



# 2026 July

 **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	4
		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 PM: 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 - 3:00 PM: Let's Lim Kopi (male exclusive)	1:30 - 2:30 PM: Let's Yum Cha Together	1:30 - 3:00 PM: Let's Bocchia and Floorball	
		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 KTV Together	3:00 - 4:00 PM: Let's Qigong	3:00 - 4:30 PM: Let's Jam with Ukulele	
			3:00 - 5:00 PM: Let's Go Gai Gai - Queensway Sec Sch		
6	7	8	9	10	11
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	9:45 - 11:30 AM: Let's Walking Football	10:00 - 1:00pm: Digital - Fab Lab Series - Laser Cutting Workshop @ NTUC Health AAC Pioneer	
2:00 - 3:00 PM Stay Well Series - Health Talk - Importance of Eye Care (Virtual Session)	10:00 - 4:00 PM: Community Health Post	11:00 - 12:00 PM: Let's Do Chair Yoga	10:00 - 1:00pm: Digital - Fab Lab Series - Digital Embroidery Workshop @ NTUC Health AAC Pioneer	10:30 - 11:30 AM: Let's Drum Fit	
2:00 - 4:00 PM: Let's Learn To Repair	1:30 - 3:00 PM: Let's Bocchia and Floorball	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	10:30 - 11:30 AM: Let's Bollywood Dance	1:30 - 3:00 PM: Let's Bocchia and Floorball	
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 KTV Together	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	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

# 2026 July

 **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
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
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	9:00 - 1:00 PM: Let's Go Gai Gai - Bollywood Veggies	10:30 - 11:30 AM: Let's Bollywood Dance	10:30 - 11:30 AM: Let's Drum Fit	
10:00 - 4:00pm: Digital - Fab Lab Series - 3D Printing Workshop @ NTUC Health AAC Pioneer	10:00 - 4:00 PM: Community Health Post	10:30 - 11:30 AM: Let's Do Chair Yoga	1:30 - 2:30 PM: Let's Talk About Say Yes To Waste Less by NEA (Malay)	1:30 - 3:00 PM: Let's Bocchia and Floorball	
10:30 - 11:30 AM: Let's Zumba Gold	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 3:00 PM: Let's Lim Kopi (male exclusive)	2:30 - 3:30 PM: Let's Celebrate Racial Harmony!	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
2:00 - 3:30 PM: Let's Do Zentangle	2:30 - 3:30 PM: Stay Well Series - Health Talk on Cardio (Eng/Chi) by RSVP	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	
2:00 - 4:00 PM: Let's Learn To Repair		3:00 - 5:00 PM: Let's KTV Together	3:00 - 4:00 PM: Let's Qigong		
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
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	2:00 - 3:30 PM Grooving Down Memory Lane (Live in Centre)	9:45 - 11:30 AM: Let's Walking Football	1:30 - 3:00 PM: Let's Bocchia and Floorball	
2:00 - 4:00 PM: Let's Learn To Repair	2:00 - 3:30 PM HSA Do Good @ NTUC Health AAC Mount Faber	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	12:30 - 1:30 PM: Let's Makan 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)	3:00 - 5:00 PM: Let's Karaoke Together	1:30 - 2:30 PM: Let's Talk News	3:00 - 4:30 PM: Let's Jam with Ukulele	
			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.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

# 2026 July

 **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
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
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	2:00 - 3:00 PM: Let's Lim Kopi (male exclusive)	1:30 - 2:30 PM: Let's Yum Cha Together	1:30 - 3:00 PM: Let's Boccia and Floorball	
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)	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 - 5:00 PM: Let's KTV Together	3:00 - 4:00 PM: Let's Qigong	3:00 - 4:30 PM: Let's Gen Together - Ngee Ann Poly	
				3:00 - 4:30 PM: Let's Jam with Ukulele	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

