

2026 January

 **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
			Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM - 10AM @ Blk 278 OPEN PLAZA Wishing all our Tampines Seniors another enriching year for 2026 filled with good health, love, laughters and fun at NTUC Health Active Ageing Centre (Care) Tampines Centre is closed	
			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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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
Let's Do 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 Talk News With Coffee 一起阅读新闻与喝咖啡 10AM - 11:30AM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>
Let's Understand Lasting Power of Attorney & Advance Care Planning 一起了解 持久授权书与预先护理计划 11.30AM - 12.30PM @ NTUC Health AACC Tampines Lvl 2 <i>*Registration Required- 20 slots*</i>	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 Coffee Scrub Workshop 咖啡磨砂工作坊 11AM - 11.45AM @ NTUC Health AACC Tampines Lvl 2 <i>*Registration Required - 15 slots*</i>	Interest Group Fun Crochet for Intermediates (NEW) 中级钩针编织 10AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>		Let's Celebrate - 2026 一起迎接 2026! 12PM - 2PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required - \$3/pax 40 slots Lunch and Lucky Draw*</i>
	Let's Zentangle- Joy of Art 一起做禅绕画 11AM - 12PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>		Let's Do Art - Joy of Decoden Art 一起做装饰艺术 2PM - 4PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required - 20 slots*</i>		
Happy Beading for Beginners 快乐串珠工艺 1PM - 3PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required - \$3/pax*</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>	Fun Crochet for Beginners 初级钩针编织 2PM - 4PM @ 273 Tampines Changkat Zone 5 RN <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>	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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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
Let's Do 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 - Kok Fah Vegetable Farm + Weekend Market 国华蔬菜农场 + 周末市场 8.30AM - 1.30PM @NTUC Health AACC Tampines Lvl 1 <i>*Registration Required</i> \$10/pax 40 slots*
Let's Go Gai Gai - Singapore Oceanarium + Lunch 新加坡海洋生态馆 + 午餐 9.30AM - 1.30PM @ NTUC Health AACC Tampines Lvl 1 <i>*By Invitation Only</i> \$49/pax 18 slots*	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 Go Gai Gai - Peranakan Museum + Nonya Lunch 土生华人博物馆 + 娘惹午餐 9.00AM - 2.00PM @NTUC Health AACC Tampines Lvl 1 <i>*Registration Required</i> \$20/pax 40 slots*			
	Let's Yoga - Shoulder & Neck 肩颈理疗瑜伽 11AM - 12PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>		Interest Group Fun Crochet for Intermediates (NEW) 中级钩针编织 10AM - 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 - \$3/pax*</i>	Let's Zentangle- Joy of Art 一起做禅绕画 11AM - 12PM @ 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 play Mahjong 快乐麻将 2:30PM - 5:30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Fun Crochet for Beginners 初级钩针编织 2PM - 4PM @ 273 Tampines Changkat Zone 5 RN <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>	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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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
Let's Do 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 Talk News With Coffee <i>(Male Exclusive)</i> 一起阅读新闻与喝咖啡 (只限男性) 10AM - 11:30AM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>
Let's Go Gai Gai - Hay Dairies Goat Farm + Lunch 山羊农场 + 午餐 8:30AM - 1PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required</i> \$10/pax 40 slots*	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 Go Gai Gai - Fort Canning Battlebox + Lunch at Maxwell Food Center (Own Expense) 福康宁碉堡 + 麦士威熟食中心 (自费) 9.30AM - 1.30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required</i> \$5/pax 40 slots*	Interest Group Fun Crochet for Intermediates (NEW) 中级钩针编织 10AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>		
Let's Beat Osteoporosis with Exercises 一起了解强骨运动, 战胜骨松 11.30AM - 12.30PM @ NTUC Health AACC Tampines Lvl 2 <i>*Registration Required- 20 slots*</i>	Let's Zentangle- Joy of Art 一起做禅绕画 11AM - 12PM @ 273 Tampines Changkat Zone 5 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 - \$3/pax*</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 一起学习手提袋绘画 (Total 3 sessions to complete project) 2PM - 4:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required - 12 slots*</i>	
Let's play Mahjong 快乐麻将 2:30PM - 5:30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Fun Crochet for Beginners 初级钩针编织 2PM - 4PM @ 273 Tampines Changkat Zone 5 RN <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>	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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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
Let's Do 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 - Chinatown Heritage Museum + Chinatown Complex Lunch (at own expense) 牛车水原貌馆 + 午餐 9AM - 1.30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i> \$10 pax 40 slots*	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 for Intermediates (NEW) 中级钩针编织 10AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>		
	Let's Zentangle- Joy of Art 一起做禅绕画 11AM - 12PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>		Let's Learn to Tech (English) 一起学科技 (英语) 2PM - 3.30PM @ 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 - \$3/pax*</i>	Let's Yoga - Shoulder & Neck 肩颈理疗瑜伽 11AM - 12PM @ 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>	Let's Learn to Tech (Mandarin) 一起学科技 (华语) 3.30PM - 5PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Let's Learn Arts - Tote Bag Painting 一起学习手提袋绘画 (Total 3 sessions to complete project) 2PM - 4:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Closed* - 12 slots</i>	
Let's play Mahjong 快乐麻将 2:30PM - 5:30PM @ 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>	
	Fun Crochet for Beginners 初级钩针编织 2PM - 4PM @ 273 Tampines Changkat Zone 5 RN <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>		

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