

2026 May

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



MON

TUE

WED

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FRI

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				LABOUR DAY! CENTRE CLOSED PUSAT DITUTUP	

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 May

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MON 4	TUE 5	WED 6	THU 7	FRI 8	SAT 9
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*	CENTRE CLOSED PUSAT DITUTUP	Let's Talk News & Let's Lim Kopi 10AM - 11:30AM @NTUC Health AACC Tampines L1 *Registration Required*
Let's Do Mindful Breathing 9:30AM - 10:30AM @273 Tampines Changkat Zone 5RN *Registration Required*	Let's Learn Hanyu Pinyin (5/12 class) A9.30AM - 11AM @273 Tampines Changkat Zone 5RN *Registration Closed*				
Let's Walking Football (Group A) 9:45AM - 11.30AM @ Our Tampines Hub *Registration Required*	Let's Yoga - Shoulder & Neck 11AM - 12PM @273 Tampines Changkat Zone 5RN *Registration Required*	Let's Go Gai Gai - Hay Dairies Farm + Lunch 9AM - 2PM @ NTUC Health AACC Tampines L1 *Registration Required* *IB \$8/OB \$28 + Conditions Apply*	Let's Do Crochet (Intermediate) 10AM - 12PM @NTUC Health AACC Tampines L1 *Registration Required*		
	Let's Zentangle - Joy of Art 11AM - 12PM @285 Tampines Changkat Zone 4RN *Registration Required*	Let's Pick Up Malay! 10AM - 11AM @285 Tampines Changkat Zone 4RN *Registration CLOSED*	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *Registration Required*		
Let's Gen Together - SUSS Connecting Communities to Nature (1/5 sessions) 2PM - 4PM @273 Tampines Changkat Zone 5RN *Registration Required + Conditions Apply*	Let's Do Crochet (Beginners) 2:30PM - 4.30PM @273 Tampines Changkat Zone 5RN *Registration Required*	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *Registration Required*	Let's Yum Cha Together at Activity 4:30PM - 5PM @285 Tampines Changkat Zone 4RN *Registration Required*		
Strategise with Kakis (Mahjong) 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *Registration Required*	Let's Gen Together - Ngee Ann SS Beaded Friendship Bracelet & Paper Cup Craft 3:00PM - 4:00PM @NTUC Health AACC Tampines L2 *Registration Required*		Let's Gen Together - Ngee Ann SS Paper Butterfly Photo Frame 3:00PM - 4:00PM @NTUC Health AACC Tampines L2 *Registration Required*		
	Let's CALM (8/14 class) 4PM - 5PM @NTUC Health AACC Tampines L1 *Registration CLOSED*		Let's CALM (9/14 class) 4PM - 5PM @NTUC Health AACC Tampines L1 *Registration CLOSED*		

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MON 11	TUE 12	WED 13	THU 14	FRI 15	SAT 16
<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>NEA - Dengue BLOCK Exercise 9.30AM - 12PM @ Our Tampines Hub <i>*Registration Required*</i></p>
<p>Let's Do Mindful Breathing 9:30AM - 10:30AM @273 Tampines Changkat Zone 5RN <i>*Registration Required*</i></p>	<p>Let's Learn Hanyu Pinyin (6/12 class) 9.30AM - 11AM @273 Tampines Changkat Zone 5RN <i>*Registration Closed*</i></p>				
<p>Let's Walking Football (Group B) 9:45AM - 11.30AM @ Our Tampines Hub <i>*Registration Required*</i></p>	<p>Let's Steel Combat (Male Exclusive) 10AM - 11AM @275 VOID DECK <i>*Registration Required (T&CApply)*</i></p>	<p>Wellness - Police RSVP Anti-Scam Engagement (PRAISE) (EL/CL) 2PM - 3.30PM @NTUC Health AACC Tampines L2 <i>*Registration Required*</i></p>	<p>Let's Do Crochet (Intermediate) 10AM - 12PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i></p>		
	<p>Let's Yoga - Shoulder & Neck 11AM - 12PM @273 Tampines Changkat Zone 5RN <i>*Registration Required*</i></p>		<p>IMDA Go-Digital - Workshop (English) 2PM - 3.30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>		
	<p>Let's Zentangle - Joy of Art 11AM - 12PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>		<p>Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>	<p>Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @ 285 Tampines Changkat Zone 4 RN <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>Let's Do Crochet (Beginners) 2:30PM - 4.30PM @273 Tampines Changkat Zone 5RN <i>*Registration Required*</i></p>	<p>Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>	<p>Let's Yum Cha Together at Activity 4:30PM - 5PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>	<p>Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>	
	<p>Let's CALM (10/14 class)) 4PM - 5PM @NTUC Health AACC Tampines L1 <i>*Registration CLOSED*</i></p>			<p>Let's CALM (11/14 Class) 4PM - 5PM @NTUC Health AACC Tampines L1 <i>*Registration CLOSED*</i></p>	

