

# 2026 June

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



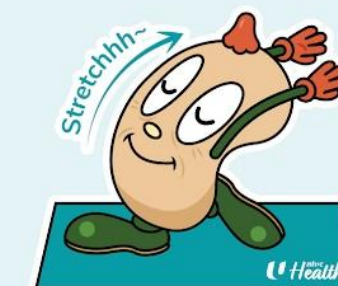
MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
<b>VESAK DAY</b>  <b>CENTRE CLOSED</b> <b>中心关闭</b> <b>PUSAT DITUTUP</b>	<b>Let's Line Dance</b> 9:30AM - 10:30AM @274 VOID DECK *Register on Healthy365*	<b>Let's Stretch Band</b> 8:30AM - 9:30AM @274 VOID DECK *Register on Healthy365*	<b>Let's Taichi</b> 9AM - 10AM @BETWEEN 273 & 274 *Registration Required*	<b>Let's Zumba Gold</b> 9AM - 10AM @278 OPEN PLAZA *Register on Healthy365*	
	<b>Let's Steel Combat (Male Exclusive)</b> 10AM - 11AM @275 VOID DECK *Registration Required*	<b>Let's Sport Stack Training</b> 10:30AM - 11:30AM @NTUC Health AACC Tampines L1 *Registration Closed*	<b>Let's Do Crochet (Intermediate)</b> 10AM - 12PM @NTUC Health AACC Tampines L1 *Registration Required*		
	<b>Let's Learn Hanyu Pinyin (9/12 class)</b> 9.30AM - 11AM @273 Tampines Changkat Zone 5RN *Registration Closed*				
	<b>Let's Yoga - Shoulders</b> 11AM - 12PM @273 Tampines Changkat Zone 5RN *Registration Required*	<b>Let's Pick Up Malay!</b> 10AM - 11AM @273 Tampines Changkat Zone 5RN *Registration Closed*	<b>Let's Gen Together - SUSS Connecting Communities to Nature (Session 3)</b> 2PM - 4PM @NTUC Health AACC Tampines L2 *Registration Required*	<b>Let's Gen Together - Breakfast w/My First Skool</b> 10AM - 11:30AM @NTUC Health AACC Tampines L2 *Registration Required*	
	<b>Let's Zentangle</b> 11AM - 12PM @NTUC Health AACC Tampines L2 *Registration Required*	<b>Strategise with Kakis (Rummy-O)</b> 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *Registration Required*	<b>Strategise with Kakis (Rummy-O)</b> 2PM - 4:00PM @273 Tampines Changkat Zone 5RN *Registration Required*	<b>Strategise with Kakis (Rummy-O)</b> 2PM - 4:00PM @273 Tampines Changkat Zone 5RN *Registration Required*	
	<b>Let's Do Crochet (Beginners)</b> 2:30PM - 4:30PM @273 Tampines Changkat Zone 5RN *Registration Required*	<b>Let's Yum Cha Together at Activity</b> 3:30PM - 4.00PM @273 Tampines Changkat Zone 5RN *Registration Required*			
	<b>Strategise with Kakis (Mahjong)</b> 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *Registration Required*				
	<b>Square Stepping Exercise (1/12 class)</b> 4PM - 5PM @NTUC Health AACC Tampines L1 *Registration Required*	<b>Let's Learn to Cook - Thermomix®</b> 4PM - 5PM @NTUC Health AACC Tampines L1 *By Invitation Only*			

