




2026 July

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






Registration required

MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Let's Qigong (HPB) 10am - 11am	Let's Taichi 10am - 11am	Let's Do Live-Stream Exercise 10am - 11am	Let's Jam with Guitar 10am - 12pm (RN)
		Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Beads Art 10am - 12pm	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
		PA Do Good at NTUC Health Active Ageing Centre (Whampoa) 2pm – 4.30pm	Digital- Fun! Learning Chinese Calligraphy 11.30am – 1.00pm	Let's Do Colouring (ICCP) 2pm-4pm	
		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Recycle Art (ICCP) 1pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
		Let's KTV Together 2pm - 5pm	Let's DrumFit 2pm - 3pm	Let's KTV Together 2pm - 5pm	
			Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Pilates – Ageless Movement 2.30pm - 3.30pm	
			Let's Jam with Ukulele (Interest Group) 2.30pm - 4pm	Let's Gen Together (Kindergarten) 3.30pm - 4.30pm	
			Let's Gen Together (Secondary) 3pm - 5pm		
			Let's Yoga 3.30pm - 4.30pm		

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。

2026 July

 **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
6	7	8	9	10	11
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 Do Live-Stream Exercise 10am - 11am	Let's Jam with Guitar 10am - 12pm (RN)
Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	Let's Walking Football 10am - 11.30am	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Beads Art 10am - 12pm	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Let's Learn to Repair 2pm - 4pm	Let's Gen Together (Kindergarten) 10.30am - 11.30am	Let's Do Colouring (ICCP) 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Magic! (ICCP) 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Digital - Fun! Learning Chinese Calligraphy Course 11.30am - 1.00pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's KTV Together 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's KTV Together 2pm - 5pm	Let's Do Recycle Art (ICCP) 1pm - 3pm	Let's KTV Together 2pm - 5pm	
Let's Piloxing 3pm - 4pm			Let's DrumFit 2pm - 3pm	Let's Gen Together (Kindergarten) 3.30pm - 4.30pm	
Let's Learn to Tech 3pm - 5pm			Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm			Let's Yoga 3.30pm - 4.30pm		

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。

2026 July

 **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
13	14	15	16	17	18
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 Do Live-Stream Exercise 10am - 11am	Let's Jam with Guitar 10am - 12pm (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 Beads Art 10am - 12pm	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Let's Meridian 2pm - 3pm	Digital- Fun! Learning Chinese Calligraphy Course 2pm - 3.30pm	Repair Kopitiam 2pm - 4pm	Let's Do Recycle Art (ICCP) 1pm - 3pm	Let's Do Colouring (ICCP) 2pm - 4pm	
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 DrumFit 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's KTV Together 2pm - 5pm		Let's KTV Together 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's KTV Together 2pm - 5pm	
Let's Piloxing 3pm - 4pm			Let's Jam with Ukulele (Interest Group) 2.30pm - 4pm	Let's Gen Together (Kindergarten) 3.30pm - 4.30pm	
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm			Let's Yoga 3.30pm - 4.30pm	Let's Gen Together (Secondary) 3.30pm - 5.00pm	

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。

2026 July

Registration required

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






ntuc Health

MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
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 Do Live-Stream Exercise 10am - 11am	Let's Jam with Guitar 10am - 12pm (RN)
Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	Walking Football 10am - 11.30am	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Beads Art 10am - 12pm	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Let's Meridian 2pm - 3pm	Digital - Fab Lab Series - Laser Cutting Workshop @ NTUC Health Active Ageing Centre - Kampung Admiralty 10am - 1pm	Let's Learn to Repair 2pm - 4pm	Let's Do Recycle Art (ICCP) 1pm - 3pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Taichi 11am - 12pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's DrumFit 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's KTV Together 2pm - 5pm	Let's Do Magic! (ICCP) 2pm - 3pm	Let's KTV Together 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's KTV Together 2pm - 5pm	
Let's Piloxing 3pm - 4pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Gen Together (Secondary) 3pm - 4.30pm	Let's Yoga 3.30pm - 4.30pm	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		Let's Gen Together (Kindergarten) 3.30pm - 4.30pm	
				Let's Gen Together (Secondary) 3.30pm - 5.00pm	

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。

2026 July

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



Registration required

MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Gen Together (Kindergarten) 10am - 11am	Let's Taichi 10am - 11am	Let's Do Live-Stream Exercise 10am - 11am	
Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	Let's Taichi 11am - 12pm	Let's Qigong (HPB) 10am - 11am	Let's Beads Art 10am - 12pm	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Let's Meridian 2pm - 3pm	Digital- Fun! Learning Chinese Calligraphy Course 2pm - 3.30pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Do Recycle Art (ICCP) 1pm - 3pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Learn to Repair 2pm - 4pm	Let's DrumFit 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's KTV Together 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 KTV Together 2pm - 5pm	Let's Yoga 3.30pm - 4.30pm	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		Let's Gen Together (Kindergarten) 3.30pm - 4.30pm	

