

2025 July

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	2	3	4	5
	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 Taichi 11am - 12pm	Treadmill / Table Tennis 11am - 1pm	
	Let's Do Recycle Art 11am - 2pm	Say No to Frailty Programme 2pm - 4pm	Let's Lawn Bowls 1.30pm - 3.30pm	Let's Makan Together 12pm - 1pm	
	Digital- Fun! Learning Chinese Calligraphy 1pm - 2.30pm	Let's Karaoke 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Pilates - Ageless Start 1.30pm - 2.15pm	
	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Pilates 4.30pm - 5.30pm	Let's Learn Guitar 3pm - 4.30pm	Let's Do Colouring 2pm - 4pm	
	Grooving Down Memory Lane 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's DrumFit 3pm - 4.30pm	Let's Pilates - Ageless Core 2.30pm - 3.30pm	
		Digital- Fun! Learning Chinese Calligraphy 1pm - 2.30pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
				Let's Karaoke 2pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Go NTUC Centre 9am-12pm	Let's Crossfit 10am - 11am	Let's Exercise with Razak on Zoom 10am -11am	
Treadmill / Table Tennis 11am - 1pm	Let's Taichi 11am - 12pm	Let's Qigong (HPB) 10am - 11am	Let's Taichi 11am - 12pm	Treadmill / Table Tennis 11am - 1pm	
Let's Meridian 2pm - 3pm	Let's Do Recycle Art 11am - 2pm	HPB Chair Zumba 11.30am - 12.30pm	ADL +2.0 Virtual Health Talk 1pm - 2pm	Let's Do Colouring 2pm - 4pm	
Let's Karaoke 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Karaoke 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	Grooving Down Memory Lane 2pm - 3pm	Say No to Frailty Programme 2pm - 4pm	Sevice Wellness CHP (TTSH): 2pm - 5pm	Let's Karaoke 2pm - 5pm	
Green Series Workshop 2pm - 3.30pm	Tsao Foundation Course - Be Restful 3pm - 5pm	Let's Pilates 4.30pm - 5.30pm	Let's Learn Guitar 3pm - 4.30pm		
Let's Learn To Tech! 3pm - 5pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm			
Let's Piloxing 3pm - 4pm					

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MON

TUE

WED

THU

FRI

SAT

14	15	16	17	18	19
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Gen Together-Guangyang Sec 9.30am - 12pm	Let's Qigong (HPB) 10am - 11am	Let's Crossfit 10am - 11am	Let's Exercise with Razak on Zoom 10am - 11am	
Treadmill / Table Tennis 11am - 1pm	Let's Meridian 10am - 11am	HPB Chair Zumba 11.30am - 12.30pm	Let's Gen Together - MFS Bishan (Racial Harmony) 10.30am - 11.30am	Treadmill / Table Tennis 11am - 1pm	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Let's Celebrate July Birthday / Makan Together 12pm - 1pm	Let's Taichi 11am - 12pm	Let's Pilates - Ageless Start 1.30pm - 2.15pm	
Green Series Workshop 2pm - 3.30pm	Let's Do Recycle Art 11am - 2pm	Say No to Frailty Programme 2pm - 4pm	Let's Lawn Bowls 1.30pm - 3.30pm	Let's Do Colouring 2pm - 4pm	
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 Pilates - Ageless Core 2.30pm - 3.30pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Pilates - Ageless Power 4.30pm - 5.30pm	Let's Learn Guitar 3pm - 4.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Piloxing 3pm - 4pm	Tsao Foundation Course - Be Restful 3pm - 5pm			Let's Karaoke 2pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
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	
Treadmill / Table Tennis 11am - 1pm	Let's Taichi 11am - 12pm	HPB Chair Zumba 11.30am - 12.30pm	Let's Taichi 11am - 12pm	Treadmill / Table Tennis 11am - 1pm	
Green Series Workshop 2pm - 3.30pm	Let's Do Recycle Art 11am - 2pm	Let's Karaoke 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Makan Together 12pm - 1pm	
Let's Meridian 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Say No to Frailty Programme 2pm - 4pm	Let's Learn Guitar 3pm - 4.30pm	Let's Pilates - Ageless Start 1.30pm - 2.15pm	
Let's Karaoke 2pm - 5pm	Grooving Down Memory Lane 2pm - 3pm	Let's Pilates - Ageless Power 4.30pm - 5.30pm		Let's Do Colouring 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Tsao Foundation Course - Be Restful 3pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		Let's Pilates - Ageless Core 2.30pm - 3.30pm	
Let's Piloxing 3pm - 4pm				Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
				Let's Karaoke 2pm - 5pm	

