

2025 May

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
			1	2	3
			Labour Day	Let's Exercise with Razak on Zoom 10am - 11am	
				Let's Do Cardio & Strength Workout 11am - 12pm	
				Treadmill / Table Tennis 11am - 1pm	
				Let's Makan Together 12pm - 1pm	
				Ageless Workshop - Walking Well Workshop 1pm - 2.15pm	
				Let's Do Colouring 2pm - 4pm	
				Let's Pilates - Move and Stretch 2.30pm - 3.30pm	
				Strategise with Kakis: Rummy O / Mahjong 2pm - 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

5	6	7	8	9	10
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 Gen Together with NUS Nursing Students (Games) 10am - 12pm	Let's Taichi 11am - 12pm	Let's Do Cardio & Strength Workout 11am - 12pm	
	Let's Do Recycle Art 11am - 2pm	Let's Do Gentle Chair Exercise 11am - 12pm	Let's Lawn Bowls 1.30pm - 3.30pm	Treadmill / Table Tennis 11am - 1pm	
	Digital- Fun! Learning Chinese Calligraphy 1pm - 2.30pm	Say No to Frailty Programme 2pm - 4pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Colouring 2pm - 4pm	
	Let's Karaoke 2pm - 5pm	Let's Pilates 4.30pm - 5.30pm	Sevice Wellness CHP (TTSH): 2pm - 5pm	Ageless Workshop - Walking Well Workshop 1pm - 2.15pm	
	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm			Let's Pilates - Move and Stretch 2.30pm - 3.30pm	
	Let's do CALM Exercise - Square Stepping 4pm - 5pm			Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
				Let's Karaoke 2pm - 5pm	

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MON

TUE

WED

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SAT

12	13	14	15	16	17
Vesak Day	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 Gentle Chair Exercise 11am - 12pm	Let's Gen Together - MFS Bishan 10.30am - 11.30am	Let's Do Cardio & Strength Workout 11am - 12pm	
	Let's Do Recycle Art 11am - 2pm	Say No to Frailty Programme 2pm - 4pm	Let's Taichi 11am - 12pm	Treadmill / Table Tennis 11am - 1pm	
	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Gen Together (Kheng Cheng School) 2.30pm - 4.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Colouring 2pm - 4pm	
	Let's Karaoke 2pm - 5pm			Let's Pilates - Move and Stretch 2.30pm - 3.30pm	
	Repair Kopitiam 2pm - 3.30pm			Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
	Let's do CALM Exercise - Square Stepping 4pm - 5pm			Let's Karaoke 2pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
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 Gentle Chair Exercise 11am - 12pm	Let's Taichi 11am - 12pm	Let's Do Cardio & Strength Workout 11am - 12pm	
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	CPF Talk & Activities - MediShield, ElderShield and CareShield Life 2pm - 5pm	
HayDays with Horses 2pm - 4pm	Let's Learn to Cook 11am - 1pm	Say No to Frailty Programme 2pm - 4pm			
Let's Meridian 2pm - 3pm	Digital- Fun! Learning Chinese Calligraphy 1pm - 2.30pm	Let's Pilates 4.30pm - 5.30pm			
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 do CALM Exercise - Square Stepping 4pm - 5pm				

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26	27	28	29	30	31
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 Gen Together - Kim Keat Let's do Art and Craft 10am - 11am	Let's Taichi 11am - 12pm	Let's Do Cardio & Strength Workout 11am - 12pm	
Treadmill / Table Tennis 11am - 1pm	Let's Do Recycle Art 11am - 2pm	Let's Do Gentle Chair Exercise 11am - 12pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Treadmill / Table Tennis 11am - 1pm	
HayDays with Horses 2pm - 4pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Say No to Frailty Programme 2pm - 4pm		Let's Do Colouring 2pm - 4pm	
Let's Meridian 2pm - 3pm	Let's Karaoke 2pm - 5pm	Let's Pilates 4.30pm - 5.30pm		Ageless Workshop - Walking Well Workshop 1pm - 2.15pm	
Let's Karaoke 2pm - 5pm	Let's do CALM Exercise - Square Stepping 4pm - 5pm			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	

