

2025 September

 **Centre Name:** NTUC Health Active Ageing Centre (Whampoa)
 **Centre Address:** Blk 116 Jalan Tenteram #01-06 S(320116)
 **Centre Contact:** 6590 4289



ntuc Health

Registration required

MON

TUE

WED

THU

FRI

SAT

1	2	3	4	5	6
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 go Gai Gai - River Wonders (ICCP) 10am - 12pm	HPB Chair Zumba 11.30am - 12.30pm	Let's Piloxing 11am - 12pm	Treadmill / Table Tennis (ICCP) 11am - 1pm	
Let's Do Sudoku 1pm - 2pm	Let's Gen Together - M.Y World 10am - 11am	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	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Let's Karaoke 2pm - 5pm	Let's DrumFit 3pm - 4pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Let's Karaoke 2pm - 5pm	Let's Do Recycle Art (ICCP) 11am - 2pm	Let's Pilates - Ageless Power 4pm - 5pm		Let's Pilates - Ageless Core 2.30pm - 3.30pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Grooving Down Memory Lane 2pm - 3pm			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 Karaoke 2pm - 5pm	
	Tsao Foundation (Journey with Dementia) 3pm - 5pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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MON

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SAT

8	9	10	11	12	13
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	Centre Closed	
Treadmill / Table Tennis (ICCP) 11am - 1pm	Let's Taichi 11am - 12pm	HPB Chair Zumba 11.30am - 12.30pm	Let's Piloxing 11am - 12pm		
Let's Meridian 2pm - 3pm	Let's Do Recycle Art (ICCP) 11am - 2pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Lawn Bowls 1.30pm - 3pm		
Let's Karaoke 2pm - 5pm	Digital-Fun! Learning Chinese Calligraphy (Male) 1.00pm - 2.30pm	Let's Karaoke 2pm - 5pm	Let's DrumFit 3pm - 4pm		
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Grooving Down Memory Lane 2pm - 3pm	Digital-Fun! Learning Chinese Calligraphy (Mixed) 1.00pm - 2.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		
Let's Cardio & Strength Workout Online (ICCP) 3pm-4pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Pilates - Ageless Power 4pm - 5pm			
	Let's Perform Magic!Magic! (ICCP) 2pm-3pm				
	Tsao Foundation (Journey with Dementia) 3pm - 5pm				

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MON

TUE

WED

THU

FRI

SAT

15	16	17	18	19	20
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 Gen Together - MFS Bishan (Lantern Festival) 10.30am - 11.30am	Treadmill / Table Tennis (ICCP) 11am - 1pm	
Let's Meridian 2pm - 3pm	Let's Do Recycle Art (ICCP) 11am - 2pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	NHG - Physical Activity (Chinese) 10am - 11.30am	F4 (Fit, Fun, Friends & Fed) 11am - 12pm	
Let's Karaoke 2pm - 5pm	Grooving Down Memory Lane 2pm - 3pm	Let's Karaoke 2pm - 5pm	Let's Piloxing 11am - 12pm	Let's Pilates - Ageless Start 1.30pm - 2.15pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Pilates - Ageless Power 4pm - 5pm	Let's DrumFit 3pm - 4pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Let's Cardio & Strength Workout Online (ICCP) 3pm-4pm	Tsao Foundation (Journey with Dementia) 3pm - 5pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Pilates - Ageless Core 2.30pm - 3.30pm	
				Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
				Let's Karaoke 2pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
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	Let's Gen Together - MFS Kim Keat 10am - 11am	Let's Piloxing 11am - 12pm	Let's Yoga (ICCP) - 10am - 12pm	
Let's Meridian 2pm - 3pm	Let's Do Recycle Art (ICCP) 11am - 2pm	HPB Chair Zumba 11.30am - 12.30pm	Let's DrumFit 3pm - 4pm	Treadmill / Table Tennis (ICCP) 11am - 1pm	
Let's Karaoke 2pm - 5pm	Grooving Down Memory Lane 2pm - 3pm	Project Praise Scamtalk 2pm - 3:30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Pilates - Ageless Start 1.30pm - 2.15pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		Let's Do Colouring (ICCP) 2pm - 4pm	
Let's Cardio & Strength Workout Online (ICCP) 3pm-4pm	Let's Perform Magic!Magic! (ICCP) 2pm-3pm	Let's Karaoke 2pm - 5pm		Let's Pilates - Ageless Core 2.30pm - 3.30pm	
	Tsao Foundation (Journey with Dementia) 3pm - 5pm	Power Up Your Bounce Workshop 4pm-5pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
				Let's Karaoke 2pm - 5pm	

