

2025 August

Registration required

 **Centre Name:** NTUC HEALTH AAC WHAMPOA
 **Centre Address:** Blk 116 Jalan Tenteram #01-06 S(320116)
 **Centre Contact:** 6590 4289





MON

TUE

WED

THU

FRI

SAT

				1	2
				Let's Exercise with Razak on Zoom 10am - 11am	
				Treadmill / Table Tennis 11am - 1pm	
				Let's Perform Magic! Magic! 1pm - 2pm	
				Let's Pilates - Ageless Start 1.30pm - 2.15pm	
				Let's Do Colouring 2pm - 4pm	
				Let's Pilates - Ageless Core 2.30pm - 3.30pm	
				Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
				Let's Karaoke 2pm - 5pm	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

4	5	6	7	8	9
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am	Outing to Bartley Secondary School 9.30am - 12.45pm	Let's Exercise with Razak on Zoom 10am - 11am	
Treadmill / Table Tennis 11am - 1pm	Let's Taichi 11am - 12pm	HPB Chair Zumba 11.30am - 12.30pm	Let's Crossfit 10am - 11am	Let's Gen Together - St. Andrew's Junior College 10am - 12.30pm	
Let's Meridian 2pm - 3pm	Let's Do Recycle Art 11am - 2pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Taichi 11am - 12pm	Treadmill / Table Tennis 11am - 1pm	
Let's Karaoke 2pm - 5pm	Grooving Down Memory Lane 2pm - 3pm	Let's Karaoke 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Perform Magic! Magic! 1pm - 2pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Pilates 4pm - 5pm	Let's DrumFit 3pm - 4pm	Let's Do Colouring 2pm - 4pm	
Let's Piloxing 3pm - 4pm	Tsao Foundation Course - Brain Power! A Mental Fitness Programme 3pm - 5pm			Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Learn To Tech! 3pm - 5pm	Let's Do Sudoku 3.30pm - 4.30pm			Let's Karaoke 2pm - 5pm	
				Let's Pilates - Ageless Core 2.30pm - 3.30pm	

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

11	12	13	14	15	16
Centre Closed	Let's Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am	Let's Crossfit 10am - 11am	Let's Exercise with Razak on Zoom 10am - 11am	
	Let's Taichi 11am - 12pm	HPB Chair Zumba 11.30am - 12.30pm	Let's Gen Together - MFS Bishan (National Day) 10.30am - 11.30am	Treadmill / Table Tennis 11am - 1pm	
	Let's Do Recycle Art 11am - 2pm	Volunteer Appreciation Lunch 12pm	Let's Taichi 11am - 12pm	Centre Closed 1pm - 6pm	
	Digital- Fun! Learning Chinese Calligraphy (Male) 1.00pm - 2.30pm (Hall 1)	Chronic Disease Management Talk (Chinese) 2pm - 4pm	Digital- Fun! Learning Chinese Calligraphy (Mixed) 1.00pm - 2.30pm (Hall 1)		
	Grooving Down Memory Lane 2pm - 3pm	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 Karaoke 2pm - 5pm	Let's DrumFit 3pm - 4pm		
	Tsao Foundation Course - Brain Power! A Mental Fitness Programme 3pm - 5pm				
	Let's Do Sudoku 3.30pm - 4.30pm				

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

18	19	20	21	22	23
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am	Let's Crossfit 10am - 11am	ADL+ 2.0 Study 9am - 5.30pm	
Live Music Performance - Busker Robin 10am - 11am	Let's Taichi 11am - 12pm	HPB Chair Zumba 11.30am - 12.30pm	Let's Taichi 11am - 12pm	Let's Exercise with Razak on Zoom 10am - 11am	
Treadmill / Table Tennis 11am - 1pm	Let's Do Recycle Art 11am - 2pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Treadmill / Table Tennis 11am - 1pm	
Let's Meridian 2pm - 3pm	Say No to Frailty 11am - 3pm	Let's Karaoke 2pm - 5pm	Let's DrumFit 3pm - 4pm	Let's Do Colouring 2pm - 4pm	
Let's Karaoke 2pm - 5pm	Grooving Down Memory Lane 2pm - 3pm			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 Karaoke 2pm - 5pm	
Let's Piloxing 3pm - 4pm	Tsao Foundation Course - Brain Power! A Mental Fitness Programme 3pm - 5pm				
	Let's Do Sudoku 3.30pm - 4.30pm				

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
ADL+ 2.0 Study 9am - 5.30pm	ADL+ 2.0 Study 9am - 5.30pm	Let's Qigong (HPB) 10am - 11am	Let's Crossfit 10am - 11am	Let's Exercise with Razak on Zoom 10am - 11am	
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Gen Together - MFS Kim Keat 10am - 11am	Let's Taichi 11am - 12pm	Treadmill / Table Tennis 11am - 1pm	
Treadmill / Table Tennis 11am - 1pm	Let's Taichi 11am - 12pm	HPB Chair Zumba 11.30am - 12.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Pilates - Ageless Start 1.30pm - 2.15pm	
Let's Meridian 2pm - 3pm	Let's Do Recycle Art 11am - 2pm	Let's Karaoke 2pm - 5pm	Let's DrumFit 3pm - 4pm	Let's Do Colouring 2pm - 4pm	
Let's Karaoke 2pm - 5pm	Digital- Fun! Learning Chinese Calligraphy (Male) 1.00pm - 2.30pm (Hall 1)	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Grooving Down Memory Lane 2pm - 3pm	Let's Pilates 4pm - 5pm		Let's Karaoke 2pm - 5pm	
Let's Piloxing 3pm - 4pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Digital- Fun! Learning Chinese Calligraphy (Mixed) 1.00pm - 2.30pm (Hall 1)		Let's Pilates - Ageless Core 2.30pm - 3.30pm	
	Tsao Foundation Course - Brain Power! A Mental Fitness Programme 3pm - 5pm				

