

# 2025 December

 **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                                     |
|--------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------|------------------------------------------------------------------|-----------------------------------------|
| 1                                                                              | 2                                                                | 3                                                  | 4                                                  | 5                                                                | 6                                       |
| 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 Exercise with Razak on Zoom 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 Chair Zumba (HPB) 11.30am - 12.30pm          | Let's DrumFit 3pm - 4pm                            | Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm |                                         |
| Strategise with Kakis - Sudoku (Beginner) 12.30pm - 2pm                        | Let's Do Recycle Art (ICCP) 11am - 2pm                           | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm | Let's Do Colouring (ICCP) 2pm - 4pm                              |                                         |
| Let's Meridian 2pm - 3pm                                                       | Digital-Fun! Learning Chinese Calligraphy (Male) 1.00pm - 2.30pm | Let's KTV Together 2pm - 5pm                       |                                                    | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm               |                                         |
| Let's KTV Together 2pm - 5pm                                                   | Grooving Down Memory Lane 2pm - 3pm                              |                                                    |                                                    | Let's KTV Together 2pm - 5pm                                     |                                         |
| Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm                             | Let's Do Magic! (ICCP) 2pm- 3pm                                  |                                                    |                                                    |                                                                  |                                         |
| Let's Learn To Tech! 3pm - 5pm                                                 | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm               |                                                    |                                                    |                                                                  |                                         |
| Let's Piloxing 3pm - 4pm                                                       |                                                                  |                                                    |                                                    |                                                                  |                                         |
| Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm -5pm |                                                                  |                                                    |                                                    |                                                                  |                                         |

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| MON                                                                            | TUE                                                | WED                                                | THU                                                             | FRI           | SAT                                     |
|--------------------------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------|-----------------------------------------------------------------|---------------|-----------------------------------------|
| 8                                                                              | 9                                                  | 10                                                 | 11                                                              | 12            | 13                                      |
| 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                                        | Centre closed | 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 Chair Zumba (HPB) 11.30am - 12.30pm          | Digital-Fun! Learning Chinese Calligraphy (Mix) 1.00pm - 2.30pm |               |                                         |
| Let's Meridian 2pm - 3pm                                                       | Let's Do Recycle Art (ICCP) 11am - 2pm             | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm | Let's DrumFit 3pm - 4pm                                         |               |                                         |
| Let's KTV Together 2pm - 5pm                                                   | Grooving Down Memory Lane 2pm - 3pm                | 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 Piloxing 3pm-4pm                                                         |                                                    |                                                    |                                                                 |               |                                         |
| Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm -5pm |                                                    |                                                    |                                                                 |               |                                         |

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**ntuc Health**

Registration required

MON

TUE

WED

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SAT

| 15                                                                | 16                                                               | 17                                                 | 18                                                 | 19                                                 | 20                                      |
|-------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------|----------------------------------------------------|-----------------------------------------|
| 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 Exercise with Razak on Zoom 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 Chair Zumba (HPB) 11.30am - 12.30pm          | Let's DrumFit 3pm - 4pm                            | Treadmill / Table Tennis (ICCP) 11am - 1pm         |                                         |
| Let's Play Sudoku (Intermediater) 12.30pm - 2pm                   | Let's Do Recycle Art (ICCP) 11am - 2pm                           | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm | Let's Do Colouring (ICCP) 2pm - 4pm                |                                         |
| Let's Meridian 2pm - 3pm                                          | Digital-Fun! Learning Chinese Calligraphy (Male) 1.00pm - 2.30pm | Let's KTV Together 2pm - 5pm                       |                                                    | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm |                                         |
| Let's KTV Together 2pm - 5pm                                      | Grooving Down Memory Lane 2pm - 3pm                              |                                                    |                                                    | Let's KTV Together 2pm - 5pm                       |                                         |
| Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm                | Let's Do Magic! (ICCP) 2pm- 3pm                                  |                                                    |                                                    |                                                    |                                         |
| Let's Piloxing 3pm-4pm                                            | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm               |                                                    |                                                    |                                                    |                                         |
| Let's Exercise - Cardio & Strength Workout Online (ICCP) 4pm -5pm |                                                                  |                                                    |                                                    |                                                    |                                         |

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| MON                                                                            | TUE                                                | WED                                                | THU                  | FRI                                                              | SAT                                     |
|--------------------------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------|----------------------|------------------------------------------------------------------|-----------------------------------------|
| 22                                                                             | 23                                                 | 24                                                 | 25                   | 26                                                               | 27                                      |
| Let's Exercise - Online Video by TTSH 10am - 11am                              | Let's Meridian 10am - 11am                         | Let's Qigong (HPB) 10am - 11am                     | <b>Centre Closed</b> | Let's Exercise with Razak on Zoom 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 Chair Zumba (HPB) 11.30am - 12.30pm          |                      | Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm |                                         |
| Let's Meridian 2pm - 3pm                                                       | Let's Do Recycle Art (ICCP) 11am - 2pm             | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm |                      | Let's Do Colouring (ICCP) 2pm - 4pm                              |                                         |
| Let's KTV Together 2pm - 5pm                                                   | Grooving Down Memory Lane 2pm - 3pm                | 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 Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm -5pm |                                                    |                                                    |                      |                                                                  |                                         |

