

# 2025 September

 **Centre Name:** Active Ageing Centre (Care) (Tampines)  
 **Centre Address:** 1 Tampines Street 22 Singapore 529367  
 **Centre Contact:** 94572665



**ntuc Health**

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| 1                                                                                                                                 | 2                                                                                                                                             | 3                                                                                                                                             | 4                                                                                                                                                        | 5                                                                                                                                             |     |
| <b>Let's K-Pop</b><br>一起跳K-POP<br>9AM - 10AM<br>@ Blk 278 OPEN PLAZA                                                              | <b>Let's Line Dance</b><br>一起跳排舞<br>9:30AM - 10:30AM<br>@ Blk 274 VOID DECK                                                                   | <b>Let's Stretch Band</b><br>一起做弹力带拉筋操<br>8:30AM - 9:30AM<br>@ Blk 274 VOID DECK                                                              | <b>Let's Taichi</b><br>一起打太极<br>9AM - 10AM<br>@ BETWEEN Blk 273 & Blk 274                                                                                | <b>Let's Zumba Gold</b><br>一起跳尊巴 (乐龄版)<br>9AM - 10AM<br>@ Blk 278 OPEN PLAZA                                                                  |     |
|                                                                                                                                   | <b>Let's Steel Combat (Male Exclusive)</b><br>一起练钢铁拳击 (只限男性)<br>10AM - 11AM<br>@ BLK 275 VOID DECK<br><i>*Registration Required*</i>          | <b>Birthday Celebration with September Babies</b><br>与九月宝宝一起庆祝生日<br>10AM - 11AM<br>@NTUC AACC Tampines Lvl 1<br><i>*By Invitation*</i>        | <b>Interest Group Fun Crochet for Intermediates (NEW)</b><br>中级钩针编织<br>10AM - 12PM<br>@NTUC Health AACC Tampines Lvl 1<br><i>*Registration Required*</i> | <b>Interest Group - Let's Taichi</b><br>一起打太极<br>10.30AM - 11.30AM<br>@ BETWEEN Blk 278 VOID DECK                                             |     |
|                                                                                                                                   | <b>Let's Zentangle (ALL NEW)</b><br>一起做禅绕画<br>11AM - 12PM<br>@ 273 Tampines Changkat Zone 5 RN<br><i>*Registration Required*</i>              |                                                                                                                                               |                                                                                                                                                          | <b>Let's Learn to Tech</b><br>一起学科技<br>1PM - 2PM<br>@ 285 Tampines Changkat Zone 4 RN<br><i>*Registration Required*</i>                       |     |
| <b>Happy beading for Beginners</b><br>快乐串珠工艺<br>1PM - 3PM<br>@ 273 Tampines Changkat Zone 5 RN<br><i>*Registration Required*</i>  | <b>Let's Learn Hanyu Pinyin (NEW)</b><br>一起学汉语<br>9.30AM - 11AM<br>@ NTUC Health AACC Tampines Lvl 2<br><i>*Registration Required*</i>        | <b>Strategise with Kakis (Rummy-O)</b><br>与朋友一起策略 (桌游)<br>2PM - 4:30PM<br>@ 285 Tampines Changkat Zone 4 RN<br><i>*Registration Required*</i> | <b>Strategise with Kakis (Rummy-O)</b><br>与朋友一起策略 (桌游)<br>2PM - 4:30PM<br>@ 285 Tampines Changkat Zone 4 RN<br><i>*Registration Required*</i>            | <b>Strategise with Kakis (Rummy-O)</b><br>与朋友一起策略 (桌游)<br>2PM - 4:30PM<br>@ 285 Tampines Changkat Zone 4 RN<br><i>*Registration Required*</i> |     |
| <b>Let's play Mahjong</b><br>快乐麻将<br>2:30PM - 5:30PM<br>@ NTUC Health AACC Tampines Lvl 1<br><i>*Registration Required*</i>       | <b>Let's Yoga - Shoulder &amp; Neck (NEW)</b><br>肩颈理疗瑜伽<br>11AM - 12PM<br>@ NTUC Health AACC Tampines Lvl 2<br><i>*Registration Required*</i> |                                                                                                                                               | <b>Communal Dining (Afternoon Tea)</b><br>共聚用餐 (下午茶)<br>4.30PM - 5PM<br>@ 285 Tampines Changkat Zone 4 RN<br><i>*Registration Required*</i>              | <b>Let's DrumFit</b><br>一起做鼓动健身<br>3:30PM - 4:30PM<br>@ NTUC Health AACC Tampines Lvl 1<br><i>*Registration Required*</i>                     |     |
| <b>Let's Celebrate Our DrumFit</b><br>一起做鼓动健身<br>3PM - 4PM<br>@ NTUC Health AACC Tampines Lvl 1<br><i>*Registration Required*</i> | <b>Fun Crochet for Beginners</b><br>初级钩针编织<br>2PM - 4PM<br>@ 273 Tampines Changkat Zone 5 RN<br><i>*Registration Required*</i>                |                                                                                                                                               |                                                                                                                                                          |                                                                                                                                               |     |

