

2025 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	4
		Let's Qigong (HPB) 10am - 11am	Let's Taichi 10am - 11am	Let's Exercise with Razak on Zoom 10am - 11am	
		HPB Chair Zumba 11.30am - 12.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Treadmill / Table Tennis (ICCP) 11am - 1pm	
		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's DrumFit 3pm - 4pm	Let's Do Colouring (ICCP) 2pm - 4pm	
		Let's Karaoke 2pm - 5pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
		Let's Pilates - Ageless Power 4pm - 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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Registration required

MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
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	
Treadmill / Table Tennis (ICCP) 11am - 1pm	Let's Taichi 11am - 12pm	HPB Chair Zumba 11.30am - 12.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Treadmill / Table Tennis (ICCP) 11am - 1pm	
Lets do Beads Art 11am - 1pm	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 Meridian 2pm - 3pm	Grooving Down Memory Lane 2pm - 3pm	Let's Karaoke 2pm - 5pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Karaoke 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm			Let's Karaoke 2pm - 5pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Perform Magic!Magic! (ICCP) 2pm-3pm				
Let's Cardio & Strength Workout Online (ICCP) 3pm-4pm					
Let's Piloxing 3pm - 4pm					

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Registration required

MON

TUE

WED

THU

FRI

SAT

13	14	15	16	17	18
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	
Treadmill / Table Tennis (ICCP) 11am - 1pm	Let's Taichi 11am - 12pm	HPB Chair Zumba 11.30am - 12.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Treadmill / Table Tennis (ICCP) 11am - 1pm	
Lets do Beads Art 11am - 1pm	Let's Do Recycle Art (ICCP) 11am - 2pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's DrumFit 3pm - 4pm	Let's Pilates - Ageless Start 1.30pm - 2.15pm	
Let's Meridian 2pm - 3pm	Grooving Down Memory Lane 2pm - 3pm	Let's Karaoke 2pm - 5pm		Let's Do Colouring (ICCP) 2pm - 4pm	
Let's Karaoke 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Pilates - Ageless Power 4pm - 5pm		Let's Pilates - Ageless Core 2.30pm - 3.30pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm				Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Cardio & Strength Workout Online (ICCP) 3pm-4pm				Let's Karaoke 2pm - 5pm	
Let's Piloxing 3pm - 4pm					

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Centre Closed	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 Taichi 11am - 12pm	HPB Chair Zumba 11.30am - 12.30pm	Let's DrumFit 3pm - 4pm	Treadmill / Table Tennis (ICCP) 11am - 1pm	
	Let's Do Recycle Art (ICCP) 11am - 2pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Pilates - Ageless Start 1.30pm - 2.15pm	
	Grooving Down Memory Lane 2pm - 3pm	Let's Karaoke 2pm - 5pm		Let's Do Colouring (ICCP) 2pm - 4pm	
	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Pilates - Ageless Power 4pm - 5pm		Let's Pilates - Ageless Core 2.30pm - 3.30pm	
	Let's Perform Magic! Magic! (ICCP) 2pm-3pm			Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
				Let's Karaoke 2pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1
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	
Treadmill / Table Tennis (ICCP) 11am - 1pm	Let's Taichi 11am - 12pm	HPB Chair Zumba 11.30am - 12.30pm	Let's DrumFit 3pm - 4pm	Treadmill / Table Tennis (ICCP) 11am - 1pm	
Lets do Beads Art 11am - 1pm	Let's Do Recycle Art (ICCP) 11am - 2pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Functional Screening (AIC) & Frailty Screening (NHG) : 9am - 1pm	
Let's Meridian 2pm - 3pm	Grooving Down Memory Lane 2pm - 3pm	Let's Karaoke 2pm - 5pm		Let's Pilates - Ageless Start 1.30pm - 2.15pm	
Let's Karaoke 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Pilates - Ageless Power 4pm - 5pm		Let's Do Colouring (ICCP) 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm				Let's Pilates - Ageless Core 2.30pm - 3.30pm	
Let's Cardio & Strength Workout Online (ICCP) 3pm-4pm				Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Piloxing 3pm - 4pm				Let's Karaoke 2pm - 5pm	

