

2026 August

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



ntuc Health

MON 3	TUE 4	WED 5	THU 6	FRI 7	SAT 8
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	8:00 - 1:00 PM: Seniors National Games 2026 (Finals) OCBC Arena	9:00 - 1:30 PM: Let's Go Gai Gai - Abbott Plant Tour	10:30 - 11:30 AM: Let's Bollywood Dance	9:30 - 11:30 AM: Let's Gen Together - Star Learners @ Blk 78	
2:00 - 3:00 PM Stay Well Series - Health Talk by SingHealth "Healthy Mind, Healthy Live" (Virtual Talk)	10:30 - 11:30 AM: Let's Stretch Band	10:30 - 11:30 AM: Let's Do Chair Yoga	12:30 - 1:30 PM: Let's Makan Together	10:30 - 11:30 AM: Let's Drum Fit	
2:00 - 4:00 PM: Let's Learn To Repair	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 Talk News	1:30 - 3:00 PM: Let's Do Paper Art	
2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	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: Let's KTV Together	3:00 - 4:00 PM: Let's Qigong	3:00 - 4:30 PM: Let's Jam with Ukulele	
10	11	12	13	14	15
 Centre closed 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	9:45 - 11:30 AM: Let's Walking Football	10:30 - 11:30 AM: Let's Drum Fit	
	10:00 - 4:00 PM: Community Health Post	11:00 - 12:00 PM: Let's Do Chair Yoga	10:30 - 11:30 AM: Let's Bollywood Dance	1:30 - 3:00 PM: Let's Boccia & Floorball	
	12:30 - 1:30 PM: Let's Celebrate - National Day	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	Centre closed after 12 PM for Quarterly Townhall	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: Let's KTV Together		3:00 - 4:30 PM: Let's Jam with Ukulele	

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MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
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	9:00 - 11:00 AM: Let's Dragon Boat - Training @ Kallang Basin	10:30 - 11:30 AM: Let's Do Chair Yoga	10:30 - 11:30 AM: Let's Bollywood Dance	10:30 - 11:30 AM: Let's Drum Fit	
10:30 - 11:30 AM: Let's Zumba Gold	10:30 - 11:30 AM: Let's Stretch Band	2:00 - 3:00 PM: Let's Lim Kopi (male exclusive)	12:30 - 1:30 PM: Let's Makan Together	1:30 - 3:00 PM: Let's Bocchia & Floorball	
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	1:30 - 2:30 PM: Let's Talk News	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
2:00 - 4:00 PM: Let's Learn To Repair	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 5:00 PM: Let's KTV Together	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 4:30 PM: Let's Jam with Ukulele	
2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:30 - 3:30 PM: Let's Talk by SNSA "Stroke Awareness Talk" (in Malay)		3:00 - 4:00 PM: Let's Qigong		
24	25	26	27	28	29
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	9:00 - 11:00 AM: Let's Dragon Boat - Training @ Kallang Basin	10:30 - 11:30 AM: Let's Do Chair Yoga	9:45 - 11:30 AM: Let's Walking Football	10:30 - 11:30 AM: Let's Drum Fit	
2:00 - 3:30 PM: Let's Do Zentangle	10:30 - 11:30 AM: Let's Stretch Band	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	10:30 - 11:30 AM: Let's Bollywood Dance	1:30 - 3:00 PM: Let's Bocchia & Floorball	
2:00 - 4:00 PM: Let's Learn To Repair	10:00 - 4:00 PM: Community Health Post	3:00 - 5:00 PM: Let's KTV Together	1:30 - 2:30 PM: Let's Yum Cha Together	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)		2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 4:30 PM: Let's Jam with Ukulele	
	2:30 - 3:30 PM: Let's Talk by SNSA "Stroke Awareness Talk" (in Chinese)		3:00 - 4:00 PM: Let's Qigong		

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MON 3	TUE 4	WED 5	THU 6	FRI 7	SAT 8
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)	9:00 - 1:00 PM: 乐龄全国运动会 (决赛) 新加坡体育城	9:00 - 1:30 PM: 一起去走走 - 雅培营养品工厂行	10:30 - 11:30 AM: 印度风格舞	10:00 - 11:00 AM: 跨代交流 - 星学园 @ 大牌 78	
2:00 - 3:00 PM 保健系列 - 健康讲座 “健康心态, 快乐人生” (线上讲座)	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	12:30 - 1:30 PM: 一起来中心聚餐	10:30 - 11:30 AM: 一起打鼓乐	
2:00 - 4:00 PM: 一起学维修技能	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: 一起聊新闻	1:30 - 3:00 PM: Let's Do Paper Art	
2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间	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: 一起来K歌	3:00 - 4:00 PM: 一起练气功 @ 直落布兰雅联络所	3:00 - 4:30 PM: 一起玩尤克里里琴	
10	11	12	13	14	15
 国庆日公共假期 中心关闭	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	10:00 - 11:00 AM: 跨代交流 - 快乐第一班	9:45 - 11:30 AM: 一起来踢球 @ 直落布兰雅联络所	10:30 - 11:30 AM: 一起打鼓乐	
	10:00 - 4:00 PM: 社区护理站	11:00 - 12:00 PM: 一起做椅子瑜伽	10:30 - 11:30 AM: 印度风格舞	1:30 - 3:00 PM: 一起玩硬地滚球 与地板球	
	12:30 - 1:30 PM: 一起来庆祝 - 国庆日	2:00 - 5:00 PM: 棋盘游戏时间	中午十二点之后 中心关闭	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: 一起来K歌		3:00 - 4:30 PM: 一起玩尤克里里琴	

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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)	9:00 - 11:00 AM: 一起划龙舟 - 加冷水上体育中心	10:30 - 11:30 AM: Let's Do Chair Yoga	10:30 - 11:30 AM: 印度风格舞	10:30 - 11:30 AM: 一起打鼓乐	
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	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	1:30 - 3:00 PM: 一起玩硬地滚球 与地板球	
2:00 - 3:30 PM: 一起做禅绕画	10:00 - 4:00 PM: 社区护理站	2:00 - 5:00 PM: 棋盘游戏时间	1:30 - 2:30 PM: 一起聊新闻	2:00 - 5:00 PM: 棋盘游戏时间	
2:00 - 4:00 PM: 一起学维修技能	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 5:00 PM: 一起来K歌	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:30 PM: 一起玩尤克里里琴	
2:00 - 5:00 PM: 棋盘游戏时间	2:30 - 3:30 PM: 一起来听 - 新加坡中风协会讲座 "中风意识" (马来语)		3:00 - 4:00 PM: 一起练气功 @ 直落布兰雅联络所		
24	25	26	27	28	29
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)	
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2:00 - 3:30 PM: 一起做禅绕画	10:30 - 11:30 AM: 一起做弹力带拉筋操	2:00 - 5:00 PM: 棋盘游戏时间	10:30 - 11:30 AM: 印度风格舞	1:30 - 3:00 PM: 一起玩硬地滚球 与地板球	
2:00 - 4:00 PM: 一起学维修技能	10:00 - 4:00 PM: 社区护理站	3:00 - 5:00 PM: 一起来K歌	2:00 - 3:00 PM: 一起饮茶	2:00 - 5:00 PM: 棋盘游戏时间	
2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间		2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:30 PM: 一起玩尤克里里琴	
	2:30 - 3:30 PM: 一起来听 - 新加坡中风协会讲座 "中风意识" (华语)		3:00 - 4:00 PM: 一起练气功 @ 直落布兰雅联络所		

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