

r2026 October

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



MON	TUE	WED	THU	FRI	SAT
			1	2	3
			LET'S GO GAI GAI - AAC DAY! CENTRE CLOSED 中心关闭 PUSAT DITUTUP	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	
				Let's Do Sewing (Beginners) 一起做缝纫 10AM - 12PM @NTUC Health AACC Tampines L2SH <i>*Registration Required - 10 Slots*</i>	
				Strategize with Kakis (SEQUENCE) 与朋友一起挑战序列 (桌游) 2PM - 4.30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required - 16 slots*</i>	
				Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i>	

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
Let's Kpop 一起跳K-POP (乐龄版) 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	Let's Line Dance 一起跳排舞 (乐龄版) 9:30AM - 10:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	Let's Stretch Band 一起做弹力带拉筋操 (乐龄版) 8:30AM - 9:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	Let's Taichi 一起打太极 9AM - 10AM @BETWEEN 273 & 274 <i>*Registration Required*</i>	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	
	Let's Golf (Experience) 一起打高尔夫球 (体验) 10AM - 12PM @Downtown East <i>*No transport*</i> <i>*Registration Required - 20 slots*</i>	Let's DragonBoat 一起划龙舟 7.45AM - 1PM @NTUC Health AACC Tampines Transport to Kallang Basin <i>*Registration Required - 12 slots*</i>	Let's Do Crochet (Intermediate) 中级钩针编织 10AM - 12PM @285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Let's Do Sewing (Beginners) 一起做缝纫 10AM - 12PM @NTUC Health AACC Tampines L2SH <i>*By Invitation Only*</i>	
	Let's Do Zentangle 一起做禅绕画 11AM - 12PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i>			Let's Walking Football (Finals) 一起来踢球 (决赛) @Our Tampines Hub <i>*Registration CLOSED*</i>	
		Let's Gen Together with NUS 代际交流 - 新加坡国立大学 2.00PM - 5.00PM @285 Tampines Changkat Zone 4RN <i>*Registration Required-15 slots*</i>	IMDA Go-Digital - Workshop (EL) 数码乐龄计划 - 培训课程 (英语) 2PM - 3.30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required</i>		
	Let's Do Crochet (Beginners) 初级钩针编织 2PM - 4PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i>	Strategize with Kakis (SEQUENCE) 与朋友一起挑战序列 (桌游) 2PM - 4.30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required - 12 slots*</i>	Strategize with Kakis (SEQUENCE) 与朋友一起挑战序列 (桌游) 2PM - 4.30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required - 12 slots*</i>	Strategize with Kakis (SEQUENCE) 与朋友一起挑战序列 (桌游) 2PM - 4.30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required - 16 slots*</i>	
	Strategise with Kakis (Mahjong) 快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 <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 4RN <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 4RN <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 4RN <i>*Registration Required*</i>	

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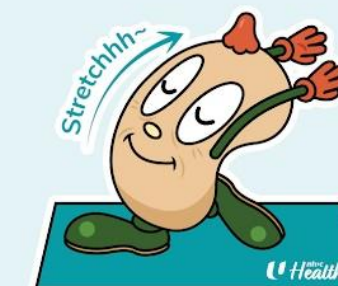
MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
Let's Kpop 一起跳K-POP (乐龄版) 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	Let's Line Dance 一起跳排舞 (乐龄版) 9:30AM - 10:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	Let's Stretch Band 一起做弹力带拉筋操 (乐龄版) 8:30AM - 9:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	Let's Taichi 一起打太极 9AM - 10AM @BETWEEN 273 & 274 <i>*Registration Required*</i>	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	
	Let's Steel Combat (Male Exclusive) 一起练钢铁拳击 (只限男性) 10AM - 11AM @275 VOID DECK <i>*Registration Required*</i>	Let's DragonBoat 一起划龙舟 7.45AM - 1PM @NTUC Health AACC Tampines Transport to Kallang Basin <i>*Registration Required - 12 slots*</i>	Community Health Post 社区保健站 9:30AM - 12PM @NTUC Health AACC Tampines L1 <i>*By Invite Only*</i>	Let's Do Sewing (Beginners) 一起做缝纫 10AM - 12PM @NTUC Health AACC Tampines L2SH <i>*Registration Required - 10 Slots*</i>	
	Let's Golf (Clinic) 一起打高尔夫球 (指导) 10AM - 11.30AM @Downtown East <i>*No transport*</i> <i>*Registration Required - 12 slots*</i>	Let's Pick Up Malay! 一起学基础马来语 10AM - 11AM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i>	Let's Do Crochet (Intermediate) 中级钩针编织 10AM - 12PM @285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>		
	Let's Do Zentangle 一起做禅绕画 11AM - 12PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i>	CENTRE CLOSED 中心关闭 PUSAT DITUTUP		Strategise with Kakis (SEQUENCE) 与朋友一起挑战序列(桌游) 2PM - 4.30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required - 16 slots*</i>	
	Let's Gen Together with SUSS 代际交流 - 新加坡社科大学 2PM - 4PM @ TBC <i>*Registration Required*</i>				
	Let's Do Crochet (Beginners) 初级钩针编织 2PM - 4PM @285 Tampines Changkat Zone 4RN <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 4RN <i>*Registration Required*</i>	
	Strategise with Kakis (Mahjong) 快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 <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 4RN <i>*Registration Required*</i>	
			Let's Celebrate October Birthday! 一起庆祝十月生日 3PM - 4PM @285 Tampines Changkat Zone 4RN <i>*By Invitation*</i>		

