




2025 March

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






MON 3	TUE 4	WED 5	THU 6	FRI 7	SAT 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	10:00 - 2:00 PM: Community Pop-up Market Radin Mas CC
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	10:30 - 11:30 AM: Let's Bollywood Dance	 <p>Get nutrition and financial literacy tips, enjoy fun games, and choose from a variety of household items!</p> <p>Essentials just for you</p> <ul style="list-style-type: none"> Personal Care: Shampoo, Body Wash, Toothbrush Household Essentials: Toilet Roll, Laundry Detergent, Floor Cleaner Food & Drinks: Miso and Instant Oats
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	12:00 - 1:00 PM: Let's Makan Together	2:00 - 3:00 Fun with Kakis - Let's Play Bingo	
2:00 - 4:00 PM: Repair Kopitiam Club	2:30 - 4:00 PM: Walking Football @ Telok Blangah CC	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)	
10	11	12	13	14	15
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	9:00 - 1:00 PM: Health Event at Telok Blangah CC
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	12:00 - 1:00 PM: Let's Makan Together	10:30 - 11:30 AM: Let's Bollywood Dance	 <p>15 MARCH 2025 (SAT), 9AM - 1PM 6271 9882</p> <p>TELOK BLANGAH COMMUNITY CLUB Level 1 Multi-Purpose Hall & Basketball Court</p> <p>Event Programme</p> <p>HEALTH AND WELLNESS SCREENING (Include Falls risk, Nutrition, Psycho-social)</p> <p>HEALTH AND SOCIAL SERVICES IN TELOK BLANGAH Active Aging Centres, Mental Wellness Engagement, SGH Community Nurses</p> <p>FRAILTY HEALTH TALK Dr Huang Xiaoting Associate Consultant Department of Geriatric Medicine, Singapore General Hospital</p>
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	2:00 - 3:00 PM: Let's Celebrate - Birthday	2:00 - 4:00 PM: Digital - TikTok Workshop	
2:00 - 4:00 PM: Repair Kopitiam Club	2:30 - 4:00 PM: Walking Football @ Telok Blangah CC	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)	
3:30 - 4:45 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)		

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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	6:00 - 8:00 PM: Let's IFTAR Together at AAC Mount Faber
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	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	2:00 - 4:30 PM: Let's Go - Lee Kong Chian Natural History Museum	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
2:00 - 4:00 PM: Repair Kopitiam Club	2:30 - 4:00 PM: Walking Football @ Telok Blangah CC	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)		
24	25	26	27	28	
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	11:00 - 12:00 PM: Let's Learn to Cook - Healthy Vegetarian Meal	10:30 - 11:30 AM: Let's Bollywood Dance	
10:30 - 11:30 AM: Let's Zumba Gold	10:00 - 4:00 PM: Community Health Post	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	12:00 - 1:00 PM: Let's Makan Together	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
2:00 - 3:30 PM: Let's Do Zentangle	2:00 - 3:00 PM: Talk - Dr Wong's Storytelling Time	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 5:00 PM: Let's Karaoke Together		
2:00 - 4:00 PM: Repair Kopitiam Club	2:30 - 4:00 PM: Walking Football @ Telok Blangah CC		2:00 - 5:00 PM: Strategise with Kakis (Table Games)		

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MON 3	TUE 4	WED 5	THU 6	FRI 7	SAT 8
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	10:00 - 2:00 PM: 社区快闪市集 (拉丁马士民众俱乐部)
10:30 - 11:30 AM: 尊巴舞	10:30 - 11:30 AM: 阻力带健身操	10:30 - 11:30 AM: 坐式瑜珈	11:00 - 12:00 PM: 素食烹煮示范	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	3:00 - 4:00 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: 宾果游戏时间	
2:00 - 4:00 PM: 电器维修俱乐部	2:30 - 4:00 PM: 步行足球 (直落布兰雅联络所)	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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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	9:00 - 1:00 PM: 社区健康检查日 (直落布兰雅民众俱乐部)
10:30 - 11:30 AM: 尊巴舞	10:30 - 11:30 AM: 阻力带健身操	10:30 - 11:30 AM: 坐式瑜珈	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	
2:00 - 3:30 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站	3:00 - 4:00 PM: 防止跌倒运动	2:00 - 3:00 PM: 生日庆祝会	2:00 - 4:00 PM: 来一起学习 TIKTOK	
2:00 - 4:00 PM: 电器维修俱乐部	2:30 - 4:00 PM: 步行足球 (直落布兰雅联络所)	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	
3:30 - 4:45 PM: 隔代互动 - 新加坡艺术学院	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: Let's Gen Together - My 1st Skool	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	
2:00 - 3:30 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 - 4:30 PM: 郊游 - 李光前自然历史博物馆	2:00 - 5:00 PM: 棋盘游戏时间	
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2:00 - 3:30 PM: 心境禅绕画	2:00 - 3:00 PM: 黄博士讲古时间	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 5:00 PM: 卡拉OK时光		
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