

2025 December

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Let's K-Pop 一起跳K-POP 9AM - 10AM @ Blk 278 OPEN PLAZA	Let's Line Dance 一起跳排舞 9:30AM - 10:30AM @ Blk 274 VOID DECK	Let's Stretch Band 一起做弹力带拉筋操 8:30AM - 9:30AM @ 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 Go Gai Gai-Gardens by the Bay "Christmas Train Show 2025" 滨海湾花园 圣诞火车展和侏罗纪世界 5.30PM - 9.30PM @NTUC Health AACC Level 1 <i>*Registration Closed*</i>
	Let's Zentangle 一起做禅绕画 11AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Let's Celebrate December Babies Birthday 一起庆祝12月宝宝生日 10AM - 11AM @ NTUC AACC Tampines Lvl 1 <i>*By Invitation*</i>	Interest Group Fun Crochet 中级钩针编织 10AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Interest Group - Let's Taichi 一起打太极 10.30AM - 11.30AM @ BETWEEN Blk 278 VOID DECK	
	Let's Learn Hanyu Pinyin 一起学汉语 9.30AM - 11AM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Closed*</i>		Let's Learn to Tech (YCDT) 一起学科技 2PM - 3PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>		
Happy Beading for Beginners 快乐串珠工艺 1PM - 3PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>	Let's Yoga - Shoulder & Neck 肩颈理疗瑜伽 11AM - 12PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required - 16 Slots*</i>	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2PM - 4:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2PM - 4:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2PM - 4:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	
Let's play Mahjong 快乐麻将 2:30PM - 5:30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>			Communal Dining (Afternoon Tea) 共聚用餐 (下午茶) 4.30PM - 5PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>		
	Let's Crochet Together 一起钩针 2PM - 4PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>				

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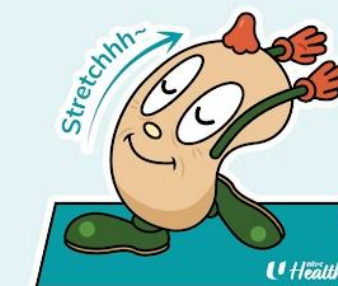
MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
Let's K-Pop 一起跳K-POP 9AM - 10AM @ Blk 278 OPEN PLAZA	Let's Line Dance 一起跳排舞 9:30AM - 10:30AM @ Blk 274 VOID DECK	Let's Stretch Band 一起做弹力带拉筋操 8:30AM - 9:30AM @ Blk 274 VOID DECK	Let's Taichi 一起打太极 9AM - 10AM @ BETWEEN Blk 273 & Blk 274	CENTRE IS CLOSED	Let's Talk News With Coffee 一起阅读新闻与喝咖啡 10AM - 11:30AM @ NTUC Health AACC Tampines Lvl 1
	Let's Steel Combat (Male Exclusive) 一起练钢铁拳击 (只限男性) 10AM - 11AM @ BLK 275 VOID DECK <i>*Registration Required*</i>		Interest Group Fun Crochet 中级钩针编织 10AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>		
	Let's Zentangle 一起做禅绕画 11AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>				
Happy Beading for Beginners 快乐串珠工艺 1PM - 3PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>	Let's Learn Hanyu Pinyin 一起学汉语 9.30AM - 11AM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Closed*</i>	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2PM - 4:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Let's Have A Holly Jolly Christmas 一起过欢乐的圣诞节 (YCDT) 2:30PM - 3:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required - \$3/pax*</i>		
Let's play Mahjong 快乐麻将 2:30PM - 5:30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Let's Yoga - Shoulder & Neck 一起练肩颈理疗瑜伽 11AM - 12PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required - 16 Slots*</i>		Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2PM - 4:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>		
	CENTRE IS CLOSED FOR A-Go-Go Year End Tea Party 一起庆祝年终派对 2PM - 5PM @ Heartbeat Bedok Function Room (Lvl 3) <i>*Registration Required - \$5/pax*</i>		Communal Dining (Afternoon Tea) 共聚用餐 (下午茶) 4.30PM - 5PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>		

