

2025 August

 **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	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
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	 National Day 9 August (Sat) National Day 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	10:30 - 11:30 AM: Let's Drum Fit	10:30 - 11:30 AM: Bridge for Beginners	
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	1:30 - 3:00 PM: Green Series Workshop - Green Fingers	12:00 - 1:00 PM: Let's Makan Together (Vegetarian Meal)	2:30 - 4:00 PM: Dancing Towards Good Health	
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 4:00 PM: Brain Power! (in English)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 3:00 PM: Let's Drum Fit	4:00 - 5:30 PM: Let's Jam with Ukulele	
2:00 - 5:00 PM: Strategise with Kakis (Table Games)			3:00 - 4:00 PM: Let's Qigong	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
11	12	13	14	15	16
Centre closed on 11/8 in lieu of National Day Public Holiday	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	10:00 - 11:00 AM: Let's Gen Together - My 1st Skool	10:30 - 11:30 AM: Let's Drum Fit	10:30 - 11:30 AM: Let's Bollywood Dance	
	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 (Vegetarian Meal)	Centre closed after 12:00 PM for Company Event	
	3:00 - 5:00 PM: Let's Karaoke Together	1:30 - 3:00 PM: Green Series Workshop - Green Innovation	2:00 - 3:00 PM: Let's Drum Fit		
	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 4:00 PM: Let's Qigong		

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MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23
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 - 12:00 PM: Project Citizens - The First Million	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	1:30 - 3:00 PM: Green Series Workshop - Green Impressions	12:00 - 1:00 PM: Let's Makan Together (Vegetarian Meal)	2:30 - 4:00 PM: Dancing Towards Good Health	
2:00 - 3:30 PM: Let's Do Zentangle	12:00 - 2:00 PM: National Day Celebration	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 4:00 PM: Bridge for Beginners	3:00 - 6:00 PM: Let's Go Gai Gai - ActiveX WAC Learning Journey	
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 3:00 PM: Let's Celebrate - Birthday		3:00 - 4:00 PM: Let's Qigong	4:00 - 5:30 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			2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
25	26	27	28	29	30
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	10:00 - 12:00 PM: Project Citizens - The First Million	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	9:30 - 11:30 AM: Green Series Garden City Farm Visit - Green Reverie	12:00 - 1:00 PM: Let's Makan Together (Vegetarian Meal)	2:30 - 4:00 PM: Dancing Towards Good Health	
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 3:00 PM: Talk - Dr Wong's Storytelling Time	2:00 - 4:00 PM: Bridge for Beginners	2:00 - 4:00 PM: Bridge for Beginners	4:00 - 5:30 PM: Let's Jam with Ukulele	
2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)		3:00 - 4:00 PM: Let's Qigong	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	

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MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
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	 National Day 9 August (Sat) 国庆日 公共假期
10:30 - 11:30 AM: 尊巴舞	10:30 - 11:30 AM: 阻力带健身操	10:30 - 11:30 AM: 坐式瑜珈	10:30 - 11:30 AM: 鼓乐疗法	10:30 - 11:30 AM: 桥牌初级班	
2:00 - 3:30 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站	1:30 - 3:00 PM: 初级园艺课	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐	2:30 - 4:00 PM: 舞出健康	
2:00 - 4:00 PM: 电器维修俱乐部	2:00 - 4:00 PM: 最强大脑! (英文课) 乐龄心理健康课程	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 3:00 PM: 鼓乐疗法	4:00 - 5:30 PM: 四弦琴兴趣小组	
2:00 - 5:00 PM: 棋盘游戏时间			3:00 - 4:00 PM: 气功练习班	2:00 - 5:00 PM: 棋盘游戏时间	
11	12	13	14	15	16
中心关闭	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	10:00 - 11:00 AM: 隔代互动 - 快乐第一班	10:30 - 11:30 AM: 鼓乐疗法	10:30 - 11:30 AM: 印度风格舞	
	10:00 - 4:00 PM: 社区护理站	11:00 - 12:00 PM: 坐式瑜珈	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐	中心下午12点之后关闭	
	3:00 - 5:00 PM: 卡拉OK时光	1:30 - 3:00 PM: 初级园艺课	2:00 - 3:00 PM: 鼓乐疗法		
	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:00 PM: 气功练习班		

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MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23
8:00 - 8:45 AM: 隔代互动 - 布兰雅坡小学	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: 阻力带健身操	10:30 - 11:30 AM: 坐式瑜珈	10:00 - 12:00 PM: 我们是新加坡公民 - 红登记计划	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	1:30 - 3:00 PM: 初级园艺课	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐	2:30 - 4:00 PM: 舞出健康	
2:00 - 3:30 PM: 心境禅绕画	12:00 - 2:00 PM: 国庆日庆祝会	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 4:00 PM: 桥牌初级班	3:00 - 6:00 PM: 一起去走走 - 世界游泳锦 标赛学习之旅	
2:00 - 4:00 PM: 电器维修俱乐部	2:00 - 3:00 PM: 生日庆祝会		3:00 - 4:00 PM: 气功练习班	4:00 - 5:30 PM: 四弦琴兴趣小组	
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2:00 - 4:00 PM: 电器维修俱乐部	2:00 - 3:00 PM: 黄博士讲古时间	2:00 - 4:00 PM: 桥牌初级班	2:00 - 4:00 PM: 桥牌初级班	4:00 - 5:30 PM: 四弦琴兴趣小组	
2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间		3:00 - 4:00 PM: 气功练习班	2:00 - 5:00 PM: 棋盘游戏时间	

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