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MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23
<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 Talk News & Let's Lim Kopi 10AM - 11:30AM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i></p>
<p>Let's Do Mindful Breathing 9:30AM - 10:30AM @273 Tampines Changkat Zone 5RN <i>*Registration Required*</i></p>	<p>Let's Learn Hanyu Pinyin (7/12 class) 9.30AM - 11AM @273 Tampines Changkat Zone 5RN <i>*Registration Closed*</i></p>	<p>Let's Go Gai Gai - Bollywood Farm + Lunch 9.00AM - 1PM @ NTUC Health AACC Tampines L1 <i>*Registration Required*</i> Conditions Apply - IB \$8 / OB \$32</p>	<p>Community Health Post (CHP) 9:30AM - 12PM @ NTUC Health AACC Tampines L1 (RSVP ONLY)</p>		
<p>Let's Walking Football (Group A) 9:45AM - 11.30AM @ Our Tampines Hub <i>*Registration Required*</i></p>	<p>Let's Yoga - Shoulder & Neck 11AM - 12PM @273 Tampines Changkat Zone 5RN <i>*Registration Required*</i></p>	<p>I'm Soul Inc - Tech-based Music & Movement 10.30AM - 11.30AM @NTUC Health AACC Tampines L2 <i>*Registration Required - IB \$5/OB \$10*</i></p>	<p>Let's Do Crochet (Intermediate) 10AM - 12PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i></p>		
	<p>Let's Zentangle - Joy of Art 11AM - 12PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>	<p>Let's Pick Up Malay! 10AM - 11AM @285 Tampines Changkat Zone 4RN <i>*Registration CLOSED*</i></p>	<p>Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>	<p>Strategise with Kakis (SEQUENCE) 2PM - 4.30PM @ 285 Tampines Changkat Zone 4 RN <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>Movie Time - Liang Po Po Vs Ah Beng 11:15AM - 4:15PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>		<p>Let's Celebrate May Birthday 3PM - 4PM @285 Tampines Changkat Zone 4RN <i>*By Invitation Only*</i></p>	<p>Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>	
<p>Let's Gen Together - SUSS Connecting Communities to Nature 2 of 5 sessions 2PM - 4PM @NTUC Health AACC Tampines L2 <i>*Registration Required*</i></p>	<p>Let's Gen Together - Ngee Ann SS Pressed Flower Plate 2:30PM - 4:00PM @ NTUC Health AACC Tampines L1 <i>*Registration Required*</i></p>		<p>Let's Yum Cha Together at Activity 3PM - 4PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>		
	<p>Let's Do Crochet (Beginners) 2:30PM - 4.30PM @273 Tampines Changkat Zone 5RN <i>*Registration Required*</i></p>	<p>Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i></p>	<p>Let's Gen Together - Ngee Ann SS Terrarium Making & Origami 2:30PM - 4:00PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i></p>	<p>Let's CALM (13/14 class) 4PM -5PM @NTUC Health AACC Tampines L1 <i>*Registration CLOSED*</i></p>	
	<p>Let's CALM (12/14 class) 4PM -5PM @NTUC Health AACC Tampines L1 <i>*Registration CLOSED*</i></p>				

