

# 2025 May

 **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<br>28/4                                                         | TUE<br>29/4                                               | WED<br>30/4                                                 | THU<br>1                                                                                                                                     | FRI<br>2                                                  | SAT<br>3 |
|---------------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|----------|
| 9:00 - 10:00 AM:<br>Let's Do Seated Exercise                        | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise              | Centre closed for<br>Company Event                          | <br><br>Centre closed for<br>Labour Day<br>Public Holiday | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise              |          |
| 10:30 - 11:30 AM:<br>Let's Zumba Gold                               | 10:30 - 11:30 AM:<br>Let's Stretch Band                   |                                                             |                                                                                                                                              | 10:30 - 11:30 AM:<br>Let's Bollywood Dance                |          |
| 2:00 - 3:30 PM:<br>Let's Do Zentangle                               | 10:00 - 4:00 PM:<br>Community Health Post                 |                                                             |                                                                                                                                              | 2:00 - 3:00 PM:<br>Be HAPPY Programme                     |          |
| 2:00 - 4:00 PM:<br>Repair Kopitiam Club                             | 2:00 - 4:00 PM:<br>DIY Beaded Phone Strap                 |                                                             |                                                                                                                                              | 3:00 - 5:00 PM:<br>Strategise with Kakis<br>(Table Games) |          |
| 3:30 - 4:45 PM:<br>Let's Gen Together<br>- SOTA                     | 2:00 - 5:00 PM:<br>Strategise with Kakis<br>(Table Games) |                                                             |                                                                                                                                              |                                                           |          |
| 5                                                                   | 6                                                         | 7                                                           | 8                                                                                                                                            | 9                                                         | 10       |
| Centre closed<br>in lieu of<br>public holiday<br>on 3/5 Polling Day | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise              | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise                | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise                                                                                                 | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise              |          |
|                                                                     | 10:30 - 11:30 AM:<br>Let's Stretch Band                   | 10:30 - 11:30 AM:<br>Let's Do Chair Yoga                    | 11:00 - 12:00 PM:<br>Let's Learn to Cook<br>- Healthy Vegetarian Meal                                                                        | 10:30 - 11:30 AM:<br>Let's Bollywood Dance                |          |
|                                                                     | 10:00 - 4:00 PM:<br>Community Health Post                 | 3:00 - 4:00 PM:<br>Fall Prevention<br>(by La Cura Mobility) | 12:00 - 1:00 PM:<br>Let's Makan Together<br>(Vegetarian Meal)                                                                                | 2:00 - 3:00 PM:<br>Be HAPPY Programme                     |          |
|                                                                     | 1.30 - 3.00PM:<br>Dave Lee Sing & Dance<br>Performance    | 2:00 - 5:00 PM:<br>Strategise with Kakis<br>(Table Games)   | 2:00 - 3:30 PM<br>Let's Learn Sudoku                                                                                                         | 3:00 - 4:30 PM:<br>Let's Jam with Ukulele                 |          |
|                                                                     | 3:00 - 5:00 PM:<br>Strategise with Kakis<br>(Table Games) |                                                             | 3:30 - 4:30 PM:<br>Let's Qigong                                                                                                              | 3:00 - 5:00 PM:<br>Strategise with Kakis<br>(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。

