




2024 December

 **Centre Name:** NTUC HEALTH AAC WHAMPOA
 **Centre Address:** Blk 116 Jalan Tenteram #01-06 S(320116)
 **Centre Contact:** 6590 4289






Registration required

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am	Let's Crossfit 10am - 11am	Centre Closed (AAC Team Building)	
Let's Meridian 2pm - 3pm	Let's Makan Together 11am - 12pm	Band Performance by CCAMT 11.30am - 1pm	Let's Exercise - Online Video 10am - 11am		
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Taichi 11am - 12pm	Digital- Fun! Learning Chinese Calligraphy 1.30pm - 3pm	Let's Taichi 11am - 12pm		
Let's Karaoke 2pm - 5pm	Let's Do Recycle Art 11am - 1pm	Let's Pilates 4 - 5pm	Let's Learn to Eat & Cook Healthier 2pm - 4pm		
	Let's Karaoke 2pm - 5pm				
	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm				
	Let's Pilates - Move and Stretch 3.30pm - 4.15pm				
9	10	11	12	13	14
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am	Let's Crossfit 10am - 11am	Let's Exercise with Razak on Zoom 10am - 11am	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Let's Do Manicure 2pm - 4pm	Let's Exercise - Online Video 10am - 11am	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Recycle Art 11am - 1pm	Let's Pilates 4 - 5pm	Let's Celebrate December Birthday / Makan Together 12pm - 1pm	Let's Gen Together - NP Health Carnival 1.30pm - 4.30pm	
Let's Karaoke 2pm - 5pm	Digital- Fun! Learning Chinese Calligraphy 1pm - 2.30pm		Let's Taichi 11am - 12pm	Let's Karaoke 2pm - 5pm	
Let's Gen Together - SMU - Christmas Photo Frame 2pm - 3pm	Let's Karaoke 2pm - 5pm		Let's Gen Together - MFS - Christmas 10am - 11am	Let's Do Colouring 2pm - 4pm	
	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		Let's Learn to Eat & Cook Healthier 2pm - 4pm		
	Let's Pilates - Move and Stretch 3.30pm - 4.15pm		TTSH CHP 2pm-5pm		

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am	Let's Crossfit 10am - 11am	Let's Exercise with Razak on Zoom 10am - 11am	
Let's Gen Together - SMU - Scrapbook 2pm - 3pm	Let's Makan Together 11am - 12pm	Let's Do Manicure 2pm - 4pm	Let's Exercise - Online Video 10am - 11am	Let's Do Colouring 2pm - 4pm	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Let's Pilates 4 - 5pm	Let's Taichi 11am - 12pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Recycle Art 11am - 1pm		Let's Do Art & Craft - Christmas Craft 3pm - 4pm	Let's Karaoke 2pm - 5pm	
Let's Karaoke 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		Let's Learn to Eat & Cook Healthier 2pm - 4pm		
	Let's Karaoke 2pm - 5pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		
	Let's Pilates - Move and Stretch 3.30pm - 4.15pm				
23	24	25	26	27	28
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Christmas Day	Let's Crossfit 10am - 11am	Let's Exercise with Razak on Zoom 10am - 11am	
Let's Makan Together - Christmas 12pm - 2pm	Let's Taichi 11am - 12pm		Let's Gen Together - Kim Keat Let's do Art and Craft 10am - 11am	Let's Do Colouring 2pm - 4pm	
Let's Meridian 2pm - 3pm	Let's Do Recycle Art 11am - 1pm		Let's Taichi 11am - 12pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Centre Closed (1pm 6pm)		Let's Learn to Eat & Cook Healthier 2pm - 4pm	Let's Karaoke 2pm - 5pm	
Let's Karaoke 2pm - 5pm					

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Registration required

MON

TUE

WED

THU

FRI

SAT

30	31				
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am				
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm				
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Recycle Art 11am - 1pm				
Let's Karaoke 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm				
	Let's Karaoke 2pm - 5pm				

