

2025 October

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



ntuc Health

MON

TUE

WED

THU

FRI

SAT

		1	2	3	4
		Let's Stretch Band 一起做弹力带拉筋操 8:30AM - 9:30AM @ Blk 274 VOID DECK	Let's Taichi 一起打太极 9AM - 10AM @ BETWEEN Blk 273 & Blk 274	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM - 10AM @ Blk 278 OPEN PLAZA	National Celebration of Seniors 2025 一起庆祝2025国庆乐龄人士节日 9AM - 8PM @ Our Tampines hub <i>*Registration Required*</i>
		NTUC Health Inaugural AAC Day 庆祝首届 NTUC Health 活跃乐龄 日 9AM - 12PM @ Temasek Polytechnic (Auditorium 1 & Foyer Open Space Area) 21 Tampines Ave 1, Singapore 529757 <i>*Registration Required*</i>	Interest Group Fun Crochet for Intermediates (NEW) 中级钩针编织 10AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Interest Group - Let's Taichi 一起打太极 10.30AM - 11.30AM @ BETWEEN Blk 278 VOID DECK	
				Let's Learn to Tech 一起学科技 1PM - 2PM @ 285 Tampines Changkat Zone 4 RN <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 4 RN <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 4 RN <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 4 RN <i>*Registration Required*</i>	
			Communal Dining (Afternoon Tea) 共聚用餐 (下午茶) 4.30PM - 5PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Let's DrumFit 一起做鼓动健身 3:30PM - 4:30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
Let's K-Pop 一起跳K-POP 9AM - 10AM @ Blk 278 OPEN PLAZA	Let's Line Dance 一起跳排舞 9:30AM - 10:30AM @ Blk 274 VOID DECK	Let's Stretch Band 一起做弹力带拉筋操 8:30AM - 9:30AM @ Blk 274 VOID DECK	Let's Taichi 一起打太极 9AM - 10AM @ BETWEEN Blk 273 & Blk 274	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM - 10AM @ Blk 278 OPEN PLAZA	
		Let's Celebrate October Babies Birthday 一起庆祝10月宝宝生日 10AM - 11AM @ NTUC AACC Tampines Lvl 1 <i>*By Invitation*</i>	Interest Group Fun Crochet for Intermediates (NEW) 中级钩针编织 10AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Interest Group - Let's Taichi 一起打太极 10.30AM - 11.30AM @ BETWEEN Blk 278 VOID DECK	
	Let's Zentangle (ALL NEW) 一起做禅绕画 11AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>			Let's Learn to Tech 一起学科技 1PM - 2PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	
Happy Beading for Beginners 快乐串珠工艺 1PM - 3PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>	Let's Learn Hanyu Pinyin (NEW) 一起学汉语 9.30AM - 11AM @ 273 Tampines Changkat Zone 5 RN <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 4 RN <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 4 RN <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 4 RN <i>*Registration Required*</i>	
Let's play Mahjong 快乐麻将 3PM - 5:30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Let's Yoga - Neck & Shoulder (NEW) 肩颈理疗瑜伽 11AM - 12PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>		Communal Dining (Afternoon Tea) 共聚用餐 (下午茶) 4.30PM - 5PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Let's DrumFit 一起做鼓动健身 3:30PM - 4:30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	
	Fun Crochet for Beginners 初级钩针编织 2PM - 4PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>				

