


# 2026 April

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



MON		TUE	WED	THU	FRI	SAT
			1	2	3	4
			9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	 <b>GOOD FRIDAY</b> Centre closed for Good Friday Public Holiday	
			10:30 - 11:30 AM: Let's Do Chair Yoga	10:30 - 11:30 AM: Let's Bollywood Dance		
			2:00 - 3:00 PM: Let's Lim Kopi (male exclusive)	12:30 - 1:30 PM: Let's Makan Together		
			2:00 - 5:00 PM: Strategise with Kakis (Table Games)	1:30 - 2:30 PM: Let's Talk News		
			3:00 - 5:00 PM: Let's Karaoke Together	2:00 - 5:00 PM: Strategise with Kakis (Table Games)		
				3:00 - 4:00 PM: Let's Qigong		
6		7	8	9	10	11
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	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 - 11:30 AM: Let's Go Gai Gai - Art Trail @ Mapletree Business City	10:00 - 11:30 AM: Let's Walking Football @ Delta Sports Centre	10:00 - 11:00 AM: Let's Gen Together - Star Learners @ Blk 78		
2:00 - 3:00 PM Virtual Health Talk - Early Signs of Dementia	10:00 - 4:00 PM: Community Health Post	10:30 - 11:30 AM: Let's Do Chair Yoga	10:30 - 11:30 AM: Let's Bollywood Dance	2:00 - 3:00 PM: Let's Drum Fit / NTU		
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	1:30 - 5:00 PM: CPF Board Do Good @ AAC Mt Faber	3:00 - 4:30 PM: Let's Jam with Ukulele		
2:00 - 5:00 PM: Strategise with Kakis (Table Games)		3:00 - 5:00 PM: Let's Karaoke Together	3:00 - 4:00 PM: Let's Qigong	3:30 - 5:00 PM: Let's Do Calligraphy / NTU		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

# 2026 April

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



MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
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	10:30 - 11:30 AM: Let's Do Chair Yoga	10:30 - 11:30 AM: Let's Bollywood Dance	10:00 - 11:30 AM: Let's Gen Together - Singapore Polytechnic	
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	2:00 - 3:00 PM: Let's Lim Kopi (male exclusive)	12:30 - 1:30 PM: Let's Makan Together	2:00 - 3:00 PM: Let's Drum Fit / NTU	
2:00 - 4:00 PM: Repair Kopitiam Club	12:30 - 1:30 PM: Let's Celebrate - Hari Raya Puasa	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	1:30 - 2:30 PM: Let's Talk News	3:00 - 4:30 PM: Let's Jam with Ukulele	
3:15 - 4:30 PM: Let's Gen Together - SOTA	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:30 - 4:00 PM: Let's Gen Together - Singapore Polytechnic	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:30 - 5:00 PM: Let's Do Calligraphy / NTU	
	3:00 - 5:00 PM: Let's Karaoke Together		3:00 - 4:00 PM: Let's Qigong		
20	21	22	23	24	25
8:00 - 8:45 AM: Let's Gen Together - Blangah Rise Primary	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 Stretch Band	10:30 - 11:30 AM: Let's Do Chair Yoga	10:00 - 11:30 AM: Let's Walking Football @ Delta Sports Centre	9:00 - 11:30 AM: DBS Do Good @ AAC Mt Faber	
10:30 - 11:30 AM: Let's Zumba Gold	10:00 - 4:00 PM: Community Health Post	1:30 - 2:30 PM: Let's Celebrate - Birthday	10:30 - 11:30 AM: Let's Bollywood Dance	2:00 - 3:00 PM: Let's Drum Fit / NTU	
2:00 - 3:30 PM: Let's Do Zentangle	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	1:30 - 2:30 PM: Let's Yum Cha Together	3:00 - 4:30 PM: Let's Jam with Ukulele	
2:00 - 4:00 PM: Repair Kopitiam Club	3:00 - 5:00 PM: Let's Karaoke Together	4:00 - 5:00 PM: re:ACT Reminiscence Theatre	3:00 - 4:00 PM: Let's Qigong	3:30 - 5:00 PM: Let's Do Calligraphy / NTU	
2:00 - 5:00 PM: Strategise with Kakis (Table Games)			4:00 - 5:30 PM: Let's Gen Together - Clementi Town Sec Sch		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

