2026 November

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



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
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** 9:00AM - 10:00AM **@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 (LPA) + Lunch (CL)** 10AM - 12PM **@NTUC Health AACC Tampines L1** *Registration Required*
		Let's DragonBoat 7.45AM - 1PM **@NTUC Health AACC Tampines** **Transport to Kallang Basin** *Registration Required - 12 slots*		**Let's Do Sewing (Beginners)** 10AM - 12PM **@NTUC Health AACC Tampines L2SH** *Registration Required - CLOSED*	
		Let's Gen Together with NTU1 10AM -12PM **@NTUC Health AACC (Tampines) L1** *Registration Required-6 slots*			
	Let's Do Zentangle - Joy of Art 11AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**Let's Gen Together with NUS4** 2.00PM - 5.00PM **@NTUC Health AACC (Tampines) L1** *Registration Required-15 slots*	**Let's Do Crochet (Intermediate)** 10AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required*		
CENTRE CLOSED **中心关闭** **PUSAT DITUTUP** **(1PM)**		**Strategise with Kakis (SEQUENCE)** 2PM - 4.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required - 12 slots*		**Strategise with Kakis (SEQUENCE)** 2PM - 4.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required - 16 slots*	
	Strategise with Kakis (Mahjong) 2:30PM - 5:00PM **@NTUC Health AACC Tampines L1** *Registration Required*	**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*	**Strategise with Kakis (Rummy-O)** 2PM - 4:30PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Happy Deepavali! **CENTRE CLOSED** **中心关闭** **PUSAT DITUTUP** *Public Holiday (In Lieu)*	**Let's Line Dance** 9:30AM - 10:30AM **@274 VOID DECK** *Register on Healthy365*	**Let's Stretch Band** 9AM - 10AM **@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 DragonBoat 7.45AM - 1PM **@NTUC Health AACC Tampines** **Transport to Kallang Basin** *Registration Closed*			
		Let's Gen Together with NTU2 10AM -12PM **@NTUC Health AACC (Tampines) L1** *Registration Required-6 slots*			
	Let's Steel Combat (*Male Exclusive*) 10AM - 11AM **@275 VOID DECK** *Registration Required*	**Let's Pick Up Malay!** 10AM - 11AM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**Let's Do Crochet (Beginners) IG** 10AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required - Fee Apply*	**Let's Do Sewing (Beginners)** 10AM - 12PM **@NTUC Health AACC Tampines L2SH** *By Invitation Only*	
	Let's Do Zentangle - Joy of Art 11AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**Let's Gen Together with NUS5** 2PM - 5PM **@NTUC Health AACC (Tampines)L1** *Registration Required-15 slots*	**Let's Do Crochet (Intermediate)** 10AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**Let's DragonBoat - Race Day** 2PM-6PM **@NTUC Health AACC Tampines** **Transport to Kallang Basin** *Registration Required - 12 slots*	
		Strategise with Kakis (SEQUENCE) 2PM - 4.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required - 12 slots*	**IMDA Go-Digital - Workshop (EL)** 2PM - 3.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**Strategise with Kakis (SEQUENCE)** 2PM - 4.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required - 16 slots*	
	Strategise with Kakis (Mahjong) 2:30PM - 5:00PM **@NTUC Health AACC Tampines L1** *Registration Required*	**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*	**Strategise with Kakis (Rummy-O)** 2PM - 4:30PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Kpop 9AM - 10AM **@278 OPEN PLAZA** *Register on Healthy365*	**CENTRE CLOSED** **中心关闭** **PUSAT DITUTUP**	**Let's Stretch Band** 9:00AM - 10:00AM **@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 - Central Fire Station Visit** **8AM - 12PM** **@NTUC Health AACC (Tampines)L1** *Registration Required - 25 slots*
		Let's Gen Together with NTU3 10AM -12PM **@NTUC Health AACC (Tampines) L1** *Registration Required-6 slots*			
		Let's GEN Together-TJC Shooting Club 10AM - 12.30PM **@Temasek Junior College** *Registration Required-14 slots*	**Let's Do Crochet (Beginners) IG** 10AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required - Fee Apply*	**Let's Do Sewing (Beginners)** 10AM - 12PM **@NTUC Health AACC Tampines L2SH** *Registration Required - CLOSED*	
Let's Go Gai Gai with NASS Teachers-Kampung Kakis Fiesta 2026 2PM - 4.30PM **@Ngee Ann Secondary School Hall** *Registration Required*		**Let's C.A.L.M. Assessment(1/14)** 1.30PM - 5PM **@Bedok Heartbeat** *Registration Required*	**Let's Do Crochet (Intermediate)** 10AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required*		
Let's Jam with Ukulele 3.15PM-4.45PM **@285 Tampines Changkat Zone 4 RN** *Registration Required*		**Strategise with Kakis (SEQUENCE)** 2PM - 4.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required - 12 slots*	**Let's Go Gai Gai - Sentosa Island** 10AM - 2PM **@NTUC Heatlh AACC (Tampines)** *Culture Pass Registration Required* Limited slots - *FEES Apply*	**CENTRE CLOSED** **中心关闭** **PUSAT DITUTUP**	
		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*		