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| <b>Let's K-Pop</b><br>一起跳K-POP<br>9AM - 10AM<br>@ Blk 278 OPEN PLAZA                                                                                                         | <b>Let's Line Dance</b><br>一起跳排舞<br>9:30AM - 10:30 AM<br>@ Blk 274 VOID DECK                                                             | <b>Let's Stretch Band</b><br>一起做弹力带拉筋操<br>8:30AM - 9:30 AM<br>@ Blk 274 VOID DECK                                                             | <b>Let's Taichi</b><br>一起打太极<br>9AM - 10AM<br>@ BETWEEN Blk 273 & Blk 274                                                                                | <b>Let's Zumba Gold</b><br>一起跳尊巴 (乐龄版)<br>9AM - 10AM<br>@ Blk 278 OPEN PLAZA |    |
| <b>Let's go Gai Gai - Bird Paradise with Ngee Ann Secondary School</b><br>与义安中学一起去飞禽乐园<br>8.30AM - 1PM<br>@NTUC Health AACC Tampines Lvl 1<br><b>*Registration Required*</b> |                                                                                                                                          | <b>Let's Learn ScamWise</b><br>诈骗明智<br>9:30AM - 2:30PM<br>@NTUC Health AACC Tampines Lvl 2<br><b>*Registration Required*</b>                  | <b>Interest Group Fun Crochet for Intermediates (NEW)</b><br>中级钩针编织<br>10AM - 12PM<br>@NTUC Health AACC Tampines Lvl 1<br><b>*Registration Required*</b> | <b>AACC Tampines is CLOSED</b><br><br><b>AACC 淡滨尼分部今天关闭</b>                  |    |
|                                                                                                                                                                              | <b>Let's Zentangle (ALL NEW)</b><br>一起做禅绕画<br>11AM - 12PM<br>@ 273 Tampines Changkat Zone 5 RN<br><b>*Registration Required*</b>         |                                                                                                                                               |                                                                                                                                                          |                                                                              |    |
| <b>Happy beading for Beginners</b><br>快乐串珠工艺<br>1PM - 3PM<br>@ 273 Tampines Changkat Zone 5 RN<br><b>*Registration Required*</b>                                             | <b>Let's Learn Hanyu Pinyin (NEW)</b><br>一起学汉语<br>9.30AM - 11AM<br><b>** CLASS CANCELLED **</b><br><b>*Registration Required*</b>        | <b>Strategise with Kakis (Rummy-O)</b><br>与朋友一起策略 (桌游)<br>2PM - 4:30PM<br>@ 285 Tampines Changkat Zone 4 RN<br><b>*Registration Required*</b> | <b>Strategise with Kakis (Rummy-O)</b><br>与朋友一起策略 (桌游)<br>2PM - 4:30PM<br>@ 285 Tampines Changkat Zone 4 RN<br><b>*Registration Required*</b>            |                                                                              |    |
| <b>Let's play Mahjong</b><br>快乐麻将<br>2:30PM - 5:30PM<br>@ NTUC Health AACC Tampines Lvl 1<br><b>*Registration Required*</b>                                                  | <b>Let's Yoga - Shoulder &amp; Neck (NEW)</b><br>肩颈理疗瑜伽<br>11AM - 12PM<br><b>** CLASS CANCELLED **</b><br><b>*Registration Required*</b> |                                                                                                                                               | <b>Communal Dining (Afternoon Tea)</b><br>共聚用餐 (下午茶)<br>4.30PM - 5PM<br>@ 285 Tampines Changkat Zone 4 RN<br><b>*Registration Required*</b>              |                                                                              |    |
|                                                                                                                                                                              | <b>Fun Crochet for Beginners (NEW)</b><br>初级钩针编织<br>2PM - 4PM<br>@ 273 Tampines Changkat Zone 5 RN<br><b>*Registration Required*</b>     |                                                                                                                                               | <b>Let's go Gai Gai - "Samsui Women" Cantonese Opera</b><br>红头巾现代粤剧<br>6.00PM - 10:00PM<br>@The Theatre at MediaCorp<br><b>*Registration Required*</b>   |                                                                              |    |

