

# 2025 November

 **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

| 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 Taichi 10am - 11am                                         | Let's Exercise with Razak on Zoom 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 Chair Zumba (HPB) 11.30am - 12.30pm          | Digital-Fun! Learning Chinese Calligraphy (Male) 1.00pm - 2.30pm | Let's Table Tennis & Let's Exercise - Treadmill (ICCP) 11am - 1pm |                                         |
| Let's Meridian 2pm - 3pm                                                | Let's Do Recycle Art (ICCP) 11am - 2pm             | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm | Let's DrumFit 3pm - 4pm                                          | Let's Do Colouring (ICCP) 2pm - 4pm                               |                                         |
| Let's KTV Together 2pm - 5pm                                            | Grooving Down Memory Lane 2pm - 3pm                | Let's KTV Together 2pm - 5pm                       | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm               | Let's Pilates - Ageless Movement 2.30pm - 3.30pm                  |                                         |
| Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm                      | Let's Do Magic! (ICCP) 2pm- 3pm                    | Let's Pilates - Ageless Movement 4pm - 5pm         |                                                                  | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm                |                                         |
| Let's Learn To Tech! 3pm - 5pm                                          | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm |                                                    |                                                                  | Let's KTV Together 2pm - 5pm                                      |                                         |
| Let's Piloxing 3pm - 4pm                                                |                                                    |                                                    |                                                                  |                                                                   |                                         |
| Let's Exercise - Online Video Cardio & Strength Workout (ICCP) 4pm -5pm |                                                    |                                                    |                                                                  |                                                                   |                                         |

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| Let's Meridian 2pm - 3pm                                                | Let's Do Recycle Art (ICCP) 11am - 2pm             | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm | Let's DrumFit 3pm - 4pm                                         | Let's Do Colouring (ICCP) 2pm - 4pm                               |                                         |
| Let's KTV Together 2pm - 5pm                                            | Grooving Down Memory Lane 2pm - 3pm                | Let's KTV Together 2pm - 5pm                       | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm              | Let's Pilates - Ageless Movement 2.30pm - 3.30pm                  |                                         |
| Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm                      | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm | Let's Pilates - Ageless Movement 4pm - 5pm         |                                                                 | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm                |                                         |
| Let's Piloxing 3pm-4pm                                                  |                                                    |                                                    |                                                                 | Let's KTV Together 2pm - 5pm                                      |                                         |
| Let's Exercise - Online Video Cardio & Strength Workout (ICCP) 4pm -5pm |                                                    |                                                    |                                                                 |                                                                   |                                         |

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| 17                                                                      | 18                                                               | 19                                                 | 20                                                               | 21                   | 22                                      |
|-------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------|------------------------------------------------------------------|----------------------|-----------------------------------------|
| 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                                         | <b>Centre Closed</b> | 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          | Digital-Fun! Learning Chinese Calligraphy (Male) 1.00pm - 2.30pm |                      |                                         |
| Let's Meridian 2pm - 3pm                                                | Let's Do Recycle Art (ICCP) 11am - 2pm                           | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm | Let's DrumFit 3pm - 4pm                                          |                      |                                         |
| Let's KTV Together 2pm - 5pm                                            | Digital-Fun! Learning Chinese Calligraphy (Male) 1.00pm - 2.30pm | Let's KTV Together 2pm - 5pm                       | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm               |                      |                                         |
| Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm                      | Grooving Down Memory Lane 2pm - 3pm                              | Let's Pilates - Ageless Movement 4pm - 5pm         |                                                                  |                      |                                         |
| Let's Piloxing 3pm-4pm                                                  | Let's Do Magic! (ICCP) 2pm- 3pm                                  |                                                    |                                                                  |                      |                                         |
| Let's Exercise - Online Video Cardio & Strength Workout (ICCP) 4pm -5pm | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm               |                                                    |                                                                  |                      |                                         |

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| MON                                                                     | TUE                                    | WED                                                | THU                                                             | FRI                                                               | SAT                                     |
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| 24                                                                      | 25                                     | 26                                                 | 27                                                              | 28                                                                | 29                                      |
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| Let's Table Tennis & Let's Exercise - Treadmill (ICCP) 11am - 1pm       | Let's Taichi 11am - 12pm               | HPB Chair Zumba (HPB) 11.30am - 12.30pm            | Digital-Fun! Learning Chinese Calligraphy (Mix) 1.00pm - 2.30pm | Let's Table Tennis & Let's Exercise - Treadmill (ICCP) 11am - 1pm |                                         |
| Let's Meridian 2pm - 3pm                                                | Let's Do Recycle Art (ICCP) 11am - 2pm | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm | Let's DrumFit 3pm - 4pm                                         | Let's Do Colouring (ICCP) 2pm - 4pm                               |                                         |
| Let's KTV Together 2pm - 5pm                                            | <b>Centre Closed<br/>2pm - 6pm</b>     | Let's KTV Together 2pm - 5pm                       | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm              | Let's Pilates - Ageless Movement 2.30pm - 3.30pm                  |                                         |
| Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm                      |                                        | Let's Pilates - Ageless Movement 4pm - 5pm         |                                                                 | Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm                |                                         |
| Let's Piloxing 3pm-4pm                                                  |                                        |                                                    |                                                                 | Let's KTV Together 2pm - 5pm                                      |                                         |
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| 一起做线上运动 (TTSH)<br>10am - 11am       | 一起做经脉运动 10am - 11am            | 一起练气功 (HPB)<br>10am - 11am          | 一起打太极 10am - 11am              | 一起跟 Razak 线上做运动<br>10am - 11am    | 一起吉他演奏<br>10am - 11am (RN) |
| 一起跑步机, 一起乒乓球<br>(ICCP) 11am - 1pm   | 一起打太极 11am - 12pm              | 一起做坐式尊巴舞 (HPB)<br>11.30am - 12.30pm | 用科技学书法 (男士)<br>1.00pm - 2.30pm | 一起跑步机, 一起乒乓球<br>(ICCP) 11am - 1pm |                            |
| 一起做经脉运动 2pm - 3pm                   | 一起做再循环工艺 (ICCP)<br>11am - 2pm  | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm         | 一起做DrumFit 3pm - 4pm           | 一起来彩色 (ICCP) 2pm - 4pm            |                            |
| 游戏时间 - 麻将/数字麻将<br>2pm - 5pm         | 回忆往事<br>2pm - 3pm              | 一起来K歌 2pm - 5pm                     | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm    | 一起做普拉提 - 无界康动<br>2.30pm - 3.30pm  |                            |
| 一起来K歌 2pm - 5pm                     | 一起变魔术! 魔术! (ICCP)<br>2pm - 3pm | 一起做普拉提 - 无界康动<br>4pm - 5pm          |                                | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm       |                            |
| 一起做 Piloxing 3pm - 4pm              | 游戏时间 - 麻将/数字麻将<br>2pm - 5pm    |                                     |                                | 一起来K歌 2pm - 5pm                   |                            |
| 一起学科技 3pm - 5pm                     |                                |                                     |                                |                                   |                            |
| 一起做线上有氧和力量运动<br>(ICCP)<br>4pm - 5pm |                                |                                     |                                |                                   |                            |

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| 一起做 Piloxing 3pm - 4pm              |                               |                                     |                                | 一起来K歌 2pm - 5pm                   |                            |
| 一起做线上有氧和力量运动<br>(ICCP)<br>4pm - 5pm |                               |                                     |                                |                                   |                            |

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