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MON	TUE	WED	THU	FRI	SAT
23	24	**25**	**26**	**27**	**28**
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** 9:00AM - 10:00AM **@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 Do Crochet (Beginners) IG 10AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required - Fees Apply*		
Let's Gen Together with SUSS **2PM - 4PM** **@NTUC Health AACC Tampines L2SH** *Registration closed*	**Let's Steel Combat (*Male Exclusive*)** 10AM - 11AM **@ 275 VOID DECK** *Registration Required*	**Let's Pick Up Malay!** 10AM - 11AM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**Let's Do Crochet (Intermediate)** 10AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required	**Let's Do Sewing (Beginners)** 10AM - 12PM **@NTUC Health AACC Tampines L2SR** *By Invitation Only*	
	Let's Do Zentangle - Joy of Art 11AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**Strategise with Kakis (SEQUENCE)** 2PM - 4.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required - 12 slots*	**IMDA Go-Digital - Workshop (CL)** 2PM - 3.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**Strategise with Kakis (SEQUENCE)** 2PM - 4.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required - 16 slots*	
Let's Jam with Ukulele 3.15PM-4.45PM **@285 Tampines Changkat Zone 4 RN** *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 **@285 Tampines Changkat Zone 4RN** *Registration Required*	**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 C.A.L.M. (2/14) 4PM - 5PM **@NTUC Health AACC Tampines L2** *Registration Closed*		**Let's Celebrate November Birthday!** 3PM- 4PM **@NTUC Health AACC Tampines L2SH** *By Invitation*	**Let's C.A.L.M. (3/14)** 4PM - 5PM **@NTUC Health AACC Tampines L1** *Registration Closed*		

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MON	TUE	WED	THU	FRI	SAT
30					30
Let's Kpop 9AM - 10AM **@278 OPEN PLAZA** *Register on Healthy365*					
Let's Gen Together with SUSS **10AM - 12PM** **@NTUC Health AACC Tampines L2LR** *Registration closed*					
Let's Jam with Ukulele 3.15PM-4.45PM **@285 Tampines Changkat Zone 4 RN** *Registration Required*					
Let's C.A.L.M.(4/14) 4PM - 5PM **@NTUC Health AACC Tampines L2** *Registration Closed*					

