




2025 February

Registration required

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



ntuc Health

MON

TUE

WED

THU

FRI




SAT

					1
3	4	5	6	7	8
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	Let's Exercise with Razak on Zoom 10am - 11am	
Let's Gen Together - Little Skool House CNY Art & Craft 10am - 11.30am	Let's Taichi 11am - 12pm	Let's Celebrate Chinese New Year / Makan Together 12pm - 2pm	Let's Taichi 11am - 12pm	Let's Do Colouring 2pm - 4pm	
Let's Meridian 2pm - 3pm	Let's Do Recycle Art 11am - 1pm	Let's Pilates 4 - 5pm	Let's Exercise - Online Video 10am - 11am	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Karaoke 2pm - 5pm		Let's do CALM Exercise 4pm - 5pm	Let's Karaoke 2pm - 5pm	
Let's Karaoke 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm			Let's Pilates - Move and Stretch 2.30pm - 3.30pm	
	Let's do CALM Exercise 4pm - 5pm			Let's Gen Together - M.Y World 3.30pm - 4pm	

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
10	11	12	13	14	15
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Gen Together - M.Y World CNY Celebration 9.30am - 11am	Let's Qigong (HPB) 10am - 11am	Let's Crossfit 10am - 11am	Let's Exercise with Razak on Zoom 10am -11am	
Let's Meridian 2pm - 3pm	Let's Meridian 10am - 11am	Ageless Fit & Fun Day 2pm - 4pm	Let's Exercise - Online Video 10am - 11am	Let's Do Colouring 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Taichi 11am - 12pm		Let's Taichi 11am - 12pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Karaoke 2pm - 5pm	Let's Do Recycle Art 11am - 1pm		Let's do CALM Exercise 12pm - 1pm	Let's Karaoke 2pm - 5pm	
	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		TTSH CHP 2pm - 5pm	Let's Pilates - Move and Stretch 2.30pm - 3.30pm	
	Let's Karaoke 2pm - 5pm				
	Let's do CALM Exercise 4pm - 5pm				
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	Let's Crossfit 10am - 11am	Let's Exercise with Razak on Zoom 10am -11am	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Let's Pilates 4 - 5pm	Let's Taichi 11am - 12pm	Let's Do Colouring 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Recycle Art 11am - 1pm		Let's Makan Together 12pm - 1pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Karaoke 2pm - 5pm	Digital- Fun! Learning Chinese Calligraphy 1pm - 2.30pm		CALM Exercise 4pm - 5pm	Let's Karaoke 2pm - 5pm	
	Let's Learn About Wildlife 2pm - 3pm			Let's Go Gai Gai at Yakult Factory 2pm - 3.30pm	
	CALM Exercise 4pm - 5pm			Let's Pilates - Move and Stretch 2.30pm - 3.30pm	

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

24	25	26	27	28	
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	Let's Exercise with Razak on Zoom 10am - 11am	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Let's Gen Together - Kim Keat Let's do Art and Craft 10am - 11am	Let's Taichi 11am - 12pm	Let's Do Colouring 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Recycle Art 11am - 1pm	Digital- Fun! Learning Chinese Calligraphy 1pm - 2.30pm	Let's Makan Together 12pm - 1pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Karaoke 2pm - 5pm	CALM Exercise 4pm - 5pm	Let's Pilates 4 - 5pm	CALM Exercise 4pm - 5pm	Let's Karaoke 2pm - 5pm	

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2025 二月

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MON	TUE	WED	THU	FRI	SAT
					1
3	4	5	6	7	8
一起再线上做运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am	一起练气功 (HPB) 10am - 11am	一起做CrossFit 10am - 11am	一起跟Razak线上做运动 10am - 11am	
代际交流 - 幼儿园 新年手工 10am - 11.30am	一起打太极 11am - 12pm	一起起庆祝新年/makan 12pm - 1pm	一起再线上做运动 10am - 11am	游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起做经脉运动 2pm - 3pm	一起做再循环工艺 11am - 1pm	一起做普拉提 4pm - 5pm	一起打太极 11am - 12pm	一起来K歌 2pm - 5pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起来K歌 2pm - 5pm		一起做防肌肉萎缩运动 CALM 4pm - 5pm	一起来彩色 2pm - 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 2.30pm - 3.30pm	
	一起做防肌肉萎缩运动 CALM 4pm - 5pm			代际交流 - 幼儿园 3.30pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
一起再线上做运动 (TTSH) 10am - 11am	代际交流 - 幼儿园 庆祝春节 9.30am - 11am	一起练气功 (HPB) 10am - 11am	一起做CrossFit 10am - 11am	一起跟Razak线上做运动 10am - 11am	
一起做经脉运动 2pm - 3pm	一起做经脉运动 10am - 11am	运动游戏 活力与乐趣的一天 2pm - 4pm	一起再线上做运动 10am - 11am	一起来彩色 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起打太极 11am - 12pm		一起打太极 11am - 12pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起来K歌 2pm - 5pm	一起做再循环工艺 11am - 1pm		一起做防肌肉萎缩运动 CALM 12pm - 1pm	一起来K歌 2pm - 5pm	
	游戏时间 - 麻将/数字麻将 2pm - 5pm		TTSH 社区卫生站 2pm - 5pm	一起做普拉提 2.30pm - 3.30pm	
	一起来K歌 2pm - 5pm				
	一起做防肌肉萎缩运动 CALM 4pm - 5pm				
17	18	19	20	21	22
一起再线上做运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am	一起练气功 (HPB) 10am - 11am	一起做CrossFit 10am - 11am	一起跟Razak线上做运动 10am - 11am	
一起做经脉运动 2pm - 3pm	一起做再循环工艺 11am - 1pm	一起做普拉提 4pm - 5pm	一起来 makan 12pm - 1pm	一起来彩色 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起打太极 11am - 12pm		一起打太极 11am - 12pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起来K歌 2pm - 5pm	用科技学书法 1pm - 2.30pm		一起做防肌肉萎缩运动 CALM 4pm - 5pm	一起来K歌 2pm - 5pm	
	一起学野生生物 2pm - 3pm			一起去养乐多工厂 2pm - 3.30pm	
	一起做防肌肉萎缩运动 CALM 4pm - 5pm			一起做普拉提 2.30pm - 3.30pm	

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一起做经脉运动 2pm - 3pm	一起打太极 11am - 12pm	代际交流 - 幼儿园 10am - 11am	一起来 makan 12pm - 1pm	一起来彩色 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做再循环工艺 11am - 1pm	用科技学书法 1pm - 2.30pm	一起打太极 11am - 12pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起来K歌 2pm - 5pm	一起做防肌肉萎缩运动 CALM 4pm - 5pm	一起做普拉提 4pm - 5pm	一起做防肌肉萎缩运动 CALM 4pm - 5pm	一起来K歌 2pm - 5pm	

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