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NTUC Health

MON

TUE

WED

THU

FRI

SAT

28	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 Crossfit 10am - 11am		
Treadmill / Table Tennis 11am - 1pm	Let's Taichi 11am - 12pm	Let's Gen Together - MFS Kim Keat 10am - 11am	Let's Taichi 11am - 12pm		
Green Series Workshop 2pm - 3.30pm	Let's Do Recycle Art 11am - 2pm	HPB Chair Zumba 11.30am - 12.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		
Let's Meridian 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Karaoke 2pm - 5pm	Let's Learn Guitar 3pm - 4.30pm		
Let's Karaoke 2pm - 5pm	Grooving Down Memory Lane 2pm - 3pm	Let's Pilates - Ageless Power 4.30pm - 5.30pm	Let's Lawn Bowls 1.30pm - 3.30pm		
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm			Let's Gen Together - River Valley Sec 1.30pm - 3.30pm		
Let's Piloxing 3pm - 4pm					

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	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	一起打太极 11am - 12pm	跑步机/乒乓球 11am-1pm	
	一起做再循环工艺 11am - 2pm	用科技学书法 1pm - 2.30pm	一起来草地滚球 1.30pm - 3.30pm	一起来 makan 12pm - 1pm	
	用科技学书法 1pm - 2.30pm	年长者衰老管理课程 2pm - 4pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	步态健康工作坊 1.30pm-2.15pm	
	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做普拉提 4.30 - 5.30pm	一起学习吉他 3pm - 4.30pm	一起来彩色 2pm - 4pm	
	Grooving Down Memory Lane 2pm - 3pm	一起来K歌 2pm - 5pm	一起做DrumFit 3pm-4.30pm	一起做普拉提 2.30pm - 3.30pm	
		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	

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
一起做线上运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am	一起去 NTUC Centre 9am-12pm	一起 Crossfit 10am - 11am	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	一起练气功 (HPB) 10am - 11am	一起打太极 11am - 12pm	跑步机/乒乓球 11am-1pm	
一起来K歌 2pm - 5pm	一起做再循环工艺 11am - 2pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	ADL+2.0 研究讲座 1pm-2pm	一起来彩色 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	年长者衰老管理课程 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	
一起做经脉运动 2pm - 3pm	Grooving Down Memory Lane 2pm - 3pm	一起做普拉提 4.30pm - 5.30pm	服务 - 社区保健站 CHP 2pm - 5pm	一起来K歌 2pm - 5pm	
园艺课程 2pm-3.30pm	Tsao Foundation 课程: 优质睡眠 3pm-5pm	一起来K歌 2pm - 5pm	一起学习吉他 3pm - 4.30pm		
一起学科技 3pm - 5pm		游戏时间 - 麻将/数字麻将 2pm - 5pm			

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14	15	16	17	18	19
一起做线上运动 (TTSH) 10am - 11am	代际交流 - 光洋中学 9.30am-12pm	一起练气功 (HPB) 10am - 11am	一起 Crossfit 10am - 11am	一起跟 Razak 线上做运动 10am -11am	
跑步机/乒乓球 11am-1pm	一起做经脉运动 10am - 11am	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	代际交流 - MFS Bishan 10.30am - 11.30am	跑步机/乒乓球 11am-1pm	
园艺课程 2pm-3.30pm	一起打太极 11am - 12pm	一起来庆祝7月乐龄生日 /makan 12pm -1pm	一起打太极 11am - 12pm	步态健康工作坊 1.30pm-2.15pm	
一起来K歌 2pm - 5pm	一起做再循环工艺 11am - 2pm	年长者衰老管理课程 2pm - 4pm	一起来草地滚球 1.30pm - 3.30pm	一起来彩色 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	Grooving Down Memory Lane 2pm - 3pm	一起做普拉提 4.30pm - 5.30pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起做经脉运动 2pm - 3pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起来K歌 2pm - 5pm	一起学习吉他 3pm - 4.30pm	一起做普拉提 2.30pm - 3.30pm	
一起做 Piloxing 3pm-4pm	Tsao Foundation 课程: 优质睡眠 3pm-5pm			一起来K歌 2pm - 5pm	

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一起做线上运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am	一起练气功 (HPB) 10am - 11am	一起 Crossfit 10am - 11am	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	一起打太极 11am - 12pm	跑步机/乒乓球 11am-1pm	
园艺课程 2pm-3.30pm	一起做再循环工艺 11am - 2pm	年长者衰老管理课程 2pm - 4pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起来 makan 12pm - 1pm	
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 4.30pm - 5.30pm	一起学习吉他 3pm - 4.30pm	步态健康工作坊 1.30pm-2.15pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	Grooving Down Memory Lane 2pm - 3pm	一起来K歌 2pm - 5pm		一起来彩色 2pm - 4pm	
一起做经脉运动 2pm - 3pm	Tsao Foundation 课程: 优质睡眠 3pm-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	
一起做 Piloxing 3pm-4pm				一起做普拉提 2.30pm - 3.30pm	
				一起来K歌 2pm - 5pm	

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