




# 2026 June

 **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	5	6
<b>Centre Closed</b>	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 10 am - 12pm (RN)
	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 Gen Together (Secondary) 2pm – 4.30pm	Repair Kopitiam 2pm – 4pm	Digital- Fun! Learning Chinese Calligraphy 11.30am – 1.00pm	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 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	
		Let's Pilates - Ageless Movement 4pm - 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		

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
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 Gen Together (Tertiary) 9.30am – 12.30pm	Let's Do Live-Stream Exercise 10am - 11am	Let's Jam with Guitar 10 am - 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 Taichi 10am - 11am	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Repair Kopitiam 2pm – 4pm	Let's Beads Art 10am - 12pm	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	Let's Gen Together (Kindergarten) 10.30am – 11.30am	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's KTV Together 2pm - 5pm	Let's Gen Together (Secondary) 2pm - 4.30pm	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	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Pilates - Ageless Movement 4pm - 5pm	Let's DrumFit 2pm - 3pm	Let's Pilates - Ageless Movement 2.30pm - 3.30pm	
Let's Learn to Tech 3pm - 5pm			Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Gen Together (Secondary) 3.30pm – 5pm	
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm					

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MON	TUE	WED	THU	FRI	SAT
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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 10 am - 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	OpenBet CSR 10am - 12pm	
Let's Meridian 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Repair Kopitiam 2pm - 4pm	Let's Do Recycle Art (ICCP) 1pm - 3pm	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Let's Gen Together (Secondary) 2pm - 4.30pm	Let's Gen Together (Tertiary) 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's DrumFit 2pm - 3pm	Let's Do Colouring (ICCP) 2pm - 4pm	
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 Pilates - Ageless Movement 4pm - 5pm	Let's Jam with Ukulele (Interest Group) 2.30pm - 4pm	Let's KTV Together 2pm - 5pm	
Let's Piloxing 3pm - 4pm				Let's Pilates - Ageless Movement 2.30pm - 3.30pm	
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm					

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Registration required

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	Let's Taichi 10am - 11am	Let's Do Live-Stream Exercise 10am - 11am	Let's Jam with Guitar 10 am - 12pm (RN)
Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	Let's Walking Football 10am - 11.30am	Let's Gen Together (Kindergarten) 10am - 11am	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 Chair Zumba (HPB) 11.30am - 12.30pm	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 Magic! (ICCP) 2pm - 3pm	Repair Kopitiam 2pm - 4pm	Let's Do Recycle Art (ICCP) 1pm - 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 DrumFit 2pm - 3pm	Let's KTV Together 2pm - 5pm	
Let's Piloxing 3pm - 4pm	Let's Gen Together (Secondary) 3.30pm - 5pm	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 Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm		Let's Pilates - Ageless Movement 4pm - 5pm	Let's Gen Together (Tertiary) 2pm - 5pm		

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MON	TUE	WED	THU	FRI	SAT
29	30				
Let's Exercise - Online Video by TTSB 10am - 11am	Let's Meridian 10am - 11am				
Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	Let's Taichi 11am - 12pm				
Let's Meridian 2pm - 3pm	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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# 2026 6月

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NTUC Health

需要注册

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
中心关闭	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 Gen (中学) 2pm - 4.30pm	维修 Kopitiam 2pm - 4pm	用科技学书法 11.30am - 1.00pm	一起来彩色 (ICCP) 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	
		一起做普拉提 - 无界康动 4pm - 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		

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需要注册

MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
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 Gen (理工学院) 9.30am - 12.30pm	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	健步足球 10am - 11.30am	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起打太极 10am - 11am	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 Beads Art 10am - 12pm	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	一起 Gen (幼儿园) 10.30am - 11.30am	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 Gen (中学) 2pm - 4.30pm	一起做普拉提 - 无界康动 4pm - 5pm	一起做 DrumFit 2pm - 3pm	一起做普拉提 - 无界康动 2.30pm - 3.30pm	
一起学 Tech 3pm - 5pm			游戏时间 - 麻将/数字麻将 2pm - 5pm	一起 Gen (中学) 3.30pm - 5pm	
一起做线上有氧和力量运动 (ICCP) 4pm - 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	OpenBet 企业社会责任 10am - 12pm	
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	一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	
一起 Gen (中学) 2pm - 4.30pm	一起 Gen (初级学院) 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做 DrumFit 2pm - 3pm	一起来彩色 (ICCP) 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm		一起来K歌 2pm - 5pm	一起尤克里里演奏 (兴趣小组) 2.30pm - 4pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起来K歌 2pm - 5pm		一起做普拉提 - 无界康动 4pm - 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					

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MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
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	健步足球 10am - 11.30am	一起 Gen (幼儿园) 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	一起打太极 11am - 12pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	用科技学书法 11.30am - 1.00pm	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	维修 Kopitiam 2pm - 4pm	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	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 DrumFit 2pm - 3pm	一起来K歌 2pm - 5pm	
一起做 Piloxing 3pm - 4pm	一起 Gen (中学) 3.30pm - 5pm	一起做普拉提 - 无界康动 4pm - 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	
一起做线上有氧和力量运动 (ICCP) 4pm - 5pm			一起 Gen (初级学院) 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				
一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	一起打太极 11am - 12pm				
一起做经脉运动 2pm - 3pm	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					
一起做线上有氧和力量运动 (ICCP) 4pm - 5pm					

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