

2026 July

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



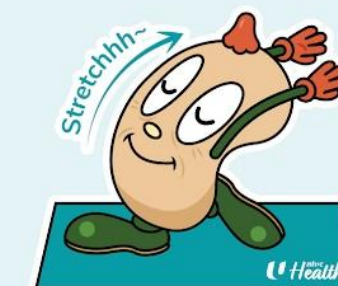
MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Let's Stretch Band 8:30AM - 9:30AM @274 VOID DECK *Register on Healthy365*	Let's Taichi 9AM - 10AM @BETWEEN 273 & 274 *Registration Required*	Let's Zumba Gold 9AM - 10AM @278 OPEN PLAZA *Register on Healthy365*	
		Let's Pick Up Malay! 10AM - 11AM @273 Tampines Changkat Zone 5RN *Registration Required*	Let's Do Crochet (Intermediate) 10AM - 12PM @273 Tampines Changkat Zone 5RN *Registration Required*	Let's Do Sewing (Beginners) 10AM - 12PM @NTUC Health AACC Tampines L2 *Registration Required - Limited Slots*	
				Strategise with Kakis (SEQUENCE) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN *Registration Required*	
		Strategise with Kakis (Rummy-O) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *Registration Required*	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *Registration Required*	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *Registration Required*	
		Let's Yum Cha Together at Activity 3:30PM - 4PM @273 Tampines Changkat Zone 5RN *Registration Required*			

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 July

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



MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	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 Steel Combat (Male Exclusive) 10AM - 11AM @275 VOID DECK <i>*Registration Required*</i></p>	<p>Let's Gai Gai - Quail Farm + Lunch 8:30AM - 1:00PM @NTUC Health AACC Tampines L1 <i>*Registration Required-Conditions Apply*</i></p>	<p>Let's Do Crochet (Intermediate) 10AM - 12PM @273 Tampines Changkat Zone 5RN <i>*Registration Required*</i></p>	<p>Let's Gen Together - Temasek Polytechnic - School of Engineering 10AM - 12PM @NTUC Health AACC Tampines L2 (LR) <i>*Registration Required*</i></p>	
<p>Digital- Fun! Drone for Memories-Indoor + Lunch 10AM - 2PM @NTUC Health AACC Tampines L2 (LR) <i>*Registration Required*</i></p>	<p>Let's Zentangle - Joy of Art 11AM - 12PM @273 Tampines Changkat Zone 5RN <i>*Registration Required*</i></p>	<p>Let's Talk News & Let's Lim Kopi 10:30AM - 11:30AM @273 Tampines Changkat Zone 5RN <i>*Registration Required*</i></p>		<p>Digital- Fun! Drone for Memories-Outdoor 10AM - 1PM @West Coast Park <i>*Registration Required*</i></p>	
<p>Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN <i>*Registration Required*</i></p>	<p>Let's Do Crochet (Beginners) 2:30PM - 4PM @273 Tampines Changkat Zone 5RN <i>*Registration Required*</i></p>		<p>IMDA Go-Digital - Workshop (English) 2PM - 3.30PM @273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i></p>	<p>Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN <i>*Registration Required*</i></p>	
<p>Let's Gen Together - Temasek Polytechnic HTM 2PM - 5PM @NTUC Health AACC Tampines L2 (LR) <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>Strategise with Kakis (Rummy-O) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN <i>*Registration Required*</i></p>	<p>Strategise with Kakis (Rummy-O) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN <i>*Registration Required*</i></p>	<p>Strategise with Kakis (Rummy-O) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN <i>*Registration Required*</i></p>	
	<p>Square Stepping Exercise (6/12 class) 4PM - 5PM @NTUC Health AACC Tampines L1 <i>*Registration Closed*</i></p>	<p>Let's Yum Cha Together at Activity 3:30PM - 4PM @ 273 Tampines Changkat Zone 5RN <i>*Registration Required*</i></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 July