# 2025 May

 **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<br>12                                                                                                                                          | TUE<br>13                                                 | WED<br>14                                                   | THU<br>15                                                             | FRI<br>16                                                 | SAT<br>17 |
|----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------|-----------|
| <br><br><b>Centre closed for<br/>Vesak Day<br/>Public Holiday</b> | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise              | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise                | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise                          | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise              |           |
|                                                                                                                                                    | 10:30 - 11:30 AM:<br>Let's Stretch Band                   | 10:00 - 11:00 AM:<br>Let's Gen Together<br>- My 1st Skool   | 10:30 - 11:30 AM:<br>Let's Drum Fit                                   | 10:30 - 11:30 AM:<br>Let's Bollywood Dance                |           |
|                                                                                                                                                    | 10:00 - 4:00 PM:<br>Community Health Post                 | 11:00 - 12:00 PM:<br>Let's Do Chair Yoga                    | 2:00 - 3:00 PM:<br>Grooving Down Memory Lane                          | 2:00 - 3:00 PM:<br>Be HAPPY Programme                     |           |
|                                                                                                                                                    | 2:00 - 3:30 PM<br>Let's Learn Sudoku                      | 3:00 - 4:00 PM:<br>Fall Prevention<br>(by La Cura Mobility) | 3:00 - 5:00 PM:<br>Let's Karaoke Together                             | 3:00 - 4:30 PM:<br>Let's Jam with Ukulele                 |           |
|                                                                                                                                                    | 2:00 - 5:00 PM:<br>Strategise with Kakis<br>(Table Games) | 2:00 - 5:00 PM:<br>Strategise with Kakis<br>(Table Games)   | 2:00 - 5:00 PM:<br>Strategise with Kakis<br>(Table Games)             | 3:00 - 5:00 PM:<br>Strategise with Kakis<br>(Table Games) |           |
| 19                                                                                                                                                 | 20                                                        | 21                                                          | 22                                                                    | 23                                                        | 24        |
| 8:00 - 8:45 AM:<br>Let's Gen Together<br>- Blangah Rise Primary                                                                                    | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise              | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise                | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise                          | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise              |           |
| 9:00 - 10:00 AM:<br>Let's Do Seated Exercise                                                                                                       | 10:30 - 11:30 AM:<br>Let's Stretch Band                   | 10:30 - 11:30 AM:<br>Let's Do Chair Yoga                    | 11:00 - 12:00 PM:<br>Let's Learn to Cook<br>- Healthy Vegetarian Meal | 10:30 - 11:30 AM:<br>Let's Bollywood Dance                |           |
| 10:30 - 11:30 AM:<br>Let's Zumba Gold                                                                                                              | 10:00 - 4:00 PM:<br>Community Health Post                 | 3:00 - 4:00 PM:<br>Fall Prevention<br>(by La Cura Mobility) | 12:00 - 1:00 PM:<br>Let's Makan Together<br>(Vegetarian Meal)         | 2:00 - 3:00 PM:<br>Be HAPPY Programme                     |           |
| 2:00 - 3:30 PM:<br>Let's Do Zentangle                                                                                                              | 2:00 - 3:00 PM:<br>Talk - Dr Wong's<br>Storytelling Time  | 2:00 - 5:00 PM:<br>Strategise with Kakis<br>(Table Games)   | 2:00 - 3:00 PM:<br>Let's Celebrate - Birthday                         | 3:00 - 4:30 PM:<br>Let's Jam with Ukulele                 |           |
| 2:00 - 4:00 PM:<br>Repair Kopitiam Club                                                                                                            | 3:00 - 5:00 PM:<br>Strategise with Kakis<br>(Table Games) |                                                             | 3:30 - 4:30 PM:<br>Let's Qigong                                       | 3:00 - 5:00 PM:<br>Strategise with Kakis<br>(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。

# 2025 May

 **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<br>26                                    | TUE<br>27                                                 | WED<br>28                                                   | THU<br>29                                                 | FRI<br>30                                                 | SAT<br>31 |
|----------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-----------|
| 9:00 - 10:00 AM:<br>Let's Do Seated Exercise | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise              | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise                | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise              | 9:00 - 10:00 AM:<br>Let's Do Seated Exercise              |           |
| 10:30 - 11:30 AM:<br>Let's Zumba Gold        | 10:30 - 11:30 AM:<br>Let's Stretch Band                   | 10:30 - 11:30 AM:<br>Let's Do Chair Yoga                    | 10:30 - 11:30 AM:<br>Let's Drum Fit                       | 10:30 - 11:30 AM:<br>Let's Bollywood Dance                |           |
| 2:00 - 3:30 PM:<br>Let's Do Zentangle        | 10:00 - 4:00 PM:<br>Community Health Post                 | 3:00 - 4:00 PM:<br>Fall Prevention<br>(by La Cura Mobility) | 2:00 - 3:00 PM:<br>Grooving Down Memory Lane              | 2:00 - 3:00 PM:<br>Be HAPPY Programme                     |           |
| 2:00 - 4:00 PM:<br>Repair Kopitiam Club      | 2:00 - 3:00 PM:<br>Scam Prevention Talk                   | 2:00 - 5:00 PM:<br>Strategise with Kakis<br>(Table Games)   | 3:00 - 5:00 PM:<br>Let's Karaoke Together                 | 3:00 - 4:30 PM:<br>Let's Jam with Ukulele                 |           |
|                                              | 3:00 - 5:00 PM:<br>Strategise with Kakis<br>(Table Games) |                                                             | 3:00 - 5:00 PM:<br>Strategise with Kakis<br>(Table Games) | 3:00 - 5:00 PM:<br>Strategise with Kakis<br>(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。

