




2024 September

 **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 Gen Together - Project Apeiron 9am - 10.30am	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 Exercise - Online Video by TTSH 10am - 11am	Let's Taichi 11am - 12pm	Digital- Fun! Learning Chinese Calligraphy 1pm - 2.30pm	Let's Exercise - Online Video 10am - 11am	Let's Do Colouring 2pm - 4pm	
Let's Do Beads Art 11am - 1pm	Let's Do Recycle Art 11am - 1pm	Movie Time 2pm - 4pm	Let's Gen Together - M.Y World - Mid - Autumn Celebration 10.15am - 10.45am	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Meridian 2pm - 3pm	Let's Karaoke 2pm - 5pm	Let's Pilates 2.45pm - 3.45pm	Let's Taichi 11am - 12pm	Let's Karaoke 2pm - 5pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	O'Joy Talk - Right Practice Mindfulness 1.30pm - 3.30pm	Let's Pilates 4 - 5pm	Let's Makan Together 11am - 12pm	Tsao Foundation Workshop - Dance, Move, Express! (English) 2pm - 4pm	
Let's Karaoke 2pm - 5pm	Let's Pilates - Move and Stretch 3.30pm - 4.15pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		
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 Do Beads Art 11am - 1pm	Let's Taichi 11am - 12pm	Square Stepping Exercise 1pm-2pm	Let's Exercise - Online Video 10am - 11am	Let's Do Colouring 2pm - 4pm	
Let's Gen Together - SMU - Throwing bean bag 1.30pm - 3.30pm	Let's Do Recycle Art 11am - 1pm	Movie Time 2pm - 4pm	Let's Gen Together - MFS Bishan 10am - 11am	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Meridian 2pm - 3pm	Let's Celebrate September Birthday / Makan Together 12pm - 1pm	Let's Pilates 2.45pm - 3.45pm	Let's Taichi 11am - 12pm	Let's Karaoke 2pm - 5pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Celebrate Mid Autumn Festival - Bingo 1pm - 2pm	Let's Pilates 4 - 5pm	Let's Support SINEW Research by SKH 11am - 12pm	Tsao Foundation Workshop - Dance, Move, Express! (English) 2pm - 4pm	
Let's Karaoke 2pm - 5pm	Let's Talk About Scam Prevention (Mandarin) 2pm - 3.30pm		O'Joy Talk - Right Practice Mindfulness 2pm - 4pm		
	Let's Karaoke 2pm - 5pm		Let's Do Art & Craft - Lantern Making 3pm - 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 Do Beads Art 11am - 1pm	Let's Taichi 11am - 12pm	Square Stepping Exercise 1pm - 2pm	Let's Exercise - Online Video 10am - 11am	TTSH ACP Awareness 10am - 12pm	
Let's Gen Together - SMU - Lantern Making 1.30pm - 3.30pm	Let's Do Recycle Art 11am - 1pm	Movie Time 2pm - 4pm	Let's Taichi 11am - 12pm	Let's Do Colouring 2pm - 4pm	
Let's Meridian 2pm - 3pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Pilates 2.45pm - 3.45pm	Let's Appreciate our Volunteer 12pm - 2pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Karaoke 2pm - 5pm	Let's Pilates 4 - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Karaoke 2pm - 5pm	
Let's Karaoke 2pm - 5pm	Let's Pilates - Move and Stretch 3.30pm - 4.15pm			Tsao Foundation Workshop - Dance, Move, Express! (English) 2pm - 4pm	
23	24	25	26	27	28
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 Do Beads Art 11am - 1pm	Digital - IMDA Go-Digital (1 to 1 Engagement) 10am - 11am / 2pm - 5pm	Let's Gen Together - Kim Keat Let's do Art and Craft 10am - 11am	Let's Exercise - Online Video 10am - 11am	Let's Do Colouring 2pm - 4pm	
Let's Gen Together - SMU - Seated Exercise 1.30pm - 3.30pm	Digital - IMDA Go-Digital: Transact Online - Transport (Ride Hailing) 11am - 1pm	Digital- Fun! Learning Chinese Calligraphy (male exclusive) 1pm - 2.30pm	Let's Taichi 11am - 12pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's Meridian 2pm - 3pm	Let's Taichi 11am - 12pm	Movie Time 2pm - 4pm	CPF Do Good at AAC WH 2pm - 5.30pm	Let's Karaoke 2pm - 5pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Recycle Art 11am - 1pm	Let's Pilates 2.45pm - 3.45pm	TTSH CHP 2pm-5pm	Tsao Foundation Workshop - Dance, Move, Express! (English) 2pm - 4pm	
Let's Karaoke 2pm - 5pm	Let's Pilates - Move and Stretch 3.30pm - 4.15pm	Let's Pilates 4 - 5pm			
	Let's Karaoke 2pm - 5pm				

