

2025 June

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
2	3	4	5	6	7
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 Do Beads Art 11am - 1pm	Let's Taichi 11am - 12pm	Say No to Frailty Programme 2pm - 4pm	Let's Taichi 11am - 12pm	Treadmill / Table Tennis 11am - 1pm	
Treadmill / Table Tennis 11am - 1pm	Let's Do Recycle Art 11am - 2pm	Let's Karaoke 2pm - 5pm	Let's Lawn Bowls 1.30pm - 3.30pm	Let's Makan Together 12pm - 1pm	
HayDays with Horses 2pm - 4pm	Digital- Fun! Learning Chinese Calligraphy 1pm - 2.30pm	Let's Pilates 4.30pm - 5.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Ageless Workshop - Walking Well Workshop 1pm - 2.15pm	
Let's Meridian 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Learn Guitar 3pm - 4.30pm	Let's Do Colouring 2pm - 4pm	
Let's Karaoke 2pm - 5pm	HayDays with Horses 2pm - 4pm	Digital- Fun! Learning Chinese Calligraphy 1pm - 2.30pm		Let's Pilates - Move and Stretch 2.30pm - 3.30pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's do CALM Exercise - Square Stepping 4pm - 5pm			Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Learn To Tech! 3pm - 5pm				Let's Karaoke 2pm - 5pm	

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
9	10	11	12	13	14
Centre Closed	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	Let's Do Seated Zumbba (HPB) 11am - 12pm	Let's Taichi 11am - 12pm	Treadmill / Table Tennis 11am - 1pm	
	Let's Do Recycle Art 11am - 2pm	Let's Karaoke 2pm - 5pm	Let's Gen Together - MFS Bishan (Game Day) 10.30am - 11.30am	Let's Do Colouring 2pm - 4pm	
	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Say No to Frailty Programme 2pm - 4pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Ageless Workshop - Walking Well Workshop 1pm - 2.15pm	
		Let's Pilates 4.30pm - 5.30pm	Sevice Wellness CHP (TTSH): 2pm - 5pm	Let's Pilates - Move and Stretch 2.30pm - 3.30pm	
		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Art & Craft (Coaster Art) 2pm - 4pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
			Let's Learn Guitar 3pm - 4.30pm	Let's Karaoke 2pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
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 Do Beads Art 11am - 1pm	Let's Taichi 11am - 12pm	Let's Do Seated Zumbba (HPB) 11am - 12pm	Let's Taichi 11am - 12pm	Treadmill / Table Tennis 11am - 1pm	
Treadmill / Table Tennis 11am - 1pm	Let's Do Recycle Art 11am - 2pm	Digital- Fun! Learning Chinese Calligraphy 1pm - 2.30pm	Let's Lawn Bowls 1.30pm - 3.30pm	Let's Do Colouring 2pm - 4pm	
HayDays with Horses 2pm - 4pm	Digital- Fun! Learning Chinese Calligraphy 1pm - 2.30pm	Say No to Frailty Programme 2pm - 4pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	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	
Let's Karaoke 2pm - 5pm		Let's Pilates 4.30pm - 5.30pm		Ageless Workshop - Walking Well Workshop 3pm - 4.15pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm					

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MON	TUE	WED	THU	FRI	SAT
23	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	Centre Closed	
Let's Do Beads Art 11am - 1pm	Let's Taichi 11am - 12pm	Let's Gen Together - MFS Kim Keat 10.30am - 11.30am	Let's Taichi 11am - 12pm		
Treadmill / Table Tennis 11am - 1pm	Let's Do Recycle Art 11am - 2pm	Let's Do Seated Zumbba (HPB) 11am - 12pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		
HayDays with Horses 2pm - 4pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Karaoke 2pm - 5pm	Let's Learn Guitar 3pm - 4.30pm		
Let's Meridian 2pm - 3pm	Let's Go to Hay Dairies Farm 2.30pm - 3.30pm	Say No to Frailty Programme 2pm - 4pm	Let's Gen Together - M.Y World (Sustainability) 3pm - 4pm		
Let's Karaoke 2pm - 5pm		Let's Pilates 4.30pm - 5.30pm			
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm			

