



2025 August

 **Centre Name:** Active Ageing Centre (Care) (Tampines)
 **Centre Address:** 1 Tampines Street 22 Singapore 529367
 **Centre Contact:** 9457 2665





MON

TUE

WED

THU

FRI


SAT

1					
				Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM-10AM @ Blk 278 OPEN PLAZA	
				Interest Group Let's Taichi 一起打太极 10.30AM-11.30AM @ BETWEEN Blk 278 & Blk 281	
				Let's Learn to Tech 一起学科技 1:00PM - 2:00PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	
				Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2:00PM-4:30PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	
				Let's DrumFit 一起做DrumFit 3:30pm - 4:30pm @ NTUC Health AACC Tampines Level 1 *Registration Required*	

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MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	
Let's K-Pop 一起跳K-POP 9AM-10AM @ Blk 278 OPEN PLAZA	Let's Line Dance 一起跳排舞 9:30 AM-10:30 AM @ Blk 274 VOID DECK	Let's Stretch Band 一起做弹力带拉筋操 8:30 AM-9:30 AM @ Blk 274 VOID DECK	Let's Taichi 一起打太极 9AM-10AM @ BETWEEN Blk 273 & Blk 274	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM-10AM @ Blk 278 OPEN PLAZA	
	Let's Steel Combat (Male Exclusive) 一起练钢铁拳击 (只限男性) 10AM-11AM @ BLK 275 VOID DECK *Registration Required*		Interest Group Fun Crochet for Intermediates (NEW) 中级钩针编织 10:00AM-12:00PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Interest Group Let's Taichi 一起打太极 10.30AM-11.30AM @ BETWEEN Blk 278 & Blk 281	
Let's Yum Cha Together 一起饮茶 1:00PM-2:00PM @ 273 Tampines Changkat Zone 5 RN *Registration Required*	Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM @ 273 Tampines Changkat Zone 5 RN *Registration Required*	Let's Yoga - Shoulder & Neck (NEW) 肩颈理疗瑜伽 2:00PM - 3:00PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM @ NTUC Health AACC Tampines Level 1 *Registration Required*	Let's Learn to Tech 一起学科技 1:00PM - 2:00PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	
Happy beading for Beginners (NEW) 快乐串珠工艺 2:00PM-4:30PM @ 273 Tampines Changkat Zone 5 RN *Registration Required*	Let's Yum Cha Together 一起饮茶 1:00PM-2:00PM @ 273 Tampines Changkat Zone 5 RN *Registration Required*	Let's flex our fingers (NEW) 手指养生操 3:00PM-4:00PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Let's play games with Youth (NEW) 青春嗨 玩时光 @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2:00PM-4:30PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	
Let's play Mahjong (NEW) 快乐麻将 2:00PM-5:30PM @ NTUC Health AACC Tampines Level 1 *Registration Required	Fun Crochet for Beginners (NEW) 初级钩针编织 2:00PM-4:00PM @ 273 Tampines Changkat Zone 5 RN *Registration Required*	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 3:00PM-4:30PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2PM-4:30PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Let's DrumFit 一起做DrumFit 3:30pm - 4:30pm @ NTUC Health AACC Tampines Level 1 *Registration Required*	

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	
AACC closed for National Day 8.30am - 6pm	Let's Line Dance 一起跳排舞 9:30 AM-10:30 AM @ Blk 274 VOID DECK	Let's Stretch Band 一起做弹力带拉筋操 8:30 AM-9:30 AM @ Blk 274 VOID DECK	Let's Taichi 一起打太极 9AM-10AM @ BETWEEN Blk 273 & Blk 274	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM-10AM @ Blk 278 OPEN PLAZA	
			Interest Group Fun Crochet for Intermediates (NEW) 中级钩针编织 10:00AM-12:00PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Interest Group Let's Taichi 一起打太极 10:30AM-11:30AM @ BETWEEN Blk 278 & Blk 281	
	Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM @ 273 Tampines Changkat Zone 5 RN *Registration Required*	Let's Yoga - Shoulder & Neck (NEW) 肩颈理疗瑜伽 2:00PM - 3:00PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM @ NTUC Health AACC Tampines Level 1 *Registration Required*	AACC closed for Cultural Exchange 12 noon - 6pm	
	Let's Yum Cha Together 一起饮茶 1:00PM-2:00PM @ 273 Tampines Changkat Zone 5 RN *Registration Required*	Let's flex our fingers (NEW) 手指养生操 3:00PM-4:00PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Let's play games with Youth (NEW) 青春嗨玩时光 @ 285 Tampines Changkat Zone 4 RN *Registration Required*		
	Fun Crochet for Beginners (NEW) 初级钩针编织 2:00PM-4:00PM @ 273 Tampines Changkat Zone 5 RN *Registration Required*	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 3:00PM-4:30PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2PM-4:30PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*		

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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	
Let's K-Pop 一起跳K-POP 9AM-10AM @ Blk 278 OPEN PLAZA	Let's Line Dance 一起跳排舞 9:30 AM-10:30 AM @ Blk 274 VOID DECK	Let's Stretch Band 一起做弹力带拉筋操 8:30 AM-9:30 AM @ Blk 274 VOID DECK	Let's Taichi 一起打太极 9AM-10AM @ BETWEEN Blk 273 & Blk 274	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM-10AM @ Blk 278 OPEN PLAZA	
	Let's Steel Combat (Male Exclusive) 一起练钢铁拳击 (只限男性) 10AM-11AM @ BLK 275 VOID DECK *Registration Required*		Interest Group Fun Crochet for Intermediates (NEW) 中级钩针编织 10:00AM-12:00PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Interest Group Let's Taichi 一起打太极 10.30AM-11.30AM @ BETWEEN Blk 278 & Blk 281	
Let's Yum Cha Together 一起饮茶 1:00PM-2:00PM @ 273 Tampines Changkat Zone 5 RN *Registration Required*	Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM @ 273 Tampines Changkat Zone 5 RN *Registration Required*	Let's Yoga - Shoulder & Neck (NEW) 肩颈理疗瑜伽 2:00PM - 3:00PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM @ NTUC Health AACC Tampines Level 1 *Registration Required*	Let's Learn to Tech 一起学科技 1:00PM - 2:00PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	
Happy beading for Beginners (NEW) 快乐串珠工艺 2:00PM-4:30PM @ 273 Tampines Changkat Zone 5 RN *Registration Required	Let's Yum Cha Together 一起饮茶 1:00PM-2:00PM @ 273 Tampines Changkat Zone 5 RN *Registration Required*	Let's flex our fingers (NEW) 手指养生 操 3:00PM-4:00PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Let's play games with Youth (NEW) 青春嗨 玩时光 @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2:00PM-4:30PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	
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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	
Let's K-Pop 一起跳K-POP 9AM-10AM @ Blk 278 OPEN PLAZA	Let's Line Dance 一起跳排舞 9:30 AM-10:30 AM @ Blk 274 VOID DECK	Let's Stretch Band 一起做弹力带拉筋操 8:30 AM-9:30 AM @ Blk 274 VOID DECK	Let's Taichi 一起打太极 9AM-10AM @ BETWEEN Blk 273 & Blk 274	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM-10AM @ Blk 278 OPEN PLAZA	
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