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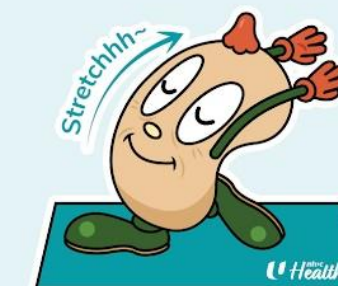
MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
<b>Let's Kpop</b> 9AM - 10AM @278 OPEN PLAZA *Register on Healthy365*	<b>Let's Line Dance</b> 9:30AM - 10:30AM @ 274 VOID DECK *Register on Healthy365*	<b>Let's Stretch Band</b> 8:30AM - 9:30AM @274 VOID DECK *Register on Healthy365*	<b>Let's Taichi</b> 9AM - 10AM @BETWEEN 273 & 274 *Registration Required*	<b>Let's Zumba Gold</b> 9AM - 10AM @278 OPEN PLAZA *Register on Healthy365*	
	<b>Let's Sports Stacking Heats w/Supporters</b> 9.00AM - 1.00PM @The Kallang, OCBC Arena Hall 1&3 *Registration Required for Supporters*				
	<b>Let's Learn Hanyu Pinyin (9/12 class)</b> 9.30AM - 11AM @273 Tampines Changkat Zone 5RN *Registration Closed*	<b>Let's Talk News &amp; Let's Lim Kopi</b> 10:30AM - 11:30AM @273 Tampines Changkat Zone 5RN *Registration Required*	<b>Let's Go Gai Gai with Yakult</b> 1:30PM - 5PM @NTUC Health AACC Tampines L1 *Registration Required-Conditions Apply*		
<b>Let's Celebrate Parents' Day</b> 10.30AM - 12.30PM @ NTUC Health AACC Tampines L2 *Registration Required*	<b>Let's Yoga - Shoulder &amp; Neck</b> 11AM - 12PM @273 Tampines Changkat Zone 5RN *Registration Required*		<b>IMDA Go-Digital - Workshop (English)</b> 2PM - 3.30PM @NTUC Health AACC Tampines L1 *Registration Required*		
<b>Strategise with Kakis (SEQUENCE)</b> 2PM - 4.00PM @273 Tampines Changkat Zone 5RN *Registration Required*	<b>Let's Zentangle</b> 11AM - 12PM @NTUC Health AACC Tampines L2 *Registration Required*	<b>Strategise with Kakis (Rummy-O)</b> 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *Registration Required*	<b>Strategise with Kakis (Rummy-O)</b> 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *Registration Required*	<b>Strategise with Kakis (Rummy-O)</b> 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *Registration Required*	
	<b>Let's Do Crochet (Beginners)</b> 2:30PM - 4:30PM @273 Tampines Changkat Zone 5RN *Registration Required*	<b>Let's Yum Cha Together at Activity</b> 3:30PM - 4.00PM @273 Tampines Changkat Zone 5RN *Registration Required*			
	<b>Strategise with Kakis (Mahjong)</b> 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *Registration Required*				
	<b>Square Stepping Exercise (2/12 class)</b> 4PM - 5PM @NTUC Health AACC Tampines L1 *Registration CLOSED*				

