

# 2026 May

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



MON 4	TUE 5	WED 6	THU 7	FRI 8	SAT 9
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	11:00 - 12:00 PM: Let's Do Chair Yoga	9:45 - 11:30 AM: Let's Walking Football		
2:00 - 3:00 PM Virtual Health Talk - Guide to Food-Drug Clash	10:00 - 4:00 PM: Community Health Post	2:00 - 4:00 PM: Let's Boccia and Disc Golf	10:30 - 11:30 AM: Let's Bollywood Dance		
2:00 - 4:00 PM: Let's Learn To Repair	2:00 - 4:00 PM: Scam Prevention Talk (Eng/Chi)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	12:30 - 1:30 PM: Let's Makan Together		
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 - 3:00 PM: Let's Drum Fit / NTU		
			3:00 - 4:00 PM: Let's Qigong		
			3:30 - 5:00 PM: Let's Do Calligraphy / NTU		
11	12	13	14	15	16
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	Centre closed after 1 PM for Company Event
9:00 - 10:00 AM: Let's Do Seated Exercise	10:30 - 11:30 AM: Let's Stretch Band	10:00 - 11:00 AM: Let's Gen Together - My 1st Skool	11:00 - 12:00 PM: Scam Prevention Talk (Malay)	11:00 - 12:00 PM: Let's Gen Together - SUSS (Pre-Trip Briefing)	
10:30 - 11:30 AM: Let's Zumba Gold	10:00 - 4:00 PM: Community Health Post	11:00 - 12:00 PM: Let's Do Chair Yoga	12:30 - 1:30 PM: Mother's Day Celebration		
2:00 - 3:30 PM: Let's Do Zentangle	1:30 - 2:30 PM: Let's Celebrate - Birthday	1:00 - 2:00 PM: Let's Talk News	2:00 - 4:00 PM: Let's Boccia and Disc Golf		
2:00 - 4:00 PM: Let's Learn To Repair	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 3:00 PM: Let's Lim Kopi (male exclusive)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)		
3:15 - 4:30 PM: Let's Gen Together - SOTA	2:30 - 3:30 PM: Renal Health Talk (Eng/Chi) by RSVP	3:00 - 5:00 PM: Let's Karaoke Together	3:00 - 4:00 PM: Let's Qigong		


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MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23
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	11:00 - 12:00 PM: Let's Do Chair Yoga	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	2:00 - 4:00 PM: Let's Boccia and Disc Golf	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 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 3:30 PM: Dave Lee Sing & Dance Gig	3:00 - 4:00 PM: Disc Golf and Floorball @ AG	
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	3:00 - 4:30 PM: Let's Jam with Ukulele	
25	26	27	28	29	30
9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	 Centre closed for 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	
10:30 - 11:30 AM: Let's Zumba Gold	9:00 - 1:30 PM: Let's Go Gai Gai - Clementi Town Sec Sch		9:30 - 12 PM: Let's Gen Together - Guang Yang Sec Sch	10:30 - 11:30 AM: Let's Drum Fit	
2:00 - 3:30 PM: Let's Do Zentangle	10:30 - 11:30 AM: Let's Stretch Band		2:00 - 4:00 PM: Let's Boccia and Disc Golf	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
2:00 - 4:00 PM: Let's Learn To Repair	10:00 - 4:00 PM: Community Health Post		2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 4:00 PM: Disc Golf and Floorball @ AG	
2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 3:00 PM: Talk - Dr Wong's Storytelling Time		3:00 - 4:00 PM: Let's Qigong	3:00 - 4:30 PM: Let's Jam with Ukulele	

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# 2026 五月

 **Centre Name:** AAC (Mount Faber)  
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MON 4	TUE 5	WED 6	THU 7	FRI 8	SAT 9
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)	中心关闭	
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	9:45 - 11:30 AM: 一起来踢球		
2:00 - 3:00 PM 线上健康讲座 - 避免食物药物冲突	10:00 - 4:00 PM: 社区护理站	2:00 - 4:00 PM: 一起玩硬地滚球与 飞碟高尔夫	10:30 - 11:30 AM: 印度风格舞		
2:00 - 4:00 PM: 一起学维修技能	2:00 - 4:00 PM: 防止诈骗讲座 (中英语)	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 - 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 - 3:00 PM: 一起打鼓乐 (南大)		
			3:00 - 4:00 PM: 一起练气功		
			3:30 - 5:00 PM: 一起写书法 (南大)		
11	12	13	14	15	16
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 - 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)	下午一点之后 中心关闭
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	10:00 - 11:00 AM: 跨代交流 - 快乐第一班	11:00 - 12:00 PM: 防止诈骗讲座 (马来语)	11:00 - 12:00 PM: 跨代交流 - 新加坡社科大学	
10:30 - 11:30 AM: 一起跳尊巴舞 (乐龄版)	10:00 - 4:00 PM: 社区护理站	11:00 - 12:00 AM: 一起做椅子瑜珈	12:30 - 1:30 PM: 一起来庆祝母亲节		
2:00 - 3:30 PM: 一起做禅绕画	1:30 - 2:30 PM: 一起来庆祝生日	1:00 - 2:00 PM: 一起聊新闻	2:00 - 4:00 PM: 一起玩硬地滚球与 飞碟高尔夫		
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 - 3:00 PM: 一起喝咖啡 (只限男士)	2:00 - 5:00 PM: 棋盘游戏时间		
3:15 - 4:30 PM: 跨代交流 - 新加坡艺术学院	2:30 - 3:30 PM: 健康讲座 - 肾脏健康 (中英语)	3:00 - 5:00 PM: 一起来K歌	3:00 - 4:00 PM: 一起练气功		

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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
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	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	2:00 - 4:00 PM: 一起玩硬地滚球 与飞碟高尔夫	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 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 3:30 PM: Dave Lee 歌舞表演	3:00 - 4:00 PM: 一起玩飞碟高尔夫 与地板球 @ AG	
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	3:00 - 4:30 PM: 一起玩尤克里里琴	
25	26	27	28	29	30
9:00 - 10:00 AM: 一起做运动 (坐式)	9:00 - 10:00 AM: 一起做运动 (坐式)	 哈芝节公共假期 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)	
10:30 - 11:30 AM: 一起跳尊巴舞 (乐龄版)	9:00 - 1:30 PM: 一起去走走 - 锦文中学 (嘉年华会)		9:30 - 12 PM: 跨代交流 - 光洋中学	10:30 - 11:30 AM: 一起打鼓乐	
2:00 - 3:30 PM: 一起做禅绕画	10:30 - 11:30 AM: 一起做弹力带拉筋操		2:00 - 4:00 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 - 4:00 PM: 一起学维修技能	10:00 - 4:00 PM: 社区护理站		2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:00 PM: 一起玩飞碟高尔夫 与地板球 @ AG	
2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 3:00 PM: 一起听黄博士讲古 《同屋共住》		3:00 - 4:00 PM: 一起练气功	3:00 - 4:30 PM: 一起玩尤克里里琴	

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