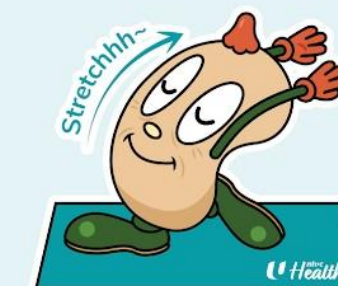


2026 February

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



ntuc Health

MON

TUE

WED

THU

FRI

SAT

2	3	4	5	6	7
Let's Kpop 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 Yoga - Shoulder & Neck 肩颈理疗瑜伽 11AM - 12PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>				
	Let's Zentangle 一起做禅绕画 11AM - 12PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>				
Strategise with Kakis (Mahjong) 快乐麻将 2:30PM - 5:30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Let's Do Crochet (Beginners) 初级钩针编织 2PM - 4PM @ 273 Tampines Changkat Zone 5 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 Learn Arts - Tote Bag Painting (3) (Total of 3 sessions) 2PM - 4:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Closed*</i>	
			Let's Yum Cha Together at Activity 活动中共聚下午茶 4:30PM - 5PM @ 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>	

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

9

10

11

12

13

14

Let's Kpop
 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 - Singapore Oceanarium + Lunch
 新加坡海洋生态馆 + 午餐
 9:30AM - 2PM
 @ NTUC Health AACC Tampines Lvl 1
By Invitation Only \$56/pax 18 slots

Let's Yoga - Shoulder & Neck
 肩颈理疗瑜伽
 11AM - 12PM
 @ 273 Tampines Changkat Zone 5 RN
Registration Required

Let's Zentangle
 一起做禅绕画
 11AM - 12PM
 @ 273 Tampines Changkat Zone 5 RN
Registration Required

Let's Upcycle - Coffee Scrub Workshop
 咖啡磨砂工作坊
 2PM - 3PM
 @ NTUC Health AACC Tampines Lvl 2
Registration Required - 15 slots

Strategise with Kakis (Mahjong)
 快乐麻将
 2:30PM - 5:30PM
 @ NTUC Health AACC Tampines Lvl 1
Registration Required

Let's Do Crochet (Beginners)
 初级钩针编织
 2PM - 4PM
 @ 273 Tampines Changkat Zone 5 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 Learn to Tech (English)
 一起学科技 (英语)
Topic: Set up and Use Smart Devices
 2PM - 3.30PM
 @ 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 Celebrate February Birthday + Let's Yum Cha Together at Activity
 一起庆祝二月生日 + 活动中的集体下午茶
 3:30PM - 4:30PM
 @ 285 Tampines Changkat Zone 4 RN
By Invitation

Closed for Townhall (1PM)

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Kpop 一起跳K-POP 9AM - 10AM @ Blk 278 OPEN PLAZA	Closed for CNY 新年快乐！	Closed for CNY 新年快乐！	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 Talk News & Let's Lim Kopi 一起阅读新闻与喝咖啡 10AM - 11:30AM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>
Closed for CNY Eve (1PM)			Let's Do Crochet (Intermediate) 中级钩针编织 10AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <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 Yum Cha Together at Activity 活动中的集体用下午茶 4:30PM - 5PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>		

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NTUC Health

MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Let's Kpop 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 Stay Independent in Golden Years (English) 晚年生活, 独立自主 11:30AM - 12:30PM @ NTUC Health AACC Tampines Lvl 2 <i>*Registration Required -20 slots*</i>	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>		Let's Do Crochet (Intermediate) 中级钩针编织 10AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>		Let's go Gai Gai Gardens By The Bay - Spring Blossoms + Breakfast 一起去滨海湾花园走走 9:15AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required -20 slots*</i>
	Let's Zentangle 一起做禅绕画 11AM - 12PM @ 285 Tampines Changkat Zone 4 RN <i>*Cancelled*</i>		Let's Learn to Tech (Mandarin) 一起学科技 (华语) 设置和使用智能设备 2PM - 3.30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>		
	Let's Yoga - Shoulder & Neck (NEW) 肩颈理疗瑜伽 11AM - 12PM @ 285 Tampines Changkat Zone 4 RN <i>*Cancelled*</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 (Mahjong) 快乐麻将 2:30PM - 5:30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Let's Celebrate CNY Lunch & Lohei! 马年齐聚庆新春, 团员午宴满门 11:30AM - 2PM Teekay CSR @ NTUC Health AACC Tampines Lvl 2 <i>*Registration Required - 20 slots*</i>	Let's Celebrate Ramadhan Buka Puasa Activity & Let's Makan Together (Dinner) 6:30PM - 8:30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Let's Yum Cha Together at Activity 活动中的集体用下午茶 4:30PM - 5PM @ 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 Do Crochet (Beginner) 初级钩针编织 2PM - 4PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>				

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