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MON	TUE	WED	THU	FRI	SAT	
25	26	27	28	29	30	
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*	HARI RAYA HAJI CENTRE CLOSED PUSAT DITUTUP	Let's Taichi 9AM - 10AM @ BETWEEN 273 & 274 *Registration Required*	Let's Zumba Gold 9AM - 10AM @278 OPEN PLAZA *Register on Healthy365*		
	Let's Learn Hanyu Pinyin (8/12 class) 9.30AM - 11AM @273 Tampines Changkat Zone 5RN *Registration Closed*					
	Let's Steel Combat (Male Exclusive) 10AM - 11AM @275 VOID DECK *Registration Required*					
Let's Do Mindful Breathing 9:30AM - 10:30AM @273 Tampines Changkat Zone 5RN *Registration Required*	Let's Yoga - Shoulder & Neck 11AM - 12PM @273 Tampines Changkat Zone 5RN *Registration Required*			Let's Do Crochet (Intermediate) 10AM - 12PM @NTUC Health AACC Tampines L1 *Registration Required*		
	Let's Zentangle - Joy of Art 11AM - 12PM @285 Tampines Changkat Zone 4RN *Registration Required*			IMDA Go-Digital - Workshop (Mandarin) 2PM - 3.30PM @285 Tampines Changkat Zone 4RN *Registration Required*	Strategize with Kakis (SEQUENCE) 2PM - 4.30PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	
Strategise with Kakis (Mahjong) 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *Registration Required*	Let's CALM (14/14 class) 1.30PM - 5PM @NTUC Health AACC Tampines L1 *Registration CLOSED*			Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *Registration Required*	Strategise with Kakis (Rummy-O) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *Registration Required*	
	Let's Do Crochet (Beginners) 2:30PM - 4PM @273 Tampines Changkat Zone 5RN *Registration Required*			Let's Yum Cha Together at Activity 4:30PM - 5PM @285 Tampines Changkat Zone 4RN *Registration Required*		
	Let's Gen Together - Ngee Ann SS Running Bunny Cup & Catch the Cup 3:00PM - 4:00PM @NTUC Health AACC Tampines L2 *Registration Required*			Let's Gen Together - Ngee Ann SS Whack-a-Mole & Colour Catch 3:00PM - 4:00PM @NTUC Health AACC Tampines L2 *Registration Required*		

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MON

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SAT

				1	2
				劳动节! 中心关闭	

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MON 4	TUE 5	WED 6	THU 7	FRI 8	SAT 9
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*	<h2>中心关闭</h2>	一起阅读新闻与饮茶 10AM - 11:30AM @NTUC Health AACC Tampines L1 *需要报名*
一起练习正念呼吸 9:30AM - 10:30AM @273 Tampines Changkat Zone 5RN *需要报名* IB Free / OB \$4	一起学汉语拼音(5/12课) 9.30AM - 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 *需要报名*	一起肩颈理疗瑜伽 11AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名*	一起去山羊农场 + 午餐 9AM - 2PM @NTUC Health AACC Tampines L1 *需要报名* *IB \$8/OB \$28 + *需符合相关条件*	中级钩针编织 10AM - 12PM @NTUC Health AACC Tampines L1 *需要报名*		
	一起做禅绕画 - 艺术之乐 11AM - 12PM @285 Tampines Changkat Zone 4RN *需要报名*	一起学基础马来语 10AM - 11AM @285 Tampines Changkat Zone 4RN *报名已截止*	与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*		
代际交流 - 新加坡社科大学 (1/5堂) 2PM - 4PM @273 Tampines Changkat Zone 5RN *需要报名* *需符合相关条件*	一起初级钩针编织 2:30PM - 4.30PM @273 Tampines Changkat Zone 5RN *需要报名*	与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*	活动中共聚用下午茶 4:30PM - 5PM @285 Tampines Changkat Zone 4RN *需要报名*		
快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *需要报名*	代际交流 - 义安中学 做串珠友谊手链和纸杯手工 3:00PM - 4:00PM @NTUC Health AACC Tampines L2 *需要报名*		代际交流 - 义安中学 做纸蝴蝶相框 3:00PM - 4:00PM @NTUC Health AACC Tampines L2 *需要报名*		
	一起对抗肌肉流失 (8/14课) 4PM - 5PM @NTUC Health AACC Tampines L1 *报名已截止*		一起对抗肌肉流失 (9/14课) 4PM - 5PM @NTUC Health AACC Tampines L1 *报名已截止*		

