

2026 March

 **Centre Name:** AAC (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	
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 / NTU (morning session)	
2:00 - 4:00 PM: Let's Learn To Repair	10:00 - 4:00 PM: Community Health Post	2:00 - 3:00 PM: Let's Lim Kopi (male exclusive)	2:00 - 3:30 PM: Dave Lee Sing & Dance Gig	2:00 - 3:00 PM: Let's Drum Fit / NTU (afternoon session)	
2:00 - 5:00 PM: Strategise with Kakis (Table Games)	1:30 - 4:30 PM: Let's Learn To Cook	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	
3:15 - 4:30 PM: Let's Gen Together - SOTA	2:00 - 5:30 PM: Let's Gen Together - NTU	3:00 - 5:00 PM: Let's Karaoke Together	3:00 - 4:00 PM: Let's Qigong	3:30 - 5:00 PM: Let's Do Calligraphy / NTU	
9	10	11	12	13	14
8:00 - 8:45 AM: Let's Gen Together - Blangah Rise Primary	Centre closed for Company Event	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: SGH Health & Wellness Screening "CHECK IN FOR A HEALTHIER YOU" Location: Telok Blangah CC
9:00 - 10:00 AM: Let's Do Seated Exercise		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 (morning session)	
10:30 - 11:30 AM: Let's Zumba Gold		2:00 - 5:00 PM: Strategise with Kakis (Table Games)	12:30 - 1:30 PM: Let's Makan Together	2:00 - 3:00 PM: Let's Drum Fit / NTU (afternoon session)	
2:00 - 3:30 PM: Let's Do Zentangle		3:00 - 5:00 PM: Let's Karaoke Together	2:00 - 4:00 PM Let's Gen Together - Methodist Girls' School	3:00 - 4:30 PM: Let's Jam with Ukulele	
2:00 - 4:00 PM: Let's Learn To Repair			3:00 - 4:00 PM: Let's Qigong	3:30 - 5:00 PM: Let's Do Calligraphy / NTU	

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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	 <p>Selamat Hari Raya Aidilfitri</p> <p>Hari Raya Puasa Public Holiday</p>
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 (morning session)	
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	2:00 - 3:00 PM: Let's Drum Fit / NTU (afternoon session)	
2:00 - 4:00 PM: Let's Learn To Repair	1:30 - 2:30 PM: Let's Celebrate - Birthday	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:30 - 3:30 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)	2:00 - 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	3:30 - 5:00 PM: Let's Do Calligraphy / NTU	
23	24	25	26	27	28
Centre closed in lieu of Hari Raya Puasa Public Holiday on 21/3	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	10:30 - 11:30 AM: Let's Drum Fit (morning session)	
	10:00 - 4:00 PM: Community Health Post	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: Let's Drum Fit / NTU (afternoon session)	
	1:30 - 2:30 PM: Let's Gen Together - SUSS	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)			3:30 - 5:00 PM: Let's Do Calligraphy / NTU	

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MON 30	TUE 31	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	2:00 - 3:00 PM: Talk - Dr Wong's Storytelling Time				
3:15 - 4:30 PM: Let's Gen Together - SOTA	2:00 - 5:00 PM: Strategise with Kakis (Table Games)				

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NTUC Health

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
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 (早上班 / 南大)	
2:00 - 4:00 PM: 一起学维修技能	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 - 3:30 PM: Dave Lee 歌舞表演	2:00 - 3:00 PM: 一起打鼓乐 (下午班 / 南大)	
2:00 - 5:00 PM: 棋盘游戏时间	1:30 - 4:30 PM: 一起学烹饪	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	
3:15 - 4:30 PM: 跨代交流 - 新加坡艺术学院	2:00 - 5:00 PM: 跨代交流 - 新加坡南洋理工大学	3:00 - 5:00 PM: 一起来K歌	3:00 - 4:00 PM: 一起练气功	3:30 - 5:00 PM: 一起写书法 (南大)	
9	10	11	12	13	14
8:00 - 8:45 AM: 跨代交流 - 布兰雅坡小学	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 - 1:00 PM: 新加坡中央医院 健康与保健筛查 - 迈向更健康的您! 地点: 直落布兰雅联络所
9:00 - 10:00 AM: 一起做运动 (坐式)		10:30 - 11:30 AM: 坐式瑜伽	10:30 - 11:30 AM: 印度风格舞	10:30 - 11:30 AM: 一起打鼓乐 (早上班 / 南大)	
10:30 - 11:30 AM: 一起跳尊巴舞 (乐龄版)		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 - 3:00 PM: 一起打鼓乐 (下午班 / 南大)	
2:00 - 3:30 PM: 一起做禅绕画		3:00 - 5:00 PM: 一起来K歌	2:00 - 4:00 PM: 跨代交流 - 美以美女校	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 - 4:00 PM: 一起练气功	3:30 - 5:00 PM: 一起写书法 (南大)	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
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)	 Selamat Hari Raya Aidilfitri 开斋节 公共假期
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 (早上班)	
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)	1:30 - 2:30 PM: 一起饮茶	2:00 - 3:00 PM: 一起打鼓乐 (下午班 / 南大)	
2:00 - 4:00 PM: 一起学维修技能	1:30 - 2:30 PM: 生日庆祝会	2:00 - 5:00 PM: 棋盘游戏时间	2:30 - 3:30 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	2:00 - 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	3:30 - 5:00 PM: 一起写书法 (南大)	
23	24	25	26	27	28
中心休息	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: 一起做椅子瑜珈	10:30 - 11:30 AM: 印度风格舞	10:30 - 11:30 AM: 一起打鼓乐 (早上班)	
	10:00 - 4:00 PM: 社区护理站	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: 一起打鼓乐 (下午班 / 南大)	
	1:30 - 2:30 PM: 跨代交流 - 新加坡社科大学	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	
	2:00 - 5:00 PM: 棋盘游戏时间			3:30 - 5:00 PM: 一起写书法 (南大)	

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MON	TUE	WED	THU	FRI	SAT
30	31				
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	2:00 - 3:00 PM: 一起听黄博士讲古				
3:15 - 4:30 PM: 跨代交流 - 新加坡艺术学院	2:00 - 5:00 PM: 棋盘游戏时间				

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