

2026 April

Registration required

📍 **Centre Name:** AAC (Whampoa)
 🏠 **Centre Address:** Blk 116 Jalan Tenteram #01-06 S320116
 📞 **Centre Contact:** 6590 4289






ntuc Health

MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Let's Qigong (HPB) 10am - 11am	RSVP Smart Wellness Festival 9am – 1pm	Centre Closed	Let's Jam with Guitar 10 am - 11am (RN)
		Let's Do Bead Art 10.30am – 12.30pm	Let's Taichi 10am - 11am		
		Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Do Recycle Art (ICCP) 1am - 3pm		
		Police & RSVP Anti-Scam Talk 2pm – 3.30pm	Let's DrumFit 2pm - 3pm		
		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		
		Let's KTV Together 2pm - 5pm			
		Let's Pilates - Ageless Movement 4pm - 5pm			

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am	Let's Taichi 10am - 11am	Let's Do Live-Stream Exercise 10am - 11am	Let's Jam with Guitar 10 am - 11am (RN)
Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	Let's Taichi 11am - 12pm	Let's Bead Art 10.30am – 12.30pm	Digital- Fun! Learning Chinese Calligraphy 11.30am – 1.00pm	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Let's Meridian 2pm - 3pm	Piece of Mine Workshop Series 1pm – 3pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Do Recycle Art (ICCP) 1am - 3pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Magic! (ICCP) 2pm- 3pm	Let's Pilates – Ageless Movement Knee Workshop 2pm – 3.30pm	Let's DrumFit 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's KTV Together 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's KTV Together 2pm - 5pm	
Let's Piloxing 3pm - 4pm		Let's KTV Together 2pm - 5pm		Let's Pilates - Ageless Movement 2.30pm - 3.30pm	
Let's Learn To Tech! 3pm - 5pm				Let's Pilates - Ageless Movement Foundation 3.45pm - 4.30pm	
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm					

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am	Let's Taichi 10am - 11am	Let's Do Live-Stream Exercise 10am - 11am	
Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	Let's Taichi 11am - 12pm	Let's Bead Art 10.30am – 12.30pm	Let's Gen Together (Kindergarten) 10.30am – 11.30am	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Let's Meridian 2pm - 3pm	Piece of Mine Workshop Series 1pm – 3pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Digital- Fun! Learning Chinese Calligraphy 11.30am – 1.00pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Lets Do Crochet 2pm – 3pm	Let's Do Recycle Art (ICCP) 1am - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's KTV Together 2pm - 5pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's DrumFit 2pm - 3pm	Let's KTV Together 2pm - 5pm	
Let's Piloxing 3pm - 4pm		Let's KTV Together 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Pilates - Ageless Movement 2.30pm - 3.30pm	
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm			Let's Gen Together (Tertiary) 2.30pm – 4pm	Let's Pilates - Ageless Movement Foundation 3.45pm - 4.30pm	
		Let's Pilates - Ageless Movement 4pm - 5pm			

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am	Let's Taichi 10am - 11am	Let's Do Live-Stream Exercise 10am - 11am	Let's Jam with Guitar 10 am - 11am (RN)
Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	Let's Taichi 11am - 12pm	Let's Bead Art 10.30am – 12.30pm	Digital- Fun! Learning Chinese Calligraphy 11.30am – 1.00pm	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Let's Meridian 2pm - 3pm	Piece of Mine Workshop Series 1pm – 3pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Do Recycle Art (ICCP) 1am - 3pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Magic! (ICCP) 2pm- 3pm	Lets Do Crochet 2pm – 3pm	Let's DrumFit 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's KTV Together 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's KTV Together 2pm - 5pm	
Let's Piloxing 3pm - 4pm		Let's KTV Together 2pm - 5pm		Let's Pilates - Ageless Movement 2.30pm - 3.30pm	
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm		Let's Pilates - Ageless Movement 4pm - 5pm		Let's Pilates - Ageless Movement Foundation 3.45pm - 4.30pm	

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Registration required

MON

TUE

WED

THU

FRI

SAT

27	28	29	30		
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am	Let's Taichi 10am - 11am		
Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	Let's Taichi 11am - 12pm	Let's Gen Together (Kindergarten) 10.30am - 11.30am	Digital- Fun! Learning Chinese Calligraphy 11.30am - 1.00pm		
Centre Closed	Piece of Mine Workshop Series 1pm - 3pm	Let's Bead Art 10.30am - 12.30pm	Let's Do Recycle Art (ICCP) 1am - 3pm		
	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's DrumFit 2pm - 3pm		
		Lets Do Crochet 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		
		Repair Kopitiam 2pm - 4pm			
		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm			
		Let's KTV Together 2pm - 5pm			

