




2025 February

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






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	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 Do Square Stepping	10:30 - 11:30 AM: Let's Bollywood Dance	
2:00 - 3:30 PM: Let's Do Zentangle	1:00 - 2:00 PM: Chinese New Year Lo Hei	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	2:00 - 3:00 PM: Let's Celebrate - Birthday	1:30 - 2:30 PM: Cognitive Stimulation Activities (CSA)	
2:00 - 4:00 PM: Repair Kopitiam Club	10:00 - 4:00 PM: Community Health Post	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)	
	2:30 - 4:00 PM: Walking Football @ Telok Blangah CC				
10	11	12	13	14	15
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 Do Square Stepping	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 - 4:00 PM: Fall Prevention (by La Cura Mobility)	1.30 - 3.00PM: Dave Lee Sing & Dance Performance	1:30 - 2:30 PM: Cogintive Stimulation Activities (CSA)	
2:00 - 4:00 PM: Repair Kopitiam Club	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	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
17	18	19	20	21	22
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	12:00 - 1:00 PM: Communal Dining - Ready-to-Eat 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	1:30 - 4:00 PM National Orchid Garden	1:30 - 2:30 PM: Cogintive Stimulation Activities (CSA)	
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 3:00 PM: Comm Nurse Talk: Controlling Blood Sugar	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
	2:30 - 4:00 PM: Walking Football @ Telok Blangah CC	2:00 - 5:00 PM: Strategise with Kakis (Table Games)			
24	25	26	27	28	
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	12:00 - 1:00 PM: Communal Dining - Ready-to-Eat 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)	1:30 - 2:30 PM Let's Lim Kopi (Male Exclusive)	1:30 - 2:30 PM: Cogintive Stimulation Activities (CSA)	
2:00 - 3:30 PM: Let's Do Zentangle	2:00 - 3:00 PM: Talk - Dr Wong's Storytelling Time	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)	
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)		

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MON 3	TUE 4	WED 5	THU 6	FRI 7	SAT 8
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: 坐式瑜伽	10:30 - 11:30 AM: 方块踏步运动	10:30 - 11:30 AM: 印度风格舞	
2:00 - 4:00 PM: 心境禅绕画	1:00 - 2:00 PM: 农历新年捞起	3:00 - 4:00 PM: 防止跌倒运动	2:00 - 3:00 PM: 生日庆祝会	1:30 - 2:30 PM: 刺激认知能力课	
2:00 - 4:00 PM: 电器维修俱乐部	10:00 - 4:00 PM: 社区护理站	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	
	2:30 - 4:00 PM: 步行足球 (直落布兰雅联络所)				
10	11	12	13	14	15
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: 坐式瑜伽	10:30 - 11:30 AM: 方块踏步运动	10:30 - 11:30 AM: 印度风格舞	
2:00 - 4:00 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	1:30 - 3:00 PM: Dave Lee 歌舞表演	1:30 - 2:30 PM: 刺激认知能力课	
2:00 - 4:00 PM: 电器维修俱乐部	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	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 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
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	12:00 - 1:00 PM: 社区聚餐 - 即食餐 (新加坡食品局)	10:30 - 11:30 AM: 印度风格舞	
2:00 - 4:00 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	1:30 - 4:30 PM 郊游 - 国家胡姬园	1:30 - 2:30 PM: 刺激认知能力课	
2:00 - 4:00 PM: 电器维修俱乐部	2:00 - 3:00 PM: 护士讲座 - 如何管理好血糖?	3:00 - 4:00 PM: 防止跌倒运动	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 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)	2:00 - 5:00 PM: 棋盘游戏时间			
MON 24	TUE 25	WED 26	THU 27	FRI 28	SAT 29
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: 坐式瑜伽	12:00 - 1:00 PM: 社区聚餐 - 即食餐 (新加坡食品局)	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	1:30 - 2:30 PM 饮茶聊天时光 (只限于男士)	1:30 - 2:30 PM: 刺激认知能力课	
2:00 - 4:00 PM: 心境禅绕画	2:00 - 3:00 PM: 黄博士讲古时间	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 5:00 PM: 卡拉OK时光	2:00 - 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		

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