

2026 February

 **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
2	3	4	5	6	7
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 - 12:00 PM: Chicken Rice Distribution by Rahuman and Friends
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 - 11:00 AM: Let's Gen Together - Star Learners @ Blk 78	
2:00 - 3:00 PM Virtual Health Talk - Stress, Good or Bad for Us	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 Yum Cha Together	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
2:00 - 4:00 PM: Let's Learn To Repair	2:00 - 4:00 PM Brain Health & Dementia Talk by Brain Bank S'pore	3:00 - 5:00 PM: Let's Karaoke Together	2:30 - 3:30 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		
9	10	11	12	13	14
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	Centre closed after 12 PM for Company Event
9:00 - 10:00 AM: Let's Do Seated Exercise	10:30 - 11:30 AM: Let's Stretch Band	2:00 - 3:00 PM: Let's Lim Kopi (male exclusive)	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	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	12:30 - 1:30 PM: Let's Makan Together		
2:00 - 3:30 PM: Let's Do Zentangle	1:30 - 4:00 PM Let's Go Gai Gai - Oceanarium	3:00 - 5:00 PM: Let's Karaoke Together	1:30 - 3:00 PM Let's Celebrate - Chinese New Year		
2:00 - 4:00 PM: Let's Learn To Repair	2:00 - 5:00 PM: Strategise with Kakis (Table Games)		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.

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MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
9:00 - 10:00 AM: Let's Do Seated Exercise	 Centre closed for Chinese New Year Public Holiday	Centre closed for Chinese New Year Public Holiday	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	
9:30 - 10:30 AM Let's Celebrate - BRPS CNY Celebration			10:30 - 11:30 AM: Let's Bollywood Dance	10:30 - 11:30 AM: Let's DrumFit (morning session)	
10:30 - 11:30 AM: Let's Zumba Gold			1:30 - 2:30 PM: Let's Yum Cha Together	2:00 - 3:00 PM: Let's DrumFit (afternoon session)	
Centre closed after 1 PM for Chinese New Year's Eve			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	3:00 - 4:30 PM: Let's Jam with Ukulele	
23	24	25	26	27	28
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 DrumFit (morning session)	
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	1:30 - 2:30 PM: Let's Celebrate - Birthday	12:30 - 1:30 PM: Let's Makan Together	2:00 - 3:00 PM: Let's DrumFit (afternoon session)	
2:00 - 4:00 PM: Let's Learn To Repair	1:30 - 4:00 PM: Let's Go Gai Gai - S'pore Chinese Cultural Centre	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 - 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 Karaoke Together	3:00 - 4:00 PM: Let's Qigong	3:00 - 4:30 PM: Let's Jam with Ukulele	

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U! Health

MON		TUE		WED		THU		FRI		SAT	
2		3		4		5		6		7	
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 - 12:00 PM: 鸡饭分配活动	
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: 一起做椅子瑜珈		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: 线上健康讲座 - 压力，对你是好是坏		10:00 - 4:00 PM: 社区保健站		2:00 - 5:00 PM: 棋盘游戏时间		1:30 - 2:30 PM: 一起饮茶		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 - 4:00 PM: 讲座 - 大脑健康与失智症		3:00 - 5:00 PM: 一起来K歌		2:30 - 3:30 PM: 一起聊新闻		3:00 - 4:30 PM: 一起玩尤克里里琴			
2:00 - 5:00 PM: 棋盘游戏时间		2:00 - 5:00 PM: 棋盘游戏时间				3:00 - 4:00 PM: 一起练气功					
9		10		11		12		13		14	
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）		中心中午12点后关闭	
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		2:00 - 3:00 PM: 一起喝咖啡（只限男士）		10:30 - 11:30 AM: 印度风格舞					
10:30 - 11:30 AM: 一起跳尊巴舞 （乐龄版）		10:00 - 4:00 PM: 社区保健站		2:00 - 5:00 PM: 棋盘游戏时间		12:30 - 1:30 PM: 一起来中心聚餐					
2:00 - 3:30 PM: 一起做禅绕画		1:30 - 4:00 PM: 一起去走走 - 新加坡海洋生态馆		3:00 - 5:00 PM: 一起来K歌		1:30 - 3:00 PM: 中心农历新年庆祝会					
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 - 4:00 PM: 一起练气功					

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MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
9:00 - 10:00 AM: 一起做运动 (坐式)	 农历新年公共假期	农历新年公共假期	9:00 - 10:00 AM: 一起做运动 (坐式)	9:00 - 10:00 AM: 一起做运动 (坐式)	
9:30 - 10:30 AM: 布兰雅坡小学 农历新年庆祝会			10:30 - 11:30 AM: 印度风格舞	10:30 - 11:30 AM: 一起打鼓乐 (早上班)	
10:30 - 11:30 AM: 一起跳尊巴舞 (乐龄版)			1:30 - 2:30 PM: 一起饮茶	2:00 - 3:00 PM: 一起打鼓乐 (下午班)	
农历新年前夕 中心下午1点后关闭			2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间	
			3:00 - 4:00 PM: 一起练气功	3:00 - 4:30 PM: 一起玩尤克里里琴	
23	24	25	26	27	28
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	10:30 - 11:30 AM: 一起打鼓乐 (早上班)	
2:00 - 3:30 PM: 一起做禅绕画	10:00 - 4:00 PM: 社区保健站	1:30 - 2:30 PM: 生日庆祝会	12:30 - 1:30 PM: 一起来中心聚餐	2:00 - 3:00 PM: 一起打鼓乐 (下午班)	
2:00 - 4:00 PM: 一起学维修技能	1:30 - 4:00 PM: 一起去走走 - 新加坡华族文化中心	2:00 - 5:00 PM: 棋盘游戏时间	2:30 - 3:30 PM: 一起聊新闻	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	3:00 - 4:30 PM: 一起玩尤克里里琴	

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