# 2026 April

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



MON 27	TUE 28	WED 29	THU 30	FRI 1/5	SAT
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	 <p>Happy <b>Labour Day</b></p> <p>Centre closed for Labour Day Public Holiday</p>	
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	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: Let's Lim Kopi (male exclusive)	1:30 - 2:30 PM: Let's Gen Together - SUSS		
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 3:00 PM: Talk - Dr Wong's Storytelling Time	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)		
3:15 - 4:30 PM: Let's Gen Together - SOTA	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 5:00 PM: Let's Karaoke Together	3:00 - 4:00 PM: Let's Qigong		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

# 2026 四月

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



MON	TUE	WED 1	THU 2	FRI 3	SAT 4
		9:00 - 10:00 AM: 一起做运动 (坐式)  10:30 - 11:30 AM: 一起做椅子瑜珈  2:00 - 3:00 PM: 一起喝咖啡 (只限男士)  2:00 - 5:00 PM: 棋盘游戏时间  3:00 - 5:00 PM: 一起来K歌	9:00 - 10:00 AM: 一起做运动 (坐式)  10:30 - 11:30 AM: 印度风格舞  12:30 - 1:30 PM: 一起来中心聚餐  1:30 - 2:30 PM: 一起聊新闻  2:00 - 5:00 PM: 棋盘游戏时间  3:00 - 4:00 PM: 一起练气功	 GOOD FRIDAY  耶稣受难日公共假期 中心关闭	
6	7	8	9	10	11
9:00 - 10:00 AM: 一起做运动 (坐式)  10:30 - 11:30 AM: 一起跳尊巴舞 (乐龄版)  2:00 - 3:00 PM 线上健康讲座 - 识别失智症的早期迹象  2:00 - 4:00 PM: 一起学维修技能  2:00 - 5:00 PM: 棋盘游戏时间	9:00 - 10:00 AM: 一起做运动 (坐式)  10:30 - 11:30 AM: 一起做弹力带拉筋操  10:00 - 4:00 PM: 社区护理站  2:00 - 5:00 PM: 棋盘游戏时间	9:00 - 10:00 AM: 一起做运动 (坐式)  10:00 - 11:30 AM: 一起去走走 - 枫树商业城公共艺术径  10:30 - 11:30 AM: 一起做椅子瑜珈  2:00 - 5:00 PM: 棋盘游戏时间  3:00 - 5:00 PM: 一起来K歌	9:00 - 10:00 AM: 一起做运动 (坐式)  10:00 - 11:30 AM: 一起来踢球 @ 立达体育中心  10:30 - 11:30 AM: 印度风格舞  1:30 - 5:00 PM: 中央公积金局与职总 保健活跃乐龄中心同乐  3:00 - 4:00 PM: 一起练气功	9:00 - 10:00 AM: 一起做运动 (坐式)  10:00 - 11:00 AM: 跨代交流 - 星学园 @ 大牌 78  2:00 - 3:00 PM: 一起打鼓乐 (南大)  3:00 - 4:30 PM: 一起玩尤克里里琴  3:30 - 5:00 PM: 一起写书法 (南大)	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