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



MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
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*	Leave Well Series- Legacy Planning Workshop: Lasting Power of Attorney + Lunch 10AM - 12PM @NTUC Health AACC Tampines L1 *Registration Required*
Let's Walking Football (Group A) 9:45AM - 11:30AM @ Our Tampines Hub *Registration CLOSED*	Let's Zentangle - Joy of Art 11AM - 12PM @273 Tampines Changkat Zone 5RN *Registration Required*	Let's Pick Up Malay! 10AM - 11AM @273 Tampines Changkat Zone 5RN *Registration Required*	Community Health Post 9:30AM - 12PM @NTUC Health AACC Tampines L1 *By Invite Only*	Let's Do Sewing (Beginners) 10AM - 12PM @NTUC Health AACC Tampines L2 *Registration Required - Limited Slots*	
Let's Talk About Our Avian Neighbours by NParks + Lunch 10AM - 12.30PM @NTUC Health AACC Tampines L2 *Registration Required*	Let's Do Crochet (Beginners) 2:30PM - 4PM @273 Tampines Changkat Zone 5RN *Registration Required*	I'm Soul Inc 10.30AM - 11.30AM @NTUC Health AACC Tampines L2 *Registration Required*	Let's Do Crochet (Intermediate) 10AM - 12PM @273 Tampines Changkat Zone 5RN *Registration Required*		
	Strategise with Kakis (Mahjong) 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *Registration Required*	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *Registration Required*	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *Registration Required*	Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN *Registration Required*	
Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN *Registration Required*	Square Stepping Exercise (7/12 class) 4PM - 5PM @NTUC Health AACC Tampines L1 *Registration Closed*	Let's Celebrate July Birthday 3PM - 4PM @273 Tampines Changkat Zone 5RN *By Invitation*		Strategise with Kakis (Rummy-O) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *Registration Required*	
		Let's Yum Cha Together at Activity 3.30PM - 4PM @273 Tampines Changkat Zone 5RN *Registration Required*			

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 July

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



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 Go Gai Gai - Duck Tour 8:45AM - 11:30AM @NTUC Health AACC Tampines L1 *Registration Required-Conditions Apply*
	Let's Steel Combat (Male Exclusive) 10AM - 11AM @275 VOID DECK *Registration Required*	Let's Talk News & Let's Lim Kopi 10:30AM - 11:30AM @273 Tampines Changkat Zone 5RN *Registration Required*	Let's Do Crochet (Intermediate) 10AM - 12PM @273 Tampines Changkat Zone 5RN *Registration Required*	Functional Screening 9:00AM - 1PM @NTUC Health AACC Tampines L1 *Registration Required*	
	Let's Zentangle - Joy of Art 11AM - 12PM @273 Tampines Changkat Zone 5RN *Registration Required*				
Stay Well Series - Prevention and Management of Back Pain by CGH 2PM - 3PM @NTUC Health AACC Tampines L2 *Registration Required*	Let's Do Crochet (Beginners) 2:30PM - 4PM @273 Tampines Changkat Zone 5RN *Registration Required*		IMDA Go-Digital - Workshop (CL) 2PM - 3.30PM @273 Tampines Changkat Zone 5 RN *Registration Required*	Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN *Registration Required*	
Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN *Registration Required*	Strategize with Kakis (Mahjong) 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *Registration Required*	Strategize with Kakis (Rummy-O) 2PM - 4:30PM @273 Tampines Changkat Zone 5 RN *Registration Required*	Strategize with Kakis (Rummy-O) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *Registration Required*	Strategize with Kakis (Rummy-O) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *Registration Required*	
	Square Stepping Exercise (8/12 class) 4PM - 5PM @NTUC Health AACC Tampines L1 *Registration Closed*	Let's Yum Cha Together at Activity 3:30PM - 4PM @273 Tampines Changkat Zone 5RN *Registration Required*			