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MON

TUE

WED

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SAT

		1	2	3	4
		一起练气功 (HPB) 10am - 11am	RSVP Singapore) 举办 健康嘉年华 9am - 1pm	中心关闭	一起吉他演奏 10am - 11am (RN)
		一起 Beads Art 10.30am - 12.30pm	一起打太极 10am - 11am		
		一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起做再循环工艺 (ICCP) 1pm - 3pm		
		新加坡警察部队 & RSVP 反诈骗讲座 2pm - 3.30pm	一起做 DrumFit 2pm - 3pm		
		游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm		
		一起来K歌 2pm - 5pm			
		一起做普拉提 - 无界康动 4pm - 5pm			

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
一起做线上运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am	一起练气功 (HPB) 10am - 11am	一起打太极 10am - 11am	一起线上做运动 10am - 11am	一起吉他演奏 10am - 11am (RN)
一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	一起打太极 11am - 12pm	一起 Beads Art 10.30am - 12.30pm	用科技学书法 11.30am - 1pm	跑步机/乒乓球 (ICCP) 11am - 1pm	
一起做经脉运动 2pm - 3pm	我的心安理得 1pm - 3pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起做再循环工艺 (ICCP) 1pm - 3pm	一起来彩色 (ICCP) 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起变魔术! 魔术! (ICCP) 2pm - 3pm	一起做普拉提 - 无界康动 膝盖体育工作坊 2pm - 3.30pm	一起做 DrumFit 2pm - 3pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起来K歌 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起来K歌 2pm - 5pm	
一起做 Piloxing 3pm - 4pm		一起来K歌 2pm - 5pm		一起做普拉提 - 无界康动 2.30pm - 3.30pm	
一起学科技 3pm - 5pm				一起做普拉提 - 无界康动 (基础班) 3.45pm - 4.30pm	
一起做线上有氧和力量运动 (ICCP) 4pm - 5pm					

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一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	一起打太极 11am - 12pm	一起 Beads Art 10.30am - 12.30pm	一起 Gen (幼稚园) 10.30am - 11.30am	跑步机/乒乓球 (ICCP) 11am - 1pm	
一起做经脉运动 2pm - 3pm	我的心安理得 1pm - 3pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	用科技学书法 11.30am - 1pm	一起来彩色 (ICCP) 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做钩针 2pm - 3pm	一起做再循环工艺 (ICCP) 1pm - 3pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起来K歌 2pm - 5pm		游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做 DrumFit 2pm - 3pm	一起来K歌 2pm - 5pm	
一起做 Piloxing 3pm - 4pm		一起来K歌 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做普拉提 - 无界康动 2.30pm - 3.30pm	
一起做线上有氧和力量运动 (ICCP) 4pm - 5pm		一起做普拉提 - 无界康动 4pm - 5pm	一起 Gen (高等教育) 2.30pm - 4.00am	一起做普拉提 - 无界康动 (基础班) 3.45pm - 4.30pm	

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一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	一起打太极 11am - 12pm	一起 Beads Art 10.30am - 12.30pm	用科技学书法 11.30am - 1pm	跑步机/乒乓球 (ICCP) 11am - 1pm	
一起做经脉运动 2pm - 3pm	我的心安理得 1pm - 3pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起做再循环工艺 (ICCP) 1pm - 3pm	一起来彩色 (ICCP) 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起变魔术! 魔术! (ICCP) 2pm - 3pm	一起做钩针 2pm - 3pm	一起做 DrumFit 2pm - 3pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起来K歌 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起来K歌 2pm - 5pm	
一起做 Piloxing 3pm - 4pm		一起来K歌 2pm - 5pm		一起做普拉提 - 无界康动 2.30pm - 3.30pm	
一起做线上有氧和力量运动 (ICCP) 4pm - 5pm		一起做普拉提 - 无界康动 4pm - 5pm		一起做普拉提 - 无界康动 (基础班) 3.45pm - 4.30pm	

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一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	一起打太极 11am - 12pm	一起 Gen (幼稚园) 10.0am - 11.00am	用科技学书法 11.30am - 1pm		
中心关闭	我的心安理得 1pm - 3pm	一起 Beads Art 10.30am - 12.30pm	一起做再循环工艺 (ICCP) 1pm - 3pm		
	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起做 DrumFit 2pm - 3pm		
		一起做钩针 2pm - 3pm	游戏时间 - 麻将/数字麻将 2pm - 5pm		
		维修 Kopitiam 2pm - 4pm			
		游戏时间 - 麻将/数字麻将 2pm - 5pm			
		一起来K歌 2pm - 5pm			

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