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Registration required

MON

TUE

WED

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FRI

SAT

| 29                                                                             | 30                                                               | 31                                                 |  |  |  |
|--------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------|--|--|--|
| Let's Exercise - Online Video by TTSH 10am - 11am                              | Let's Meridian 10am - 11am                                       | Let's Qigong (HPB) 10am - 11am                     |  |  |  |
| Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm               | Let's Taichi 11am - 12pm                                         | Let's Chair Zumba (HPB) 11.30am - 12.30pm          |  |  |  |
| Let's Meridian 2pm - 3pm                                                       | Let's Do Recycle Art (ICCP) 11am - 2pm                           | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm |  |  |  |
| Let's KTV Together 2pm - 5pm                                                   | Digital-Fun! Learning Chinese Calligraphy (Male) 1.00pm - 2.30pm | Let's KTV Together 2pm - 5pm                       |  |  |  |
| Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm                             | Grooving Down Memory Lane 2pm - 3pm                              |                                                    |  |  |  |
| Let's Piloxing 3pm-4pm                                                         | Let's Do Magic! (ICCP) 2pm- 3pm                                  |                                                    |  |  |  |
| Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm -5pm | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm               |                                                    |  |  |  |

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2025 12月

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需要报名

MON

TUE

WED

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SAT

| 1                                   | 2                              | 3                                   | 4                           | 5                              | 6                          |
|-------------------------------------|--------------------------------|-------------------------------------|-----------------------------|--------------------------------|----------------------------|
| 一起做线上运动 (TTSH)<br>10am - 11am       | 一起做经脉运动 10am - 11am            | 一起练气功 (HPB)<br>10am - 11am          | 一起打太极 10am - 11am           | 一起跟 Razak 线上做运动<br>10am - 11am | 一起吉他演奏<br>10am - 11am (RN) |
| 一起跑步机, 一起 乒乓球<br>(ICCP) 11am - 1pm  | 一起打太极 11am - 12pm              | 一起做坐式尊巴舞 (HPB)<br>11.30am - 12.30pm | 一起做DrumFit 3pm - 4pm        | 跑步机/乒乓球 (ICCP)<br>11am-1pm     |                            |
| 一起来玩数独(初级)<br>12.30pm - 2pm         | 一起做再循环工艺 (ICCP)<br>11am - 2pm  | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm         | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm | 一起来彩色 (ICCP) 2pm - 4pm         |                            |
| 一起做经脉运动 2pm - 3pm                   | 用科技学书法 (男士)<br>1.00pm - 2.30pm | 一起来K歌 2pm - 5pm                     |                             | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm    |                            |
| 游戏时间 - 麻将/数字麻将<br>2pm - 5pm         | 回忆往事<br>2pm - 3pm              |                                     |                             | 一起来K歌 2pm - 5pm                |                            |
| 一起来K歌 2pm - 5pm                     | 一起变魔术! 魔术! (ICCP)<br>2pm - 3pm |                                     |                             |                                |                            |
| 一起做 Piloxing 3pm - 4pm              | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm    |                                     |                             |                                |                            |
| 一起学科技 3pm - 5pm                     |                                |                                     |                             |                                |                            |
| 一起做线上有氧和力量运动<br>(ICCP)<br>4pm - 5pm |                                |                                     |                             |                                |                            |

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THU

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SAT

| 8                                   | 9                             | 10                                  | 11                             | 12   | 13                         |
|-------------------------------------|-------------------------------|-------------------------------------|--------------------------------|------|----------------------------|
| 一起做线上运动 (TTSH)<br>10am - 11am       | 一起做经脉运动 10am - 11am           | 一起练气功 (HPB)<br>10am - 11am          | 一起打太极 10am - 11am              | 中心关闭 | 一起吉他演奏<br>10am - 11am (RN) |
| 一起跑步机, 一起乒乓球<br>(ICCP) 11am - 1pm   | 一起打太极 11am - 12pm             | 一起做坐式尊巴舞 (HPB)<br>11.30am - 12.30pm | 用科技学书法 (男女)<br>1.00pm - 2.30pm |      |                            |
| 一起做经脉运动 2pm - 3pm                   | 一起做再循环工艺 (ICCP)<br>11am - 2pm | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm         | 一起做DrumFit 3pm - 4pm           |      |                            |
| 游戏时间 - 麻将/数字麻将<br>2pm - 5pm         | 回忆往事<br>2pm - 3pm             | 一起来K歌 2pm - 5pm                     | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm    |      |                            |
| 一起来K歌 2pm - 5pm                     | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm   |                                     |                                |      |                            |
| 一起做 Piloxing 3pm - 4pm              |                               |                                     |                                |      |                            |
| 一起做线上有氧和力量运动<br>(ICCP)<br>4pm - 5pm |                               |                                     |                                |      |                            |

