

2025 July

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



NTUC Health

MON 30/6	TUE 1	WED 2	THU 3	FRI 4	SAT 5
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 Drum Fit	10:30 - 11:30 AM: Bridge for Beginners	
10:30 - 11:30 AM: Let's Zumba Gold	10:00 - 4:00 PM: Community Health Post	2:00 - 3:00 PM: Fall Prevention (by La Cura Mobility)	12:00 - 1:00 PM: Let's Makan Together (Vegetarian Meal)	2:00 - 3:00 PM: Be HAPPY Programme	
2:00 - 3:30 PM: Let's Do Zentangle	2:00 - 4:00 PM: Brain Power! (in Chinese)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 3:00 PM: Let's Drum Fit	3:00 - 4:30 PM: Let's Jam with Ukulele	
2:00 - 4:00 PM: Repair Kopitiam Club			3:00 - 4:00 PM: Let's Qigong	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
7	8	9	10	11	12
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: Let's Makan Together (Vegetarian Meal)	10:30 - 11:30 AM: Bridge for Beginners	
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	2:00 - 3:00 PM: Let's Celebrate - Birthday	2:00 - 3:00 PM: Be HAPPY Programme	
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 4:00 PM: Brain Power! (in English)	2:00 - 3:00 PM: Fall Prevention (by La Cura Mobility)	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)		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)	

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NTUC Health

14	15	16	17	18	19
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 Drum Fit	10:30 - 11:30 AM: Bridge for Beginners	
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	1:30 - 3:00 PM: Be HAPPY Programme	12:00 - 1:00 PM: Let's Makan Together (Vegetarian Meal)	2:30 - 4:00 PM: Dancing Towards Good Health	
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 3:00 PM: Talk - Dr Wong's Storytelling Time	4:00 - 5:30 PM: Let's Jam with Ukulele	
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)	
21	22	23	24	25	26
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 Learn Sudoku	10:30 - 11:30 AM: Bridge for Beginners	
10:30 - 11:30 AM: Let's Zumba Gold	10:00 - 4:00 PM: Community Health Post	2:00 - 3:00 PM: Fall Prevention (by La Cura Mobility)	12:00 - 2:00 PM: Racial Harmony Celebration	2:30 - 4:00 PM: Dancing Towards Good Health	
2:00 - 3:30 PM: Let's Do Zentangle	2:00 - 4:00 PM: Brain Power! (in English)	3:00 - 5:00 PM: Let's Karaoke Together	3:00 - 4:00 PM: Let's Qigong	4:00 - 5:30 PM: Let's Jam with Ukulele	
2:00 - 4:00 PM: Repair Kopitiam Club		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

28	29	30	31	1/8	
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 Drum Fit	10:30 - 11:30 AM: Bridge for Beginners	
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	2:00 - 3:00 PM: Fall Prevention (by La Cura Mobility)	12:00 - 1:00 PM: Let's Makan Together (Vegetarian Meal)	2:30 - 4:00 PM: Dancing Towards Good Health	
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 4:00 PM: Brain Power! (in English)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	1:30 - 3:00 PM: Let's Gen Together - River Valley Primary Sch	4:00 - 5:30 PM: Let's Jam with Ukulele	
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)	

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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	10:30 - 11:30 AM: 鼓乐疗法	10:30 - 11:30 AM: 桥牌初级班	
10:30 - 11:30 AM: 尊巴舞	10:00 - 4:00 PM: 社区护理站	2:00 - 3:00 PM: 防止跌倒运动	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐	2:00 - 3:00 PM: 提升健康老龄化课程	
2:00 - 3:30 PM: 心境禅绕画	2:00 - 4:00 PM: 最强大脑! (中文课) 乐龄心理健康课程	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 3:00 PM: 鼓乐疗法	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 - 4:00 PM: 气功练习班	2:00 - 5:00 PM: 棋盘游戏时间	
7	8	9	10	11	12
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 - 来一起吃素食午餐	10:30 - 11:30 AM: 桥牌初级班	
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: 坐式瑜珈	2:00 - 3:00 PM: 生日庆祝会	2:00 - 3:00 PM: 提升健康老龄化课程	
2:00 - 4:00 PM: 电器维修俱乐部	2:00 - 4:00 PM: 最强大脑! (英文课) 乐龄心理健康课程	2:00 - 3:00 PM: 防止跌倒运动	3:00 - 4:00 PM: 气功练习班	3:00 - 4:30 PM: 四弦琴兴趣小组	
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	

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10:30 - 11:30 AM: 尊巴舞	10:30 - 11:30 AM: 阻力带健身操	11:00 - 12:00 PM: 坐式瑜珈	10:30 - 11:30 AM: 鼓乐疗法	10:30 - 11:30 AM: 桥牌初级班	
2:00 - 4:00 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站	1:30 - 3:00 PM: 提升健康老龄化课程	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐	2:30 - 4:00 PM: 舞出健康	
2:00 - 4:00 PM: 电器维修俱乐部	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 3:00 PM: 黄博士讲古时间	4:00 - 5:30 PM: 四弦琴兴趣小组	
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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	10:30 - 11:30 AM: 基本数独课	10:30 - 11:30 AM: 桥牌初级班	
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	12:00 - 2:00 PM: 种族和谐日庆祝会	2:30 - 4:00 PM: 舞出健康	
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