




# 2025 January

Registration required

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



**ntuc Health**

MON

TUE

WED

THU

FRI

SAT




		1	2	3	4
		<b>New Year's Day</b>	Let's Crossfit 10am - 11am	Let's Exercise with Razak on Zoom 10am -11am	
			Let's Exercise - Online Video 10am - 11am	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
			Let's Taichi 11am - 12pm	Let's Karaoke 2pm - 5pm	
				Let's Do Colouring 2pm - 4pm	
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 Crossfit 10am - 11am	Let's Exercise with Razak on Zoom 10am -11am	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Digital- Fun! Learning Chinese Calligraphy 1pm - 2.30pm	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 January Birthday / Makan Together 12pm - 1pm	Let's Karaoke 2pm - 5pm	
Let's Karaoke 2pm - 5pm	Let's Karaoke 2pm - 5pm		Let's Taichi 11am - 12pm	Let's Do Colouring 2pm - 4pm	
	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		TTSH CHP 2pm - 5pm	Let's Pilates - Move and Stretch 3.30pm - 4.15pm	

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

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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 Crossfit 10am - 11am	CALM Exercise - Tampines Hub 9.30am - 12pm	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Let's Pilates 4 - 5pm	Let's Exercise - Online Video 10am - 11am	Let's Exercise with Razak on Zoom 10am - 11am	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Recycle Art 11am - 1pm		Let's Taichi 11am - 12pm	Let's Do Colouring 2pm - 4pm	
Let's Karaoke 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		Let's Makan Together 11am - 12pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
	Let's Karaoke 2pm - 5pm		Art & Craft CNY Carnival 2pm - 4pm	Let's Karaoke 2pm - 5pm	
	Let's Learn to Manage Money & Stay Safe Against Scams 2.30pm - 4.30pm		Let's Do Art & Craft - CNY Craft 3pm - 4pm	Let's Pilates - Move and Stretch 3.30pm - 4.15pm	
20	21	22	23	24	25
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 Pilates 4 - 5pm	Let's Makan Together 11am - 12pm	Let's Do Colouring 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Recycle Art 11am - 1pm		Let's Taichi 11am - 12pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Karaoke 2pm - 5pm	CALM Exercise 4pm - 5pm		CALM Exercise 4pm - 5pm	Let's Karaoke 2pm - 5pm	

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MON

TUE

WED

THU

FRI




SAT

27	28	29	30	31	
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	<b>Chinese New Year</b>	<b>Chinese New Year</b>	Let's Exercise with Razak on Zoom 10am - 11am	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm			Let's Do Colouring 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Recycle Art 11am - 1pm			Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Karaoke 2pm - 5pm	<b>Centre Closed (1pm - 6pm)</b>			Let's Karaoke 2pm - 5pm	

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# 2025 1月

 **Centre Name:** NTUC HEALTH AAC WHAMPOA  
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Registration required

MON

TUE

WED

THU

FRI

SAT

		1	2	3	4
		<b>New Year's Day</b>	一起做CrossFit 10am - 11am	一起跟Razak线上做运动 10am - 11am	
			一起再线上做运动 10am - 11am	一起来彩色 2pm - 4pm	
			一起打太极 11am - 12pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
				一起来K歌 2pm - 5pm	
6	7	8	9	10	11
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	用科技学书法 1pm - 2.30pm	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	一起打太极 11am - 12pm	一起来K歌 2pm - 5pm	
一起来K歌 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm		一起来庆祝1月乐龄生日 /makan 12pm - 1pm	一起来彩色 2pm - 4pm	
	一起来K歌 2pm - 5pm		TTSH 社区卫生站 2pm - 5pm	一起做普拉提 3.30pm - 4.15pm	

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
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	CALM 运动 - Tampines Hub 9.30am - 12pm	
一起做经脉运动 2pm - 3pm	一起打太极 11am - 12pm	一起做普拉提 4pm - 5pm	一起再线上做运动 10am - 11am	一起跟Razak线上做运动 10am - 11am	
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 makan 11am - 12pm	一起来彩色 2pm - 4pm	
一起来K歌 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm		一起打太极 11am - 12pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
	一起来K歌 2pm - 5pm		艺术与手工艺春节嘉年华 2pm - 4pm	一起来K歌 2pm - 5pm	
	一起学习如何管理资金并防范诈骗 2.30pm-4.30pm		一起做新年手工 3pm - 4pm	一起做普拉提 3.30pm - 4.15pm	
20	21	22	23	24	25
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	一起做再循环工艺 11am - 1pm	一起做普拉提 4pm - 5pm	一起来 makan 11am - 12pm	一起来彩色 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	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	
一起来K歌 2pm - 5pm	CALM 运动 4pm - 5pm		CALM 运动 4pm - 5pm	一起来K歌 2pm - 5pm	

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27	28	29	30	31	
一起再线上做运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am	Chinese New Year	Chinese New Year	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			一起来彩色 2pm - 4pm	
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	Centre Closed (1pm - 6pm)			一起来K歌 2pm - 5pm	

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