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起跳K-POP 9AM - 10AM **@278 OPEN PLAZA** *Register on Healthy365*	**一起跳排舞** 9:30AM - 10:30AM **@274 VOID DECK** *Register on Healthy365*	**一起做弹力带拉筋操** 9:00AM - 10:00AM **@274 VOID DECK** *Register on Healthy365*	**一起打太极** 9AM - 10AM **@BETWEEN 273 & 274** *Registration Required*	**一起跳尊巴 (乐龄版)** 9AM - 10AM **@278 OPEN PLAZA** *Register on Healthy365*	**走得自在系列 -遗产与遗嘱规划 - 持久授权书 + 午餐（华文）** 10AM - 12PM **@NTUC Health AACC Tampines L1** *Registration Required*
		一起划龙舟 7.45AM - 1PM **@NTUC Health AACC Tampines Transport to Kallang Basin** *Registration Required - 12 slots*		**一起做缝纫 (初级)** 10AM - 12PM **@NTUC Health AACC Tampines L2SH** *Registration Required - CLOSED*	
		代际交流 - 南洋理工大学 10AM -12PM **@NTUC Health AACC (Tampines) L1** *Registration Required-6 slots*			
	一起做禅绕画 -艺术之乐 11AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**代际交流 - 新加坡国立大学** 2.00PM - 5.00PM **@NTUC Health AACC (Tampines) L1** *Registration Required-15 slots*	**中级钩针编织** 10AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required*		
CENTRE CLOSED **中心关闭** **PUSAT DITUTUP (1PM)**		**与朋友一起挑戰序列（桌游）** 2PM - 4.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required - 12 slots*		**与朋友一起挑戰序列（桌游）** 2PM - 4.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required - 16 slots*	
	快乐麻将 2:30PM - 5:00PM **@NTUC Health AACC Tampines L1** *Registration Required*	**与朋友一起策略（桌游）** 2PM - 4:30PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**与朋友一起策略（桌游）** 2PM - 4:30PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**与朋友一起策略（桌游）** 2PM - 4:30PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Happy Deepavali! CENTRE CLOSED 中心关闭 PUSAT DITUTUP *Public Holiday (In Lieu)*	**一起跳排舞** 9:30AM - 10:30AM **@274 VOID DECK** *Register on Healthy365*	**一起做弹力带拉筋操** 9AM - 10AM **@274 VOID DECK** *Register on Healthy365*	**一起打太极** 9AM - 10AM **@BETWEEN 273 & 274** *Registration Required*	**一起跳尊巴 (乐龄版)** 9AM - 10AM **@278 OPEN PLAZA** *Register on Healthy365*	
		一起划龙舟 7.45AM - 1PM **@NTUC Health AACC Tampines** **Transport to Kallang Basin** *Registration Closed*			
		代际交流 - 南洋理工大学 10AM -12PM **@NTUC Health AACC (Tampines) L1** *Registration Required-6 slots*			
	一起练钢铁拳击 (只限男性) 10AM - 11AM **@275 VOID DECK** *Registration Required*	**一起学基础马来语** 10AM - 11AM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**初级钩针编织 (IG)** 10AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required - Fee Apply*	**一起做缝纫 (初级)** 10AM - 12PM **@NTUC Health AACC Tampines L2SH** *Registration Required - CLOSED*	
	一起做禅绕画 -艺术之乐 11AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**代际交流 - 新加坡国立大学** 2PM - 5PM **@NTUC Health AACC (Tampines)L1** *Registration Required-15 slots*	**中级钩针编织** 10AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**一起划龙舟 - 竞赛日** 2PM-6PM **@NTUC Health AACC Tampines** **Transport to Kallang Basin** *Registration Required - 12 slots*	
		与朋友一起挑戰序列 (桌游) 2PM - 4.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required - 12 slots*	**数码乐龄计划 - 培训课程 (英语)** 2PM - 3.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**与朋友一起挑戰序列 (桌游)** 2PM - 4.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required - 16 slots*	
	快乐麻将 2:30PM - 5:00PM **@NTUC Health AACC Tampines L1** *Registration Required*	**与朋友一起策略 (桌游)** 2PM - 4:30PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**与朋友一起策略 (桌游)** 2PM - 4:30PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**与朋友一起策略 (桌游)** 2PM - 4:30PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
一起跳K-POP 9AM - 10AM **@278 OPEN PLAZA** *Register on Healthy365*	CENTRE CLOSED 中心关闭 PUSAT DITUTUP	**一起做弹力带拉筋操** 9:00AM - 10:00AM **@274 VOID DECK** *Register on Healthy365*	**一起打太极** 9AM - 10AM **@BETWEEN 273 & 274** *Registration Required*	**一起跳尊巴 (乐龄版)** 9AM - 10AM **@278 OPEN PLAZA** *Register on Healthy365*	**一起去Gai Gai - 中央消防局** **8AM - 12PM** **@NTUC Health AACC (Tampines)L1** *Registration Required - 25 slots*
		代际交流 - 南洋理工大学 10AM -12PM **@NTUC Health AACC (Tampines) L1** *Registration Required-6 slots*			
		代际交流-淡马锡初级学院射击俱乐部 10AM - 12.30PM **@Temasek Junior College** *Registration Required-14 slots*	**初级钩针编织 (IG)** 10AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required - Fee Apply*	**一起做缝纫 (初级)** 10AM - 12PM **@NTUC Health AACC Tampines L2SH** *Registration Required - CLOSED*	
一起和义安中学老师去Gai Gai - 甘榜好友嘉年 华 2026 2PM - 4.30PM **@Ngee Ann Secondary School Hall** *Registration Required*		**一起对抗肌肉流失 评估 (1/14课)** 1.30PM - 5PM **@Bedok Heartbeat** *Registration Required*	**中级钩针编织** 10AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required*		
一起玩乌克丽丽 3.15PM-4.45PM **@285 Tampines Changkat Zone 4 RN** *Registration Required*		**与朋友一起挑戰序列（桌游）** 2PM - 4.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required - 12 slots*	**一起去Gai Gai - 圣淘沙岛** 10AM - 2PM **@NTUC Heatlh AACC (Tampines)** *Culture Pass Registration Required* Limited slots - *FEES Apply*	CENTRE CLOSED 中心关闭 PUSAT DITUTUP	
		与朋友一起策略（桌游） 2PM - 4:30PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**与朋友一起策略（桌游）** 2PM - 4:30PM **@285 Tampines Changkat Zone 4RN** *Registration Required*		

