2026 November

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
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	F4 with SMU 9am - 10.30am	Let's DragonBoat 9am – 11am	Let's Jam with Guitar 10am - 12pm (RN)
Fly with Me! (By Yane, Wings of Aozora) 10am – 11.30am	Fly with Me! (By Stoney, Wings of Aozora) 10am – 11.30am	Fly with Me! (By Jonathan, Wings of Aozora) 10am – 11.30am	Let's Taichi 11am - 12pm	Let's Do Live-Stream Exercise 10am - 11am	
Let's Do Beads Art 11.00am-12.30pm	Let's Taichi 11am - 12pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Gen Together (Primary) 1.30pm - 3.30pm	Let's Gen Together (Kindergarden) 10.30am - 11.30am	
Strategise with Kakis: Rummy O / Mahjong 1.30pm - 4.30pm (RN)	**Centre closed from 3pm to 6pm (AAC Volunteer Appreciation Day)**	Strategise with Kakis: Rummy O / Mahjong 1.30pm - 4.30pm (RN)	Let's DrumFit 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 1.30pm - 4.30pm (RN)	
Let's Meridian 2pm - 3pm		Let's Learn to Repair 2pm – 4pm		Let's Do Colouring (ICCP) 2pm - 4pm	
Let's Piloxing 3pm - 4pm					
Let's Learn To Tech 3pm - 5pm					
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm					

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Registration required

MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Centre closed (Public Holiday)	Let's Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am	F4 with SMU 9am - 10.30am	Let's Do Live-Stream Exercise 10am - 11am	Let's Jam with Guitar 10am - 12pm (RN)
	Fly with Me! (By Stoney, Wings of Aozora) 10am – 11.30am	Fly with Me! (By Jonathan, Wings of Aozora) 10am – 11.30am	Let's Taichi 11am - 12pm	Let's DragonBoat (Finals) 1pm - 5pm	
	Let's Taichi 11am - 12pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's DrumFit 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 1.30pm - 4.30pm (RN)	
	Strategise with Kakis: Rummy O / Mahjong 1.30pm - 4.30pm	Strategise with Kakis: Rummy O / Mahjong 1.30pm - 4.30pm (RN)		Let's Do Colouring (ICCP) 2pm - 4pm	
	Let's Do Magic! (ICCP) 2pm- 3pm	Let's Learn to Repair 2pm – 4pm			

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Registration required

MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Exercise - Online Video (By TTSH) 10am - 11am	**Centre closed (AAC Townhall)**	Let's Qigong (HPB) 10am - 11am	Let's Taichi 11am - 12pm	Let's Do Live-Stream Exercise 10am - 11am	Let's Jam with Guitar 10am - 12pm (RN)
Fly with Me! (By Yane, Wings of Aozora) 10am – 11.30am		Fly with Me! (By Jonathan, Wings of Aozora) 10am – 11.30am	Let's DrumFit 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 1.30pm - 4.30pm (RN)	
Let's Beads Art 11am - 12.30pm		Let's Chair Zumba (HPB) 11.30am - 12.30pm		Let's Do Colouring (ICCP) 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 1.30pm - 4.30pm (RN)		Strategise with Kakis: Rummy O / Mahjong 1.30pm - 4.30pm (RN)			
Let's Meridian 2pm - 3pm		Let's Learn to Repair 2pm – 4pm			
Let's Piloxing 3pm - 4pm					
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm					

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Registration required

MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Let's Exercise - Online Video (By TTSH) 10am - 11am	Let's Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am	Let's Taichi 11am - 12pm	Let's Do Live-Stream Exercise 10am - 11am	Let's Jam with Guitar 10am - 12pm (RN)
Fly with Me! (By Yane, Wings of Aozora) 10am – 11.30am	Fly with Me! (By Stoney, Wings of Aozora) 10am – 11.30am	Let's Gen Together (Kindergarten) (online) 10am - 11am	Let's DrumFit 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 1.30pm - 4.30pm	
Let's Beads Art 11am - 12.30pm	Let's Taichi 11am - 12pm	Fly with Me! (By Jonathan, Wings of Aozora) 10am – 11.30am		Let's Do Colouring (ICCP) 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 1.30pm - 4.30pm (RN)	Strategise with Kakis: Rummy O / Mahjong 1.30pm - 4.30pm (RN)	Let's Chair Zumba (HPB) 11.30am - 12.30pm			
Let's Meridian 2pm - 3pm	Let's Do Magic! (ICCP) 2pm- 3pm	Strategise with Kakis: Rummy O / Mahjong 1.30pm - 4.30pm			
Let's Piloxing 3pm - 4pm		Let's Learn to Repair 2pm – 4pm			
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm					

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2026 November

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Centre Address: Blk 116 Jalan Tenteram #01-06 S320116
Centre Contact: 6590 4289



ntuc Health

Registration required

MON	TUE	WED	THU	FRI	SAT
30					
Let's Exercise - Online Video (By TTSH) 10am - 11am					
Fly with Me! (By Yane, Wings of Aozora) 10am – 11.30am					
Let's Beads Art 11am - 12.30pm					
Strategise with Kakis: Rummy O / Mahjong 1.30pm - 4.30pm (RN)					
Let's Meridian 2pm - 3pm					
Let's Piloxing 3pm - 4pm					
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm					