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MON

TUE

WED




THU

FRI

SAT

30					
Let's Exercise - Online Video by TTSH 10am - 11am					
Let's Do Beads Art 11am - 1pm					
Let's Gen Together - SMU - Friendship Bracelet Making 1.30pm - 3.30pm					
Let's Meridian 2pm - 3pm					
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm					
Let's Karaoke 2pm - 5pm					

2024 九月




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Registration required

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
代际交流 - Project Apeiron 9am - 10.30am	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	
一起再线上做运动 (TTSH) 10am - 11am	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	一起来彩色 2pm - 4pm	
一起做串珠艺术 11am - 1pm	一起做再循环工艺 11am - 1pm	电影时间 2pm - 4pm	一起打太极 11am - 12pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
代际交流 - SMU 大学生 一起运动, 玩气球 1.30pm - 3.30pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做普拉提 2.45pm - 3.45pm	代际交流 - M.Y World 中秋活动 10.15am - 10.45am	一起来K歌 2pm - 5pm	
一起做经脉运动 2pm - 3pm	一起来K歌 2pm - 5pm	一起做普拉提 4pm - 5pm	一起来 makan 11am - 12pm	曹氏基金会 - Dance, Move, Express! (English) 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	O'Joy 生活讲座 - 正念练习 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	
一起做串珠艺术 11am - 1pm	一起打太极 11am - 12pm	方块踏步运动 1pm - 2pm	一起再线上做运动 10am - 11am	一起来彩色 2pm - 4pm	
代际交流 - SMU 大学生 一起做工艺 1.30pm - 3.30pm	一起做再循环工艺 11am - 1pm	电影时间 2pm - 4pm	代际交流 - MFS Bishan 10am - 11am	游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起做经脉运动 2pm - 3pm	一起来庆祝9月乐龄生日 / makan 12pm - 1pm	一起做普拉提 2.45pm - 3.45pm	一起打太极 11am - 12pm	一起来K歌 2pm - 5pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	中秋活动 一起玩宾果 12pm - 1pm	一起做普拉提 4pm - 5pm	一起来 makan 12pm - 1pm	曹氏基金会 - Dance, Move, Express! (English) 2pm - 4pm	
一起来K歌 2pm - 5pm	SPF 骗局讲座 2pm - 3.30pm		游戏时间 - 麻将/数字麻将 2pm - 5pm		
	游戏时间 - 麻将/数字麻将 2pm - 5pm		TTSH 社区卫生站 2pm - 5pm		
	一起来K歌 2pm - 5pm				
	一起做普拉提 3.30pm - 4.15pm				

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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	
一起做串珠艺术 11am - 1pm	一起打太极 11am - 12pm	方块踏步运动 1pm - 2pm	一起再线上做运动 10am - 11am	TTSH 医疗保健需求做准备 10am - 12pm	
代际交流 - SMU 大学生 一起做中秋节灯笼 1.30pm - 3.30pm	一起做再循环工艺 11am - 1pm	电影时间 2pm - 4pm	一起打太极 11am - 12pm	一起来彩色 2pm - 4pm	
一起做经脉运动 2pm - 3pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起做普拉提 2.45pm - 3.45pm	一起来赞赏义务工作者 12pm - 1pm	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	一起做普拉提 4pm - 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	一起做普拉提 3.30pm - 4.15pm			曹氏基金会 - Dance, Move, Express! (English) 2pm - 4pm	
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	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	
一起做串珠艺术 11am - 1pm	资讯通信媒体发展局 - 数码乐龄计划 (1对1) 10am - 11am / 2pm - 5pm	代际交流 - My First Skool 一起做手工 10am - 11am	一起再线上做运动 10am - 11am	一起来彩色 2pm - 4pm	
代际交流 - SMU 大学生 一起做运动 1.30pm - 3.30pm	资讯通信媒体发展局 - 数码乐龄计划 - 网上 - 安全诈骗讲座 11am - 1pm	用科技学书法 1pm-2.30pm (男子班)	一起打太极 11am - 12pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起做经脉运动 2pm - 3pm	一起打太极 11am - 12pm	电影时间 2pm - 4pm	CPF 关怀活动 2pm - 5.30pm	一起来K歌 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 2.45pm - 3.45pm	TTSH 社区卫生站 2pm-5pm	曹氏基金会 - Dance, Move, Express! (English) 2pm - 4pm	
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			
	一起来K歌 2pm - 5pm				
	一起做普拉提 3.30pm - 4.15pm				

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MON

TUE

WED

THU

FRI

SAT

30

一起再线上做运动 (TTSH) 10am - 11am

一起做串珠艺术 11am - 1pm

代际交流 - SMU 大学生 一起做工艺美术
1.30pm - 3.30pm

一起做经脉运动 2pm - 3pm

游戏时间 - 麻将/数字麻将 2pm - 5pm

一起来K歌 2pm - 5pm