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| <b>Let's K-Pop</b><br>一起跳K-POP<br>9AM - 10AM<br>@ Blk 278 OPEN PLAZA                                                             | <b>Let's Line Dance</b><br>一起跳排舞<br>9:30AM - 10:30AM<br>@ Blk 274 VOID DECK                                                                   | <b>Let's Stretch Band</b><br>一起做弹力带拉筋操<br>8:30AM - 9:30AM<br>@ Blk 274 VOID DECK                                                              | <b>Let's Taichi</b><br>一起打太极<br>9AM - 10AM<br>@ BETWEEN Blk 273 & Blk 274                                                                                | <b>Let's Zumba Gold</b><br>一起跳尊巴 (乐龄版)<br>9AM - 10AM<br>@ Blk 278 OPEN PLAZA                                                                   |  |
|                                                                                                                                  | <b>Let's Steel Combat (Male Exclusive)</b><br>一起练钢铁拳击 (只限男性)<br>10AM - 11AM<br>@ BLK 275 VOID DECK<br><i>*Registration Required*</i>          | <b>Let's Briskwalk (NEW)</b><br>一起快步走<br>8.30AM - 12PM<br>@285 Tampines Changkat Zone 4 RN<br><i>*Registration Required*</i>                  | <b>Interest Group Fun Crochet for Intermediates (NEW)</b><br>中级钩针编织<br>10AM - 12PM<br>@NTUC Health AACC Tampines Lvl 1<br><i>*Registration Required*</i> | <b>Interest Group - Let's Taichi</b><br>一起打太极<br>10.30AM - 11.30AM<br>@ BETWEEN Blk 278 VOID DECK                                              |  |
|                                                                                                                                  | <b>Let's Zentangle (ALL NEW)</b><br>一起做禅绕画<br>11AM - 12PM<br>@ 273 Tampines Changkat Zone 5 RN<br><i>*Registration Required*</i>              |                                                                                                                                               |                                                                                                                                                          | <b>Let's Learn to Tech</b><br>一起学科技<br>1PM - 2PM<br>@ 285 Tampines Changkat Zone 4 RN<br><i>*Registration Required*</i>                        |  |
| <b>Happy beading for Beginners</b><br>快乐串珠工艺<br>1PM - 3PM<br>@ 273 Tampines Changkat Zone 5 RN<br><i>*Registration Required*</i> | <b>Let's Learn Hanyu Pinyin (NEW)</b><br>一起学汉语<br>9.30AM - 11AM<br>@ NTUC Health AACC Tampines Lvl 2<br><i>*Registration Required*</i>        | <b>Strategise with Kakis (Rummy-O)</b><br>与朋友一起策略 (桌游)<br>2PM - 4:30PM<br>@ 285 Tampines Changkat Zone 4 RN<br><i>*Registration Required*</i> | <b>Strategise with Kakis (Rummy-O)</b><br>与朋友一起策略 (桌游)<br>2PM - 4:30PM<br>@ 285 Tampines Changkat Zone 4 RN<br><i>*Registration Required*</i>            | <b>Let's go Gai Gai -DBS National Gallery</b><br>与星展银行画廊共茶<br>1:30PM - 5:30PM<br>@National Gallery Singapore<br><i>*Registration Required*</i> |  |
| <b>Let's play Mahjong</b><br>快乐麻将<br>2:30PM - 5:30PM<br>@ NTUC Health AACC Tampines Lvl 1<br><i>*Registration Required*</i>      | <b>Let's Yoga - Shoulder &amp; Neck (NEW)</b><br>肩颈理疗瑜伽<br>11AM - 12PM<br>@ NTUC Health AACC Tampines Lvl 2<br><i>*Registration Required*</i> |                                                                                                                                               | <b>Communal Dining (Afternoon Tea)</b><br>共聚用餐 (下午茶)<br>4.30PM - 5PM<br>@ 285 Tampines Changkat Zone 4 RN<br><i>*Registration Required*</i>              | <b>Strategise with Kakis (Rummy-O)</b><br>与朋友一起策略 (桌游)<br>2PM - 4:30PM<br>@ 285 Tampines Changkat Zone 4 RN<br><i>*Registration Required*</i>  |  |
|                                                                                                                                  | <b>Fun Crochet for Beginners</b><br>初级钩针编织<br>2PM - 4PM<br>@ 273 Tampines Changkat Zone 5 RN<br><i>*Registration Required*</i>                |                                                                                                                                               |                                                                                                                                                          | <b>Let's DrumFit</b><br>一起做鼓动健身<br>3:30PM - 4:30PM<br>@ NTUC Health AACC Tampines Lvl 1<br><i>*Registration Required*</i>                      |  |

