

2026 October

 **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
			1	2	3
			F4 with SMU 9am - 10.30am	Let's DragonBoat 9am – 11am	Let's Jam with Guitar 10am - 12pm (RN)
			Let's Go Gai Gai - AAC Day @ TP Sports Art Centre 10am - 2pm	Let's Exercise - Live Stream 10am - 11am	
			Let's Taichi 11am – 12pm	Let's Do Colouring (ICCP) 2pm - 4pm	
			Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	

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ntuc Health

Registration required

MON

TUE

WED

THU

FRI

SAT

5	6	7	8	9	10
Let's Exercise - Online Video (By TTSH) 10am - 11am	Let's Meridian 10am - 11am	Let's Qigong (By HPB) 10am - 11am	Let's Taichi 10am - 11am	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 DrumFit 2pm - 3pm	Let's Exercise - Live Stream 10am - 11am	
Digital - Fab Lab Series - Digital Embroidery Workshop @ NTUC Health AAC (Kampung Admiralty) 10am – 1pm	Let's Taichi 11am - 12pm	Let's Chair Zumba (By HPB) 11.30am - 12.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Let's Meridian 2pm - 3pm	Let's Do Magic! (ICCP) 2pm - 3pm	Let's Learn to Repair 2pm – 4pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Let's Talk About Stroke Awareness Talk (By Singapore National Stroke Association) 2pm – 3.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm			
Let's Piloxing 3pm - 4pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 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
12	13	14	15	16	17
Let's Exercise - Online Video (By TTSH) 10am - 11am	Let's Meridian 10am - 11am	Let's Qigong (By 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 Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Let's Chair Zumba (By HPB) 11.30am - 12.30pm	Let's DrumFit 2pm - 3pm	Let's Gen Together (Kindergarten) 10.30am - 11.30am	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Centre closed (Afternoon 2pm-6pm)	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Let's Piloxing 3pm - 4pm				Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 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 (By 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	Let's Gen Together (Kindergarten) (Virtual Session) 10am - 11am	Let's Taichi 11am - 12pm	Let's Do Live-Stream Exercise 10am - 11am	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Fly with Me! (By Jonathan, Wings of Aozora) 10am - 11.30am	Let's DrumFit 2pm - 3pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Let's Do Magic! (ICCP) 2pm - 3pm	Let's Chair Zumba (By HPB) 11.30am - 12.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Piloxing 3pm - 4pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Learn to Repair 2pm - 4pm			
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm			

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MON	TUE	WED	THU	FRI	SAT
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	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 10am - 11am	Let's Do Live-Stream Exercise 10am - 11am	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Let's Chair Zumba (By HPB) 11.30am - 12.30pm	Let's DrumFit 2pm - 3pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Learn to Repair 2pm - 4pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Piloxing 3pm - 4pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm			
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm					

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需要注册

MON

TUE

WED

THU

FRI

SAT

			1	2	3
			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)
			AAC 日 @ 淡马锡理工学院 10am - 2pm	一起做线上运动 10am-11am	
			一起打太极 11am – 12pm	一起来彩色 (ICCP) 2pm-4pm	
			游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	

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2026 10月

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需要注册

MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
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 Jonathon “艺起飞!” 10am - 11.30am	一起做 DrumFit 2pm - 3pm	一起做线上运动 10am-11am	
数码刺绣 在海军部村庄 10am - 1pm	一起打太极 11am - 12pm	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	
一起做经脉运动 2pm - 3pm	一起变魔术! 魔术! (ICCP) 2pm - 3pm	维修 Kopitiam 2pm - 4pm		游戏时间 - 麻将/数字麻将 2pm - 5pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	中风意识- 由新加坡全国预防中 风协会开讲(中文) 2pm - 3.30pm	游戏时间 - 麻将/数字麻将 2pm - 5pm			
一起做 Piloxing 3pm - 4pm	游戏时间 - 麻将/数字麻将 2pm - 5pm				
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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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 Jonathon “艺起飞!” 10am - 11.30am	一起打太极 11am - 12pm	一起做线上运动 10am-11am	
一起做经脉运动 2pm - 3pm	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	一起 Gen (幼儿园) 10.30am - 11.30am	
游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	中心休业 (下午 2pm-6pm)	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起来彩色 (ICCP) 2pm-4pm	
一起做 Piloxing 3pm - 4pm				游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起做线上有氧和力量运动 (ICCP) 4pm - 5pm					

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一起做经脉运动 2pm - 3pm	一起打太极 11am - 12pm	一起 Gen (幼儿园) (在线) 10.30am - 11.30am	一起做 DrumFit 2pm - 3pm	一起来彩色 (ICCP) 2pm-4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起变魔术! 魔术! (ICCP) 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	游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起做 Piloxing 3pm - 4pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	维修 Kopitiam 2pm - 4pm			
一起做线上有氧和力量运动 (ICCP) 4pm - 5pm		游戏时间 - 麻将/数字麻将 2pm - 5pm			

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一起做经脉运动 2pm - 3pm	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	一起来彩色 (ICCP) 2pm-4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	维修 Kopitiam 2pm - 4pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起做 Piloxing 3pm - 4pm		游戏时间 - 麻将/数字麻将 2pm - 5pm			
一起做线上有氧和力量运动 (ICCP) 4pm - 5pm					

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