




# 2024 May

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



Mon	Tues	Wed	Thur	Fri	Sat
		1	2	3	4
		<b>Labour Day</b>	Crossfit 10am-11am Outing-Bishan Library 11am-12pm Taichi 11am-12pm Mahjong/Rummy O 2pm-5pm	Stretch Band Exercise 10am-11am Karaoke 2pm-5pm Art & Craft 2pm-4pm	
6	7	8	9	10	11
TTSH Be Active 10am-11am Recycle Art 11am-1pm Meridian 2pm-3pm Mahjong/Rummy O/Karaoke 2pm-5pm Digital Workshop 3pm - 5pm YCDT 2pm-3.30pm	Meridian 10am-11am Taichi 11am-12pm Birthday Party 11am-12pm Mahjong/Rummy O/Karaoke 2pm-5pm	HPB Qigong 10am-11am Fall Risk Screening 1pm-4.30pm Yoga/Pilates 2.45pm-3.45pm/4pm-5pm	Crossfit 10am-11am Taichi 11am-12pm Mahjong/Rummy O 2pm-5pm TTSH CMP 2pm-5pm IGP HCI 3pm-5pm	Stretch Band Exercise 10am-11am Karaoke 2pm-5pm Art & Craft 2pm-4pm	
13	14	15	16	17	18
TTSH Be Active 10am-11am Recycle Art 11am-1pm Meridian 2pm-3pm Mahjong/Rummy O/Karaoke 2pm-5pm IGP HCI 2.45pm-4.15pm Bread Distribution 5pm	Meridian 10am-11am Taichi 11am-12pm Mahjong/Rummy O/Karaoke 2pm-5pm	HPB Qigong 10am-11am Yoga/Pilates 2.45pm-3.45pm/4pm-5pm	Crossfit 10am-11am Taichi 11am-12pm Mahjong/Rummy O 2pm-5pm IGP MFS Bishan 3pm-4pm	<b>Centre Closed</b>	
20	21	22	23	24	25
TTSH Be Active 10am-11am Recycle Art 11am-1pm Meridian 2pm-3pm Mahjong/Rummy O/Karaoke 2pm-5pm YCDT 2pm-3.30pm	Meridian 10am-11am Taichi 11am-12pm Mahjong/Rummy O/Karaoke 2pm-5pm	<b>Vesak Day</b>	Crossfit 10am-11am Taichi 11am-12pm Mahjong/Rummy O 2pm-5pm TTSH CHP 2pm-5pm	Stretch Band Exercise 10am-11am Karaoke 2pm-5pm Art & Craft 2pm-4pm Tsao Workshop (4-1) 2pm-4pm	
27	28	29	30	31	
TTSH Be Active 10am-11am Recycle Art 11am-1pm Meridian 2pm-3pm Mahjong/Rummy O/Karaoke 2pm-5pm Bread Distribution 5pm	Meridian 10am-11am Taichi 11am-12pm Mahjong/Rummy O/Karaoke 2pm-5pm IMDA (Gmail & Whatsapp) 3.30pm-5pm	HPB Qigong 10am-11am IGP MFS Kim Keat 10am-11am IGP RJC 3.30pm-5pm	Crossfit 10am-11am Taichi 11am-12pm Mahjong/Rummy O 2pm-5pm Yoga/Pilates 2.45pm-3.45pm/4pm-5pm	Stretch Band Exercise 10am-11am Karaoke 2pm-5pm Art & Craft 2pm-4pm Tsao Workshop (4-1) 2pm-4pm	