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 July

 **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	31	
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 Walking Football (Group A) 9:45AM - 11:30AM @Our Tampines Hub *Registration CLOSED*	Let's Zentangle - Joy of Art 11AM - 12PM @273 Tampines Changkat Zone 5RN *Registration Required*	Let's Pick Up Malay! 10AM - 11AM @273 Tampines Changkat Zone 5RN *Registration Required*	Let's Do Crochet (Intermediate) 10AM - 12PM @273 Tampines Changkat Zone 5RN *Registration Required*	Let's Do Sewing (Beginners) 10AM - 12PM @NTUC Health AACC Tampines L2 *Registration Required - Limited Slots*	
	Let's Do Crochet (Beginners) 2:30PM - 4PM @273 Tampines Changkat Zone 5RN *Registration Required*	Let's Gen Together - Temasek Polytechnic: Artificial Intelligence 2:30PM - 4:30PM @NTUC Health AACC Tampines L2 *Registration Required*		Let's Gen Together-NASS: GBB - Orchid Extravaganza 12PM - 4:30PM @Ngee Ann SS Main Security Post *Registration Required-Conditions Apply*	
Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN *Registration Required*	Strategise with Kakis (Mahjong) 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *Registration Required*	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *Registration Required*		Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN *Registration Required*	
	Square Stepping Exercise (9/12 class) 4PM - 5PM @NTUC Health AACC Tampines L1 *Registration Closed*	Let's Yum Cha Together at Activity 3:30PM - 4PM @273 Tampines Changkat Zone 5RN *Registration Required*	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *Registration Required*	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *Registration Required*	

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 July

 **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
		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*	一起跳尊巴 (乐龄版) 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*	
		一起学基础马来语 10AM - 11AM @273 Tampines Changkat Zone 5RN *需要报名*	中级钩针编织 10AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名*	一起做缝纫 (初学者) 10AM - 12PM @NTUC Health AACC Tampines L2 *需报名参加 - 名额有限*	
				与朋友一起挑战序列 (桌游) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN *需要报名*	
		与朋友一起策略 (桌游) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*	与朋友一起策略 (桌游) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*	与朋友一起策略 (桌游) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*	
		活动中共聚用下午茶 3:30PM - 4PM @273 Tampines Changkat Zone 5RN *需要报名*			

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 July

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



MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
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*	一起跳尊巴 (乐龄版) 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*	
	一起练钢铁拳击 (只限男性) 10AM - 11AM @275 VOID DECK *需要报名*	一起去鹤鹑养殖场 + 午餐 8:30AM - 1:00PM @NTUC Health AACC Tampines L1 *需要报名* *需符合相关条件*	中级钩针编织 10AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名*	Let's Gen Together - Temasek Polytechnic 10AM - 12PM @NTUC Health AACC Tampines L2 (LR) *需要报名*	
航拍无人机 (室内) + 午餐 10AM - 2PM @NTUC Health AACC Tampines L2 (LR) *需要报名*	一起做禅绕画 - 艺术的乐趣 11AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名*	一起聊新闻喝咖啡 10:30AM - 11:30AM @273 Tampines Changkat Zone 5RN *需要报名*		航拍无人机 (室外) 10AM - 1PM @West Coast Park *需要报名*	
与朋友一起挑战序列 (桌游) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN *需要报名*	初级钩针编织 2:30PM - 4PM @273 Tampines Changkat Zone 5RN *需要报名*		数码乐龄计划 - 培训课程 (英语) 2PM - 3.30PM @273 Tampines Changkat Zone 5 RN *需要报名*	与朋友一起挑战序列 (桌游) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN *需要报名*	
代际交流-淡马锡理工学院: 酒店与旅游管理 2PM - 5PM @NTUC Health AACC Tampines L2 (LR) *需要报名*	快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *需要报名*	与朋友一起策略 (桌游) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*	与朋友一起策略 (桌游) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*	与朋友一起策略 (桌游) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*	
	方块踏步运动 (6/12课) 4PM - 5PM @NTUC Health AACC Tampines L1 *报名已截止*	活动中共聚下午茶 3:30PM - 4PM @ 273 Tampines Changkat Zone 5RN *需要报名*			

