

2026 Sep

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



NTUC Health

Registration required

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	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)
	Let's Taichi 11am - 12pm	Let's Gen Together (Kindergarten) 10am - 11am	Let's Taichi 10am - 11am	Let's Do Live-Stream Exercise 10am - 11am	
	Digital- Fun! Learning Chinese Calligraphy Course 2pm - 3.30pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Do Recycle Art (ICCP) 1pm - 3pm	Let's Do Colouring (ICCP) 2pm - 4pm	
	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Let's Learn to Repair 2pm – 4pm	Let's DrumFit 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	
		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
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 Dragon Boat 9am – 11am	Let's Jam with Guitar 10am - 12pm (RN)
Let's Meridian 2pm - 3pm	Let's Walking Football 10am – 11.30am	Let's Gen Together (Kindergarten) 10am - 11am	Let's Taichi 10am - 11am	Let's Do Live-Stream Exercise 10am - 11am	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Let's Taichi 11am - 12pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Do Recycle Art (ICCP) 1pm - 3pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Let's Piloxing 3pm - 4pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Learn to Repair 2pm – 4pm	Let's DrumFit 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		

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Registration required

MON

TUE

WED

THU

FRI

SAT

14	15	16	17	18	19
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	Centre closed	Let's Jam with Guitar 10am - 12pm (RN)
Let's Meridian 2pm - 3pm	Let's Walking Football 10am - 11.30am	Let's Gen Together (Kindergarten) 10am - 11am	Let's Taichi 10am - 11am		
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Let's Taichi 11am - 12pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Gen Together (Kindergarten) 10.30am - 11.30am		
Let's Piloxing 3pm - 4pm	Digital- Fun! Learning Chinese Calligraphy Course 2pm - 3.30pm	Let's Learn to Repair 2pm - 4pm	Let's Do Recycle Art (ICCP) 1pm - 3pm		
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
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 Dragon Boat 9am - 11am	Let's Jam with Guitar 10am - 12pm (RN)
Let's Meridian 2pm - 3pm	Let's Walking Football 10am - 11.30am	Let's Gen Together (Kindergarten) 10am - 11am	Let's Taichi 10am - 11am	Let's Do Live-Stream Exercise 10am - 11am	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Fly with Me 10am - 11am	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Do Recycle Art (ICCP) 1pm - 3pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Let's Piloxing 3pm - 4pm	Let's Taichi 11am - 12pm	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 Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm	CPF at your Service 2pm - 4.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm			

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MON	TUE	WED	THU	FRI	SAT
28	29	30			
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am			
Let's Meridian 2pm - 3pm	Let's Gen Together (Kindergarten) 10am - 11am	Let's Gen Together (Kindergarten) 10am - 11am			
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)	Let's Walking Football 10am – 11.30am	Let's Chair Zumba (HPB) 11.30am - 12.30pm			
Let's Piloxing 3pm - 4pm	Let's Taichi 11am - 12pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm			
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm (RN)				

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需要注册

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	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)
	一起打太极 11am - 12pm	一起 Gen (幼儿园) 10am - 11am	一起打太极 10am - 11am	一起做线上运动 10am-11am	
	用科技学书法 2pm - 3.30pm	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	一起做 DrumFit 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		

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MON

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7	8	9	10	11	12
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)
一起做经脉运动 2pm - 3pm	健步足球 10am – 11.30am	一起 Gen (幼儿园) 10am - 11am	一起打太极 10am - 11am	一起做线上运动 10am-11am	
游戏时间 - 麻将/数字麻将 2pm - 5pm	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	一起来彩色 (ICCP) 2pm-4pm	
一起做 Piloxing 3pm - 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 DrumFit 2pm - 3pm	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			游戏时间 - 麻将/数字麻将 2pm - 5pm		

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14	15	16	17	18	19
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	中心休息	一起吉他演奏 10am - 12pm (RN)
一起做经脉运动 2pm - 3pm	健步足球 10am - 11.30am	一起 Gen (幼儿园) 10am - 11am	一起打太极 10am - 11am		
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起打太极 11am - 12pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起 Gen (幼儿园) 10.30am - 11.30am		
一起做 Piloxing 3pm - 4pm	用科技学书法 2pm - 3.30pm (RN)	维修 Kopitiam 2pm - 4pm	一起做再循环工艺 (ICCP) 1pm - 3pm		
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	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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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)
一起做经脉运动 2pm - 3pm	健步足球 10am - 11.30am	一起 Gen (幼儿园) 10am - 11am	一起打太极 10am - 11am	一起做线上运动 10am-11am	
游戏时间 - 麻将/数字麻将 2pm - 5pm	艺起飞 10am - 11am	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起做再循环工艺 (ICCP) 1pm - 3pm	一起来彩色 (ICCP) 2pm-4pm	
一起做 Piloxing 3pm - 4pm	一起打太极 11am - 12pm	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	
一起做线上有氧和力量运动 (ICCP) 4pm - 5pm	中央公积金为您服务 2pm - 4.30pm	游戏时间 - 麻将/数字麻将 2pm - 5pm			

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28	29	30			
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			
一起做经脉运动 2pm - 3pm	一起 Gen (幼儿园) 10am - 11am	一起 Gen (幼儿园) 10am - 11am			
游戏时间 - 麻将/数字麻将 2pm - 5pm	健步足球 10am - 11.30am	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm			
一起做 Piloxing 3pm - 4pm	一起打太极 11am - 12pm	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	游戏时间 - 麻将/数字麻将 2pm - 5pm			

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