# 2026 四月

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



MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
9:00 - 10:00 AM: 一起做运动 (坐式)	9:00 - 10:00 AM: 一起做运动 (坐式)	9:00 - 10:00 AM: 一起做运动 (坐式)	9:00 - 10:00 AM: 一起做运动 (坐式)	9:00 - 10:00 AM: 一起做运动 (坐式)	
10:30 - 11:30 AM: 一起跳尊巴舞 (乐龄版)	10:30 - 11:30 AM: 一起做弹力带拉筋操	10:30 - 11:30 AM: 一起做椅子瑜伽	10:30 - 11:30 AM: 印度风格舞	10:00 - 11:30 AM: 跨代交流 - 新加坡理工学院	
2:00 - 3:30 PM: 一起做禅绕画	10:00 - 4:00 PM: 社区护理站	2:00 - 3:00 PM: 一起喝咖啡 (只限男士)	12:30 - 1:30 PM: 一起来中心聚餐	2:00 - 3:00 PM: 一起打鼓乐 (南大)	
2:00 - 4:00 PM: 一起学维修技能	12:30 - 1:30 PM: 一起来庆祝 - 开斋节	2:00 - 5:00 PM: 棋盘游戏时间	1:30 - 2:30 PM: 一起聊新闻	3:00 - 4:30 PM: 一起玩尤克里里琴	
3:15 - 4:30 PM: 跨代交流 - 新加坡艺术学院	2:00 - 5:00 PM: 棋盘游戏时间	2:30 - 4:00 PM: 跨代交流 - 新加坡理工学院	2:00 - 5:00 PM: 棋盘游戏时间	3:30 - 5:00 PM: 一起写书法 (南大)	
	3:00 - 5:00 PM: 一起来K歌		3:00 - 4:00 PM: 一起练气功		
20	21	22	23	24	25
8:00 - 8:45 AM: 跨代交流 - 布兰雅坡小学	9:00 - 10:00 AM: 一起做运动 (坐式)	9:00 - 10:00 AM: 一起做运动 (坐式)	9:00 - 10:00 AM: 一起做运动 (坐式)	9:00 - 10:00 AM: 一起做运动 (坐式)	
9:00 - 10:00 AM: 一起做运动 (坐式)	10:30 - 11:30 AM: 一起做弹力带拉筋操	10:30 - 11:30 AM: 一起做椅子瑜伽	10:00 - 11:30 AM: 一起来踢球 @ 立达体育中心	9:00 - 11:30 AM: 星展银行与职总保健 活跃乐龄中心同乐	
10:30 - 11:30 AM: 一起跳尊巴舞 (乐龄版)	10:00 - 4:00 PM: 社区护理站	1:30 - 2:30 PM: 一起来庆祝生日	10:30 - 11:30 AM: 印度风格舞	2:00 - 3:00 PM: 一起打鼓乐 (南大)	
2:00 - 3:30 PM: 一起做禅绕画	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间	1:30 - 2:30 PM: 一起饮茶	3:00 - 4:30 PM: 一起玩尤克里里琴	
2:00 - 4:00 PM: 一起学维修技能	3:00 - 5:00 PM: 一起来K歌	4:00 - 5:00 PM: re:ACT 回忆剧场	3:00 - 4:00 PM: 一起练气功	3:30 - 5:00 PM: 一起写书法 (南大)	
2:00 - 5:00 PM: 棋盘游戏时间			4:00 - 5:30 PM: 跨代交流 - 锦文中学		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

# 2026 四月

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



MON 27	TUE 28	WED 29	THU 30	FRI 1/5	SAT
9:00 - 10:00 AM: 一起做运动 (坐式)	9:00 - 10:00 AM: 一起做运动 (坐式)	9:00 - 10:00 AM: 一起做运动 (坐式)	9:00 - 10:00 AM: 一起做运动 (坐式)	 <p>Happy <b>Labour Day</b></p> <p>劳动节公共假期 中心关闭</p>	
10:30 - 11:30 AM: 一起跳尊巴舞 (乐龄版)	10:30 - 11:30 AM: 一起做弹力带拉筋操	10:30 - 11:30 AM: 一起做椅子瑜伽	10:30 - 11:30 AM: 印度风格舞		
2:00 - 3:30 PM: 一起做禅绕画	10:00 - 4:00 PM: 社区护理站	2:00 - 3:00 PM: 一起喝咖啡 (只限男士)	1:30 - 2:30 PM: 跨代交流 - 新加坡社科大学		
2:00 - 4:00 PM: 一起学维修技能	2:00 - 3:00 PM: 一起听黄博士讲古	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间		
3:15 - 4:30 PM: 跨代交流 - 新加坡艺术学院	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 5:00 PM: 一起来K歌	3:00 - 4:00 PM: 一起练气功		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。