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2026 11月

需要注册

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Centre Contact: 6590 4289



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	与新加坡管理大学一起 F4 9am - 10.30am	一起划龙舟 9am – 11am	一起吉他演奏 10am - 12pm (RN)
与 Wings of Aozora 的 Yane “艺起飞!” 10am – 11.30am	与 Wings of Aozora 的 Stoney “艺起飞!” 10am – 11.30am	与 Wings of Aozora 的 Jonathan “艺起飞!” 10am – 11.30am	一起打太极 11am - 12pm	一起做线上运动 10am-11am	
一起 Beads Art 11am - 12.30pm	一起打太极 11am - 12pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起 Gen （小学） 1.30pm - 3.30pm	一起 Gen （幼儿园） 10.30am - 11.30am	
游戏时间 - 麻将/数字麻将 1.30pm - 4.30pm	**中心三点到六点关 (活跃乐龄中心志愿者答 谢日)**	游戏时间 - 麻将/数字麻将 1.30pm - 4.30pm	一起做 DrumFit 2pm - 3pm	游戏时间 - 麻将/数字麻将 1.30pm - 4.30pm	
一起做经脉运动 2pm - 3pm		维修 Kopitiam 2pm – 4pm		一起来彩色 (ICCP) 2pm-4pm	
一起做 Piloxing 3pm - 4pm					
一起学Tech 3pm - 5pm					
一起做线上有氧和力量运动 (ICCP) 4pm - 5pm					

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2026 11月

需要注册

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
中心九点到六点关 （公共假期）	一起做经脉运动 10am - 11am	一起练气功 (HPB) 10am - 11am	与新加坡管理大学一起 F4 9am - 10.30am	一起做线上运动 10am-11am	一起吉他演奏 10am - 12pm (RN)
	与 Wings of Aozora 的 Stoney “艺起飞!” 10am – 11.30am	与 Wings of Aozora 的 Jonathan “艺起飞!” 10am – 11.30am	一起打太极 11am - 12pm	一起划龙舟 (决赛) 1pm - 5pm	
	一起打太极 11am - 12pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起做 DrumFit 2pm - 3pm	游戏时间 - 麻将/数字麻将 1.30pm - 4.30pm	
	游戏时间 - 麻将/数字麻将 1.30pm - 4.30pm	游戏时间 - 麻将/数字麻将 1.30pm - 4.30pm		一起来彩色 (ICCP) 2pm-4pm	
	一起做魔术! (ICCP) 2pm-3pm	维修 Kopitiam 2pm – 4pm			

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2026 11月

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
一起做线上运动 (TTSH) 10am - 11am		一起练气功 (HPB) 10am - 11am	一起打太极 11am - 12pm	一起做线上运动 10am-11am	一起吉他演奏 10am - 12pm (RN)
与 Wings of Aozora 的 Yane “艺起飞!” 10am – 11.30am		与 Wings of Aozora 的 Jonathan “艺起飞!” 10am – 11.30am	一起做 DrumFit 2pm - 3pm	游戏时间 - 麻将/数字麻将 1.30pm - 4.30pm	
一起 Beads Art 11am - 12.30pm		一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm		一起来彩色 (ICCP) 2pm-4pm	
游戏时间 - 麻将/数字麻将 1.30pm - 4.30pm	**中心九点到六点关 （活跃乐龄中心全体会 议)**	游戏时间 - 麻将/数字麻将 1.30pm - 4.30pm			
一起做经脉运动 2pm - 3pm		维修 Kopitiam 2pm – 4pm			
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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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
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 11am - 12pm	一起做线上运动 10am-11am	一起吉他演奏 10am - 12pm (RN)
与 Wings of Aozora 的 Yane “艺起飞!” 10am – 11.30am	与 Wings of Aozora 的 Stoney “艺起飞!” 10am – 11.30am	一起 Gen （幼儿园） 10am – 11am	一起做 DrumFit 2pm - 3pm	游戏时间 - 麻将/数字麻将 1.30pm - 4.30pm	
一起 Beads Art 11am - 12.30pm	一起打太极 11am - 12pm	与 Wings of Aozora 的 Jonathan “艺起飞!” 10am – 11.30am		一起来彩色 (ICCP) 2pm-4pm	
游戏时间 - 麻将/数字麻将 1.30pm - 4.30pm	游戏时间 - 麻将/数字麻将 1.30pm - 4.30pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm			
一起做经脉运动 2pm - 3pm	一起做魔术! (ICCP) 2pm-3pm	游戏时间 - 麻将/数字麻将 1.30pm - 4.30pm			
一起做 Piloxing 3pm - 4pm		维修 Kopitiam 2pm – 4pm			
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
30					
一起做线上运动 (TTSH) 10am - 11am					
与 Wings of Aozora 的 Yane “艺起飞!” 10am – 11.30am					
一起 Beads Art 11am - 12.30pm					
游戏时间 - 麻将/数字麻将 1.30pm - 4.30pm					
一起做经脉运动 2pm - 3pm					
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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