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15	16	17	18	19	20
<p><b>Let's Kpop</b> 9AM - 10AM <b>@278 OPEN PLAZA</b> <i>*Register on Healthy365*</i></p>	<p><b>Let's Line Dance</b> 9:30AM - 10:30AM <b>@274 VOID DECK</b> <i>*Register on Healthy365*</i></p>	<p><b>Let's Stretch Band</b> 8:30AM - 9:30AM <b>@274 VOID DECK</b> <i>*Register on Healthy365*</i></p>	<p><b>Let's Taichi</b> 9AM - 10AM <b>@BETWEEN 273 &amp; 274</b> <i>*Registration Required*</i></p>	<p><b>Let's Zumba Gold</b> 9AM - 10AM <b>@278 OPEN PLAZA</b> <i>*Register on Healthy365*</i></p>	<p><b>Let's Go Gai Gai - Duck Tour (EL)</b> 8:30AM - 11:30AM <b>@ NTUC Health AACC Tampines L1</b> <i>*Registration Required (30 Slots)</i> <i>-Conditions Apply*</i></p>
<p><b>Let's Gen Together - SUSS Connecting Communities to Nature (Session 4)</b> 8AM - 12:30PM <b>@ Labrador Nature Reserve Park</b> <i>*Registration Required*</i></p>	<p><b>Let's Learn Hanyu Pinyin (10/12 class)</b> 9.30AM - 11AM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Closed*</i></p>	<p><b>Let's Pick Up Malay!</b> 10AM - 11AM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>			
<p><b>Let's Walking Football (Group A)</b> 9:45AM - 11:30AM <b>@ Our Tampines Hub</b> <i>*Registration CLOSED*</i></p>	<p><b>Let's Steel Combat (Male Exclusive)</b> 10AM - 11AM <b>@275 VOID DECK</b> <i>*Registration Required*</i></p>	<p><b>Let's Sport Stack Training</b> 10:30AM - 11:30AM <b>@NTUC Health AACC Tampines L1</b> <i>*Registration Closed*</i></p>			
<p><b>Let's Sport Stack Training</b> 10:30AM - 11:30AM <b>@NTUC Health AACC Tampines L1</b> <i>*Registration Closed*</i></p>	<p><b>Let's Yoga - Shoulder &amp; Neck</b> 11AM - 12PM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>		<p><b>Let's Do Crochet (Intermediate)</b> 10AM - 12PM <b>@NTUC Health AACC Tampines L1</b> <i>*Registration Required*</i></p>		
<p><b>Strategise with Kakis (SEQUENCE)</b> 2PM - 4.00PM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>	<p><b>Let's Zentangle</b> 11AM - 12PM <b>@NTUC Health AACC Tampines L2</b> <i>*Registration Required*</i></p>	<p><b>Strategise with Kakis (Rummy-O)</b> 2PM - 4:30PM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>	<p><b>Strategise with Kakis (Rummy-O)</b> 2PM - 4:30PM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>	<p><b>Strategise with Kakis (Rummy-O)</b> 2PM - 4:30PM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>	
	<p><b>Let's Do Crochet (Beginners)</b> 2:30PM - 4:30PM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>	<p><b>Let's Yum Cha Together at Activity</b> 3:30PM - 4.00PM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>			
	<p><b>Strategise with Kakis (Mahjong)</b> 2:30PM - 5:00PM <b>@NTUC Health AACC Tampines L1</b> <i>*Registration Required*</i></p>	<p><b>Let's Celebrate June Birthday</b> 3:30PM - 4PM <b>@273 Tampines Changkat Zone 5RN</b> <i>*By Invitation Only*</i></p>			
	<p><b>Square Stepping Exercise (3/12 class)</b> 4PM - 5PM <b>@NTUC Health AACC Tampines L1</b> <i>*Registration CLOSED*</i></p>				

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22	23	24	25	26	27
<p><b>Let's Kpop</b> 9AM - 10AM <b>@278 OPEN PLAZA</b> <i>*Register on Healthy365*</i></p>	<p><b>Let's Line Dance</b> 9:30AM - 10:30AM <b>@274 VOID DECK</b> <i>*Register on Healthy365*</i></p>	<p><b>Let's Stretch Band</b> 8:30AM - 9:30AM <b>@274 VOID DECK</b> <i>*Register on Healthy365*</i></p>	<p><b>Let's Taichi</b> 9AM - 10AM <b>@BETWEEN 273 &amp; 274</b> <i>*Registration Required*</i></p>	<p><b>Let's Zumba Gold</b> 9AM - 10AM <b>@278 OPEN PLAZA</b> <i>*Register on Healthy365*</i></p>	
<p><b>Let's Sport Stack Training</b> 10:30AM - 11:30AM <b>@NTUC Health AACC Tampines L1</b> <i>*Registration Closed*</i></p>	<p><b>Let's Learn Hanyu Pinyin (11/12 class)</b> 9.30AM - 11AM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Closed*</i></p>	<p><b>Let's Talk News &amp; Let's Lim Kopi</b> 10:30AM - 11:30AM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>			
	<p><b>Let's Yoga - Shoulder &amp; Neck</b> 11AM - 12PM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>	<p><b>Let's Sport Stack Training</b> 10:30AM - 11:30AM <b>@NTUC Health AACC Tampines L1</b> <i>*Registration Closed*</i></p>	<p><b>Let's Do Crochet (Intermediate)</b> 10AM - 12PM <b>@NTUC Health AACC Tampines L1</b> <i>*Registration Required*</i></p>		
<p><b>Let's Gen Together - SUSS Connecting Communities to Nature (Session 5)</b> 2PM - 4PM <b>@NTUC Health AACC Tampines L2</b> <i>*Registration Required*</i></p>	<p><b>Let's Zentangle</b> 11AM - 12PM <b>@NTUC Health AACC Tampines L2</b> <i>*Registration Required*</i></p>		<p><b>IMDA Go-Digital - Workshop (CL)</b> 2PM - 3.30PM <b>@NTUC Health AACC Tampines L1</b> <i>*Registration Required*</i></p>		
<p><b>Strategise with Kakis (SEQUENCE)</b> 2PM - 4.00PM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>	<p><b>Let's Do Crochet (Beginners)</b> 2:30PM - 4:30PM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>	<p><b>Strategise with Kakis (Rummy-O)</b> 2PM - 4:30PM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>	<p><b>Strategise with Kakis (Rummy-O)</b> 2PM - 4:30PM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>	<p><b>Strategise with Kakis (Rummy-O)</b> 2PM - 4:30PM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>	
	<p><b>Strategise with Kakis (Mahjong)</b> 2:30PM - 5:00PM <b>@NTUC Health AACC Tampines L1</b> <i>*Registration Required*</i></p>	<p><b>Let's Yum Cha Together at Activity</b> 3:30PM - 4.00PM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>			
	<p><b>Square Stepping Exercise (4/12 class)</b> 4PM - 5PM <b>@NTUC Health AACC Tampines L1</b> <i>*Registration CLOSED*</i></p>				