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
Let's K-Pop 一起跳K-POP 9AM - 10AM @ Blk 278 OPEN PLAZA	Let's Line Dance 一起跳排舞 9:30AM - 10:30AM @ Blk 274 VOID DECK	Let's Stretch Band 一起做弹力带拉筋操 8:30AM - 9:30AM @ 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 Zentangle 一起做禅绕画 11AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	NEA RECYCLING Talk - "Say YES to waste LESS" NEA 回收讲座 11AM - 12PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Interest Group Fun Crochet 中级钩针编织 10AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Interest Group - Let's Taichi 一起打太极 10.30AM - 11.30AM @ BETWEEN Blk 278 VOID DECK	
	Let's Learn Hanyu Pinyin 一起学汉语 9.30AM - 11AM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Closed*</i>	Let's Create - Flower Arrangement 插花艺术 10AM - 12.30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required - 10 Slots*</i>	Nanyang Polytechnic Health Talk - Healthy Eating & My Healthy Plate 健康饮食与健康餐盘讲座 9:30AM - 11:30AM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required - 20 Slots*</i>	Let's Go Gai Gai - Sugei Buloh Wetland Reserve with SUSS 一起去双溪布洛湿地保留区 1:30PM - 6:30PM <i>*Registration Required - 12 Slots*</i>	
Happy Beading for Beginners 快乐串珠工艺 1PM - 3PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>	Let's Yoga - Shoulder & Neck 肩颈理疗瑜伽 11AM - 12PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required - 16 Slots*</i>	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2PM - 4:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2PM - 4:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2PM - 4:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	
Let's play Mahjong 快乐麻将 2:30PM - 5:30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Let's Go Gai Gai - Yakult Factory Visit 养乐多 工厂参观 1PM - 5PM @285 Tampines Changkat Zone 4 RN <i>*Registration Required - 16 Slots</i> <i>\$2/pax*</i>		Communal Dining (Afternoon Tea) 共聚用餐 (下午茶) 4.30PM - 5PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>		
	Let's Crochet Together 一起钩针 2PM - 4PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>				

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MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
Let's K-Pop 一起跳K-POP 9AM - 10AM @ Blk 278 OPEN PLAZA	Let's Line Dance 一起跳排舞 9:30AM - 10:30AM @ Blk 274 VOID DECK	Let's Stretch Band 一起做弹力带拉筋操 8:30AM - 9:30AM @ Blk 274 VOID DECK	CENTRE IS CLOSED MERRY CHRISTMAS!	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM - 10AM @ Blk 278 OPEN PLAZA	Let's Talk News With Coffee 一起阅读新闻与喝咖啡 10AM - 11:30AM @ NTUC Health AACC Tampines Lvl 1
	Let's Steel Combat (<i>Male Exclusive</i>) 一起练钢铁拳击 (只限男性) 10AM - 11AM @ BLK 275 VOID DECK <i>*Registration Required*</i>	CENTRE IS CLOSED CHRISTMAS EVE!			
	Let's Zentangle 一起做禅绕画 11AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>			Interest Group - Let's Taichi 一起打太极 10.30AM - 11.30AM @ BETWEEN Blk 278 VOID DECK	
Happy Beading for Beginners 快乐串珠工艺 1PM - 3PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>	Let's Learn Hanyu Pinyin 一起学汉语 9.30AM - 11AM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Closed*</i>			Let's Learn to Tech 一起学科技 2PM - 3PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	
Let's play Mahjong 快乐麻将 2:30PM - 5:30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Let's Yoga - Shoulder & Neck 肩颈理疗瑜伽 11AM - 12PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required - 16 Slots*</i>			Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2PM - 4:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	
	Let's Crochet Together 一起钩针 2PM - 4PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>				

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MON	TUE	WED	THU	FRI	SAT
29	30	31			
Let's K-Pop 一起跳K-POP 9AM - 10AM @ Blk 278 OPEN PLAZA	Let's Line Dance 一起跳排舞 9:30AM - 10:30AM @ Blk 274 VOID DECK	Let's Stretch Band 一起做弹力带拉筋操 8:30AM - 9:30AM @ Blk 274 VOID DECK			
	Let's Zentangle 一起做禅绕画 11AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Require*</i>	CENTRE IS CLOSED NEW YEARS EVE			
	Let's Learn Hanyu Pinyin 一起学汉语 9.30AM - 11AM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Closed*</i>				
Happy Beading for Beginners 快乐串珠工艺 1PM - 3PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>	Let's Yoga - Shoulder & Neck 肩颈理疗瑜伽 11AM - 12PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required - 16 Slots*</i>				
Let's play Mahjong 快乐麻将 2:30PM - 5:30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>					
Let's play - Intergenerational Activity with My First Skool 跨代活动 9:30AM - 1PM @ My First Skool <i>*Registration Required - 15 Slots*</i>					

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