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MON

TUE

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SAT

			1	2	3
			Labour Day	一起跟 Razak 线上做运动 10am -11am	
				一起做有氧和力量运动 11am - 12pm	
				跑步机/乒乓球 11am-1pm	
				一起来 makan 12pm - 1pm	
				步态健康工作坊 10m-2.15pm	
				一起来彩色 2pm - 4pm	
				一起做普拉提 2.30pm - 3.30pm	
				游戏时间 - 麻将/数字麻将 2pm - 5pm	
				一起来K歌 2pm - 5pm	

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5	6	7	8	9	10
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	代际交流 - 新加坡国立大学 NUS(游戏) 10am-12pm	一起打太极 11am - 12pm	一起做有氧和力量运动 11am - 12pm	
	一起做再循环工艺 11am - 2pm	一起做轻柔的椅子运动 11am - 12pm	一起来草地滚球 1.30pm - 3.30pm	跑步机/乒乓球 11am-1pm	
	用科技学书法 1pm - 2.30pm	年长者衰老管理课程 2pm - 4pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起来彩色 2pm - 4pm	
	一起来K歌 2pm - 5pm	一起做普拉提 4 - 5pm	服务 - 社区保健站 CHP 2pm - 5pm	步态健康工作坊 1pm - 2.15pm	
	游戏时间 - 麻将/数字麻将 2pm - 5pm			一起做普拉提 2.30pm-3.30pm	
	一起做方块踏步运动 4pm - 5pm			游戏时间 - 麻将/数字麻将 2pm - 5pm	
				一起来K歌 2pm - 5pm	

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	一起打太极 11am - 12pm	一起做轻柔的椅子运动 11am - 12pm	代际交流 - MFS Bishan 10.30am - 11.30am	一起做有氧和力量运动 11am - 12pm	
	一起做再循环工艺 11am - 2pm	年长者衰老管理课程 2pm - 4pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	跑步机/乒乓球 11am-1pm	
	游戏时间 - 麻将/数字麻将 2pm - 5pm	代际交流 (Kheng Cheng School) 2.30 pm - 4.30pm		一起来彩色 2pm - 4pm	
	一起来K歌 2pm - 5pm			一起做普拉提 2.30pm-3.30pm	
	修理家居用品”的咖啡店 2pm-5pm			游戏时间 - 麻将/数字麻将 2pm - 5pm	
	一起做方块踏步运动 4pm - 5pm			一起来K歌 2pm - 5pm	

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一起做串珠艺术 11am - 1pm	一起打太极 11am - 12pm	一起做轻柔的椅子运动 11am - 12pm	一起打太极 11am - 12pm	一起做有氧和力量运动 11am - 12pm	
跑步机/乒乓球 11am-1pm	一起做再循环工艺 11am - 2pm	用科技学书法 1pm - 2.30pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	CPF 公积金讲座和活动 - MediShield, ElderShield and CareShield Life 2pm - 5pm	
与马互动 2pm - 4pm	一起学习烹饪 11am - 1pm	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K歌 2pm - 5pm	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	游戏时间 - 麻将/数字麻将 2pm - 5pm				
	一起来K歌 2pm - 5pm				
	一起做方块踏步运动 4pm - 5pm				

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一起做串珠艺术 11am - 1pm	一起打太极 11am - 12pm	代际交流 - MFS Kim Keat 一起 做手工 10am - 11am	一起打太极 11am - 12pm	一起做有氧和力量运动 11am - 12pm	
跑步机/乒乓球 11am-1pm	一起做再循环工艺 11am - 2pm	一起做轻柔的椅子运动 11am - 12pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	跑步机/乒乓球 11am-1pm	
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		一起来彩色 2pm - 4pm	
一起做经脉运动 3pm - 4pm	一起来K歌 2pm - 5pm	一起做普拉提 4.30pm - 5.30pm		步态健康工作坊 1pm - 2.15pm	
一起来K歌 2pm - 5pm	一起做方块踏步运动 4pm - 5pm			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	
				一起来K歌 2pm - 5pm	

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