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MON

TUE

WED

THU

FRI

SAT

		1	2	3	4
		一起练气功 (HPB) 10am - 11am	一起打太极 10am - 11am	一起跟 Razak 线上做运动 10am -11am	
		11.30am - 12.30pm一起做坐 式尊巴舞 (HPB)	一起做DrumFit 3pm - 4pm	跑步机/乒乓球 (ICCP) 11am-1pm	
		游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起来彩色 (ICCP) 2pm - 4pm	
		一起来K歌 2pm - 5pm		一起来K歌 2pm - 5pm	
		一起做普拉提 4pm - 5pm		游戏时间 - 麻将/数字麻将 2pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
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	一起跟 Razak 线上做运动 10am - 11am	
跑步机/乒乓球 (ICCP) 11am - 1pm	一起打太极 11am - 12pm	11.30am - 12.30pm一起做坐式尊巴舞 (HPB)	一起做DrumFit 3pm - 4pm	跑步机/乒乓球 (ICCP) 11am-1pm	
一起 Beads Art 11am - 1pm	一起做再循环工艺 (ICCP) 11am - 2pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起来彩色 (ICCP) 2pm - 4pm	
一起做经脉运动 2pm - 3pm	Grooving Down Memory Lane 2pm - 3pm	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	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	一起变魔术! 魔术! (ICCP) 2pm - 3pm				
一起做线上有氧和力量运动 (ICCP) 3pm - 4pm					
一起做 Piloxing 3pm - 4pm					

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
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	一起跟 Razak 线上做运动 10am - 11am	
跑步机/乒乓球 (ICCP) 11am - 1pm	一起打太极 11am - 12pm	11.30am - 12.30pm一起做坐 式尊巴舞 (HPB)	一起做DrumFit 3pm - 4pm	跑步机/乒乓球 (ICCP) 11am-1pm	
一起 Beads Art 11am - 1pm	一起做再循环工艺 (ICCP) 11am - 2pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做普拉提 1.30pm - 2.15pm	
一起做经脉运动 2pm - 3pm	Grooving Down Memory Lane 2pm - 3pm	一起来K歌 2pm - 5pm		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	一起做普拉提 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	
一起做线上有氧和力量运动 (ICCP) 3pm - 4pm				一起来K歌 2pm - 5pm	
一起做 Piloxing 3pm - 4pm					

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
中心关闭	一起做经脉运动 10am - 11am	一起练气功 (HPB) 10am - 11am	一起打太极 10am - 11am	一起跟 Razak 线上做运动 10am - 11am	
	一起打太极 11am - 12pm	11.30am - 12.30pm一起做坐 式尊巴舞 (HPB)	一起做DrumFit 3pm - 4pm	跑步机/乒乓球 (ICCP) 11am-1pm	
	一起做再循环工艺 (ICCP) 11am - 2pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做普拉提 1.30pm - 2.15pm	
	Grooving Down Memory Lane 2pm - 3pm	一起来K歌 2pm - 5pm		一起来彩色 (ICCP) 2pm - 4pm	
	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做普拉提 4pm - 5pm		一起做普拉提 2.30pm - 3.30pm	
	一起变魔术! 魔术! (ICCP) 2pm - 3pm			游戏时间 - 麻将/数字麻将 2pm - 5pm	
				一起来K歌 2pm - 5pm	

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27	28	29	30	31	1
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	一起跟 Razak 线上做运动 10am - 11am	
跑步机/乒乓球 (ICCP) 11am - 1pm	一起打太极 11am - 12pm	11.30am - 12.30pm一起做坐 式尊巴舞 (HPB)	一起做DrumFit 3pm - 4pm	跑步机/乒乓球 (ICCP) 11am-1pm	
一起 Beads Art 11am - 1pm	一起做再循环工艺 (ICCP) 11am - 2pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	Functional Screening (AIC) & Frailty Screening (NHG) : 9am - 1pm	
一起做经脉运动 2pm - 3pm	Grooving Down Memory Lane 2pm - 3pm	一起来K歌 2pm - 5pm		一起做普拉提 1.30pm - 2.15pm	
一起来K歌 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做普拉提 4pm - 5pm		一起来彩色 (ICCP) 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm				一起做普拉提 2.30pm - 3.30pm	
一起做线上有氧和力量运动 (ICCP) 3pm - 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	

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