4.30PM @ 285 Tampines Changkat Zone 4 RN *需要报名*</p>	
	<p>初级钩针编织 2PM - 4PM @273 Tampines Changkat Zone 5RN *需要报名* IB Free / OB \$4</p>		<p>与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	<p>与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	
	<p>让我们一起对抗肌肉流失 (4/14课) 4PM -5PM @NTUC Health AACC Tampines L1 *报名已截止*</p>		<p>活动中共聚下午茶 3:30PM -4PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	<p>让我们一起对抗肌肉流失 (5/14课) 4PM -5PM @NTUC Health AACC Tampines L1 *报名已截止*</p>	

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。

2026 April

📍 Centre Name: AACC (Tampines)
 🏠 Centre Address: 1 Tampines Street 22 S529367
 📞 Centre Contact: 9457 2665



MON	TUE	WED	THU	FRI	SAT
27	28	29	30		
一起跳K-POP 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*	一起跳排舞 9:30AM - 10:30AM @274 VOID DECK *Healthy365 报名*	一起做弹力带拉筋操 8:30AM - 9:30AM @274 VOID DECK *Healthy365 报名*	一起打太极 9AM - 10AM @ BETWEEN 273 & 274 *需要报名*		
一起练习正念呼吸 9:30AM - 10:30AM @273 Tampines Changkat Zone 5RN *需要报名* IB Free / OB \$4	一起学汉语拼音(4/12课) 9.30AM - 11AM @273 Tampines Changkat Zone 5RN *报名已截止*		中级钩针编织 10AM - 12PM @NTUC Health AACC Tampines L1 *需要报名*		
	一起练钢铁拳击(只限男性) 10AM - 11AM @275 VOID DECK *需要报名*				
一起健步足球活动(B组) 9:45AM - 11.30AM @ Our Tampines Hub *需要报名*	肩颈理疗瑜伽 11AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名* IB Free / OB \$4				
	一起做禅绕画 11AM - 12PM @285 Tampines Changkat Zone 4RN *需要报名* IB Free / OB \$4		与朋友一起策略(桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*		
快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *需要报名*	初级钩针编织 2PM - 4PM @273 Tampines Changkat Zone 5RN *需要报名* IB Free / OB \$4	与朋友一起策略(桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*	活动中共聚下午茶 3:30PM - 4PM @285 Tampines Changkat Zone 4RN *需要报名*		
	让我们一起对抗肌肉流失(6/14课) 4PM - 5PM @NTUC Health AACC Tampines L1 *报名已截止*		让我们一起对抗肌肉流失(7/14课) 4PM - 5PM @NTUC Health AACC Tampines L1 *报名已截止*		

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