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。

2026 7月

需要注册

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



MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		一起练气功 (HPB) 10am - 11am	一起打太极 10am - 11am	一起做线上运动 10am-11am	一起吉他演奏 10am - 12pm (RN)
		一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起 Beads Art 10am - 12pm	一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	
		PA Do Good at NTUC Health Active Ageing Centre (Whampoa) 2pm - 4.30pm	用科技学书法 11.30am - 1pm	一起来彩色 (ICCP) 2pm-4pm	
		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	
		一起来K歌 2pm - 5pm	一起做 DrumFit 2pm - 3pm	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 - 无界康动 2.30pm - 3.30pm	
			一起尤克里里演奏 (兴趣小组) 2.30pm - 4pm	一起 Gen (幼儿园) 3.30pm - 4.30pm	
			一起 Gen (中学) 3pm - 5pm		
			一起做瑜伽 (课程) 3.30pm - 4.30pm		

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。

2026 7月

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



需要注册

MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
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	一起打太极 10am - 11am	一起做线上运动 10am - 11am	一起吉他演奏 10am - 12pm (RN)
一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	健步足球 10am - 11.30am	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起 Beads Art 10am - 12pm	一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	
一起做经脉运动 2pm - 3pm	一起打太极 11am - 12pm	维修 Kopitiam 2pm - 4pm	一起 Gen (幼儿园) 10.30am - 11.30am	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	用科技学书法 11.30am - 1.00pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
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	一起做再循环工艺 (ICCP) 1pm - 3pm	一起来K歌 2pm - 5pm	
一起做 Piloxing 3pm - 4pm			一起做 DrumFit 2pm - 3pm	一起 Gen (幼儿园) 3.30pm - 4.30pm	
一起学 Tech 3pm - 5pm			游戏时间 - 麻将/数字麻将 2pm - 5pm		
一起做线上有氧和力量运动 (ICCP) 4pm - 5pm			一起做瑜伽 (课程) 3.30pm - 4.30pm		

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。

2026 7月

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



需要注册

MON

TUE

WED

THU

FRI

SAT

13	14	15	16	17	18
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	一起打太极 10am - 11am	一起做线上运动 10am - 11am	一起吉他演奏 10 am - 12pm (RN)
一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	一起打太极 11am - 12pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起 Beads Art 10am - 12pm	一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	
一起做经脉运动 2pm - 3pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	维修 Kopitiam 2pm - 4pm	一起做再循环工艺 (ICCP) 1pm - 3pm	一起来彩色 (ICCP) 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	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	游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起来K歌 2pm - 5pm		一起来K歌 2pm - 5pm	一起尤克里里演奏 (兴趣小组) 2.30pm - 4pm	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	一起 Gen (幼儿园) 3.30pm - 4.30pm	
一起做线上有氧和力量运动 (ICCP) 4pm - 5pm			一起做瑜伽 (课程) 3.30pm - 4.30pm	一起 Gen (中学) 3.30pm - 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。

2026 7月

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



需要注册

MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
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	一起打太极 10am - 11am	一起做线上运动 10am - 11am	一起吉他演奏 10am - 12pm (RN)
一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	健步足球 10am - 11.30am	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起 Beads Art 10am - 12pm	一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	
一起做经脉运动 2pm - 3pm	激光切割课 @ 海军部村庄 10am - 1pm	维修 Kopitiam 2pm - 4pm	一起做再循环工艺 (ICCP) 1pm - 3pm	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	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做 DrumFit 2pm - 3pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起来K歌 2pm - 5pm	一起变魔术! 魔术! (ICCP) 2pm - 3pm	一起 Gen (中学) 2.30pm - 4pm	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	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做普拉提 - 无界康动 4pm - 5pm	一起做瑜伽 (课程) 3.30pm - 4.30pm	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 Gen (幼儿园) 3.30pm - 4.30pm	
				一起 Gen (中学) 3.30pm - 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。

2026 7月

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



需要注册

MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
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	一起打太极 10am - 11am	一起做线上运动 10am-11am	
一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	一起打太极 11am - 12pm	一起练气功 (HPB) 10am - 11am	一起 Beads Art 10am - 12pm	一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	
一起做经脉运动 2pm - 3pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起做再循环工艺 (ICCP) 1pm - 3pm	一起来彩色 (ICCP) 2pm-4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	用科技学书法 2pm - 3.30pm	维修 Kopitiam 2pm - 4pm	一起做 DrumFit 2pm - 3pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起来K歌 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		一起来K歌 2pm - 5pm	一起做瑜伽 (课程) 3.30pm - 4.30pm	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		一起 Gen (幼儿园) 3.30pm - 4.30pm	

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。