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 July

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



MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
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*	一起跳尊巴 (乐龄版) 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*	走得自在系列 -遗产与遗嘱规划 - 持久授权书 + 午餐 10AM - 12PM @NTUC Health AACC Tampines L1 *需要报名*
一起来踢球 9:45AM - 11:30AM @ Our Tampines Hub *报名已截止*	一起做禅绕画 -艺术的乐趣 11AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名*	一起学基础马来语 10AM - 11AM @273 Tampines Changkat Zone 5RN *需要报名*	社区保健站 9:30AM - 12PM @NTUC Health AACC Tampines L1 *仅限受邀人士*	一起做缝纫 (初学者) 10AM - 12PM @NTUC Health AACC Tampines L2 *需报名参加 - 名额有限*	
一起来谈我们的飞禽邻居 - 国家公园局 + 午餐 10AM - 12.30PM @NTUC Health AACC Tampines L2 *需要报名*	初级钩针编织 2:30PM - 4PM @273 Tampines Changkat Zone 5RN *需要报名*	基于科技的音乐和动作 10.30AM - 11.30AM @NTUC Health AACC Tampines L2 *需要报名*	中级钩针编织 10AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名*		
	快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *需要报名*	与朋友一起策略 (桌游) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*	与朋友一起策略 (桌游) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*	与朋友一起挑战序列 (桌游) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN *需要报名*	
与朋友一起挑战序列 (桌游) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN *需要报名*	方块踏步运动 (7/12课) 4PM - 5PM @NTUC Health AACC Tampines L1 *报名已截止*	一起庆祝七月生日 3PM - 4PM @273 Tampines Changkat Zone 5RN *仅限受邀人士*		与朋友一起策略 (桌游) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*	
		活动中共聚下午茶 3.30PM - 4PM @273 Tampines Changkat Zone 5RN *需要报名*			

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 July

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



MON 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25
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*	一起跳尊巴 (乐龄版) 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*	一起去 Gai Gai- 鸭子船游览 8:30AM - 11:30AM @NTUC Health AACC Tampines L1 *需要报名* *需符合相关条件*
	一起练钢铁拳击 (只限男性) 10AM - 11AM @275 VOID DECK *需要报名*	一起跟 Kopi 聊新闻 10:30AM - 11:30AM @273 Tampines Changkat Zone 5RN *需要报名*	中级钩针编织 10AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名*	健康检查 9:00AM - 1PM @NTUC Health AACC Tampines L1 *需要报名*	
	一起做禅绕画 - 艺术的乐趣 11AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名*				
保健系列 - 背痛的预防和治疗健康讲座 2PM - 3PM @NTUC Health AACC Tampines L2 *需要报名*	初级钩针编织 2:30PM - 4PM @273 Tampines Changkat Zone 5RN *需要报名*		数码乐龄计划 - 培训课程 (华语) 2PM - 3.30PM @273 Tampines Changkat Zone 5 RN *需要报名*	与朋友一起挑战序列 (桌游) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN *需要报名*	
与朋友一起挑战序列 (桌游) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN *需要报名*	快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *需要报名*	与朋友一起策略 (桌游) 2PM - 4:30PM @273 Tampines Changkat Zone 5 RN *需要报名*	与朋友一起策略 (桌游) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*	与朋友一起策略 (桌游) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*	
	方块踏步运动 (8/12课) 4PM - 5PM @NTUC Health AACC Tampines L1 *报名已截止*	活动中共聚下午茶 3:30PM - 4PM @273 Tampines Changkat Zone 5RN *需要报名*			

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 July

📍 **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	31	
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*	一起跳尊巴 (乐龄版) 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*	
一起来踢球 9:45AM - 11:30AM @Our Tampines Hub *报名已截止*	一起做禅绕画 - 艺术的乐趣 11AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名*	一起学基础马来语 10AM - 11AM @273 Tampines Changkat Zone 5RN *需要报名*	中级钩针编织 10AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名*	一起做缝纫 (初学者) 10AM - 12PM @NTUC Health AACC Tampines L2 *需报名参加 - 名额有限*	
	初级钩针编织 2:30PM - 4PM @273 Tampines Changkat Zone 5RN *需要报名*	代际交流-淡马锡理工学院: 人工智能 2:30PM - 4:30PM @NTUC Health AACC Tampines L2 *需要报名*		代际交流 - 义安中学 去滨海湾花园 - 兰花盛展 12PM - 4:30PM @Ngee Ann SS Main Security Post *需要报名 - 需符合相关条件*	
与朋友一起挑战序列 (桌游) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN *需要报名*	快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *需要报名*	与朋友一起策略 (桌游) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*		与朋友一起挑战序列 (桌游) 2PM - 4.30PM @273 Tampines Changkat Zone 5RN *需要报名*	
	方块踏步运动 (9/12课) 4PM - 5PM @NTUC Health AACC Tampines L1 *报名已截止*	活动中共聚下午茶 3:30PM - 4PM @273 Tampines Changkat Zone 5RN *需要报名*	与朋友一起策略 (桌游) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*	与朋友一起策略 (桌游) 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*	

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。