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| 22                                                                                                                                  | 23                                                                                                                                            | 24                                                                                                                                            | 25                                                                                                                                                                                                                                    | 26                                                                                                                                                                                    |     |
| <b>Let's K-Pop</b><br>一起跳K-POP<br>9AM - 10AM<br>@ Blk 278 OPEN PLAZA                                                                | <b>Let's Line Dance</b><br>一起跳排舞<br>9:30AM - 10:30AM<br>@ Blk 274 VOID DECK                                                                   | <b>Let's Stretch Band</b><br>一起做弹力带拉筋操<br>8:30AM - 9:30AM<br>@ Blk 274 VOID DECK                                                              | <b>Let's Taichi</b><br>一起打太极<br>9AM - 10AM<br>@ BETWEEN Blk 273 & Blk 274<br><b>Interest Group Fun Crochet for Intermediates (NEW)</b><br>中级钩针编织<br>10AM - 12PM<br>@NTUC Health AACC Tampines Lvl 1<br><i>*Registration Required*</i> | <b>Let's Zumba Gold</b><br>一起跳尊巴 (乐龄版)<br>9AM - 10AM<br>@ Blk 278 OPEN PLAZA<br><br><b>Interest Group - Let's Taichi</b><br>一起打太极<br>10.30AM - 11.30AM<br>@ BETWEEN Blk 278 VOID DECK |     |
|                                                                                                                                     | <b>Let's Zentangle (ALL NEW)</b><br>一起做禅绕画<br>11AM - 12PM<br>@ 273 Tampines Changkat Zone 5 RN<br><i>*Registration Required*</i>              |                                                                                                                                               |                                                                                                                                                                                                                                       | <b>Let's Learn to Tech</b><br>一起学科技<br>1PM - 2PM<br>@ 285 Tampines Changkat Zone 4 RN<br><i>*Registration Required*</i>                                                               |     |
| <b>Happy beading for Beginners</b><br>快乐串珠工艺<br>1PM - 3PM<br>@ 273 Tampines Changkat Zone 5 RN<br><i>*Registration Required*</i>    | <b>Let's Learn Hanyu Pinyin (NEW)</b><br>一起学汉语<br>9.30AM - 11AM<br>@ NTUC Health AACC Tampines Lvl 2<br><i>*Registration Required*</i>        | <b>Strategise with Kakis (Rummy-O)</b><br>与朋友一起策略 (桌游)<br>2PM - 4:30PM<br>@ 285 Tampines Changkat Zone 4 RN<br><i>*Registration Required*</i> | <b>Strategise with Kakis (Rummy-O)</b><br>与朋友一起策略 (桌游)<br>2PM - 4:30PM<br>@ 285 Tampines Changkat Zone 4 RN<br><i>*Registration Required*</i>                                                                                         | <b>Strategise with Kakis (Rummy-O)</b><br>与朋友一起策略 (桌游)<br>2PM - 4:30PM<br>@ 285 Tampines Changkat Zone 4 RN<br><i>*Registration Required*</i>                                         |     |
| <b>Let's play Mahjong</b><br>快乐麻将<br>2:30PM - 5:30PM<br>@ NTUC Health AACC Tampines Lvl 1<br><i>*Registration Required*</i>         | <b>Let's Yoga - Shoulder &amp; Neck (NEW)</b><br>肩颈理疗瑜伽<br>11AM - 12PM<br>@ NTUC Health AACC Tampines Lvl 2<br><i>*Registration Required*</i> |                                                                                                                                               | <b>Communal Dining (Afternoon Tea)</b><br>共聚用餐 (下午茶)<br>4.30PM - 5PM<br>@ 285 Tampines Changkat Zone 4 RN<br><i>*Registration Required*</i>                                                                                           | <b>Let's DrumFit</b><br>一起做鼓动健身<br>3:30PM - 4:30PM<br>@ NTUC Health AACC Tampines Lvl 1<br><i>*Registration Required*</i>                                                             |     |
| <b>Let's go Gai Gai - Mid-Autumn Festival</b><br>花好月圆中秋节<br>5:30PM - 9:30PM<br>@Garden By the Bay<br><i>*Registration Required*</i> | <b>Fun Crochet for Beginners</b><br>初级钩针编织<br>2PM - 4PM<br>@ 273 Tampines Changkat Zone 5 RN<br><i>*Registration Required*</i>                |                                                                                                                                               |                                                                                                                                                                                                                                       |                                                                                                                                                                                       |     |