# 2025 五月

 **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<br>28/4                          | TUE<br>29/4                      | WED<br>30/4                | THU<br>1                                                                                                   | FRI<br>2                     | SAT<br>3 |
|--------------------------------------|----------------------------------|----------------------------|------------------------------------------------------------------------------------------------------------|------------------------------|----------|
| 9:00 - 10:00 AM:<br>坐式健康早操           | 9:00 - 10:00 AM:<br>坐式健康早操       | 中心关闭                       | <br>劳动节<br>公共假期<br>中心休假 | 9:00 - 10:00 AM:<br>坐式健康早操   |          |
| 10:30 - 11:30 AM:<br>尊巴舞             | 10:30 - 11:30 AM:<br>阻力带健身操      |                            |                                                                                                            | 10:30 - 11:30 AM:<br>印度风格舞   |          |
| 2:00 - 3:30 PM:<br>心境禅绕画             | 10:00 - 4:00 PM:<br>社区护理站        |                            |                                                                                                            | 2:00 - 3:00 PM:<br>提升健康老龄化课程 |          |
| 2:00 - 4:00 PM:<br>电器维修俱乐部           | 2:00 - 4:00 PM:<br>自制手机串珠吊带      |                            |                                                                                                            | 3:00 - 5:00 PM:<br>棋盘游戏时间    |          |
| 3:30 - 4:45 PM:<br>隔代互动<br>- 新加坡艺术学院 | 2:00 - 5:00 PM:<br>棋盘游戏时间        |                            |                                                                                                            |                              |          |
| 5                                    | 6                                | 7                          | 8                                                                                                          | 9                            | 10       |
| 中心关闭                                 | 9:00 - 10:00 AM:<br>坐式健康早操       | 9:00 - 10:00 AM:<br>坐式健康早操 | 9:00 - 10:00 AM:<br>坐式健康早操                                                                                 | 9:00 - 10:00 AM:<br>坐式健康早操   |          |
|                                      | 10:30 - 11:30 AM:<br>阻力带健身操      | 10:30 - 11:30 AM:<br>坐式瑜珈  | 11:00 - 12:00 PM:<br>素食烹煮示范                                                                                | 10:30 - 11:30 AM:<br>印度风格舞   |          |
|                                      | 10:00 - 4:00 PM:<br>社区护理站        | 3:00 - 4:00 PM:<br>防止跌倒运动  | 12:00 - 1:00 PM:<br>社区聚餐 -<br>来一起吃素食午餐                                                                     | 2:00 - 3:00 PM:<br>提升健康老龄化课程 |          |
|                                      | 1.30 - 3.00 PM:<br>Dave Lee 歌舞表演 | 2:00 - 5:00 PM:<br>棋盘游戏时间  | 2:00 - 3:30 PM<br>基本数独课                                                                                    | 3:00 - 4:30 PM:<br>四弦琴兴趣小组   |          |
|                                      | 3:00 - 5:00 PM:<br>棋盘游戏时间        |                            | 3:30 - 4:30 PM:<br>气功练习班                                                                                   | 3:00 - 5:00 PM:<br>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。

