




2024 July

 **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	5	6
TTSH Be Active 10am-11am Beads Art 11am-1pm Meridian 2pm-3pm Mahjong/Rummy O/Karaoke 2pm-5pm	Meridian 10am-11am Taichi 11am-12pm TTSH Fall Talk:Injurious Falls in Older Adults 12pm-1pm Recycle Art 11am-1pm Mahjong/Rummy O/Karaoke 2pm-5pm Happy Feet (M) 3pm-5pm	HPB Qigong 10am-11am Yoga/Pilates 2.45pm-3.45pm/4pm-5pm Guangyang Sec 2pm-4pm	Crossfit 10am-11am Taichi 11am-12pm Mahjong/RummyO 2pm-5pm Guitar Class 2pm-3pm Guangyang Sec 2pm-4pm	Zoom Exercise 10am-11am Active Game Day (M) 11am-12pm Mahjong/Rummy O/Karaoke 2pm-5pm Art & Craft 2pm-4pm Tsao Foundation 2pm-4pm	
8	9	10	11	12	13
TTSH Be Active 10am-11am Beads Art 11am-1pm Meridian 2pm-3pm Mahjong/Rummy O/Karaoke 2pm-5pm O'Joy Reminisce Activity 2pm-4pm Bread Distribution 5pm	Meridian 10am-11am Taichi 11am-12pm Recycle Art 11am-1pm TTSH Fall Talk:Fall-Proofing Your Home 12pm-1pm Mahjong/Rummy O/Karaoke 2pm-5pm Happy Feet (M) 3pm-5pm	HPB Qigong 10am-11am Yoga/Pilates 2.45pm-3.45pm/4pm-5pm	Crossfit 10am-11am Taichi 11am-12pm Birthday party 11am-12pm Mahjong/Rummy O 2pm-5pm Guitar Class 2pm-3pm	Zoom Exercise 10am-11am Active Game Day (M) 11am-12pm Mahjong/Rummy O/Karaoke 2pm-5pm Art & Craft 2pm-4pm Tsao Foundation 2pm-4pm	

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
TTSH Be Active 10am-11am Beads Art 11am-1pm Meridian 2pm-3pm Mahjong/Rummy O/Karaoke 2pm-5pm O'Joy Reminisce Activity 2pm-4pm	Meridian 10am-11am Taichi 11am-12pm TTSH Fall Talk: Exercises to Reduce Fall Risks 12pm-1pm Recycle Art 11am-1pm Mahjong/Rummy O/Karaoke 2pm-5pm Happy Feet (M) 3pm-5pm	HPB Qigong 10am-11am Yoga/Pilates 2.45pm-3.45pm/4pm-5pm	Crossfit 10am-11am Taichi 11am-12pm Mahjong/Rummy O 2pm-5pm Guitar Class 2pm-3pm	Zoom Exercise 10am-11am Active Game Day (M) 11am-12pm Mahjong/Rummy O/Karaoke 2pm-5pm Art & Craft 2pm-4pm	
22	23	24	25	26	27
TTSH Be Active 10am-11am Meridian 2pm-3pm Mahjong/Rummy O/Karaoke 2pm-5pm O'Joy Reminisce Activity 2pm-4pm Bread Distribution 5pm	Meridian 10am-11am Taichi 11am-12pm TTSH Fall Talk: Psychological Trauma After a Fall 12pm-1pm Recycle Art 11am-1pm Mahjong/Rummy O/Karaoke 2pm-5pm Happy Feet (M) 3pm-5pm	HPB Qigong 10am-11am VIA Kheng Cheng Pri 2.30pm-4.15pm Yoga/Pilates 2.45pm-3.45pm/4pm-5pm	Crossfit 10am-11am Taichi 11am-12pm Mahjong/Rummy O 2pm-5pm My Legacy LPA-ACP Talk 2pm-4pm Guitar Class 2pm-3pm	Zoom Exercise 10am-11am Active Game Day (M) 11am-12pm Mahjong/Rummy O/Karaoke 2pm-5pm Art & Craft 2pm-4pm IGP Woodgrove Sec 3pm-5pm	
29	30	31			
TTSH Be Active 10am-11am Meridian 2pm-3pm Happy Feet (W) 3pm-5pm Mahjong/Rummy O/Karaoke 2pm-5pm O'Joy Reminisce Activity 2pm-4pm	Meridian 10am-11am Taichi 11am-12pm Recycle Art 11am-1pm Mahjong/Rummy O/Karaoke 2pm-5pm Right practice of mindfulness 2pm-4pm	HPB Qigong 10am-11am IGP MFS Kim Keat 10am-11am Yoga/Pilates 2.45pm-3.45pm/4pm-5pm			

