

2025 June

 **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 2	TUE 3	WED 4	THU 5	FRI 6	SAT 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	 Hari Raya Haji 7 June (Sat)
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: Let's Bollywood Dance	
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)	2:00 - 3:00 PM: Be HAPPY Programme	
2:00 - 4:00 PM: Repair Kopitiam Club	12:00 - 2:00 PM: Hari Raya Haji Special	3:00 - 4:00 PM: Let's Gen Together - SOTA	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 - 4:00 PM: Brain Power!	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)	
9	10	11	12	13	14
Centre closed on 7/6 in lieu of Hari Raya Haji Public Holiday	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: Let's Makan Together (Vegetarian Meal)	10:30 - 11:30 AM: Let's Bollywood Dance	
	10:00 - 4:00 PM: Community Health Post	2:00 - 3:00 PM: Fall Prevention (by La Cura Mobility)	2:00 - 3:00 PM: Let's Celebrate - Birthday	2:00 - 3:00 PM: Be HAPPY Programme	
	2:00 - 4:00 PM: Brain Power!	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	
	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)	

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NTUC Health

MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
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	10:30 - 11:30 AM: Let's Drum Fit	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	12:00 - 1:00 PM: Let's Makan Together (Vegetarian Meal)	2:00 - 3:00 PM: Be HAPPY Programme	
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 3:00 PM: Nurse Talk: Healthy Living for Mind & Body	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)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 4:00 PM: Let's Gen Together - SOTA	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
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	Centre closed for Company Event	
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	11:00 - 12:00 PM: Let's Learn to Cook - Healthy Vegetarian Meal		
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	9:00 - 12:00 PM: Fathers' Day Outing (for men only)	12:00 - 1:00 PM: Let's Makan Together (Vegetarian Meal)		
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 4:00 PM: Brain Power!	2:00 - 3:00 PM: Fall Prevention (by La Cura Mobility)	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)	3:00 - 5:00 PM: Let's Karaoke Together	3:00 - 4:00 PM: Let's Qigong		

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MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
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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: 鼓乐疗法	10:30 - 11:30 AM: 印度风格舞	
2:00 - 3:30 PM: 心境禅绕画	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 - 4:00 PM: 电器维修俱乐部	2:30 - 4:00 PM: 哈芝节庆祝会	3:00 - 4:00 PM: 隔代互动 - 新加坡艺术学院	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	2:00 - 4:00 PM: 最强大脑! 乐龄心理健康课程	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	
9	10	11	12	13	14
中心关闭	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 - 来一起吃素食午餐	10:30 - 11:30 AM: 印度风格舞	
	10:00 - 4:00 PM: 社区护理站	2:00 - 3:00 PM: 防止跌倒运动	2:00 - 3:00 PM: 生日庆祝会	2:00 - 3:00 PM: 提升健康老龄化课程	
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	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	

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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	10:30 - 11:30 AM: 鼓乐疗法	10:30 - 11:30 AM: 印度风格舞	
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2:00 - 3:30 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站	9:30 - 12:30 PM: 父亲节郊游 (仅限男士)	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐		
2:00 - 4:00 PM: 电器维修俱乐部	2:00 - 4:00 PM: 最强大脑! 乐龄心理健康课程	2:00 - 3:00 PM: 防止跌倒运动	2:00 - 3:00 PM: 黄博士讲古时间		
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