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MON

TUE

WED

THU

FRI

SAT

30					
Let's Exercise - Online Video by TTSH 10am - 11am					
Let's Do Beads Art 11am - 1pm					
Treadmill / Table Tennis 11am - 1pm					
Let's Meridian 2pm - 3pm					
Let's Karaoke 2pm - 5pm					
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm					

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2025 6月

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MON

TUE

WED

THU

FRI

SAT

2	3	4	5	6	7
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	
一起做串珠艺术 11am - 1pm	一起打太极 11am - 12pm	用科技学书法 1pm - 2.30pm	一起打太极 11am - 12pm	跑步机/乒乓球 11am-1pm	
跑步机/乒乓球 11am-1pm	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 makan 12pm - 1pm	
与马互动 2pm - 4pm	用科技学书法 1pm - 2.30pm	一起做普拉提 4 - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	步态健康工作坊 1pm-2.15pm	
一起来K歌 2pm - 5pm	与马互动 2pm - 4pm	一起来K歌 2pm - 5pm	一起学习吉他 3pm - 4.30pm	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	游戏时间 - 麻将/数字麻将 2pm - 5pm		一起做普拉提 2.30pm - 3.30pm	
一起做经脉运动 2pm - 3pm	一起做方块踏步运动 4pm - 5pm			游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起学科技 3pm - 5pm				一起来K歌 2pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Centre Closed	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 11am - 12pm	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	年长者衰老管理课程 2pm - 4pm	代际交流 - MFS Bishan 10.30am - 11.30am	一起来彩色 2pm - 4pm	
	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做普拉提 4.30pm - 5.30pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	步态健康工作坊 1pm - 2.15pm	
		一起来K歌 2pm - 5pm	服务 - 社区保健站 CHP 2pm - 5pm	一起做普拉提 2.30pm-3.30pm	
		游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做杯垫艺术 2pm - 4pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
			一起学习吉他 3pm - 4.30pm	一起来K歌 2pm - 5pm	

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16	17	18	19	20	21
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	
一起做串珠艺术 11am - 1pm	一起打太极 11am - 12pm	一起做坐式尊巴舞 11am - 12pm	一起打太极 11am - 12pm	跑步机/乒乓球 11am - 1pm	
跑步机/乒乓球 11am - 1pm	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	
与马互动 2pm - 4pm	用科技学书法 1pm - 2.30pm	用科技学书法 1pm - 2.30pm	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	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 3pm - 4.15pm	
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	
一起做经脉运动 2pm - 3pm					

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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	Centre Closed	
一起做串珠艺术 11am - 1pm	一起打太极 11am - 12pm	代际交流 - MFS Kim Keat 10.30am - 11.30am	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	一起做坐式尊巴舞 11am - 12pm	游戏时间 - 麻将/数字麻将 2pm - 5pm		
与马互动 2pm - 4pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	年长者衰老管理课程 2pm - 4pm	一起学习吉他 3pm - 4.30pm		
一起来K歌 2pm - 5pm	一起去Hay Daries 山羊农场 2.30pm - 3.30pm	一起做普拉提 4.30pm - 5.30pm	代际交流 - M.Y World 3pm - 4pm		
游戏时间 - 麻将/数字麻将 2pm - 5pm		一起来K歌 2pm - 5pm			
一起做经脉运动 2pm - 3pm		游戏时间 - 麻将/数字麻将 2pm - 5pm			

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一起做线上运动 (TTSH) 10am - 11am					
一起做串珠艺术11am - 1pm					
跑步机/乒乓球 11am-1pm					
一起做经脉运动 2pm - 3pm					
一起来K歌 2pm - 5pm					
游戏时间 - 麻将/数字麻将 2pm - 5pm					

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