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| <b>Let's K-Pop</b><br>一起跳K-POP<br>9AM - 10AM<br>@ Blk 278 OPEN PLAZA                                                                                                               | <b>Let's Line Dance</b><br>一起跳排舞<br>9:30AM - 10:30AM<br>@ Blk 274 VOID DECK                                                              |  |  |  |  |
| <b>Let's play - Intergenerational Activity with Temasek Polytechnic (Tertiary)</b><br>与大专生跨代活动<br>9AM - 12PM<br>@273 Tampines Changkat Zone 4 RN<br><b>*Registration Required*</b> | <b>Let's Zentangle (ALL NEW)</b><br>一起做禅绕画<br>11AM - 12PM<br>@ 273 Tampines Changkat Zone 5 RN<br><b>*Registration Required*</b>         |  |  |  |  |
| <b>Happy beading for Beginners</b><br>快乐串珠工艺<br>1PM - 3PM<br>@ 273 Tampines Changkat Zone 5 RN<br><b>*Registration Required*</b>                                                   | <b>Let's Learn Hanyu Pinyin (NEW)</b><br>一起学汉语<br>9.30AM - 11AM<br><b>** CLASS CANCELLED **</b><br><b>*Registration Required*</b>        |  |  |  |  |
| <b>Let's play Mahjong</b><br>快乐麻将<br>2:30PM - 5:30PM<br>@ NTUC Health AACC Tampines Lvl 1<br><b>*Registration Required*</b>                                                        | <b>Let's Yoga - Shoulder &amp; Neck (NEW)</b><br>肩颈理疗瑜伽<br>11AM - 12PM<br><b>** CLASS CANCELLED **</b><br><b>*Registration Required*</b> |  |  |  |  |
|                                                                                                                                                                                    | <b>Fun Crochet for Beginners</b><br>初级钩针编织<br>2PM - 4PM<br>@ 273 Tampines Changkat Zone 5 RN<br><b>*Registration Required*</b>           |  |  |  |  |

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