




2025 March

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



ntuc Health

Registration required

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 Do Beads Art 11am - 12pm	Let's Do Chair Yoga 10am - 11am	Digital-Fun! Learning Chinese Calligraphy (Mixed) 1pm - 2.30pm	Let's Do Chair Yoga 10am - 11am	Centre Closed (AAC Staff Training)	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Taichi 11am - 12pm		
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Recycle Art 11am - 2pm	Let's Pilates 4pm-5pm	Let's Makan Together 12pm - 1pm		
Let's Karaoke 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		Digital- Fun! Learning Chinese Calligraphy (Male) 1.30pm - 3pm		
Let's Learn to Tech 3pm - 5pm	Let's Karaoke 2pm - 5pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		
	Let's CALM 4pm - 5pm		Let's CALM 4pm - 5pm		

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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 Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am	Let's CrossFit 10am - 11am	Let's CALM (Assessment) - OTH 9.30am - 12pm	
Let's Do Beads Art 11am-12pm	Let's Do Chair Yoga 10am - 11am	Ageless Workshop - Walking Well Workshop 3.30pm - 4.45pm	Let's Do Chair Yoga 10am - 11am	Let's Exercise with Razak on Zoom 10am -11am	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 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 - 2pm		Let's Celebrate March Birthday / Makan Together 12pm - 1pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Karaoke 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		Let's Lawn Bowls 1.30pm - 3.30pm	Let's Karaoke 2pm - 5pm	
	Let's Karaoke 2pm - 5pm		TTSH CHP 2pm - 5pm	Let's Pilates - Move and Stretch 2.30pm - 3.30pm	
			Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		
17	18	19	20	21	22
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am Let's Do Chair Yoga 10am - 11am	Let's Qigong (HPB) 10am - 11am	Let's Gen Together - MFS Bishan Hari Raya Celebration 9.30am - 11am	Let's Exercise with Razak on Zoom 10am -11am	
Let's Learn to Tech (Tik Tok) 10am - 12pm	Let's Taichi 11am - 12pm	Digital- Fun! Learning Chinese Calligraphy (Mixed) 1pm - 2.30pm	Let's CrossFit 10am - 11am	Let's Makan Together 12pm - 1pm	
Let's Do Beads Art 11am-12pm	Let's Do Recycle Art 11am - 2pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Chair Yoga 10am - 11am	Let's Do Colouring 2pm - 4pm	
Let's Meridian 2pm - 3pm	Digital- Fun! Learning Chinese Calligraphy (Male) 1pm - 2.30pm	Let's Pilates 4pm - 5pm	Let's Taichi 11am - 12pm	Let's Pilates - Move and Stretch 2.30pm - 3.30pm	
Strategise with Kakis: Rummy O / Mahjong 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	
Let's Karaoke 2pm - 5pm	Let's Go Singapore National Stadium 2.30pm-3.30pm			Let's Karaoke 2pm - 5pm	

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24	25	26	27	28	29
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-12pm	Let's Do Chair Yoga 10am - 11am	Let's Gen Together - MFS Kim Keat Let's do Art and Craft 10am - 11am	Let's Do Chair Yoga 10am - 11am	Let's Makan Together 12pm - 1pm	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 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 - 2pm	Let's Pilates 4pm - 5pm	Let's Lawn Bowls 1.30pm - 3.30pm	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	Let's Karaoke 2pm - 5pm	
	Let's Karaoke 2pm - 5pm			Let's Pilates - Move and Stretch 2.30pm - 3.30pm	
31					
Centre Closed (Hari Raya Puasa)					

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2025 3月

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3	4	5	6	7	8
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	一起做CrossFit 10am - 11am	一起跟Razak线上做运动 10am -11am	
一起做串珠艺术 11am - 12pm	一起做椅子瑜伽 10am - 11am	用科技学书法 (Male) 1pm - 2.30pm	一起做椅子瑜伽 10am - 11am	Centre Closed (AAC Staff Training)	
一起做经脉运动 2pm - 3pm	一起打太极 11am - 12pm	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	一起做再循环工艺 11am - 2pm	一起做普拉提 4pm - 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		用科技学书法 (Mixed) 1.30pm - 3.00pm		
一起学科技 3pm - 5pm	一起来K歌 2pm - 5pm		游戏时间 - 麻将/数字麻将 2pm - 5pm		
	一起做防肌肉萎缩运动 4pm - 5pm		一起做防肌肉萎缩运动 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	一起做CrossFit 10am - 11am	CALM Assessment - One Tampines Hub 9.30am - 12pm	
一起做串珠艺术 11am - 12pm	一起做椅子瑜伽 10am - 11am	不老学堂之稳健步行工作坊 3.30pm - 4.45pm	一起做椅子瑜伽 10am - 11am	一起跟Razak线上做运动 10am - 11am	
一起做经脉运动 2pm - 3pm	一起打太极 11am - 12pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起打太极 11am - 12pm	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 - 2pm		一起来庆祝3月乐龄生日/makan 12pm - 1pm	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		一起来草地滚球 1.30pm - 3.30pm	一起来K歌 2pm - 5pm	
	一起来K歌 2pm - 5pm		TTSH 社区卫生站 2pm - 5pm	一起做普拉提 2.30pm - 3.30pm	
			游戏时间 - 麻将/数字麻将 2pm - 5pm		
17	18	19	20	21	22
一起做线上运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am 一起做椅子瑜伽 10am - 11am	一起练气功 (HPB) 10am - 11am	代际交流 - 幼儿园 一起庆祝开斋节 9.30am - 11am	一起跟Razak线上做运动 10am - 11am	
一起学科技 - 抖音 10am - 12pm	一起打太极 11am - 12pm	用科技学书法 (Mixed) 1pm - 2.30pm	一起做CrossFit 10am - 11am	一起来makan 12pm - 1pm	
一起做串珠艺术 11am - 12pm	一起做再循环工艺 11am - 2pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做椅子瑜伽 10am - 11am	一起来彩色 2pm - 4pm	
一起做经脉运动 2pm - 3pm	用科技学书法 (Male) 1pm - 2.30pm	一起做普拉提 4pm - 5pm	一起打太极 11am - 12pm	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		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	一起来K歌 2pm - 5pm			一起来K歌 2pm - 5pm	
	一起去新加坡国家体育场 2.30pm - 3.30pm				

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一起做串珠艺术 11am - 12pm	一起做椅子瑜伽 10am - 11am	代际交流 - MFS Kim Keat 一起做手工 10am - 11am	一起做椅子瑜伽 10am - 11am	一起来makan 12pm -1pm	
一起做经脉运动 2pm - 3pm	一起打太极 11am - 12pm	一起做椅子瑜伽 10am - 11am	一起打太极 11am - 12pm	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 - 2pm	一起做普拉提 4pm - 5pm	一起来草地滚球 1.30pm - 3.30pm	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	
	一起来K歌 2pm - 5pm			一起做普拉提 2.30pm - 3.30pm	
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