




2026 May

Registration required

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






ntuc Health

MON	TUE	WED	THU	FRI	SAT
				1	2
				Centre Closed	Let's Jam with Guitar 10 am - 11am (RN)

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。

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MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
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	Centre Closed	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 Chair Zumba (HPB) 11.30am - 12.30pm	Let's Do Recycle Art (ICCP) 1pm - 3pm		
Let's Meridian 2pm - 3pm	Piece of Mine Workshop Series 1pm – 3pm	Let's Learn to Repair 2pm – 4pm	Let's DrumFit 2pm - 3pm		
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Magic! (ICCP) 2pm- 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	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 Jam with Ukulele (Interest Group) 2.30pm - 4pm		
Let's Piloxing 3pm - 4pm		Let's Pilates - Ageless Movement 4pm - 5pm	Let's Gen Together (Secondary) 3.30pm – 5pm		
Let's Learn To Tech! 3pm - 5pm					
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm					

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
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 Walking Football 10am – 11.30am	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Gen Together (Kindergarten) 10.30am – 11.30am	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Let's Learn to Repair 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	Piece of Mine Workshop Series 1pm – 3pm	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	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 Piloxing 3pm - 4pm		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 Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm				Let's Gen Together (Secondary) 3.30pm – 5pm	

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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
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 Get Moving – Neighbourhood Walk with DBS 9am – 11.30am	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	Digital- Fun! Learning Chinese Calligraphy 11.30am – 1.00pm	Let's Do Live-Stream Exercise 10am - 11am	
Let's Meridian 2pm - 3pm	Piece of Mine Workshop Series 1pm – 3pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Do Recycle Art (ICCP) 1pm - 3pm	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Magic! (ICCP) 2pm- 3pm	Let's Learn to Repair 2pm – 4pm	Let's DrumFit 2pm - 3pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Let's KTV Together 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Jam with Ukulele (Interest Group) 2.30pm - 4pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Piloxing 3pm - 4pm		Let's KTV Together 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's KTV Together 2pm - 5pm	
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm				Let's Gen Together (Secondary) 3.30pm – 5pm	

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Gen Together (Secondary) – Outing to School 9am – 2pm	Centre Closed	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 Meridian 10am - 11am		Digital- Fun! Learning Chinese Calligraphy 11.30am – 1.00pm	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm		Let's Do Recycle Art (ICCP) 1am - 3pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Piece of Mine Workshop Series 1pm – 3pm		Let's DrumFit 2pm - 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 KTV Together 2pm - 5pm	
Let's Piloxing 3pm - 4pm			Let's Gen Together (Secondary) 2.30pm – 4pm	Let's Gen Together (Secondary) 3.30pm – 5pm	
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm					

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2026 5月

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需要注册

MON

TUE

WED

THU

FRI

SAT

				1	2
				中心关闭	一起吉他演奏 10am - 11am (RN)

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需要注册

MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
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	中心关闭	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	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起做再循环工艺 (ICCP) 1pm - 3pm		
一起做经脉运动 2pm - 3pm	我的心安理得 1pm - 3pm	维修 Kopitiam 2pm - 4pm	一起做 DrumFit 2pm - 3pm		
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	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	一起尤克里里演奏 (兴趣小组) 2.30pm - 4pm		
一起做 Piloxing 3pm - 4pm		一起做普拉提 - 无界康动 4pm - 5pm	一起 Gen (中学) 3.30pm - 5pm		
一起学科技 3pm - 5pm					
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
11	12	13	14	15	16
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 10am - 11am (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 Gen (幼稚园) 10.30am - 11.30am	跑步机/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	用科技学书法 11.30am - 1pm	一起来彩色 (ICCP) 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	我的心安理得 1pm - 3pm	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	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 Piloxing 3pm - 4pm		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 (中学) 3.30pm - 5pm	

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18	19	20	21	22	23
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	一起走动 - 与星展集团邻里漫步 9am - 11.30am	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	用科技学书法 11.30am - 1pm	一起做线上运动 10am - 11am	
一起做经脉运动 2pm - 3pm	我的心安理得 1pm - 3pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起做再循环工艺 (ICCP) 1pm - 3pm	跑步机/乒乓球 (ICCP) 11am - 1pm	
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 DrumFit 2pm - 3pm	一起来彩色 (ICCP) 2pm - 4pm	
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	
一起做 Piloxing 3pm - 4pm		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	
一起做线上有氧和力量运动 (ICCP) 4pm - 5pm				一起 Gen (中学) 3.30pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
一起做线上运动 (TTSH) 10am - 11am	一起 Gen (中学) 9am - 2pm	中心关闭	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)
一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	一起做经脉运动 10am - 11am		用科技学书法 11.30am - 1pm	跑步机/乒乓球 (ICCP) 11am - 1pm	
一起做经脉运动 2pm - 3pm	一起打太极 11am - 12pm		一起做再循环工艺 (ICCP) 1pm - 3pm	一起来彩色 (ICCP) 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	我的心安理得 1pm - 3pm		一起做 DrumFit 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		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 Gen (中学) 2.30pm - 4pm	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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