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2025 8月

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MON	TUE	WED	THU	FRI	SAT
				1	2
				一起跟 Razak 线上做运动 10am - 11am	
				跑步机/乒乓球 11am - 1pm	
				一起变魔术！魔术！ 1pm - 2pm	
				一起做普拉提 1.30pm - 2.15pm	
				一起来彩色 2pm - 4pm	
				一起做普拉提 2.30pm - 3.30pm	
				游戏时间 - 麻将/数字麻将 2pm - 5pm	
				一起来K歌 2pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
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	代际交流 - Bartley Secondary School 9.30am - 12.45pm	一起跟 Razak 线上做运动 10am - 11am	
跑步机/乒乓球 11am - 1pm	一起打太极 11am - 12pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起 Crossfit 10am - 11am	代际交流 - St. Andrew's Junior College 10am - 12.30pm	
一起做经脉运动 2pm - 3pm	一起做再循环工艺 11am - 2pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起打太极 11am - 12pm	跑步机/乒乓球 11am - 1pm	
一起来K歌 2pm - 5pm	Grooving Down Memory Lane 2pm - 3pm	一起来K歌 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起变魔术！魔术！ 1pm - 2pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做普拉提 4pm - 5pm	一起做DrumFit 3pm - 4pm	一起来彩色 2pm - 4pm	
一起做 Piloxing 3pm - 4pm	Tsao Foundation 课程: 最 强大脑!乐龄心理健康节目 3pm - 5pm			游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起学科技 3pm - 5pm	一起玩数独 3.30pm - 4.30pm			一起来K歌 2pm - 5pm	
				一起做普拉提 2.30pm - 3.30pm	

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
Centre Closed	一起做经脉运动 10am - 11am	一起练气功 (HPB) 10am - 11am	一起 Crossfit 10am - 11am	一起跟 Razak 线上做运动 10am - 11am	
	一起打太极 11am - 12pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	代际交流 - MFS Bishan (国庆节) 10.30am - 11.30am	跑步机/乒乓球 11am - 1pm	
	一起做再循环工艺 11am - 2pm	义工感谢会午餐 12pm	一起打太极 11am - 12pm	Centre Closed 1pm - 6pm	
	用科技学书法 (男士) 1.00pm - 2.30pm	慢性病管理讲座 (华语) 2pm - 4pm	用科技学书法 1.00pm - 2.30pm		
	Grooving Down Memory Lane 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		
	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起来K歌 2pm - 5pm	一起做DrumFit 3pm - 4pm		
	Tsao Foundation 课程: 最强 大脑!乐龄心理健康节目 3pm - 5pm				
	一起玩数独 3.30pm - 4.30pm				

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18	19	20	21	22	23
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 Crossfit 10am - 11am	ADL+2.0 研究 9am - 5.30pm	
现场音乐表演街头艺人 Robin 10am - 11am	一起打太极 11am - 12pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起打太极 11am - 12pm	一起跟 Razak 线上做运动 10am - 11am	
跑步机/乒乓球 11am - 1pm	一起做再循环工艺 11am - 2pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	跑步机/乒乓球 11am - 1pm	
一起做经脉运动 2pm - 3pm	年长者衰老管理课程 2pm - 4pm	一起来K歌 2pm - 5pm	一起做DrumFit 3pm - 4pm	一起来彩色 2pm - 4pm	
一起来K歌 2pm - 5pm	Grooving Down Memory Lane 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	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	Tsao Foundation 课程: 最 强大脑!乐龄心理健康节目 3pm - 5pm				
	一起玩数独 3.30pm - 4.30pm				

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
ADL+2.0 研究 9am - 5.30pm	ADL+2.0 研究 9am - 5.30pm	一起练气功 (HPB) 10am - 11am	一起 Crossfit 10am - 11am	一起跟 Razak 线上做运动 10am - 11am	
一起做线上运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am	代际交流 - MFS Kim Keat 10am - 11am	一起打太极 11am - 12pm	跑步机/乒乓球 11am - 1pm	
跑步机/乒乓球 11am - 1pm	一起打太极 11am - 12pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做普拉提 1.30pm - 2.15pm	
一起做经脉运动 2pm - 3pm	一起做再循环工艺 11am - 2pm	一起来K歌 2pm - 5pm	一起做DrumFit 3pm - 4pm	一起来彩色 2pm - 4pm	
一起来K歌 2pm - 5pm	用科技学书法 (男士) 1.00pm - 2.30pm (Hall 1)	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	Grooving Down Memory Lane 2pm - 3pm	一起做普拉提 4pm - 5pm		一起来K歌 2pm - 5pm	
一起做 Piloxing 3pm - 4pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	用科技学书法 1.00pm - 2.30pm (Hall 1)		一起做普拉提 2.30pm - 3.30pm	
	Tsao Foundation 课程: 最强大脑!乐龄心理健康节目 3pm - 5pm				

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