2026 November

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



MON	TUE	WED	THU	FRI	SAT
2	**3**	**4**	**5**	**6**	**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	Centre closed for Design Thinking Workshop	
10:30 - 11:30 AM: Let's Zumba Gold	9:00 - 11:00 AM: Let's DragonBoat - Training @ Kallang	10:30 - 11:30 AM: Let's Do Chair Yoga	10:30 - 11:30 AM: Let's Bollywood Dance		
2:00 - 3:00 PM Stay Well Series - Health Talk by SingHealth "Preventing Fraility Together" (Virtual Talk)	10:30 - 11:30 AM: Let's Stretch Band	2:00 - 3:00 PM: Let's Lim Kopi (male exclusive)	1:30 - 2:30 PM: Let's Yum Cha Together		
	10:00 - 4:00 PM: Community Health Post	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 4:00 PM: Let's Qigong		
2:00 - 4:00 PM: Let's Learn To Repair	2:00 - 3:30 PM Circular Sustainability Workshop - Growing herbs at home	3:00 - 5:00 PM: Let's KTV Together	2:00 - 5:00 PM: Strategise with Kakis (Table Games)		
2:00 - 5:00 PM: Strategise with Kakis (Table Games)	Centre closed at 3.30pm for NTUC Health Annual: Volunteer Appreciation				
9	**10**	**11**	**12**	**13**	**14**
Centre closed in lieu of Deepavali 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	10:00 - 11:00 AM: Let's Gen Together - My First Skool	10:30 - 11:30 AM: Let's Bollywood Dance	10:30 - 11:30 AM: Let's Drum Fit	
	10:00 - 4:00 PM: Community Health Post	11:00 - 12:00 PM: Let's Chair Yoga	1:30 - 2:30 PM: Let's Yum Cha Together	1:00 - 5:00 PM: Let's DragonBoat - Race Day @ Kallang	
	1:30 - 2:30 PM: Let's Yum Cha Together	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 4:00 PM: Let's Qigong	1:00 - 2:00 PM: Let's Learn to Sing	
	3:00 - 4:30 PM: Let's Gen Together - SOTA Happy Tunes	3:00 - 5:00 PM: Let's KTV Together	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 3:30 PM Circular Sustainability Workshop - Pickling fruited vegetables	
	2:00 - 5:00 PM: Strategise with Kakis (Table Games)			3:00 - 4:30 PM: Let's Jam with Ukulele	

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MON	TUE	WED	THU	FRI	SAT
16	**17**	**18**	**19**	**20**	**21**
8:00 - 8:45 AM: Let's Gen Together - Blangah Rise Primary	Centre closed for Townhall	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 - 11:00 AM: Let's Gen Together - My 1st Skool	10:30 - 11:30 AM: Let's Bollywood Dance	9:00 - 10:30 AM Let's Go Gai Gai - Seed Bank Visit @ Botanic Garden	
10:30 - 11:30 AM: Let's Zumba Gold		11:00 - 12:00 PM: Let's Do Chair Yoga	2:00 - 3:00 PM: Let's Talk by NEA "Dengue Prevention" (Eng x Chi)	10:30 - 11:30 AM: Let's Drum Fit	
2:00 - 3:30 PM: Let's Do Zentangle		2:00 - 3:00 PM: Let's Lim Kopi (male exclusive)	3:00 - 4:00 PM: Let's Qigong	1:00 - 2:00 PM: Let's Learn to Sing	
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 - 3:00 PM: Let's Boccia & Floorball (ICCP/NTUC)	
2:00 - 5:00 PM: Strategise with Kakis (Table Games)		3:00 - 5:00 PM: Let's KTV Together		Centre closed at 3pm for NTUC Health Annual D&D	
23	**24**	**25**	**26**	**27**	**28**
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	12:00 - 2:00 PM: Let's Celebrate - Deepavali Day (Outing)	12:30 - 1:30 PM: Let's Makan Together	2:30 - 4:00 PM: Let's Boccia & Floorball (ICCP/NTUC)	
2:00 - 4:00 PM: Let's Learn To Repair	2:30 - 3:30 PM: Let's Talk About - Dr Wong's Storytelling (in Cantonese & Chinese)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	1:30 - 2:30 PM: Current affairsU&Me	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 - 5:00 PM: Let's KTV Together	3:00 - 4:00 PM: Let's Qigong	3:00 - 4:30 PM: Let's Jam with Ukulele	