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29	30				
<p><b>Let's Kpop</b> 9AM - 10AM <b>@278 OPEN PLAZA</b> <i>*Register on Healthy365*</i></p>	<p><b>Let's Line Dance</b> 9:30AM - 10:30AM <b>@274 VOID DECK</b> <i>*Register on Healthy365*</i></p>				
<p><b>Let's Walking Football (Group A)</b> 9:45AM - 11:30AM <b>@ Our Tampines Hub</b> <i>*Registration Required*</i></p>	<p><b>Let's Learn Hanyu Pinyin (12/12 class)</b> 9.30AM - 11AM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Closed*</i></p>				
<p><b>Stay Well Series - Stroke Awareness (CL)</b> 10AM - 11:30AM <b>@ NTUC Health AACC Tampines L2 Living Room</b> <i>*Registration Required*</i></p>	<p><b>Let's Steel Combat (Male Exclusive)</b> 10AM - 11AM <b>@275 VOID DECK</b> <i>*Registration Required*</i></p>				
<p><b>Let's Sport Stack Training</b> 10:30AM - 11:30AM <b>@NTUC Health AACC Tampines L1</b> <i>*Registration Closed*</i></p>	<p><b>Let's Yoga - Shoulder &amp; Neck</b> 11AM - 12PM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>				
	<p><b>Let's Zentangle</b> 11AM - 12PM <b>@NTUC Health AACC Tampines L2</b> <i>*Registration Required*</i></p>				
<p><b>Strategise with Kakis (SEQUENCE)</b> 2PM - 4.00PM <b>@273 Tampines Changkat Zone 5 RN</b> <i>*Registration Required*</i></p>	<p><b>Let's Gen Together with ActiveX Playdate</b> 3PM - 5PM <b>@1 NTUC Health AACC Tampines L1</b> <i>*Registration Required*</i></p>				
	<p><b>Let's Do Crochet (Beginners)</b> 2:30PM - 4:30PM <b>@273 Tampines Changkat Zone 5RN</b> <i>*Registration Required*</i></p>				
	<p><b>Strategise with Kakis (Mahjong)</b> 2:30PM - 5:00PM <b>@NTUC Health AACC Tampines L1</b> <i>*Registration Required*</i></p>				
	<p><b>Square Stepping Exercise (5/12 class)</b> 4PM - 5PM <b>@NTUC Health AACC Tampines L1</b> <i>*Registration Required*</i></p>				