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
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*	国家环境局骨痛热症BLOCK 防控计划 9.30AM - 12PM @ Our Tampines hub *需要报名*
一起练习正念呼吸 9:30AM - 10:30AM @273 Tampines Changkat Zone 5RN *需要报名* IB Free / OB \$4	一起学汉语拼音(6/12课) 9.30AM - 11AM @273 Tampines Changkat Zone 5RN *报名已截止*				
一起健步足球活动 (B组) 9:45AM - 11.30AM @ Our Tampines Hub *需要报名*	一起练钢铁拳击 (只限男性) 10AM - 11AM @275 VOID DECK *需要报名*	警方回复反诈骗活动(英/华语) 2PM - 3.30PM @NTUC Health AACC Tampines L2 *需要报名*	中级钩针编织 10AM - 12PM @NTUC Health AACC Tampines L1 *需要报名*		
	肩颈理疗瑜伽 11AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名* IB Free / OB \$4		数码乐龄计划 - 培训课程(英语) 2PM - 3.30PM @285 Tampines Changkat Zone 4RN *需要报名*		
	一起做禅绕画 - 艺术之乐 11AM - 12PM @285 Tampines Changkat Zone 4RN *需要报名* IB Free / OB \$4		与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*	与朋友一起挑战序列 (桌游) 2PM - 4.30PM @ 285 Tampines Changkat Zone 4 RN *需要报名*	
快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *需要报名*	初级钩针编织 2PM - 4PM @273 Tampines Changkat Zone 5RN *需要报名* IB Free / OB \$4	与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*	活动中共聚下午茶 4:30PM - 5PM @285 Tampines Changkat Zone 4RN *需要报名*	与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*	
	让我们一起对抗肌肉流失 (10/14课) 4PM - 5PM @NTUC Health AACC Tampines L1 *报名已截止*			让我们一起对抗肌肉流失 (11/14课) 4PM - 5PM @NTUC Health AACC Tampines L1 *报名已截止*	

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<p>一起跳K-POP 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*</p>	<p>一起跳排舞 9:30AM - 10:30AM @274 VOID DECK *Healthy365 报名*</p>	<p>一起做弹力带拉筋操 8:30AM - 9:30AM @274 VOID DECK *Healthy365 报名*</p>	<p>一起打太极 9AM - 10AM @BETWEEN 273 & 274 *需要报名*</p>	<p>一起跳尊巴 (乐龄版) 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*</p>	<p>一起阅读新闻与饮茶 10AM - 11:30AM @NTUC Health AACC Tampines L1 *需要报名*</p>
<p>一起练习正念呼吸 9:30AM - 10:30AM @273 Tampines Changkat Zone 5RN *需要报名*</p>	<p>一起学汉语拼音(7/12课) 9.30AM - 11AM @273 Tampines Changkat Zone 5RN *报名已截止*</p>	<p>I'm Soul Inc - 科技互动音乐与舞动 10.30AM - 11.30AM @NTUC Health AACC Tampines L2 *需要报名*</p>	<p>服务 - 社区保健站 9:30AM - 12PM @ NTUC Health AACC Tampines Lvl 1 *仅限已回复者*</p>		
<p>一起健步足球活动 (A组) 9:45AM - 11.30AM @ Our Tampines Hub *需要报名*</p>	<p>肩颈理疗瑜伽 11AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名*</p>	<p>一起学基础马来语 10AM - 11AM @285 Tampines Changkat Zone 4RN *需要报名*</p>	<p>中级钩针编织 10AM - 12PM @NTUC Health AACC Tampines L1 *需要报名*</p>		
	<p>电影时间 - 梁婆婆VS阿炳 11:15AM - 4:15PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	<p>一起去宝莱 坞农场 + 午餐 9.00AM - 1PM @ NTUC Health AACC Tampines L1 *需要报名* *需符合相关条件 - IB \$8 / OB \$32*</p>	<p>与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	<p>与朋友一起挑战序列 (桌游) 2PM - 4.30PM @ 285 Tampines Changkat Zone 4 RN *需要报名*</p>	
<p>快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *需要报名*</p>	<p>一起做禅绕画 - 艺术之乐 11AM - 12PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	<p>与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	<p>一起庆祝五月生日 3PM - 4PM @285 Tampines Changkat Zone 4RN *仅限受邀人士*</p>	<p>与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	
<p>代际交流 - 新加坡社科大学 (2/5堂) 2PM - 4PM @NTUC Health AACC Tampines L2 *需要报名*</p>	<p>初级钩针编织 2:30PM - 4.30PM @273 Tampines Changkat Zone 5RN *需要报名*</p>		<p>活动中共聚下午茶 3PM - 4PM @285 Tampines Changkat Zone 4RN *需要报名*</p>		
	<p>代际交流 - 义安中学 - 押花艺术 2:30PM - 4:00PM @ NTUC Health AACC Tampines L1 *需要报名*</p>		<p>代际交流 - 义安中学 - 生态瓶制作与折纸 2:30PM - 4:00PM @NTUC Health AACC Tampines L1 *需要报名*</p>	<p>让我们一起对抗肌肉流失 (13/14课) 4PM -5PM @NTUC Health AACC Tampines L1 *报名已截止*</p>	
	<p>让我们一起对抗肌肉流失 (12/14课) 4PM -5PM @NTUC Health AACC Tampines L1 *报名已截止*</p>				

