




2025 April

 **Centre Name:** Active Ageing Centre (Mount Faber)
 **Centre Address:** Blk 76 Telok Blangah Drive #01-252 S100076
 **Centre Contact:** 6590 4370 / 8163 2634






NTUC Health

MON 31/3	TUE 1	WED 2	THU 3	FRI 4	SAT 5
 <p>Centre closed for Hari Raya Puasa Public Holiday</p>	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	
	10:30 - 11:30 AM: Let's Stretch Band	10:30 - 11:30 AM: Let's Do Chair Yoga	12:00 - 1:00 PM: Let's Makan Together	10:30 - 11:30 AM: Let's Bollywood Dance	
	10:00 - 4:00 PM: Community Health Post	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	1:30 - 3:00 PM: Grooving Down Memory Lane	1:30 - 3:00 PM: Be HAPPY Programme	
	1:30 - 3:00 PM: Grooving Down Memory Lane	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 5:00 PM: Strategise with Kakis (Table Games)	
	2:30 - 4:00 PM: Walking Football @ Telok Blangah CC				
7	8	9	10	11	12
9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	
10:30 - 11:30 AM: Let's Zumba Gold	10:30 - 11:30 AM: Let's Stretch Band	10:00 - 11:00 AM: Let's Gen Together - My 1st Skool	11:00 - 12:00 PM: Let's Learn to Cook - Healthy Vegetarian Meal	10:30 - 11:30 AM: Let's Bollywood Dance	
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	11:00 - 12:00 PM: Let's Do Chair Yoga	12:00 - 1:00 PM: Let's Makan Together	2:00 - 5:00 PM: The Art of Mindful Living	
2:00 - 4:00 PM: Repair Kopitiam Club	1:30 - 3:00 PM: Grooving Down Memory Lane	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	1:30 - 3:00 PM: Grooving Down Memory Lane	3:00 - 5:00 PM: Strategise with Kakis (Table Games)	
3:30 - 4:45 PM: Let's Gen Together - SOTA	2:30 - 4:00 PM: Walking Football @ Telok Blangah CC	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 5:00 PM: Let's Karaoke Together		

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MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19
9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	 Centre closed for Good Friday Public Holiday	
10:30 - 11:30 AM: Let's Zumba Gold	10:30 - 11:30 AM: Let's Stretch Band	10:30 - 11:30 AM: Let's Do Chair Yoga	12:00 - 1:00 PM: Let's Makan Together		
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	2:00 - 3:00 PM: Let's Celebrate - Birthday		
2:00 - 4:00 PM: Repair Kopitiam Club	1:00 - 2:00 PM: Talk - Dr Wong's Storytelling Time	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 5:00 PM: Strategise with Kakis (Table Games)		
3:30 - 4:45 PM: Let's Gen Together - SOTA	2:30 - 4:00 PM: Walking Football @ Telok Blangah CC				
21	22	23	24	25	26
8:00 - 8:45 AM: Let's Gen Together - Blangah Rise Primary	8:30 - 11:30 AM: Walking Football Championship	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	
9:00 - 10:00 AM: Let's Do Seated Exercise	10:30 - 11:30 AM: Let's Stretch Band	10:30 - 11:30 AM: Let's Do Chair Yoga	11:00 - 12:00 PM: Let's Learn to Cook - Healthy Vegetarian Meal	10:30 - 11:30 AM: Let's Bollywood Dance	
10:30 - 11:30 AM: Let's Zumba Gold	10:00 - 4:00 PM: Community Health Post	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	12:00 - 1:00 PM: Let's Makan Together	2:00 - 3:00 PM: Be HAPPY Programme	
2:00 - 3:30 PM: Let's Do Zentangle	1:30 - 3:00 PM: Grooving Down Memory Lane	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 5:00 PM: Let's Karaoke Together	3:00 - 5:00 PM: Strategise with Kakis (Table Games)	
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 4:30 PM: Let's Go - Lee Kong Chian Natural History Museum		2:00 - 5:00 PM: Strategise with Kakis (Table Games)		

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NTUC Health

MON 28	TUE 29	WED 30	THU 1/5	FRI 2/5	SAT
9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	Centre closed for Company Event	 Labour Day 1 May (Thu)	9:00 - 10:00 AM: Let's Do Seated Exercise	
10:30 - 11:30 AM: Let's Zumba Gold	10:30 - 11:30 AM: Let's Stretch Band			10:30 - 11:30 AM: Let's Bollywood Dance	
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post			2:00 - 3:00 PM: Be HAPPY Programme	
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 4:00 PM: DIY Beaded Phone Strap			3:00 - 5:00 PM: Strategise with Kakis (Table Games)	
3:30 - 4:45 PM: Let's Gen Together - SOTA					