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MON	TUE	WED	THU	FRI	SAT
30					
9:00 - 10:00 AM: Let's Do Seated Exercise					
10:30 - 11:30 AM: Let's Zumba Gold					
2:00 - 3:30 PM: Let's Do Zentangle					
2:00 - 4:00 PM: Let's Learn To Repair					
2:00 - 5:00 PM: Strategise with Kakis (Table Games)					

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2026 十一月

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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）	中心关闭	
10:30 - 11:30 AM: 一起跳尊巴舞 （乐龄版）	9:00 - 11:00 AM: 一起划龙舟 - 加冷水上体育中心	10:30 - 11:30 AM: 一起做椅子瑜珈	10:30 - 11:30 AM: 印度风格舞		
2:00 - 3:00 PM Stay Well Series - 保健系列 - 健康讲座 “ 共同预防虚弱” （线上讲座）	10:30 - 11:30 AM: 一起做弹力带拉筋操	2:00 - 3:00 PM: 一起喝咖啡 (只限男士)	1:30 - 2:30 PM: 一起饮茶		
	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: 一起练气功		
2:00 - 4:00 PM: 一起学维修技能	2:00 - 3:30 PM 环保活动 - 循环 - 在家种植香草	3:00 - 5:00 PM: 一起来K歌	2:00 - 5:00 PM: 棋盘游戏时间		
2:00 - 5:00 PM: 棋盘游戏时间	下午三点半之后 中心关闭				
9	**10**	**11**	**12**	**13**	**14**
屠妖节公共假期 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）	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	10:00 - 11:00 AM: 跨代交流 - 快乐第一班	10:30 - 11:30 AM: 印度风格舞	10:30 - 11:30 AM: 一起打鼓乐	
	10:00 - 4:00 PM: 社区护理站	11:00 - 12:00 PM: 一起做椅子瑜珈	1:30 - 2:30 PM: 一起饮茶	1:00 - 5:00 PM: 一起划龙舟 - 加冷水上体育中心	
	1:30 - 2:30 PM: 一起饮茶	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:00 PM: 一起练气功	1:00 - 2:00 PM: 一起学唱歌	
	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	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 3:30 PM 环保活动 - 循环 - 腌制根茎类蔬菜	
	2:00 - 5:00 PM: 棋盘游戏时间			3:00 - 4:30 PM: 一起玩尤克里里琴	

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MON	TUE	WED	THU	FRI	SAT
16	**17**	**18**	**19**	**20**	**21**
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 - 10:00 AM: 一起做运动（坐式）		10:00 - 11:00 AM: 跨代交流 - 快乐第一班	10:30 - 11:30 AM: 印度风格舞	9:00 - 10:30 AM 一起去走走 - 游览新加坡植物园种子库	
10:30 - 11:30 AM: 一起跳尊巴舞 （乐龄版）		11:00 - 12:00 PM: 一起做椅子瑜珈	2:00 - 3:00 PM: 一起来听 - 国家环境局讲座 “预防骨痛热症” (英语X华语)	10:30 - 11:30 AM: 一起打鼓乐	
2:00 - 3:30 PM: 一起做禅绕画		2:00 - 3:00 PM: 一起喝咖啡 （只限男士）	3:00 - 4:00 PM: 一起练气功	1:00 - 2:00 PM: 一起学唱歌	
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 - 3:00 PM: 一起玩硬地滚球 与地板球	
2:00 - 5:00 PM: 棋盘游戏时间		3:00 - 5:00 PM: 一起来K歌		下午三点之后 中心关闭	
23	**24**	**25**	**26**	**27**	**28**
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: 一起做椅子瑜珈	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	12:00 - 2:00 PM: 一起来庆祝 - 屠妖节	12:30 - 1:30 PM: 一起来中心聚餐	2:30 - 4:00 PM: 一起玩硬地滚球 与地板球	
2:00 - 4:00 PM: 一起学维修技能	2:30 - 3:30 PM: 一起来听 - 黄博士讲古 (粤语/华语)	2:00 - 5:00 PM: 棋盘游戏时间	1:30 - 2:30 PM: 时事新闻你和我	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 - 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	

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30					
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）					
2:00 - 3:30 PM: 一起做禅绕画					
2:00 - 4:00 PM: 一起学维修技能					
2:00 - 5:00 PM: 棋盘游戏时间					

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