

2026 January

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



MON		TUE		WED		THU		FRI		SAT	
						1		2		3	
				 Centre closed for 2026 New Year's Day Public Holiday		9:00 - 10:00 AM: Let's Do Seated Exercise					
						10:30 - 11:30 AM: Let's Drum Fit (morning session)					
						2:00 - 3:00 PM: Let's Drum Fit (afternoon session)					
						2:00 - 5:00 PM: Strategise with Kakis (Table Games)					
						3:00 - 4:30 PM: Let's Jam with Ukulele					
5		6		7		8		9		10	
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 - 12:00 PM: re:ACT Reminiscence Theatre		10:30 - 11:30 AM: Let's Drum Fit (morning session)			
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)		12:30 - 1:30 PM: Let's Makan Together		2:00 - 3:00 PM: Let's Drum Fit (afternoon session)			
2:00 - 5:00 PM: Strategise with Kakis (Table Games)		1:00 - 2:00 PM Health Talk (by Dietitian from SGH)		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)			
3:00 - 4:00 PM: Let's Yum Cha Together		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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MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 12:00 PM: Let's Gen Together - National Junior College	9:00 - 12:00 PM: Let's Gen Together - National Junior College	9:00 - 12:00 PM: Let's Gen Together - National Junior College	
10:30 - 11:30 AM: Let's Zumba Gold	10:30 - 11:30 AM: Let's Stretch Band	2:00 - 3:30 PM: Grooving Down Memory Lane	12:30 - 1:30 PM: Let's Makan Together	2:00 - 3:00 PM: Let's Drum Fit (afternoon session)	
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)	2:00 - 3:30 PM: Dave Lee Sing & Dance Gig	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
2:00 - 4:00 PM: Let's Learn To Repair	2:00 - 3:00 PM: Let's Bingo with Kakis		3:00 - 4:00 PM: Let's Qigong	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)		2:00 - 5:00 PM: Strategise with Kakis (Table Games)		
19	20	21	22	23	24
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	10:30 - 11:30 AM: Let's Bollywood Dance	10:30 - 11:30 AM: Let's Drum Fit (morning session)	
10:30 - 11:30 AM: Let's Zumba Gold	10:00 - 4:00 PM: Community Health Post	2:00 - 3:00 PM: Let's Lim Kopi (male exclusive)	12:30 - 1:30 PM: Let's Makan Together	2:00 - 3:00 PM: Let's Drum Fit (afternoon session)	
2:00 - 3:30 PM: Let's Do Zentangle	2:00 - 4:00 PM: Let's Do CNY Paper Art	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 Karaoke Together	3:00 - 4:00 PM: Let's Qigong	3:00 - 4:30 PM: Let's Jam with Ukulele	

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MON 26	TUE 27	WED 28	THU 29	FRI 30	SAT 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	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 (morning session)	
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	2:00 - 5:00 PM: Let's Go Gai Gai - CNY Shopping	12:30 - 1:30 PM: Let's Makan Together	2:00 - 3:00 PM: Let's Drum Fit (afternoon session)	
2:00 - 4:00 PM: Let's Learn To Repair	2:00 - 3:00 PM: Talk - Dr Wong's Storytelling Time	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)		2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 4:30 PM: Let's Jam with Ukulele	

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MON		TUE		WED		THU		FRI		SAT	
						1		2		3	
								9:00 - 10:00 AM: 一起做运动（坐式）			
								10:30 - 11:30 AM: 一起打鼓乐（早上班）			
								2:00 - 3:00 PM: 一起打鼓乐（下午班）			
								2:00 - 5:00 PM: 棋盘游戏时间			
								3:00 - 4:30 PM: 一起玩尤克里里琴			
5		6		7		8		9		10	
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: 一起做椅子瑜珈		10:30 - 12:00 PM: re:ACT 回忆剧场		10:30 - 11:30 AM: 一起打鼓乐（早上班）			
2:00 - 4:00 PM: 一起学维修技能		10:00 - 4:00 PM: 社区保健站		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		2:00 - 3:00 PM: 一起打鼓乐（下午班）			
2:00 - 5:00 PM: 棋盘游戏时间		1:00 - 2:00 PM 营养师健康讲座		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			
3:00 - 4:00 PM: 一起来饮茶		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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MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
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 - 12:00 PM: 跨代交流 - 国家初级学院	9:00 - 12:00 PM: 跨代交流 - 国家初级学院	9:00 - 12:00 PM: 跨代交流 - 国家初级学院	
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 - 3:30 PM: 回味老歌, 舞动回忆	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 - 3:30 PM: 一起做禅绕画	10:00 - 4:00 PM: 社区保健站	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 3:30 PM: Dave Lee 歌舞表演	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 - 3:00 PM: 一起玩宾果游戏		3:00 - 4:00 PM: 一起练气功	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		2:00 - 5:00 PM: 棋盘游戏时间		
19	20	21	22	23	24
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: 坐式健康早操	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: 一起跳宝莱坞舞	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)	10:00 - 4:00 PM: 社区保健站	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	2:00 - 3:00 PM: 一起打鼓乐 (下午班)	
2:00 - 3:30 PM: 一起做禅绕画	2:00 - 4:00 PM: 一起做新年红包折纸	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	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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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: 一起跳宝莱坞舞	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	2:00 - 5:00 PM: 一起去走走 - 农历新年购物游	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	2:00 - 3:00 PM: 一起听黄博士讲古	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:00 PM: 一起练气功	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	

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