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MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24
Let's Kpop 一起跳K-POP (乐龄版) 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	Let's Line Dance 一起跳排舞 (乐龄版) 9:30AM - 10:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	Let's Stretch Band 一起做弹力带拉筋操 (乐龄版) 8:30AM - 9:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	Let's Taichi 一起打太极 9AM - 10AM @BETWEEN 273 & 274 <i>*Registration Required*</i>	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	
	Let's Golf (Free-Play) 一起打高尔夫球 (自由玩乐) 10AM - 11AM @Downtown East <i>*No transport*</i> <i>*Registration Required - 10 slots*</i>	Let's DragonBoat 一起划龙舟 7.45AM - 1PM @NTUC Health AACC Tampines Transport to Kallang Basin <i>*Registration Required - 12 slots*</i>	Let's Do Crochet (Intermediate) 中级钩针编织 10AM - 12PM @285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Let's Do Sewing (Beginners) 一起做缝纫 10AM - 12PM @NTUC Health AACC Tampines L2SH <i>*By Invitation Only*</i>	
				Stay Zen - Mindfulness Share the Good (New) 心灵系列 - 正念课程: 分享善意 10.30AM - 11.30AM 285 Tampines Changkat Zone 4 RN <i>*Registration Required - 10 Slots*</i>	
	Let's Do Zentangle 一起做禅绕画 11AM - 12PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i>	Let's Gen Together with NUS 代际交流 - 新加坡国立大学 2.00PM - 5.00PM @ TBC <i>*Registration Required*</i>	IMDA Go-Digital - Workshop (CL) 数码乐龄计划 - 培训课程 (华语) 2PM - 3.30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i>		
	Let's Do Crochet (Beginners) 初级钩针编织 2PM - 4PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i>	Strategize with Kakis (SEQUENCE) 与朋友一起挑战序列 (桌游) 2PM - 4.30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required - 12 slots*</i>	Strategize with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i>	Strategize with Kakis (SEQUENCE) 与朋友一起挑战序列 (桌游) 2PM - 4.30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required - 16 slots*</i>	
	Strategise with Kakis (Mahjong) 快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 <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 4RN <i>*Registration Required*</i>	Let's Celebrate Volunteers' Appreciation Night! 志愿者答谢之夜 5.30PM - 8PM @NTUC Health AACC (Bedok North) <i>*By Invitation Only*</i>	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2PM - 4:30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i>	

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MON 26	TUE 27	WED 28	THU 29	FRI 30	SAT 31
Let's Kpop 一起跳K-POP (乐龄版) 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	Let's Line Dance 一起跳排舞 (乐龄版) 9:30AM - 10:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	Let's Stretch Band 一起做弹力带拉筋操 (乐龄版) 8:30AM - 9:30AM @274 VOID DECK <i>*Register on Healthy365*</i>	Let's Taichi 一起打太极 9AM - 10AM @BETWEEN 273 & 274 <i>*Registration Required*</i>	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM - 10AM @278 OPEN PLAZA <i>*Register on Healthy365*</i>	Leave Well Series- Legacy Planning Workshop: Lasting Power of Attorney (LPA) + Lunch (CL) 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
	Let's Steel Combat (Male Exclusive) 一起练钢铁拳击 (只限男性) 10AM - 11AM @275 VOID DECK <i>*Registration Required*</i>	Let's DragonBoat 一起划龙舟 7.45AM - 1PM @NTUC Health AACC Tampines Transport to Kallang Basin <i>*Registration Required - 12 slots*</i>	Let's Do Crochet (Intermediate) 中级钩针编织 10AM - 12PM @285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>		
I'm Soul Inc with ChongZheng Primary 基于科技的音乐和动作与崇正小学 2PM - 3PM @NTUC Health AACC Tampines L2SH <i>*Registration Required-Limited Slots*</i>	Let's Do Zentangle 一起做禅绕画 11AM - 12PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i>	Let's Pick Up Malay! 一起学基础马来语 10AM - 11AM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i>			
	Digital - Fab Lab - Laser Cutting 激光切割工作坊 10AM - 1PM @ Kampung Admiralty AAC <i>*No Transport*</i> <i>*Registration Required - 5 slots*</i>	Let's Gen Together with NUS 代际交流 - 新加坡国立大学 2.00PM - 5.00PM @ TBC <i>*Registration Required*</i>		Strategise with Kakis - Rummi-Con Competition 与朋友一起策略 (桌游比赛) 1PM - 5PM @NTUC Health AACC Tampines <i>*Registration Required*</i>	
	Let's Do Crochet (Beginners) 初级钩针编织 2PM - 4PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i>	Strategize with Kakis (SEQUENCE) 与朋友一起挑战序列 (桌游) 2PM - 4.30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required - 16 slots*</i>		Strategize with Kakis (SEQUENCE) 与朋友一起挑战序列 (桌游) 2PM - 4.30PM @285 Tampines Changkat Zone 4RN <i>*Registration Required - 16 slots*</i>	
	Strategise with Kakis (Mahjong) 快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 <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 4RN <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 4RN <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 4RN <i>*Registration Required*</i>	

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