

2026 Aug

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



NTUC Health

Registration required

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Let's Taichi 10am - 11am	Let's Qigong (HPB) 10am - 11am (117 Pavilion)	Let's Taichi 10am - 11am	Let's Gen Together (Tertiary) 10am - 12pm (RN)	Let's Jam with Guitar 10am - 12pm (RN)
	Let's Talk About Stroke Awareness by Singapore National Stroke Association (CHI) 2pm - 4pm (RN)	Let's Chair Zumba (HPB) 11.30am - 12.30pm (117 Pavilion)	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	
		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)			

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Centre closed	Let's Walking Football 10am – 11.30am	Let's Qigong (HPB) 10am - 11am (117 Pavilion)	Let's Taichi 10am - 11am	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Let's Jam with Guitar 10am - 12pm (RN)
	Let's Taichi 11am - 12pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm (117 Pavilion)	Let's Gen Together (Kindergarten) 10.30am - 11.30am (RN)		
	Digital- Fun! Learning Chinese Calligraphy Course 2pm - 3.30pm (RN)	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Centre closed		

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

17	18	19	20	21	22
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am	F4 with SMU 9am - 10.30am	Let's Do Live-Stream Exercise 10am - 11am	Let's Jam with Guitar 10am - 12pm (RN)
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Taichi 10am - 11am	Let's Do Colouring (ICCP) 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Let's Do Magic! (ICCP) 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Let's Do Recycle Art (ICCP) 1pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	
Let's Piloxing 3pm - 4pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Let's Gen Together (Secondary) 2.30pm - 4.30pm	Let's DrumFit 2pm - 3pm	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	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Let's Gen Together (Secondary) 3.30pm - 5.00pm	
			Yoga Course 3.30pm - 4.30pm		

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MON	TUE	WED	THU	FRI	SAT
24	25	26	37	28	29
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Gen Together (Kindergarten) 10am - 11am	F4 with SMU 9am - 10.30am	Let's Do Live-Stream Exercise 10am - 11am	
Let's Meridian 2pm - 3pm	Let's Walking Football 10am - 11.30am	Let's Qigong (HPB) 10am - 11am	Let's Taichi 10am - 11am	Let's Do Colouring (ICCP) 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Let's Taichi 11am - 12pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Do Recycle Art (ICCP) 1pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	
Let's Piloxing 3pm - 4pm	Digital- Fun! Learning Chinese Calligraphy Course 2pm - 3.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Let's DrumFit 2pm - 3pm	Let's Pilates – Ageless Movement 2.30pm - 3.30pm	
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Let's Pilates – Ageless Movement 4pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Let's Gen Together (Secondary) 3.30pm - 5.00pm	
			Yoga Course 3.30pm - 4.30pm		

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2026 8月

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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
游戏时间 - 麻将/数字麻将 2pm - 5pm (RN)	一起打太极 11am - 12pm	一起练气功 (HPB) 10am - 11am (117 亭)	一起打太极 10am - 11am	一起 Gen (高中) 10am - 12pm (RN)	一起吉他演奏 10am - 12pm (RN)
	中风意识 - 由新加坡全国预防中 风协会开讲 (中文) 2pm - 3.30pm (RN)	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm (117 亭)	游戏时间 - 麻将/数字麻将 2pm - 5pm (RN)	游戏时间 - 麻将/数字麻将 2pm - 5pm (RN)	
		游戏时间 - 麻将/数字麻将 2pm - 5pm (RN)			

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
中心休息	健步足球 10am – 11.30am	一起练气功 (HPB) 10am - 11am (117 亭)	一起打太极 10am - 11am	游戏时间 - 麻将/数字麻将 2pm - 5pm (RN)	一起吉他演奏 10 am - 12pm (RN)
	一起打太极 11am - 12pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm (117 亭)	一起 Gen (幼儿园) 10.30am - 11.30am (RN)		
	用科技学书法 2pm - 3.30pm (RN)	游戏时间 - 麻将/数字麻将 2pm - 5pm (RN)	中心休息		

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
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	与新加坡管理大学一起 F4 9am - 10.30am	一起做线上运动 10am - 11am	一起吉他演奏 10am - 12pm (RN)
一起做经脉运动 2pm - 3pm	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 10am - 11am	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	游戏时间 - 麻将/数字麻将 2pm - 5pm	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 Piloxing 3pm - 4pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起 Gen (中学) 2.30pm - 4.30pm	一起做 DrumFit 2pm - 3pm	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	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起 Gen (中学) 3.30pm - 5pm	
			一起做瑜伽 (课程) 3.30pm - 4.30pm		

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一起做线上运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am	一起 Gen (幼儿园) 10am - 11am	与新加坡管理大学一起 F4 9am - 10.30am	一起做线上运动 10am-11am	
一起做经脉运动 2pm - 3pm	健步足球 10am - 11.30am	一起练气功 (HPB) 10am - 11am	一起打太极 10am - 11am	一起来彩色 (ICCP) 2pm-4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起打太极 11am - 12pm	一起做坐式尊巴舞 (HPB) 11.30am - 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 Piloxing 3pm - 4pm	用科技学书法 2pm - 3.30pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做 DrumFit 2pm - 3pm	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	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做普拉提 - 无界康动 4pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起 Gen (中学) 3.30pm - 5pm	
			一起做瑜伽 (课程) 3.30pm - 4.30pm		

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