# 2026 七月

 **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	4		
			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: 一起做椅子瑜珈	10:30 - 11:30 AM: 印度风格舞	10:30 - 11:30 AM: 一起打鼓乐			
			2:00 - 3:00 PM: 一起喝咖啡 (只限男士)	2:00 - 3:00 PM: 一起饮茶	1:30 - 3:00 PM: 一起玩硬地滚球 与地板球			
			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			
				3:00 - 5:00 PM: 一起去走走 - 女皇道中学				
6		7	8		9		10	11
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)	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	10:00 - 11:00 AM: 跨代交流 - 快乐第一班	9:45 - 11:30 AM: 一起来踢球	10:00 - 1:00pm: 激光切割课程	10:00 - 1:00pm: 电脑刺绣课程	10:30 - 11:30 AM: 一起打鼓乐		
2:00 - 3:00 PM 线上健康讲座 - 眼部护理的重要性	10:00 - 4:00 PM: 社区护理站	11:00 - 12:00 PM: 一起做椅子瑜珈	10:00 - 1:00pm: 电脑刺绣课程	10:30 - 11:30 AM: 印度风格舞	1:30 - 3:00 PM: 一起玩硬地滚球 与地板球			
2:00 - 4:00 PM: 一起学维修技能	1:30 - 3:00 PM: 一起玩硬地滚球 与地板球	2:00 - 5:00 PM: 棋盘游戏时间	10:30 - 11:30 AM: 印度风格舞	1:30 - 3:00 PM: 一起玩硬地滚球 与地板球				
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	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 - 4:00 PM: 一起练气功	3:00 - 4:30 PM: 一起玩尤克里里琴				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

# 2026 七月

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



MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
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: 一起做运动 (坐式)	10:30 - 11:30 AM: 一起做弹力带拉筋操	9:00 - 1:00 PM: 一起去走走 - 宝莱坞农场	10:30 - 11:30 AM: 印度风格舞	10:30 - 11:30 AM: 一起打鼓乐	
10:00 - 4:00pm: 3D打印课程	10:00 - 4:00 PM: 社区护理站	10:30 - 11:30 AM: 一起做椅子瑜伽	1:30 - 2:30 PM: 国家环境局讲座 (马来语) - 减少废弃, 我愿意	1:30 - 3:00 PM: 一起玩硬地滚球 与地板球	
10:30 - 11:30 AM: Let's Zumba Gold	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 3:00 PM: 一起喝咖啡 (只限男士)	2:30 - 3:30 PM: 种族和谐日庆祝会	2:00 - 5:00 PM: 棋盘游戏时间	
2:00 - 3:30 PM: 一起做禅绕画	2:30 - 3:30 PM: 健康讲座 - 心脏健康 (中英语)	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	
2:00 - 4:00 PM: 一起学维修技能		3:00 - 5:00 PM: 一起来K歌	3:00 - 4:00 PM: 一起练气功		
20	21	22	23	24	25
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	
2:00 - 3:30 PM: 一起做禅绕画	10:00 - 4:00 PM: 社区护理站	2:00 - 3:30 PM 回味老歌, 舞动回忆	9:45 - 11:30 AM: 一起来踢球	1:30 - 3:00 PM: 一起玩硬地滚球 与地板球	
2:00 - 4:00 PM: 一起学维修技能	2:00 - 3:30 PM 卫生科学局与职总保健 活跃乐龄中心同乐	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 - 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	1:30 - 2:30 PM: 一起聊新闻	3:00 - 4:30 PM: 一起玩尤克里里琴	
			3:00 - 4:00 PM: 一起练气功		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

# 2026 七月

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



MON 27	TUE 28	WED 29	THU 30	FRI 31	SAT
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 - 11:30 AM: 印度风格舞	10:30 - 11:30 AM: 一起打鼓乐	
2:00 - 3:30 PM: 一起做禅绕画	10:00 - 4:00 PM: 社区护理站	2:00 - 3:00 PM: 一起喝咖啡 (只限男士)	2:00 - 3:00 PM: 一起饮茶	1:30 - 3:00 PM: 一起玩硬地滚球 与地板球	
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	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 - 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	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。