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's K-Pop 一起跳K-POP 9AM - 10AM @ Blk 278 OPEN PLAZA	Let's Line Dance 一起跳排舞 9:30AM - 10:30AM @ Blk 274 VOID DECK	Let's Stretch Band 一起做弹力带拉筋操 8:30AM - 9:30AM @ Blk 274 VOID DECK	Let's Taichi 一起打太极 9AM - 10AM @ BETWEEN Blk 273 & Blk 274	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM - 10AM @ Blk 278 OPEN PLAZA	
	Let's Steel Combat (Male Exclusive) 一起练钢铁拳击 (只限男性) 10AM - 11AM @ BLK 275 VOID DECK <i>*Registration Required*</i>	Let's Go Gai Gai - Gardens By The Bay Flower Dome & Cloud Forest 一起去滨海湾花园 花穹与云雾林 8:30AM - 12PM \$6 Transportation fee applies <i>*Registration Required*</i>	Interest Group Fun Crochet for Intermediates (NEW) 中级钩针编织 10AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Interest Group - Let's Taichi 一起打太极 10.30AM - 11.30AM @ BETWEEN Blk 278 VOID DECK	
	Let's Zentangle (ALL NEW) 一起做禅绕画 11AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	NKF Awareness Talk - "What will Damage my Kidneys" 全国肾脏基金会讲座 - "肾衰竭的原因" 10AM - 11AM @ 273 Tampines Changkat Zone 5 RN		Let's Learn to Tech 一起学科技 1PM - 2PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	
Happy Beading for Beginners 快乐串珠工艺 1PM - 3PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>	Let's Learn Hanyu Pinyin (NEW) 一起学汉语 9.30AM - 11AM @ 273 Tampines Changkat Zone 5 RN <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 4 RN <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 4 RN <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 4 RN <i>*Registration Required*</i>	
Let's play Mahjong 快乐麻将 2:30PM - 5:30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Let's Yoga - Shoulder & Neck (NEW) 肩颈理疗瑜伽 11AM - 12PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>		Communal Dining (Afternoon Tea) 共聚用餐 (下午茶) 4.30PM - 5PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Let's DrumFit 一起做鼓动健身 3:30PM - 4:30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	
	Fun Crochet for Beginners 初级钩针编织 2PM - 4PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>				

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Centre Closed (Deepavali)	Let's Line Dance 一起跳排舞 9:30AM - 10:30AM @ Blk 274 VOID DECK	Let's Stretch Band 一起做弹力带拉筋操 8:30AM - 9:30AM @ Blk 274 VOID DECK	Let's Taichi 一起打太极 9AM - 10AM @ BETWEEN Blk 273 & Blk 274 Interest Group Fun Crochet for Intermediates (NEW) 中级钩针编织 10AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM - 10AM @ Blk 278 OPEN PLAZA Interest Group - Let's Taichi 一起打太极 10.30AM - 11.30AM @ BETWEEN Blk 278 VOID DECK	
	Let's Zentangle (ALL NEW) 一起做禅绕画 11AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>			Let's Learn to Tech 一起学科技 1PM - 2PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	
	Let's Learn Hanyu Pinyin (NEW) 一起学汉语 9.30AM - 11AM @ 273 Tampines Changkat Zone 5 RN <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 4 RN <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 4 RN <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 4 RN <i>*Registration Required*</i>	
	Let's Yoga - Shoulder & Neck (NEW) 肩颈理疗瑜伽 11AM - 12PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>		Communal Dining (Afternoon Tea) 共聚用餐 (下午茶) 4.30PM - 5PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Let's DrumFit 一起做鼓动健身 3:30PM - 4:30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	
	Fun Crochet for Beginners 初级钩针编织 2PM - 4PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>				

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27	28	29	30	31	1
Let's K-Pop 一起跳K-POP 9AM - 10AM @ Blk 278 OPEN PLAZA	Let's Line Dance 一起跳排舞 9:30AM - 10:30AM @ Blk 274 VOID DECK	Let's Stretch Band 一起做弹力带拉筋操 8:30AM - 9:30AM @ Blk 274 VOID DECK	Let's Taichi 一起打太极 9AM - 10AM @ BETWEEN Blk 273 & Blk 274	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM - 10AM @ Blk 278 OPEN PLAZA	
	Let's Steel Combat (Male Exclusive) 一起练钢铁拳击 (只限男性) 10AM - 11AM @ BLK 275 VOID DECK <i>*Registration Required*</i>		Interest Group Fun Crochet for Intermediates (NEW) 中级钩针编织 10AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	Rummi- Con 2025 拉米 - O 大赛 9AM - 12:30PM @ Our Tampines Hub, Level 3, Community Auditorium	
	Let's Zentangle (ALL NEW) 一起做禅绕画 11AM - 12PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>			Interest Group - Let's Taichi 一起打太极 10.30AM - 11.30AM @ BETWEEN Blk 278 VOID DECK	
Happy Beading for Beginners 快乐串珠工艺 1PM - 3PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>	Let's Learn Hanyu Pinyin (NEW) 一起学汉语 9.30AM - 11AM @ 273 Tampines Changkat Zone 5 RN <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 4 RN <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 4 RN <i>*Registration Required*</i>	Let's Learn to Tech 一起学科技 1PM - 2PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	
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	Fun Crochet for Beginners 初级钩针编织 2PM - 4PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>			Let's DrumFit 一起做鼓动健身 3:30PM - 4:30PM @ NTUC Health AACC Tampines Lvl 1 <i>*Registration Required*</i>	

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