



2026 June

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



MON 1	TUE 2	WED 3	THU 4	FRI 5	SAT 6
 Centre Closed in lieu of Vesak Day 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	10:30 - 11:30 AM: Let's Bollywood Dance	10:00 - 11:00 AM: Let's Gen Together - Star Learners @ Blk 80D	
	10:00 - 4:00 PM: Community Health Post	2:00 - 3:00 PM: Let's Lim Kopi (male exclusive)	2:00 - 3:00 PM: Let's Yum Cha Together	1:00 - 3:00 PM: Let's Bocchia and Disc Golf	
	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 Gen Together - SOTA	3:00 - 5:00 PM: Let's Karaoke Together	3:00 - 4:00 PM: Let's Qigong	3:00 - 4:00 PM: Disc Golf and Floorball @ Blk 92	
			3:00 - 4:00 PM: Let's Gen Together - SUSS (Post-Trip Reflection)	3:00 - 4:30 PM: Let's Jam with Ukulele	
8	9	10	11	12	13
8:00 - 8:45 AM: Let's Gen Together - Blangah Rise Primary	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 1:00 PM: Seniors National Games 2026 (Heats) OCBC Arena	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 - 10:00 AM: Let's Do Seated Exercise	9:45 - 11:30 AM: Let's Walking Football	10:30 - 11:30 AM: Let's Drum Fit	
10:30 - 11:30 AM: Let's Zumba Gold	10:00 - 4:00 PM: Community Health Post	10:00 - 11:00 AM: Let's Gen Together - My 1st Skool	10:30 - 11:30 AM: Let's Bollywood Dance	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
2:00 - 3:00 PM Virtual Health Talk - Coping with Depression	1:30 - 2:30 PM: Let's Celebrate - Birthday	11:00 - 12:00 PM: Let's Do Chair Yoga	12:30 - 1:30 PM: Let's Makan Together	1:30 - 3:00 PM: Let's Floorball	
2:00 - 4:00 PM: Let's Learn To Repair	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	1:30 - 2:30 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)	2:30 - 3:30 PM: Nutrition Health Talk (Eng/Chi) by RSVP	3:00 - 5:00 PM: Let's Karaoke Together	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 June

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




MON 15	TUE 16	WED 17	THU 18	FRI 19	SAT 20
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)	2:00 - 3:00 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 - 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)	1:30 - 3:00 PM: Let's Floorball	
2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 4:30 PM: Let's Gen Together - SOTA	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	
22	23	24	25	26	27
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	9:00 - 1:00 PM: Let's Go Gai Gai - Hay Dairies Goat Farm	9:45 - 11:30 AM: Let's Walking Football	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	10:30 - 11:30 AM: Let's Do Chair Yoga	10:30 - 11:30 AM: Let's Bollywood Dance	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: Talk - Dr Wong's Storytelling Time	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 4:00 PM: Let's Qigong	1:30 - 3:00 PM: Let's 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 Karaoke Together	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	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 June

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



MON 29	TUE 30	WED	THU	FRI	SAT
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				
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post				
2:00 - 4:00 PM: Let's Learn To Repair	12:30 - 1:30 PM: Father's Day Celebration (male exclusive)				
2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)				

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 六月

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



MON 1	TUE 2	WED 3	THU 4	FRI 5	SAT 6
 中心关闭	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	10:30 - 11:30 AM: 一起做椅子瑜伽	10:30 - 11:30 AM: 印度风格舞	10:00 - 11:00 AM: 跨代交流 - 星学园 @ 大牌 80D	
	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	1:00 - 3:00 PM: 一起玩硬地滚球 与飞碟高尔夫	
	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: 跨代交流 - 新加坡艺术学院	3:00 - 5:00 PM: 一起来K歌	3:00 - 4:00 PM: 一起练气功	3:00 - 4:00 PM: 一起玩飞碟高尔夫 与地板球 @ 大牌 92	
			3:00 - 4:00 PM: 跨代交流 - 新社科大学 (学习之旅总结反思)	3:00 - 4:30 PM: 一起玩尤克里里琴	
8	9	10	11	12	13
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 - 1:00 PM: 乐龄全国运动会 (资格赛) 新加坡体育城	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 - 10:00 AM: 一起做运动 (坐式)	9:45 - 11:30 AM: 一起来踢球	10:30 - 11:30 AM: 一起打鼓乐	
10:30 - 11:30 AM: 一起跳尊巴舞 (乐龄版)	10:00 - 4:00 PM: 社区护理站	10:00 - 11:00 AM: 跨代交流 - 快乐第一班	10:30 - 11:30 AM: 印度风格舞	2:00 - 5:00 PM: 棋盘游戏时间	
2:00 - 3:00 PM 线上健康讲座 - 应对忧郁症	1:30 - 2:30 PM: 一起来庆祝生日	11:00 - 12:00 PM: 一起做椅子瑜伽	12:30 - 1:30 PM: 一起来中心聚餐	1:30 - 3:00 PM: 一起玩地板球	
2:00 - 4:00 PM: 一起学维修技能	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间	1:30 - 2:30 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	2:30 - 3:30 PM: 健康讲座 - 营养 SOS (中英语)	3:00 - 5:00 PM: 一起来K歌	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 六月

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




MON 15	TUE 16	WED 17	THU 18	FRI 19	SAT 20
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 - 3:00 PM: 一起喝咖啡 (只限男士)	2:00 - 3:00 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 - 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	1:30 - 3:00 PM: 一起玩地板球	
2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:30 PM: 跨代交流 - 新加坡艺术学院	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	
22	23	24	25	26	27
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	9:00 - 1:00 PM: 一起去走走 - Hay Dairies 牧羊场	9:45 - 11:30 AM: 一起来踢球	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	10:30 - 11:30 AM: 一起做椅子瑜伽	10:30 - 11:30 AM: 印度风格舞	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	1:30 - 3:00 PM: 一起玩地板球	
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	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 六月

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



MON 29	TUE 30	WED	THU	FRI	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)				
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: 一起做禅绕画	10:00 - 4:00 PM: 社区护理站				
2:00 - 4:00 PM: 一起学维修技能	12:30 - 1:30 PM: 一起来庆祝父亲节 (只限男士)				
2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间				

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。