




2024 November

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



MON

TUE

WED

THU

FRI




SAT

				1	2
				Let's Exercise with Razak on Zoom 10am - 11am	
				Let's Do Colouring 2pm - 4pm	
				Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
				Let's Karaoke 2pm - 5pm	
4	5	6	7	8	9
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	Digital for Life - Let's Go to Vivocity 9.30am - 12pm
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Let's Gen Together - M.Y World 10.15am - 10.45am	Let's Exercise - Online Video 10am - 11am	Let's Makan Together 11am - 12pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Recycle Art 11am - 1pm	Digital- Fun! Learning Chinese Calligraphy 1pm - 2.30pm	Let's Taichi 11am - 12pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Karaoke 2pm - 5pm	Let's Karaoke 2pm - 5pm	Let's Pilates - Fit and Tone 4pm - 5pm	Let's Do Art & Craft - Paper Flower Bloom 3pm - 4pm	Let's Karaoke 2pm - 5pm	
Let's Gen Together - SMU - Coaster Making 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm			Let's Do Colouring 2pm - 4pm	
	Let's Pilates - Functional Mobility 3.30pm - 4.30pm				

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
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 Gen Together - SMU - Bingo 2pm - 3pm	Let's Taichi 11am - 12pm	Let's Pilates - Fit and Tone 4pm - 5pm	Let's Exercise - Online Video 10am - 11am		
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		Let's Gen Together - MFS Bishan 10am - 11am		
Let's Karaoke 2pm - 5pm	Let's Karaoke 2pm - 5pm		Let's Celebrate November Birthday / Makan Together 12pm - 1pm		
	Let's Pilates - Functional Mobility 3.30pm - 4.30pm		TTSH CHP 2pm-5pm		
			Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		
			Let's Gen Together - River Valley High School - Chinese Calligraphy 2.30pm - 4pm		
18	19	20	21	22	23
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 (male exclusive) 1pm - 2.30pm	Let's Exercise - Online Video 10am - 11am	Let's Makan Together 11am - 12pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Recycle Art 11am - 1pm	Let's Pilates - Fit and Tone 4pm - 5pm	Let's Taichi 11am - 12pm	Let's Do Colouring 2pm - 4pm	
Let's Karaoke 2pm - 5pm	Let's Go to Peranakan Museum 2.30pm - 4.30pm			Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
	Let's Karaoke 2pm - 5pm			Let's Karaoke 2pm - 5pm	
	Let's Pilates - Functional Mobility 3.30pm - 4.30pm			Tsao Foundation Workshop - Money Management (Chinese) 2pm - 4pm	

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MON

TUE

WED

THU

FRI




SAT

25	26	27	28	29	30
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 Gen Together - Kim Keat Let's do Art and Craft 10am - 11am	Let's Exercise - Online Video 10am - 11am	Let's Makan Together 11am - 12pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Recycle Art 11am - 1pm	Let's Pilates - Fit and Tone 4pm - 5pm	Let's Taichi 11am - 12pm	Let's Do Colouring 2pm - 4pm	
Let's Karaoke 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm			Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
	Let's Karaoke 2pm - 5pm			Let's Karaoke 2pm - 5pm	
				Tsao Foundation Workshop - Money Management (Chinese) 2pm - 4pm	

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2024 11月

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MON	TUE	WED	THU	FRI	SAT
				1	2
				一起跟Razak线上做运动 10am - 11am	
				一起来彩色 2pm - 4pm	
				游戏时间 - 麻将/数字麻将 2pm - 5pm	
				一起来K歌 2pm - 5pm	
4	5	6	7	8	9
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	一起去怡丰城 1pm - 5pm
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	一起来 makan 11am - 12pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做再循环工艺 11am - 1pm	代际交流 - M.Y World 中秋活动 10.15am - 10.45am	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	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做普拉提 4pm - 5pm	一起做花手工 3pm - 4pm	一起来K歌 2pm - 5pm	
代际交流 - SMU 大学生 - 一起做杯垫 2pm - 3pm	一起来K歌 2pm - 5pm			曹氏基金会 - 断舍离(华语) 2pm - 4pm	
	一起做普拉提 3.30pm - 4.30pm			一起来彩色 2pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
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)	
代际交流 - SMU 大学生 - 宾果 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		
一起做经脉运动 2pm - 3pm	一起做再循环工艺 11am - 1pm		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		游戏时间 - 麻将/数字麻将 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11月乐龄生日/makan 12pm - 1pm		
	一起做普拉提 3.30pm - 4.30pm		TTSH 社区卫生站 2pm - 5pm		
			代际交流 - MFS Bishan 10am - 11am		
			代际交流 - River Valley 学生 一起学书法 2pm - 3pm		
18	19	20	21	22	23
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	用科技学书法 1pm - 2.30pm	一起再线上做运动 10am - 11am	一起来 makan 11am - 12pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起打太极 11am - 12pm	一起做普拉提 4pm - 5pm	一起打太极 11am - 12pm	一起来彩色 2pm - 4pm	
一起来K歌 2pm - 5pm	一起去博物馆 2.30pm - 4.30pm			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K歌 2pm - 5pm	
	一起来K歌 2pm - 5pm			曹氏基金会 - 资金管理(华语) 2pm - 4pm	
	一起做普拉提 3.30pm - 4.30pm				

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25	26	27	28	29	30
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	代际交流 - Kim Keat 一起做手工 10am - 11am	一起再线上做运动 10am - 11am	一起来 makan 11am - 12pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做再循环工艺 11am - 1pm	一起做普拉提 4pm - 5pm	一起打太极 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			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	
				曹氏基金会 - 资金管理(华语) 2pm - 4pm	

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