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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
<b>VESAK DAY</b>  <b>CENTRE CLOSED</b> <b>中心关闭</b> <b>PUSAT DITUTUP</b>	<b>一起跳排舞</b> 9:30AM - 10:30AM @274 VOID DECK *Healthy365 报名*	<b>一起做弹力带拉筋操</b> 8:30AM - 9:30AM @274 VOID DECK *Healthy365 报名*	<b>一起打太极</b> 9AM - 10AM @BETWEEN 273 & 274 *需要报名*	<b>一起跳尊巴 (乐龄版)</b> 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*	
	<b>一起练钢铁拳击 (只限男性)</b> 10AM - 11AM @275 VOID DECK *需要报名*	<b>运动叠杯训练</b> 10:30AM - 11:30AM @NTUC Health AACC Tampines L1 *报名已截止*	<b>中级钩针编织</b> 10AM - 12PM @NTUC Health AACC Tampines L1 *需要报名*		
	<b>一起学汉语拼音 (9/12课)</b> 9.30AM - 11.30AM @273 Tampines Changkat Zone 5RN *报名已截止*				
	<b>肩颈理疗</b> 10AM - 11AM @273 Tampines Changkat Zone 5RN *需要报名*	<b>一起学基础马来语</b> 10AM - 11AM @273 Tampines Changkat Zone 5RN *报名已截止*	<b>代际交流 - 新加坡社科大学 (第3堂)</b> 2PM - 4PM @NTUC Health AACC Tampines L2 *报名已截止*	<b>代际交流 - 职总优儿学府幼乐园</b> 10AM - 11:30AM @NTUC Health AACC Tampines L2 *需要报名*	
	<b>一起做禅绕画</b> 11AM - 12PM @NTUC Health AACC Tampines L2 *需要报名*	<b>与朋友一起策略 (桌游)</b> 2PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*	<b>与朋友一起策略 (桌游)</b> 2PM - 4:00PM @273 Tampines Changkat Zone 5RN *需要报名*	<b>与朋友一起策略 (桌游)</b> 2PM - 4:00PM @273 Tampines Changkat Zone 5RN *需要报名*	
	<b>初级钩针编织</b> 2:30PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*	<b>活动中共聚下午茶</b> 3:30PM - 4.00PM @273 Tampines Changkat Zone 5RN *需要报名*			
	<b>快乐麻将</b> 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *需要报名*				
	<b>方块踏步运动 (1/12课)</b> 4PM - 5PM @NTUC Health AACC Tampines L1 *报名已截止*	<b>一起学烹饪 - 美善品多功能料理机</b> 4PM - 5PM @NTUC Health AACC Tampines L1 *仅限受邀人士*			

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8	9	10	11	12	13
<p><b>一起跳 K-POP</b> 9AM - 10AM @278 OPEN PLAZA <i>*Healthy365 报名*</i></p>	<p><b>一起跳排舞</b> 9:30AM - 10:30AM @ 274 VOID DECK <i>*Healthy365 报名*</i></p>	<p><b>一起做弹力带拉筋操</b> 8:30AM - 9:30AM @274 VOID DECK <i>*Healthy365 报名*</i></p>	<p><b>一起打太极</b> 9AM - 10AM @BETWEEN 273 &amp; 274 <i>*需要报名*</i></p>	<p><b>一起跳尊巴 (乐龄版)</b> 9AM - 10AM @278 OPEN PLAZA <i>*Healthy365 报名*</i></p>	
	<p><b>运动叠杯赛 (与拉拉队)</b> 9.00AM - 1.00PM @The Kallang, OCBC Arena Hall 1&amp;3 <i>*拉拉队需要报名*</i></p>				
	<p><b>一起学汉语拼音 (9/12课)</b> 9.30AM - 11AM @273 Tampines Changkat Zone 5RN <i>*报名已截止*</i></p>	<p><b>一起阅读新闻与喝咖啡</b> 10:30AM - 11:30AM @273 Tampines Changkat Zone 5RN <i>*需要报名*</i></p>	<p><b>一起和益多去 Gai Gai</b> 1:30PM - 5PM @NTUC Health AACC Tampines L1 <i>*需要报名*</i> <i>*需符合相关条件*</i></p>		
<p><b>一起来庆祝双亲节</b> 10.30AM - 12.30PM @ NTUC Health AACC Tampines L2 <i>*需要报名*</i></p>	<p><b>肩颈理疗瑜伽</b> 11AM - 12PM @273 Tampines Changkat Zone 5RN <i>*需要报名*</i></p>		<p><b>数码乐龄计划 - 培训课程(英语)</b> 2PM - 3.30PM @NTUC Health AACC Tampines L1 <i>*需要报名*</i></p>		
<p><b>与朋友一起挑战序列 (桌游)</b> 2PM - 4.00PM @273 Tampines Changkat Zone 5 RN <i>*需要报名*</i></p>	<p><b>一起做禅绕画</b> 11AM - 12PM @NTUC Health AACC Tampines L2 <i>*需要报名*</i></p>	<p><b>与朋友一起策略 (桌游)</b> 2PM - 4:30PM @273 Tampines Changkat Zone 5RN <i>*需要报名*</i></p>	<p><b>与朋友一起策略 (桌游)</b> 2PM - 4:30PM @273 Tampines Changkat Zone 5RN <i>*需要报名*</i></p>	<p><b>与朋友一起策略 (桌游)</b> 2PM - 4:30PM @273 Tampines Changkat Zone 5RN <i>*需要报名*</i></p>	
	<p><b>初级钩针编织</b> 2:30PM - 4:30PM @273 Tampines Changkat Zone 5RN <i>*需要报名*</i></p>	<p><b>活动中共聚下午茶</b> 3:30PM - 4.00PM @273 Tampines Changkat Zone 5RN <i>*需要报名*</i></p>			
	<p><b>快乐麻将</b> 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 <i>*需要报名*</i></p>				
	<p><b>方块踏步运动 (2/12课)</b> 4PM - 5PM @NTUC Health AACC Tampines L1 <i>*报名已截止*</i></p>				

