

2025 December

 **Centre Name:** AAC (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
1	2	3	4	5	6
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	10:30 - 11:30 AM: Let's Drum Fit	
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	1:00 - 4:00 PM: Let's Go Gai Gai - Haw Par Villa	12:00 - 1:00 PM: Let's Makan Together - Vegetarian Meal	1:30 - 2:30 PM: Let's Gen Together - SOTA	
2:00 - 4:00 PM: Repair Kopitiam Club	3:00 - 5:00 PM: Let's Karaoke Together	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	1:00 - 2:00 PM: Let's Talk News	3:00 - 4:30 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)	
8	9	10	11	12	13
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 Company Event	
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	3:00 - 5:00 PM: Let's Karaoke Together	12:00 - 1:00 PM: Let's Makan Together - Vegetarian Meal		
2:00 - 4:00 PM: Repair Kopitiam Club	1:30 - 2:30 PM: NEA Recycling Talk - Say Yes To Waste Less	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)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)		2:00 - 5:00 PM: Strategise with Kakis (Table Games)		

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
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	9.30 - 11.30 AM: Happy Body, Happy Mind - Ngee Ann Polytechnic	10:30 - 11:30 AM: Let's Drum Fit	
10:30 - 11:30 AM: Let's Zumba Gold	10:00 - 4:00 PM: Community Health Post	3:00 - 5:00 PM: Let's Karaoke Together	12:00 - 1:00 PM: Let's Makan Together - Vegetarian Meal	3:00 - 4:30 PM: Let's Jam with Ukulele	
2:00 - 3:30 PM: Let's Do Zentangle	12:00 - 2:00 PM: Let's Celebrate - Christmas	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	1:00 - 2:00 PM: Let's Talk News	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
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		
22	23	24	25	26	27
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 Christmas Public Holiday	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 Drum Fit	
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	Centre closed after 1 PM for Christmas Eve		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			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)				

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NTUC Health

MON	TUE	WED	THU	FRI	SAT
29	30	31			
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			
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	Centre closed after 1 PM for New Year's Eve			
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)				

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2025 十二月

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NTUC Health

MON 1	TUE 2	WED 3	THU 4	FRI 5	SAT 6
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	10:30 - 11:30 AM: 坐式瑜珈	10:30 - 11:30 AM: 印度风格舞	10:30 - 11:30 AM: 鼓乐疗法	
2:00 - 3:30 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站	1:00 - 4:00 PM: 一起去走走 - 虎豹别墅	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐	1:30 - 2:30 PM: 隔代互动 - 新加坡艺术学院	
2:00 - 4:00 PM: 电器维修俱乐部	3:00 - 5:00 PM: 卡拉OK时光	2:00 - 5:00 PM: 棋盘游戏时间	1:00 - 2:00 PM: 新闻时事分享	3:00 - 4:30 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	
8	9	10	11	12	13
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	中心关闭	
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: 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	3:00 - 5:00 PM: 卡拉OK时光	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐		
2:00 - 4:00 PM: 电器维修俱乐部	1:30 - 2:30 PM: 国家环境局环保讲座	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	2:00 - 5:00 PM: 棋盘游戏时间		2:00 - 5:00 PM: 棋盘游戏时间		

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
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	9.30 - 11.30 AM: 身心愉快互动节目	10:30 - 11:30 AM: 鼓乐疗法	
10:30 - 11:30 AM: 尊巴舞	10:00 - 4:00 PM: 社区护理站	3:00 - 5:00 PM: 卡拉OK时光	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐	3:00 - 4:30 PM: 四弦琴兴趣小组	
2:00 - 3:30 PM: 心境禅绕画	12:00 - 2:00 PM: 圣诞节庆祝会	2:00 - 5:00 PM: 棋盘游戏时间	1:00 - 2:00 PM: 新闻时事分享	2:00 - 5:00 PM: 棋盘游戏时间	
2:00 - 4:00 PM: 电器维修俱乐部	2:00 - 3:00 PM: L生日庆祝会		3:00 - 4:00 PM: 气功练习班		
22	23	24	25	26	27
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	 圣诞节 公共假期	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: 坐式瑜珈		10:30 - 11:30 AM: 鼓乐疗法	
2:00 - 3:30 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站	中心下午1点之后关闭		3:00 - 4:30 PM: 四弦琴兴趣小组	
2:00 - 4:00 PM: 电器维修俱乐部	3:00 - 5:00 PM: 卡拉OK时光			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				

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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			
2:00 - 3:30 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站	中心下午12点之后关闭			
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 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间				

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