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23	24	25	26	27	28
一起跳K-POP 9AM - 10AM **@278 OPEN PLAZA** *Register on Healthy365*	**一起跳排舞** 9:30AM - 10:30AM **@274 VOID DECK** *Register on Healthy365*	**一起做弹力带拉筋操** 9:00AM - 10:00AM **@274 VOID DECK** *Register on Healthy365*	**一起打太极** 9AM - 10AM **@BETWEEN 273 & 274** *Registration Required*	**一起跳尊巴 (乐龄版)** 9AM - 10AM **@278 OPEN PLAZA** *Register on Healthy365*	
			初级钩针编织 (IG) 10AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required - Fee Apply*		
代际交流 - 新加坡社科大学 **2PM - 4PM** **@NTUC Health AACC Tampines L2SH** *Registration closed*	**一起练钢铁拳击 (只限男性)** 10AM - 11AM **@ 275 VOID DECK** *Registration Required*	**一起学基础马来语** 10AM - 11AM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**中级钩针编织** 10AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required	**一起做缝纫 (初级)** 10AM - 12PM **@NTUC Health AACC Tampines L2SH** *Registration Required - CLOSED*	
	一起做禅绕画 -艺术之乐 11AM - 12PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**与朋友一起挑戰序列 (桌游)** 2PM - 4.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required - 12 slots*	**数码乐龄计划 - 培训课程 (华语)** 2PM - 3.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**与朋友一起挑戰序列 (桌游)** 2PM - 4.30PM **@285 Tampines Changkat Zone 4RN** *Registration Required - 16 slots*	
一起玩乌克丽丽 3.15PM-4.45PM **@285 Tampines Changkat Zone 4 RN** *Registration Required*	**快乐麻将** 2:30PM - 5:00PM **@NTUC Health AACC Tampines L1** *Registration Required*	**与朋友一起策略 (桌游)** 2PM - 4:30PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**与朋友一起策略 (桌游)** 2PM - 4:30PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	**与朋友一起策略 (桌游)** 2PM - 4:30PM **@285 Tampines Changkat Zone 4RN** *Registration Required*	
一起对抗肌肉流失 (2/14课) 4PM - 5PM **@NTUC Health AACC Tampines L2** *Registration Closed*		**一起庆祝十一月生日** 3PM- 4PM **@NTUC Health AACC Tampines L2SH** *By Invitation*	**一起对抗肌肉流失 (3/14课)** 4PM - 5PM **@NTUC Health AACC Tampines L1** *Registration Closed*		

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MON	TUE	WED	THU	FRI	SAT
30					30
一起跳K-POP 9AM - 10AM **@278 OPEN PLAZA** *Register on Healthy365*					
代际交流 - 新加坡社科大学 **10AM - 12PM** **@NTUC Health AACC Tampines L2LR** *Registration closed*					
一起玩乌克丽丽 3.15PM-4.45PM **@285 Tampines Changkat Zone 4 RN** *Registration Required*					
一起对抗肌肉流失 (4/14课) 4PM - 5PM **@NTUC Health AACC Tampines L2** *Registration Closed*					

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