

2026 March

 **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
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 Taichi 10am - 11am	Let's Do Live-Stream Exercise 10am - 11am	Let's Jam with Guitar 10 am - 11am (RN)
Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	Let's Taichi 11am - 12pm	Let's Bead Art 10.30am - 12.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Let's Play Sudoku (beginner) 12.30pm - 2pm	Grooving Down Memory Lane 2pm - 3pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's DrumFit 3pm - 4pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Let's Meridian 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	HPB - Frailty Prevention Programme 2.00pm - 3.30pm		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 KTV Together 2pm - 5pm	
Let's KTV Together 2pm - 5pm		Let's KTV Together 2pm - 5pm		Let's Pilates - Ageless Movement 2.30pm - 3.30pm	
Let's Piloxing 3pm - 4pm		Let's Pilates - Ageless Movement 4pm - 5pm		Let's Pilates - Ageless Movement Foundation 3.45pm - 4.30pm	
Let's Learn To Tech! 3pm - 5pm					
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm -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 March

 **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
9	10	11	12	13	14
Let's Exercise - Online Video by TTSH 10am - 11am	Centre closed	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 - 11am (RN)
Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm		Let's Bead Art 10.30am – 12.30pm	Let's Gen Together (Kindergarten) 10am – 11am	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Let's Meridian 2pm - 3pm		Let's Chair Zumba (HPB) 11.30am - 12.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		HPB - Frailty Prevention Programme 2.00pm - 3.30pm	Let's Jam with Ukulele (Beginner 2) 2.30pm - 4pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's KTV Together 2pm - 5pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's DrumFit 3pm - 4pm	Let's KTV Together 2pm - 5pm	
Let's Piloxing 3pm - 4pm		Let's KTV Together 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 Pilates - Ageless Movement Foundation 3.45pm - 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 March

 **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
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 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 Bead Art 10.30am – 12.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Let's Play Sudoku (intermediate) 12.30pm - 2pm	Let's Do Recycle Art (ICCP) 11am - 2pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's DrumFit 3pm - 4pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Let's Meridian 2pm - 3pm	Grooving Down Memory Lane 2pm - 3pm	HPB - Frailty Prevention Programme 2.00pm - 3.30pm		Strategise with Kakis: Rummy O / Mahjong 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		Let's KTV Together 2pm - 5pm	
Let's KTV Together 2pm - 5pm		Let's KTV Together 2pm - 5pm		Let's Pilates - Ageless Movement 2.30pm - 3.30pm	
Let's Piloxing 3pm - 4pm		Let's Pilates - Ageless Movement 4pm - 5pm		Let's Pilates - Ageless Movement Foundation 3.45pm - 4.30pm	
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 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 March

 **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
23	24	25	26	27	28
Centre closed	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 - 11am (RN)
	Let's Taichi 11am - 12pm	Let's Gen Together (Kindergarten) 10am - 11am	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
	Let's Do Recycle Art (ICCP) 11am - 2pm	Let's Bead Art 10.30am - 12.30pm	Let's Jam with Ukulele (Beginner 2) 2.30pm - 4pm	Let's Do Colouring (ICCP) 2pm - 4pm	
	Grooving Down Memory Lane 2pm - 3pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's DrumFit 3pm - 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 KTV Together 2pm - 5pm	
	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's KTV Together 2pm - 5pm		Let's Pilates - Ageless Movement 2.30pm - 3.30pm	
		Let's Pilates - Ageless Movement Longevity Workshop 2pm - 3.30pm		Let's Pilates - Ageless Movement Foundation 3.45pm - 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 March

 **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

30	31				
Let's Exercise - Online Video by TTSH 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	Let's Do Recycle Art (ICCP) 11am - 2pm				
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Grooving Down Memory Lane 2pm - 3pm				
Let's KTV Together 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm				
Let's Piloxing 3pm - 4pm					
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 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 3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