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| 15                                  | 16                             | 17                                  | 18                          | 19                             | 20                         |
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| 一起做线上运动 (TTSH)<br>10am - 11am       | 一起做经脉运动 10am - 11am            | 一起练气功 (HPB)<br>10am - 11am          | 一起打太极 10am - 11am           | 一起跟 Razak 线上做运动<br>10am - 11am | 一起吉他演奏<br>10am - 11am (RN) |
| 一起跑步机, 一起乒乓球<br>(ICCP) 11am - 1pm   | 一起打太极 11am - 12pm              | 一起做坐式尊巴舞 (HPB)<br>11.30am - 12.30pm | 一起做DrumFit 3pm - 4pm        | 跑步机/乒乓球 (ICCP)<br>11am-1pm     |                            |
| 一起来玩数独(中级)<br>12.30pm - 2pm         | 一起做再循环工艺 (ICCP)<br>11am - 2pm  | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm         | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm | 一起来彩色 (ICCP) 2pm - 4pm         |                            |
| 一起做经脉运动 2pm - 3pm                   | 用科技学书法 (男士)<br>1.00pm - 2.30pm | 一起来K歌 2pm - 5pm                     |                             | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm    |                            |
| 游戏时间 - 麻将/数字麻将<br>2pm - 5pm         | 回忆往事<br>2pm - 3pm              |                                     |                             | 一起来K歌 2pm - 5pm                |                            |
| 一起来K歌 2pm - 5pm                     | 一起变魔术! 魔术! (ICCP)<br>2pm - 3pm |                                     |                             |                                |                            |
| 一起做 Piloxing 3pm - 4pm              | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm    |                                     |                             |                                |                            |
| 一起做线上有氧和力量运动<br>(ICCP)<br>4pm - 5pm |                                |                                     |                             |                                |                            |

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| 一起做线上运动 (TTSH)<br>10am - 11am       | 一起做经脉运动 10am - 11am           | 一起练气功 (HPB)<br>10am - 11am          | 中心关闭 | 一起跟 Razak 线上做运动<br>10am - 11am | 一起吉他演奏<br>10am - 11am (RN) |
| 一起跑步机, 一起乒乓球<br>(ICCP) 11am - 1pm   | 一起打太极 11am - 12pm             | 一起做坐式尊巴舞 (HPB)<br>11.30am - 12.30pm |      | 跑步机/乒乓球 (ICCP)<br>11am - 1pm   |                            |
| 一起做经脉运动 2pm - 3pm                   | 一起做再循环工艺 (ICCP)<br>11am - 2pm | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm         |      | 一起来彩色 (ICCP)<br>2pm - 4pm      |                            |
| 游戏时间 - 麻将/数字麻将<br>2pm - 5pm         | 回忆往事<br>2pm - 3pm             | 一起来K歌 2pm - 5pm                     |      | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm    |                            |
| 一起来K歌 2pm - 5pm                     | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm   |                                     |      | 一起来K歌 2pm - 5pm                |                            |
| 一起做 Piloxing 3pm - 4pm              |                               |                                     |      |                                |                            |
| 一起做线上有氧和力量运动<br>(ICCP)<br>3pm - 4pm |                               |                                     |      |                                |                            |

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| 一起做线上运动 (TTSH)<br>10am - 11am       | 一起做经脉运动 10am - 11am            | 一起练气功 (HPB)<br>10am - 11am          |  |  |  |
| 一起跑步机, 一起乒乓球<br>(ICCP) 11am - 1pm   | 一起打太极 11am - 12pm              | 一起做坐式尊巴舞 (HPB)<br>11.30am - 12.30pm |  |  |  |
| 一起做经脉运动 2pm - 3pm                   | 一起做再循环工艺 (ICCP)<br>11am - 2pm  | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm         |  |  |  |
| 游戏时间 - 麻将/数字麻将<br>2pm - 5pm         | 用科技学书法 (男士)<br>1.00pm - 2.30pm | 一起来K歌 2pm - 5pm                     |  |  |  |
| 一起来K歌 2pm - 5pm                     | 回忆往事<br>2pm - 3pm              |                                     |  |  |  |
| 一起做 Piloxing 3pm - 4pm              | 一起变魔术! 魔术! (ICCP)<br>2pm - 3pm |                                     |  |  |  |
| 一起做线上有氧和力量运动<br>(ICCP)<br>3pm - 4pm | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm    |                                     |  |  |  |

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