# 2025 五月

 **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<br>12                                                                                               | TUE<br>13                   | WED<br>14                         | THU<br>15                              | FRI<br>16                    | SAT<br>17 |
|---------------------------------------------------------------------------------------------------------|-----------------------------|-----------------------------------|----------------------------------------|------------------------------|-----------|
| <br><br>卫塞公众假期<br>中心休息 | 9:00 - 10:00 AM:<br>坐式健康早操  | 9:00 - 10:00 AM:<br>坐式健康早操        | 9:00 - 10:00 AM:<br>坐式健康早操             | 9:00 - 10:00 AM:<br>坐式健康早操   |           |
|                                                                                                         | 10:30 - 11:30 AM:<br>阻力带健身操 | 10:00 - 11:00 AM:<br>隔代互动 - 快乐第一班 | 10:30 - 11:30 AM:<br>鼓乐疗法              | 10:30 - 11:30 AM:<br>印度风格舞   |           |
|                                                                                                         | 10:00 - 4:00 PM:<br>社区护理站   | 11:00 - 12:00 PM:<br>坐式瑜伽         | 2:00 - 3:00 PM:<br>怀旧歌曲与游戏节目           | 2:00 - 3:00 PM:<br>提升健康老龄化课程 |           |
|                                                                                                         | 2:00 - 3:30 PM<br>基本数独课     | 3:00 - 4:00 PM:<br>防止跌倒运动         | 3:00 - 5:00 PM:<br>卡拉OK时光              | 3:00 - 4:30 PM:<br>四弦琴兴趣小组   |           |
|                                                                                                         | 2:00 - 5:00 PM:<br>棋盘游戏时间   | 2:00 - 5:00 PM:<br>棋盘游戏时间         | 2:00 - 5:00 PM:<br>棋盘游戏时间              | 3:00 - 5:00 PM:<br>棋盘游戏时间    |           |
| 19                                                                                                      | 20                          | 21                                | 22                                     | 23                           | 24        |
| 8:00 - 8:45 AM:<br>隔代互动 - 布兰雅坡小学                                                                        | 9:00 - 10:00 AM:<br>坐式健康早操  | 9:00 - 10:00 AM:<br>坐式健康早操        | 9:00 - 10:00 AM:<br>坐式健康早操             | 9:00 - 10:00 AM:<br>坐式健康早操   |           |
| 9:00 - 10:00 AM:<br>坐式健康早操                                                                              | 10:30 - 11:30 AM:<br>阻力带健身操 | 10:30 - 11:30 AM:<br>坐式瑜伽         | 11:00 - 12:00 PM:<br>素食烹煮示范            | 10:30 - 11:30 AM:<br>印度风格舞   |           |
| 10:30 - 11:30 AM:<br>尊巴舞                                                                                | 10:00 - 4:00 PM:<br>社区护理站   | 3:00 - 4:00 PM:<br>防止跌倒运动         | 12:00 - 1:00 PM:<br>社区聚餐 -<br>来一起吃素食午餐 | 2:00 - 3:00 PM:<br>提升健康老龄化课程 |           |
| 2:00 - 3:30 PM:<br>心境禅绕画                                                                                | 2:00 - 3:00 PM:<br>黄博士讲古时间  | 2:00 - 5:00 PM:<br>棋盘游戏时间         | 2:00 - 3:00 PM:<br>生日庆祝会               | 3:00 - 4:30 PM:<br>四弦琴兴趣小组   |           |
| 2:00 - 4:00 PM:<br>电器维修俱乐部                                                                              | 3:00 - 5:00 PM:<br>棋盘游戏时间   |                                   | 3:30 - 4:30 PM:<br>气功练习班               | 3:00 - 5:00 PM:<br>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。

# 2025 五月

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





| MON<br>26                  | TUE<br>27                   | WED<br>28                  | THU<br>29                    | FRI<br>30                    | SAT<br>31 |
|----------------------------|-----------------------------|----------------------------|------------------------------|------------------------------|-----------|
| 9:00 - 10:00 AM:<br>坐式健康早操 | 9:00 - 10:00 AM:<br>坐式健康早操  | 9:00 - 10:00 AM:<br>坐式健康早操 | 9:00 - 10:00 AM:<br>坐式健康早操   | 9:00 - 10:00 AM:<br>坐式健康早操   |           |
| 10:30 - 11:30 AM:<br>尊巴舞   | 10:30 - 11:30 AM:<br>阻力带健身操 | 10:30 - 11:30 AM:<br>坐式瑜珈  | 10:30 - 11:30 AM:<br>鼓乐疗法    | 10:30 - 11:30 AM:<br>印度风格舞   |           |
| 2:00 - 3:30 PM:<br>心境禅绕画   | 10:00 - 4:00 PM:<br>社区护理站   | 3:00 - 4:00 PM:<br>防止跌倒运动  | 2:00 - 3:00 PM:<br>怀旧歌曲与游戏节目 | 2:00 - 3:00 PM:<br>提升健康老龄化课程 |           |
| 2:00 - 4:00 PM:<br>电器维修俱乐部 | 2:00 - 3:00 PM:<br>防止诈骗讲座   | 2:00 - 5:00 PM:<br>棋盘游戏时间  | 3:00 - 5:00 PM:<br>卡拉OK时光    | 3:00 - 4:30 PM:<br>四弦琴兴趣小组   |           |
|                            | 3:00 - 5:00 PM:<br>棋盘游戏时间   |                            | 2:00 - 5:00 PM:<br>棋盘游戏时间    | 3:00 - 5:00 PM:<br>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。