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2024 十二月

Registration required

Centre Name: NTUC HEALTH AAC WHAMPOA
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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起再线上做运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am	一起练气功 (HPB) 10am - 11am	一起做CrossFit 10am - 11am	Centre Closed (AAC Team Building)	
一起做经脉运动 2pm - 3pm	一起来 makan 11am - 12pm	CCAMT 乐队表演 11.30am - 1pm	一起再线上做运动 10am - 11am		
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起打太极 11am - 12pm	用科技学书法 1.30pm - 3pm	一起打太极 11am - 12pm		
一起来K歌 2pm - 5pm	一起做再循环工艺 11am - 1pm	一起做普拉提 4pm - 5pm	一起学习健康饮食和烹饪 2pm - 4pm		
	游戏时间 - 麻将/数字麻将 2pm - 5pm				
	一起来K歌 2pm - 5pm				
	一起做普拉提 3.30pm - 4.15pm				
9	10	11	12	13	14
一起再线上做运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am	一起练气功 (HPB) 10am - 11am	一起做CrossFit 10am - 11am	一起跟Razak线上做运动 10am - 11am	
一起做经脉运动 2pm - 3pm	一起打太极 11am - 12pm	一起做做美甲 2pm - 4pm	一起再线上做运动 10am - 11am	游戏时间 - 麻将/数字麻将 2pm - 5pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做再循环工艺 11am - 1pm	一起做普拉提 4pm - 5pm	代际交流 - MFS Bishan 10am - 11am	代际交流 - 义安理工学院 1.30pm - 4.30pm	
一起来K歌 2pm - 5pm	用科技学书法 1pm - 2.30pm		一起打太极 11am - 12pm	一起来K歌 2pm - 5pm	
代际交流 SMU 大学生 一起做圣诞相框 2pm - 3pm	游戏时间 - 麻将/数字麻将 2pm - 5pm		一起来庆祝12月乐龄生日/makan 12pm - 1pm	一起来彩色 2pm - 4pm	
	一起来K歌 2pm - 5pm		一起学习健康饮食和烹饪 2pm - 4pm		
	一起做普拉提 3.30pm - 4.15pm		TTSH 社区卫生站 2pm - 5pm		

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
一起再线上做运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am	一起练气功 (HPB) 10am - 11am	一起做CrossFit 10am - 11am	一起跟Razak线上做运动 10am - 11am	
代际交流 - SMU 大学生 - 剪贴簿 2pm - 3pm	一起来 makan 11am - 12pm	一起做美甲 2pm - 4pm	一起再线上做运动 10am - 11am	一起来彩色 2pm - 4pm	
一起做经脉运动 2pm - 3pm	一起打太极 11am - 12pm	一起做普拉提 4pm - 5pm	一起打太极 11am - 12pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做再循环工艺 11am - 1pm		游戏时间 - 麻将/数字麻将 2pm - 5pm	一起来K歌 2pm - 5pm	
一起来K歌 2pm - 5pm	一起来K歌 2pm - 5pm		一起学习健康饮食和烹饪 2pm - 4pm		
	游戏时间 - 麻将/数字麻将 2pm - 5pm		一起做圣诞手工 3pm - 4pm		
	一起做普拉提 3.30pm - 4.15pm				
23	24	25	26	27	28
一起再线上做运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am	Christmas Day	一起做CrossFit 10am - 11am	一起跟Razak线上做运动 10am - 11am	
一起庆祝圣诞节/makan 12pm - 2pm	一起做再循环工艺 11am - 1pm		代际交流 - Kim Keat 一起做手工 10am - 11am	一起来彩色 2pm - 4pm	
一起做经脉运动 2pm - 3pm	一起打太极 11am - 12pm		一起打太极 11am - 12pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	Centre Closed (1pm 6pm)		一起学习健康饮食和烹饪 2pm - 4pm	一起来K歌 2pm - 5pm	
一起来K歌 2pm - 5pm					

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30	31				
一起再线上做运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am				
一起做经脉运动 2pm - 3pm	一起打太极 11am - 12pm				
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做再循环工艺 11am - 1pm				
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				

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