

2026 September

 **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	5
	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 Dragon Boat 一起划龙舟 7.45AM - 12.30PM @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 @NTUC Health AACC Tampines L1 <i>*Registration Required*</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 Zentangle - Joy of Art 一起做禅绕画 - 艺术之乐 11AM - 12PM @285 Tampines 4RN CANCELLED <i>*Registration Required*</i>	Let's Go Gai Gai-Jurong Frog Farm + Lunch 一起去Gai Gai 青蛙农场 + 午餐 8.30AM - 1.30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*Paid Outing</i>			
		Let's Pick Up Malay! 一起学基础马来语 10:30AM - 11:30AM @NTUC Health AACC Tampines L2LR <i>*Registration Required*</i>			
	Let's Do Crochet (Beginners) 初级钩针编织 2PM - 4PM @ 285 Tampines 4 RN CANCELLED <i>*Registration Required*</i>	Strategize with Kakis (SEQUENCE) 与朋友一起挑战序列 (桌游) 2PM - 4.30PM @NTUC Health AACC Tampines L1 <i>*Registration Required - 12 slots*</i>		Strategize with Kakis (SEQUENCE) 与朋友一起挑战序列 (桌游) 2PM - 4.30PM @NTUC Health AACC Tampines L2HR <i>*Registration Required - 12 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 @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 @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 @NTUC Health AACC Tampines L1 <i>*Registration Required</i>	

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
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 Dragon Boat 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 @NTUC Health AACC Tampines L1 <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 Zentangle - Joy of Art 一起做禅绕画 - 艺术之乐 11AM - 12PM @281 CANCELLED 4RN <i>*Registration Required*</i>	Let's Golf 一起打高尔夫球 10AM - 12PM @Downtown East <i>*No transport*</i> <i>*Registration Required - 15 slots*</i>			
	Let's Do Crochet (Beginners) 初级钩针编织 2PM - 4PM @281 CANCELLED 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>	Strategize with Kakis (SEQUENCE) 与朋友一起挑战序列 (桌游) 2PM - 4:30PM @NTUC Health AACC Tampines L1 <i>*Registration Required - 12 slots*</i>	IMDA Go-Digital - Workshop (EL) 数码乐龄计划 - 培训课程 (英语) 2PM - 3:30PM @NTUC Health AACC Tampines L2SH <i>*Registration Required</i>	Strategize with Kakis (SEQUENCE) 与朋友一起挑战序列 (桌游) 2PM - 4:30PM @NTUC Health AACC Tampines L2H <i>*Registration Required - 12 slots*</i>	
		Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2PM - 4:30PM @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 @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 @NTUC Health AACC Tampines L1 <i>*Registration Required</i>	

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MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19
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>	CENTRE CLOSED 中心关闭 PUSAT DITUTUP	Let's Celebrate Mid-Autumn Festival 一起来庆祝中秋节 2PM - 7PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>
Let's Walking Football (Group A) 一起来踢球 (A组) 9:45AM - 11:30AM @Our Tampines Hub <i>*Registration CLOSED*</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 Dragon Boat 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 Celebrate September Birthday 一起庆祝九月生日 2PM - 7PM @NTUC Health AACC Tampines L1 <i>*By Invitation*</i>
Let's Go Gai Gai-Gardens By the Bay LilyTopia 一起去Gai Gai滨海湾花园 (百合花展) 1.30PM - 4.30PM @NTUC Health AACC Tampines L1 <i>*Registration Required*</i>	Let's Zentangle - Joy of Art 一起做禅绕画 - 艺术之乐 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 @NTUC Health AACC Tampines L2SR <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 Crochet (Beginners) 初级钩针编织 2PM - 4PM @ 285 Tampines Changkat Zone 4 RN <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 (SEQUENCE) 与朋友一起挑战序列 (桌游) 2PM - 4.30PM @285 Tampines Changkat Zone 4 RN <i>*Registration Required - 12 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>	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 21	TUE 22	WED 23	THU 24	FRI 25	SAT 26
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 Walking Football (Group A) 一起来踢球 (A组) 9:45AM - 11:30AM @Our Tampines Hub <i>*Registration CLOSED*</i>	Let's Golf 一起打高尔夫球 10AM - 11:30AM @Downtown East <i>*No transport*</i> <i>*Registration Required - 12 slots*</i>	Let's Dragon Boat 一起划龙舟 7.45AM - 1PM @NTUC Health AACC Tampines Transport to Kallang Basin <i>*Registration Required - 12 slots*</i>	Let's Go Gai Gai - Duck Tour 一起去Gai Gai- 鸭子船游览 8.30AM - 11:30AM @NTUC Health AACC Tampines L1 <i>*Registration Required*-Paid Outing</i>	Let's Do Sewing (Beginners) 一起做缝纫 10AM - 12PM @NTUC Health AACC Tampines L2SR <i>*By Invitation Only*</i>	
Let's Jam with Ukulele 一起玩乌克丽丽 3.15PM-4.45PM @285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Let's Zentangle - Joy of Art 一起做禅绕画-艺术之乐 11AM - 12PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i>	Let's Go Gai Gai with Sian Chay - Mid-Autumn Music Concert 一起和善济去Gai Gai 善济中秋音乐会 12.45PM - 5.30PM @NTUC Health AACC Tampines L1 <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 Crochet (Beginners) 初级钩针编织 2PM - 4PM @ 285 Tampines Changkat Zone 4 RN <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 4 RN <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>	Strategize with Kakis (SEQUENCE) 与朋友一起挑战序列 (桌游) 2PM - 4.30PM @285 Tampines Changkat Zone 4 RN <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 4 RN <i>*Registration Required-12 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>	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 28	TUE 29	WED 30	THU	FRI	SAT
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 Walking Football (Group A) 一起来踢球 (A组) 9:45AM - 11:30AM @Our Tampines Hub <i>*Registration CLOSED*</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 Dragon Boat 一起划龙舟 7.45AM - 1PM @NTUC Health AACC Tampines Transport to Kallang Basin <i>*Registration Required - 12 slots*</i>			
I'm Soul Inc with Polytechnic 基于科技的音乐和动作与理工学院 2PM - 3PM @NTUC Health AACC Tampines L2SH <i>*Registration Required-Limited Slots*</i>	Let's Zentangle - Joy of Art 一起做禅绕画 - 艺术之乐 11AM - 12PM @285 Tampines Changkat Zone 4RN <i>*Registration Required*</i>	Let's Walking Football (Qualifiers) 一起来踢球 (预选赛) 9:45AM - 11:30AM @Our Tampines Hub <i>*Registration CLOSED*</i>			
	Let's Do Crochet (Beginners) 初级钩针编织 2PM - 4PM @285 Tampines Changkat Zone 4 RN <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>			
	Strategise with Kakis (Mahjong) 快乐麻将 2:30PM - 5:00PM @NTUC Health AACC Tampines L1 <i>*Registration Required - 8 Slots*</i>	Strategize with Kakis (SEQUENCE) 与朋友一起挑战序列 (桌游) 2PM - 4.30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required-12 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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