







2024 April

 **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	5	6
TTSH Be Active 10am-11am Meridian 2pm-3pm Mahjong/Rummy O/Karaoke 2pm-5pm Digital Workshop 3pm - 5pm	Meridian 10am-11am Taichi 11am-12pm Mahjong/Rummy O/Karaoke 2pm-5pm	HPB Qigong 10am-11am IGP MFS Kim Keat 10am-11am Yoga/Pilates 2.45pm-3.45pm/4pm-5pm	Crossfit 10am-11am Taichi 11am-12pm Mahjong/Rummy O/Recycle Art 2pm-5pm TTSH CHP 2pm-5pm	Stretch Band Exercise 10am-11am Karaoke 2pm-5pm Art & Craft 2pm-4pm	
8	9	10	11	12	13
TTSH Be Active 10am-11am Meridian 2pm-3pm Mahjong/Rummy O/Karaoke 2pm-5pm Bread distribution 5pm	Meridian 10am-11am Taichi 11am-12pm Mahjong/Rummy O/Karaoke 2pm-5pm Tea Party 11am-12pm	Hari Raya Puasa	Crossfit 10am-11am Taichi 11am-12pm Mahjong/Rummy O/Recycle Art 2pm-5pm TTSH CHP 2pm-5pm	TTSH C-SarQoI 9am-12pm TTSH Research Visit 2pm-5pm MY World IGP - 10:15am - 1045am Karaoke 2pm-5pm Art & Craft 2pm-4pm	
15	16	17	18	19	20
TTSH C-SarQoI 9am-12pm TTSH Research Visit 2pm-5pm Meridian 2pm-3pm Mahjong/Rummy O/Karaoke 2pm-5pm	TTSH C-SarQoI 9am-12pm TTSH Research Visit 2pm-5pm Mahjong/Rummy O/Karaoke 2pm-5pm	HPB Qigong 10am-11am Yoga/Pilates 2.45pm-3.45pm/4pm-5pm Kheng Cheng Pri IGP 1430 - 1600	Crossfit 10am-11am Taichi 11am-12pm Mahjong/Rummy O/Recycle Art 2pm-5pm IGP MFS Bishan 3pm-4pm	TTSH C-SarQoI 9am-12pm TTSH Research Visit 2pm-5pm Karaoke 2pm-5pm Tsao Workshop (4-1) 2pm-4pm Outing-DBS (National Gallery) 1.45pm	
22	23	24	25	26	27
TTSH Be Active 10am-11am Meridian 2pm-3pm Mahjong/Rummy O/Karaoke 2pm-5pm Bread distribution 5pm	Meridian 10am-11am Taichi 11am-12pm Tea Party 11am-12pm Mahjong/Rummy O/Karaoke 2pm-5pm SDO Digital workshop 3.30pm-5pm	HPB Qigong 10am-11am IGP MFS Kim Keat 10am-11am Yoga/Pilates 2.45pm-3.45pm/4pm-5pm	Crossfit 10am-11am Taichi 11am-12pm Mahjong/Rummy O/Recycle Art 2pm-5pm	Stretch Band Exercise 10am-11am Tsao Workshop (4-2) 2pm-4pm Karaoke 2pm-5pm Art & Craft 2pm-4pm	
29	30				
TTSH Be Active 10am-11am Meridian 2pm-3pm Mahjong/Rummy O/Karaoke 2pm-5pm	Meridian 10am-11am Taichi 11am-12pm PM Centre Closed Data Literacy at BBW				

2024 四月

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MON

TUE

WED

THU

FRI

SAT

1	2	3	4	5	6
TTSH 运力操 10am-11am 经络拍打 2pm-3pm 麻将/数字麻将/卡拉OK 2pm-5pm 智能手机功能学习 3pm-5pm	经络拍打 10am-11am 太极 11am-12pm 麻将/数字麻将/卡拉OK 2pm-5pm	气功 10am-11am IGP Kim Keat 手工 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 TTSH 社区卫生站 2pm-5pm	弹力带运动 10am-11am 卡拉OK 2pm-5pm 艺术和工艺 2pm-4pm	
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TTSH 运力操 10am-11am 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 麻将/数字麻将/卡拉OK 2pm-5pm	Hari Raya Puasa	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 TTSH 社区卫生站 2pm-5pm	TTSH 生活素质研究 9am-12pm IGP My World 10am-11am 卡拉OK 2pm-5pm 艺术和工艺 2pm-4pm	
15	16	17	18	19	20
TTSH 生活素质研究 9am-12pm TTSH 运力操 10am-11am 经络拍打 2pm-3pm 麻将/数字麻将/卡拉OK 2pm-5pm	TTSH 生活素质研究 9am-12pm 经络拍打 10am-11am 太极 11am-12pm 麻将/数字麻将/卡拉OK 2pm-5pm	气功 10am-11am 瑜伽/普拉提 2.30pm-4pm/4pm-5pm VIA Kheng Cheng 小学 2.30pm-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 IGP MFS Bishan 3pm-4pm	TTSH 生活素质研究 9am-12pm 卡拉OK 2pm-5pm 曹氏基金会课程 适应老龄化 2pm DBS 国家美术馆郊游 1.45pm	
22	23	24	25	26	27
TTSH 运力操 10am-11am 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 麻将/数字麻将/卡拉OK 2pm-5pm IMDA 电话通讯学习 3.30pm-5pm	气功 10am-11am Kim Keat 手工 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	弹力带运动 10am-11am 卡拉OK 2pm-5pm 艺术和工艺 2pm-4pm 曹氏基金会课程 适应老龄化 2pm	
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