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NTUC Health

Registration required

MON

TUE

WED

THU

FRI

SAT

29	30				
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am				
Let's Gen Together - LSH MSF Building 10am - 11am	Let's Taichi 11am - 12pm				
Treadmill / Table Tennis (ICCP) 11am - 1pm	Let's Do Recycle Art (ICCP) 11am - 2pm				
Let's Meridian 2pm - 3pm	Grooving Down Memory Lane 2pm - 3pm				
Let's Karaoke 2pm - 5pm	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					

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2025 9月

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Registration required

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
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	代际交流 - M.Y World 10am - 11am	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起做 Piloxing 11am - 12pm	跑步机/乒乓球 (ICCP) 11am-1pm	
一起玩数独 1pm - 2pm	一起去 Gai Gai - 河川生态园 (ICCP) 10am - 12pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做DrumFit 3pm - 4pm	一起做普拉提 1.30pm - 2.15pm	
一起做经脉运动 2pm - 3pm	一起打太极 11am - 12pm	一起来K歌 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起来彩色 (ICCP) 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做再循环工艺 (ICCP) 11am - 2pm	一起做普拉提 4pm - 5pm		一起做普拉提 2.30pm - 3.30pm	
一起来K歌 2pm - 5pm	Grooving Down Memory Lane 2pm - 3pm			游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起学科技 3pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm			一起来K歌 2pm - 5pm	
	Tsao Foundation: 与失智症同行 3pm - 5pm				

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MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
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	Centre Closed	
跑步机/乒乓球 (ICCP) 11am - 1pm	一起打太极 11am - 12pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起做 Piloxing 11am - 12pm		
一起做经脉运动 2pm - 3pm	一起做再循环工艺 (ICCP) 11am - 2pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起来草地滚球 1:30pm - 3pm		
一起来K歌 2pm - 5pm	用科技学书法 (男士) 1.00pm - 2.30pm	一起来K歌 2pm - 5pm	一起做DrumFit 3pm - 4pm		
游戏时间 - 麻将/数字麻将 2pm - 5pm	Grooving Down Memory Lane 2pm - 3pm	用科技学书法 (男女) 1.00pm - 2.30pm	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	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做普拉提 4pm - 5pm			
	一起变魔术! 魔术! (ICCP) 2pm - 3pm				
	Tsao Foundation: 与失智症同行 3pm - 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	NHG - 体育活动(中文) 10am - 11.30am	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	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起打太极 10am - 11am	跑步机/乒乓球 (ICCP) 11am-1pm	
一起做经脉运动 2pm - 3pm	一起做再循环工艺 (ICCP) 11am - 2pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	代际交流 - MFS Bishan (元宵节) 10.30am - 11.30am	F4 (Fit, Fun, Friends & Fed) 11am - 12pm	
一起来K歌 2pm - 5pm	Grooving Down Memory Lane 2pm - 3pm	一起来K歌 2pm - 5pm	一起做 Piloxing 11am - 12pm	一起做普拉提 1.30pm - 2.15pm	
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 4pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起来彩色 (ICCP) 2pm - 4pm	
一起做线上有氧和力量运动 (ICCP) 3pm - 4pm	Tsao Foundation: 与失智症同行 3pm - 5pm		一起做DrumFit 3pm - 4pm	一起做普拉提 2.30pm - 3.30pm	
				游戏时间 - 麻将/数字麻将 2pm - 5pm	
				一起来K歌 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	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	代际交流 - MFS Kim Keat 10am - 11am	一起做 Piloxing 11am - 12pm	一起做瑜伽 (ICCP) 10am - 12pm	
一起做经脉运动 2pm - 3pm	一起做再循环工艺 (ICCP) 11am - 2pm	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	跑步机/乒乓球 (ICCP) 11am-1pm	
一起来K歌 2pm - 5pm	Grooving Down Memory Lane 2pm - 3pm	Project Praise Scamtalk 2pm - 3:30pm	一起做DrumFit 3pm - 4pm	一起做普拉提 1.30pm - 2.15pm	
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		一起来彩色 (ICCP) 2pm - 4pm	
一起做线上有氧和力量运动 (ICCP) 3pm - 4pm	一起变魔术! 魔术! (ICCP) 2pm - 3pm	一起来K歌 2pm - 5pm		一起做普拉提 2.30pm - 3.30pm	
	Tsao Foundation: 与失智症同行 3pm - 5pm	Power Up Your Bounce Workshop 4pm-5pm		游戏时间 - 麻将/数字麻将 2pm - 5pm	
				一起来K歌 2pm - 5pm	

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29	30				
一起做线上运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am				
代际交流 - LSH MSF Building 10am - 11am	一起打太极 11am - 12pm				
跑步机/乒乓球 (ICCP) 11am - 1pm	一起做再循环工艺 (ICCP) 11am - 2pm				
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				
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					

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