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MON

TUE

WED

THU

FRI

SAT

1	2	3	4	5	6
TTSH 运力操 10am-11am 珠子艺术 11am-1pm 经络拍打 2pm-3pm 麻将/数字麻将/卡拉OK 2pm-5pm	经络拍打 10am-11am 太极 11am-12pm 回收艺术 11am-1pm TTSH 跌倒造成的伤害讲座 12pm-1pm 麻将/数字麻将/卡拉OK 2pm-5pm 快乐舞步 (男) 3pm-5pm	气功 10am-11am 瑜伽/普拉提 2.45pm-3.45pm/4pm-5pm Guangyang 中学生 2pm-4pm	Crossfit 教练引道运动 10am-11am 太极 11am-12pm 麻将/数字麻将/回收艺术 2pm-5pm 吉他课 2pm-3pm Guangyang 中学生 2pm-4pm	健身操 10am-11am 活跃游戏日(男) 11am-12pm 卡拉OK 2pm-5pm 艺术和工艺 2pm-4pm 曹氏基金会课程 2pm-4pm	
8	9	10	11	12	13
TTSH 运力操 10am-11am 珠子艺术 11am-1pm 经络拍打 2pm-3pm 麻将/数字麻将/卡拉OK 2pm-5pm O'Joy 回忆治疗 2pm-4pm 面包 5pm	经络拍打 10am-11am 太极 11am-12pm 回收艺术 11am-1pm TTSH 在家预防跌倒讲座 12pm-1pm 麻将/数字麻将/卡拉OK 2pm-5pm 快乐舞步 (男) 3pm-5pm	气功 10am-11am 瑜伽/普拉提 2.45pm-3.45pm/4pm-5pm	Crossfit 教练引道运动 10am-11am 太极 11am-12pm 麻将/数字麻将/回收艺术 2pm-5pm 吉他课 2pm-3pm	健身操 10am-11am 活跃游戏日(男) 11am-12pm 卡拉OK 2pm-5pm 艺术和工艺 2pm-4pm 曹氏基金会课程 2pm-4pm	

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TTSH 运力操 10am-11am 珠子艺术 11am-1pm 经络拍打 2pm-3pm 麻将/数字麻将/卡拉OK 2pm-5pm O'Joy 回忆治疗 2pm-4pm 面包 5pm	经络拍打 10am-11am 太极 11am-12pm TTSH 跌倒后的心理创伤讲座 12pm-1pm 回收艺术 11am-1pm 麻将/数字麻将/卡拉OK 2pm-5pm 快乐舞步 (男) 3pm-5pm	气功 10am-11am VIA Kheng Cheng 小学 2.30pm-4.15pm 瑜伽/普拉提 2.45pm-3.45pm/4pm-5pm	Crossfit 教练引道运动 10am-11am 太极 11am-12pm 麻将/数字麻将/回收艺术 2pm-5pm 吉他课 2pm-3pm	健身操 10am-11am 活跃游戏日(男) 11am-12pm 卡拉OK 2pm-5pm 艺术和工艺 2pm-4pm IGP Woodgrove 学生 3pm-5pm	
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