

2025 November

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



NTUC Health

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	
10:30 - 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: Current Affair U&Me	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 - 5:00 PM: Strategise with Kakis (Table Games)	12:00 - 1:00 PM: Let's Makan Together (Vegetarian Meal)	1:30 - 2:30 PM: Let's Gen Together - SOTA	
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 3:30 PM: Project PRAISE Scam Prevention Talk		1:30 - 2:30 PM: Let's Bollywood Dance	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 - 4:00 PM: Let's Qigong	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	
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 (Vegetarian Meal)	10.30 - 12.00 PM: Coffee Barista Workshop (for men only)	
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	3:00 - 5:00 PM: Let's Karaoke Together	1:30 - 2:30 PM: Let's Bollywood Dance	1:30 - 2:30 PM: Let's Gen Together - SOTA	
2:00 - 4:00 PM: Repair Kopitiam Club	1.00 - 5.00 PM: Nutritional Therapy in TCM (Chinese)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2.00 - 3.30PM: Dave Lee Sing & Dance Performance	3:00 - 4:30 PM: Let's Jam with Ukulele	
2:00 - 5:00 PM: Strategise with Kakis (Table Games)			3:00 - 4:00 PM: Let's Qigong	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	

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MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
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	Centre closed for Company Event	
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: Current Affair U&Me		
10:30 - 11:30 AM: Let's Zumba Gold	10:00 - 4:00 PM: Community Health Post	2:00 - 3:00 PM: Let's Celebrate - Birthday	12:00 - 1:00 PM: Let's Makan Together (Vegetarian Meal)		
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)	1:30 - 2:30 PM: Let's Bollywood Dance		
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 5:00 PM: Strategise with Kakis (Table Games)		3:00 - 4:00 PM: Let's Qigong		
24	25	26	27	28	29
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	12:00 - 1:00 PM: Let's Makan Together (Vegetarian Meal)	10:30 - 11:30 AM: Let's Drum Fit	
2:00 - 3:30 PM: Let's Do Zentangle	Centre closed after 12:30 PM for Company Event	2:00 - 3:00 PM: Connecting Communities to Nature by SUSS	1:30 - 2:30 PM: Let's Bollywood Dance	2:00 - 3:00 PM: Let's Drum Fit	
2:00 - 4:00 PM: Repair Kopitiam Club		3:00 - 5:00 PM: Let's Karaoke Together	2:30 - 3:30 PM: Grandparent's Day Celebration	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 - 4:00 PM: Let's Qigong	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	

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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	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	
10:30 - 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: 新闻时事分享	10:30 - 11:30 AM: 鼓乐疗法	
2:00 - 3:30 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站	2:00 - 5:00 PM: 棋盘游戏时间	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐	1.30 - 2:30 PM: 隔代互动 - 新加坡艺术学院	
2:00 - 4:00 PM: 电器维修俱乐部	2:00 - 3:30 PM: 防止诈骗讲座		1:30 - 2:30 PM: 印度风格舞	3:00 - 4:30 PM: 四弦琴兴趣小组	
2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间		3:00 - 4:00 PM: 气功练习班	2:00 - 5:00 PM: 棋盘游戏时间	
10	11	12	13	14	15
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	
10:30 - 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 - 12:00 PM: 咖啡师课程 (仅限男士)	
2:00 - 3:30 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站	3:00 - 5:00 PM: 卡拉OK时光	1:30 - 2:30 PM: 印度风格舞	1.30 - 2:30 PM: 隔代互动 - 新加坡艺术学院	
2:00 - 4:00 PM: 电器维修俱乐部	1.00 - 5.00 PM: 中医饮食疗法: 食疗养生, 延年益寿	2:00 - 5:00 PM: 棋盘游戏时间	2.00 - 3.30PM: Dave Lee 歌舞表演	3:00 - 4:30 PM: 四弦琴兴趣小组	
2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间		3:00 - 4:00 PM: 气功练习班	2:00 - 5:00 PM: 棋盘游戏时间	

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MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
8:00 - 8:45 AM: 隔代互动 - 布兰雅坡小学	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	中心关闭	
9:00 - 10:00 AM: 坐式健康早操	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: 新闻时事分享		
10:30 - 11:30 AM: 尊巴舞	10:00 - 4:00 PM: 社区护理站	2:00 - 3:00 PM: 生日庆祝会	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐		
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	1:30 - 2:30 PM: 印度风格舞		
2:00 - 4:00 PM: 电器维修俱乐部	2:00 - 5:00 PM: 棋盘游戏时间		3:00 - 4:00 PM: 气功练习班		
24	25	26	27	28	29
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	
10:30 - 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: 鼓乐疗法	
2:00 - 3:30 PM: 心境禅绕画	中心下午12点之后关闭	2:00 - 3:00 PM: 联系社区与自然 - 新加坡社科大学	1:30 - 2:30 PM: 印度风格舞	2:00 - 3:00 PM: 鼓乐疗法	
2:00 - 4:00 PM: 电器维修俱乐部		3:00 - 5:00 PM: 卡拉OK时光	2:30 - 3:30 PM: 祖父母节庆祝会	3:00 - 4:30 PM: 四弦琴兴趣小组	
2:00 - 5:00 PM: 棋盘游戏时间		2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:00 PM: 气功练习班	2:00 - 5:00 PM: 棋盘游戏时间	

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