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	一起打太极 10am - 11am	一起线上做运动 10am - 11am	一起吉他演奏 10am - 11am (RN)
一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	一起打太极 11am - 12pm	一起 Beads Art 10.30am - 12.30pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	跑步机/乒乓球 (ICCP) 11am - 1pm	
一起来玩数独 (初级) 12.30pm - 2pm	回忆往事 2pm - 3pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起做 DrumFit 3pm - 4pm	一起来彩色 (ICCP) 2pm - 4pm	
一起做经脉运动 2pm - 3pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	保健促进局 - Frailty Prevention Programme 2.00pm - 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		一起来K歌 2pm - 5pm	
一起来K歌 2pm - 5pm		一起来K歌 2pm - 5pm		一起做普拉提 - 无界康动 2.30pm - 3.30pm	
一起做 Piloxing 3pm - 4pm		一起做普拉提 - 无界康动 4pm - 5pm		一起做普拉提 - 无界康动 (基础班) 3.45pm - 4.30pm	
一起学科技 3pm - 5pm					
一起做线上有氧和力量运动 (ICCP) 4pm - 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 3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

9	10	11	12	13	14
一起做线上运动 (TTSH) 10am - 11am	中心关闭	一起练气功 (HPB) 10am - 11am	一起打太极 10am - 11am	一起线上做运动 10am - 11am	一起吉他演奏 10am - 11am (RN)
一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm		一起 Beads Art 10.30am - 12.30pm	一起 Gen (幼稚园) 10am - 11am	跑步机/乒乓球 (ICCP) 11am - 1pm	
一起做经脉运动 2pm - 3pm		一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起来彩色 (ICCP) 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm		保健促进局 - Frailty Prevention Programme 2.00pm - 3.30pm	一起尤克里里演奏 (初级2) 2.30pm - 4pm	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 DrumFit 3pm - 4pm	一起来K歌 2pm - 5pm	
一起做 Piloxing 3pm - 4pm		一起来K歌 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		一起做普拉提 - 无界康动 4pm - 5pm		一起做普拉提 - 无界康动 (基础班) 3.45pm - 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 3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
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 Beads Art 10.30am - 12.30pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	跑步机/乒乓球 (ICCP) 11am - 1pm	
一起来玩数独(中级) 12.30pm - 2pm	一起做再循环工艺 (ICCP) 11am - 2pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起做 DrumFit 3pm - 4pm	一起来彩色 (ICCP) 2pm - 4pm	
一起做经脉运动 2pm - 3pm	回忆往事 2pm - 3pm	保健促进局 - Frailty Prevention Programme 2.00pm - 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		一起做普拉提 - 无界康动 2.30pm - 3.30pm	
一起做 Piloxing 3pm - 4pm		一起做普拉提 - 无界康动 4pm - 5pm		一起做普拉提 - 无界康动 (基础班) 3.45pm - 4.30pm	
一起做线上有氧和力量运动 (ICCP) 4pm - 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 3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

23	24	25	26	27	28
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 10am - 11am (RN)
	一起打太极 11am - 12pm	一起 Gen (幼稚园) 10am - 11am	游戏时间 - 麻将/数字麻将 2pm - 5pm	跑步机/乒乓球 (ICCP) 11am - 1pm	
	一起做再循环工艺 (ICCP) 11am - 2pm	一起 Beads Art 10.30am - 12.30pm	一起尤克里里演奏 (初级2) 2.30pm - 4pm	一起来彩色 (ICCP) 2pm - 4pm	
	回忆往事 2pm - 3pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起做 DrumFit 3pm - 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		一起做普拉提 - 无界康动 2.30pm - 3.30pm	
		一起做普拉提 - 无界康动 4pm - 5pm		一起做普拉提 - 无界康动 (基础班) 3.45pm - 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 3月

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



ntuc
Health

需要注册

MON

TUE

WED

THU

FRI

SAT

30	31				
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	一起做再循环工艺 (ICCP) 11am - 2pm				
游戏时间 - 麻将/数字麻将 2pm - 5pm	回忆往事 2pm - 3pm				
一起来K歌 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm				
一起做 Piloxing 3pm - 4pm					
一起做线上有氧和力量运动 (ICCP) 4pm - 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。