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NTUC Health

MON 31/3	TUE 1	WED 2	THU 3	FRI 4	SAT 5
 <p>斋戒节 公共假期 中心休假</p>	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	
	10:30 - 11:30 AM: 阻力带健身操	10:30 - 11:30 AM: 坐式瑜伽	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐	10:30 - 11:30 AM: 印度风格舞	
	10:00 - 4:00 PM: 社区护理站	3:00 - 4:00 PM: 防止跌倒运动	1:30 - 3:00 PM: 怀旧歌曲与游戏节目	1:30 - 3:00 PM: 提升健康老龄化课程	
	1:30 - 3:00 PM: 怀旧歌曲与游戏节目	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 5:00 PM: 棋盘游戏时间	
	2:30 - 4:00 PM: 步行足球 (直落布兰雅联络所)				
7	8	9	10	11	
9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	
10:30 - 11:30 AM: 尊巴舞	10:30 - 11:30 AM: 阻力带健身操	10:00 - 11:00 AM: 隔代互动 - 快乐第一班	11:00 - 12:00 PM: 素食烹煮示范	10:30 - 11:30 AM: 印度风格舞	
2:00 - 3:30 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站	11:00 - 12:00 PM: 坐式瑜伽	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐	2:00 - 5:00 PM: 正念生活艺术	
2:00 - 4:00 PM: 电器维修俱乐部	1:30 - 3:00 PM: 怀旧歌曲与游戏节目	3:00 - 4:00 PM: 防止跌倒运动	1:30 - 3:00 PM: 怀旧歌曲与游戏节目	3:00 - 5:00 PM: 棋盘游戏时间	
3:30 - 4:45 PM: 隔代互动 - 新加坡艺术学院	2:30 - 4:00 PM: 步行足球 (直落布兰雅联络所)	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 5:00 PM: 卡拉OK时光		

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9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	 复活节 公共假期 中心休假	
10:30 - 11:30 AM: 尊巴舞	10:30 - 11:30 AM: 阻力带健身操	10:30 - 11:30 AM: 坐式瑜伽	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐		
2:00 - 3:30 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站	3:00 - 4:00 PM: 防止跌倒运动	2:00 - 3:00 PM: 生日庆祝会		
2:00 - 4:00 PM: 电器维修俱乐部	1:00 - 2:00 PM: 黄博士讲古时间	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 5:00 PM: 棋盘游戏时间		
3:30 - 4:45 PM: 隔代互动 - 新加坡艺术学院	2:30 - 4:00 PM: 步行足球 (直落布兰雅联络所)				
21	22	23	24	25	26
8:00 - 8:45 AM: 隔代互动 - 布兰雅坡小学	8:30 - 11:30 AM: 步行足球锦标赛	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	
9:00 - 10:00 AM: 坐式健康早操	10:30 - 11:30 AM: 阻力带健身操	10:30 - 11:30 AM: 坐式瑜伽	11:00 - 12:00 PM: 素食烹煮示范	10:30 - 11:30 AM: 印度风格舞	
10:30 - 11:30 AM: 尊巴舞	10:00 - 4:00 PM: 社区护理站	3:00 - 4:00 PM: 防止跌倒运动	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐	2:00 - 3:00 PM: 提升健康老龄化课程	
2:00 - 3:30 PM: 心境禅绕画	1:30 - 3:00 PM: 怀旧歌曲与游戏节目	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 5:00 PM: 卡拉OK时光	3:00 - 5:00 PM: 棋盘游戏时间	
2:00 - 4:00 PM: 电器维修俱乐部	2:00 - 4:30 PM: 郊游 - 李光前自然历史 博物馆		2:00 - 5:00 PM: 棋盘游戏时间		

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MON 28	TUE 29	WED 30	THU 1/5	FRI 2/5	SAT
9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	中心关闭	 劳动节 公共假期 中心休假	9:00 - 10:00 AM: 坐式健康早操	
10:30 - 11:30 AM: 尊巴舞	10:30 - 11:30 AM: 阻力带健身操			10:30 - 11:30 AM: 印度风格舞	
2:00 - 3:30 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站			2:00 - 3:00 PM: 提升健康老龄化课程	
2:00 - 4:00 PM: 电器维修俱乐部	2:00 - 4:00 PM: 自制手机串珠吊带			3:00 - 5:00 PM: 棋盘游戏时间	
3:30 - 4:45 PM: 隔代互动 - 新加坡艺术学院					

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