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# 2026 June

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



MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
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(英语) 8:30AM - 11:30AM @ NTUC Health AACC Tampines L1 *需要报名(30位)* *需符合相关条件*
代际交流 - 新加坡社科大学 (4/5堂) 8AM - 12:30PM @ Labrador Nature Reserve Park *报名已截止*	一起学汉语拼音(10/12课) 9.30AM - 11AM @273 Tampines Changkat Zone 5RN *报名已截止*	一起学基础马来语 10AM - 11AM @273 Tampines Changkat Zone 5RN *报名已截止*			
一起健步足球活动 (A组) 9:45AM - 11:30AM @ Our Tampines Hub *报名已截止*	一起练钢铁拳击 (只限男性) 10AM - 11AM @275 VOID DECK *需要报名*	一起做运动-叠杯训练 10:30AM - 11:30AM @NTUC Health AACC Tampines L1 *报名已截止*			
一起做运动-叠杯训练 10:30AM - 11:30AM @NTUC Health AACC Tampines L1 *报名已截止*	肩颈理疗瑜伽 11AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名*		中级钩针编织 10AM - 12PM @NTUC Health AACC Tampines L1 *需要报名*		
与朋友一起挑战序列 (桌游) 2PM - 4.00PM @273 Tampines Changkat Zone 5 RN *需要报名*	一起做禅绕画 11AM - 12PM @NTUC Health AACC Tampines L2 *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*	
	初级钩针编织 2:30PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*	活动中共聚下午茶 3:30PM - 4.00PM @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*	一起庆祝六月生日 3:30PM - 4PM @273 Tampines Changkat Zone 5RN *仅限受邀人士*			
	方块踏步运动 (3/12课) 4PM - 5PM @NTUC Health AACC Tampines L1 *报名已截止*				