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 May

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



MON 25	TUE 26	WED 27	THU 28	FRI 29	SAT 30	
<p>一起跳K-POP 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*</p>	<p>一起跳排舞 9:30AM - 10:30AM @274 VOID DECK *Healthy365 报名*</p>	<p style="text-align: center;">哈芝节 中心关闭</p>	<p>一起打太极 9AM - 10AM @BETWEEN 273 & 274 *需要报名*</p>	<p>一起跳尊巴 (乐龄版) 9AM - 10AM @278 OPEN PLAZA *Healthy365 报名*</p>		
	<p>一起学汉语拼音 (8/12课) 9.30AM - 11AM @273 Tampines Changkat Zone 5RN *报名已截止*</p>					
	<p>一起练钢铁拳击 (只限男性) 10AM - 11AM @275 VOID DECK *需要报名*</p>					
<p>一起练习正念呼吸 9:30AM - 10:30AM @273 Tampines Changkat Zone 5RN *需要报名*</p>	<p>肩颈理疗瑜伽 11AM - 12PM @273 Tampines Changkat Zone 5RN *需要报名*</p>			<p>中级钩针编织 10AM - 12PM @NTUC Health AACC Tampines L1 *需要报名*</p>		
	<p>一起做禅绕画 - 艺术之乐 11AM - 12PM @285 Tampines Changkat Zone 4RN *需要报名*</p>			<p>数码乐龄计划 - 培训课程(华语) 2PM - 3.30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	<p>与朋友一起挑战序列 (桌游) 2PM - 4.30PM @ 285 Tampines Changkat Zone 4 RN *需要报名*</p>	
<p>快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 *需要报名*</p>	<p>让我们一起对抗肌肉流失 (14/14课) 1.30PM - 5PM @NTUC Health AACC Tampines L1 *报名已截止*</p>			<p>与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	<p>与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN *需要报名*</p>	
	<p>初级钩针编织 2:30PM - 4PM @273 Tampines Changkat Zone 5RN *需要报名*</p>			<p>活动中共聚下午茶 4:30PM - 5PM @285 Tampines Changkat Zone 4RN *需要报名*</p>		
	<p>代际交流 - 义安中学 跑动兔子杯手工与接杯游戏 3:00PM - 4:00PM @NTUC Health AACC Tampines L2 *需要报名*</p>			<p>代际交流 - 义安中学 打地鼠和颜色抓捕游戏 3:00PM - 4:00PM @NTUC Health AACC Tampines L2 *需要报名*</p>		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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