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# 2026 June

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**ntuc Health**

MON 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27
<p><b>一起跳K-POP</b> 9AM - 10AM @278 OPEN PLAZA <i>*Healthy365 报名*</i></p>	<p><b>一起跳排舞</b> 9:30AM - 10:30AM @274 VOID DECK <i>*Healthy365 报名*</i></p>	<p><b>一起做弹力带拉筋操</b> 8:30AM - 9:30AM @274 VOID DECK <i>*Healthy365 报名*</i></p>	<p><b>一起打太极</b> 9AM - 10AM @BETWEEN 273 &amp; 274 <i>*需要报名*</i></p>	<p><b>一起跳尊巴 (乐龄版)</b> 9AM - 10AM @278 OPEN PLAZA <i>*Healthy365 报名*</i></p>	
<p><b>一起做运动-叠杯训练</b> 10:30AM - 11:30AM @NTUC Health AACC Tampines L1 <i>*报名已截止*</i></p>	<p><b>一起学汉语拼音(11/12课)</b> 9.30AM - 11AM @273 Tampines Changkat Zone 5RN <i>*报名已截止*</i></p>	<p><b>一起阅读新闻与喝咖啡</b> 10:30AM - 11:30AM @273 Tampines Changkat Zone 5RN <i>*需要报名*</i></p>			
	<p><b>肩颈理疗瑜伽</b> 11AM - 12PM @273 Tampines Changkat Zone 5RN <i>*需要报名*</i></p>	<p><b>一起做运动-叠杯训练</b> 10:30AM - 11:30AM @NTUC Health AACC Tampines L1 <i>*报名已截止*</i></p>	<p><b>中级钩针编织</b> 10AM - 12PM @NTUC Health AACC Tampines L1 <i>*需要报名*</i></p>		
<p><b>代际交流-新加坡社科大学 (5/5堂)</b> 2PM - 4PM @NTUC Health AACC Tampines L2 <i>*报名已截止*</i></p>	<p><b>一起做禅绕画</b> 11AM - 12PM @NTUC Health AACC Tampines L2 <i>*需要报名*</i></p>		<p><b>数码乐龄计划-培训课程(华语)</b> 2PM - 3.30PM @NTUC Health AACC Tampines L1 <i>*需要报名*</i></p>		
<p><b>与朋友一起挑战序列 (桌游)</b> 2PM - 4.00PM @273 Tampines Changkat Zone 5 RN <i>*需要报名*</i></p>	<p><b>初级钩针编织</b> 2:30PM - 4:30PM @273 Tampines Changkat Zone 5RN <i>*需要报名*</i></p>	<p><b>与朋友一起策略 (桌游)</b> 2PM - 4:30PM @273 Tampines Changkat Zone 5RN <i>*需要报名*</i></p>	<p><b>与朋友一起策略 (桌游)</b> 2PM - 4:30PM @273 Tampines Changkat Zone 5RN <i>*需要报名*</i></p>	<p><b>与朋友一起策略 (桌游)</b> 2PM - 4:30PM @273 Tampines Changkat Zone 5RN <i>*需要报名*</i></p>	
	<p><b>快乐麻将</b> 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 <i>*需要报名*</i></p>	<p><b>活动中共聚下午茶</b> 3:30PM - 4.00PM @273 Tampines Changkat Zone 5RN <i>*需要报名*</i></p>			
	<p><b>方块踏步运动 (3/12课)</b> 4PM - 5PM @NTUC Health AACC Tampines L1 <i>*报名已截止*</i></p>				

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# 2026 June

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MON	TUE	WED	THU	FRI	SAT
29	30				
<b>一起跳 K-POP</b> 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*	<b>一起跳排舞</b> 9:30AM - 10:30AM @274 VOID DECK *Healthy365 报名*				
<b>一起健步足球活 动 (A 组)</b> 9:45AM - 11.30AM @ Our Tampines Hub *报名已截止*	<b>一起学 汉语拼音 (12/12课)</b> 9.30AM - 11AM @273 Tampines Changkat Zone 5RN *报名已截止*				
<b>保健系列 -辨识中风症状 (华语)</b> 10AM - 11:30AM @ NTUC Health AACC Tampines L2 *需要报名*	<b>一起练钢铁拳击 (只限男性)</b> 10AM - 11AM @275 VOID DECK *需要报名*				
<b>一起做运 动-叠杯训练</b> 10:30AM - 11:30AM @NTUC Health AACC Tampines L1 *报名已截止*	<b>肩颈理疗瑜伽</b> 11AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名*				
	<b>一起做禅 绕画</b> 11AM - 12PM @NTUC Health AACC Tampines L2 *需要报名*				
<b>与朋友一起 挑战序列 (桌游)</b> 2PM - 4.00PM @273 Tampines Changkat Zone 5 RN *需要报名*	<b>代际交流(中学) 适应性体育运动</b> 3PM - 5PM @1 NTUC Health AACC Tampines L1 *需要报名*				
	<b>初级钩针编织</b> 2:30PM - 4:30PM @273 Tampines Changkat Zone 5RN *需要报名*				
	<b>快乐麻将</b> 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *需要报名*				
	<b>方块踏步运动 (5/12课)</b> 4PM - 5PM @NTUC Health AACC Tampines L1 *报名已截止*				

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