

2026 October

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
			1	2	3
			Centre closed for AAC Day	9:00 - 10:00 AM: Let's Do Seated Exercise	
				10:30 - 11:30 AM: Let's Drum Fit	
				2:30 - 4:00 PM: Let's Bocchia & Floorball (ICCP/NTUC)	
				2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
				3:00 - 4:30 PM: Let's Jam with Ukulele	
5	6	7	8	9	10
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	9:00 - 11:00 AM: Let's Dragon Boat - Training @ Kallang	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 - 3:00 PM Stay Well Series - Health Talk by SingHealth "Being Smarter In Making Healthy Habits" (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 - 12:00 PM: Let's Walking Football Final @ Tampines Hub	
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: Let's Qigong	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 KTV Together	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 3:30 PM: Circular Living - Bokashi Composting	
				2:30 - 4:00 PM: Let's Bocchia & Floorball (ICCP/AG)	

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NTUC Health

MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
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	9:00 - 11:00 AM: Let's Dragon Boat - Training @ Kallang	Centre closed for CEO Townhall	10:30 - 11:30 AM: Let's Bollywood Dance	10:00 - 11:00 AM: Let's Gen Together - My 1st Skool	
2:00 - 3:30 PM: Let's Do Zentangle	10:30 - 11:30 AM: Let's Stretch Band		1:30 - 2:30 PM: Let's Yum Cha Together	11:00 - 12:00 PM: Let's Drum Fit	
2:00 - 4:00 PM: Let's Learn To Repair	10:00 - 4:00 PM: Community Health Post		3:00 - 4:00 PM: Let's Qigong	2:00 - 3:30 PM: Circular Living - Making fruit vinegar	
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	
				2:30 - 4:00 PM: Let's Bocchia & Floorball (ICCP/AG)	
19	20	21	22	23	24
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	
9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 11:00 AM: Let's Dragon Boat - Training @ Kallang	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	
10:30 - 11:30 AM: Let's Zumba Gold	10:30 - 11:30 AM: Let's Stretch Band	2:00 - 3:00 PM: Let's Lim Kopi (male exclusive)	12:30 - 1:30 PM: Let's Makan Together	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
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)	1:30 - 2:30 PM: Let's Talk News	3:00 - 4:30 PM: Let's Jam with Ukulele	
2:00 - 4:00 PM: Let's Learn To Repair	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	2:30 - 4:00 PM: Let's Bocchia & Floorball (ICCP/NTUC)	
2:00 - 5:00 PM: Strategise with Kakis (Table Games)			2:00 - 5:00 PM: Strategise with Kakis (Table Games)	9:00 - 10:30 AM: Let's Go Gai Gai - Outing to Community Garden	

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MON 26	TUE 27	WED 28	THU 29	FRI 30	SAT 31
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	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 - 11:00 AM: Let's Dragon Boat - Training @ Kallang		10:30 - 11:30 AM: Let's Bollywood Dance	10:30 - 11:30 AM: Let's Drum Fit	
2:00 - 3:45 PM: Let's Gen Together - Bartley x Zhong hua SS	10:30 - 11:30 AM: Let's Stretch Band		1:30 - 2:30 PM: Let's Yum Cha Together	2:30 - 4:00 PM: Let's Boccia & Floorball (ICCP/NTUC)	
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post		3:00 - 4:00 PM: Let's Qigong	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 - 4:00 PM: Let's Go Gai Gai - Traffic Police Road Safety (Eng x Chi)	3:00 - 4:30 PM: Let's Jam with Ukulele	
2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:30 - 3:30 PM: Let's Talk - Dr Wong's Storytelling (in Cantonese & Chinese)		2:00 - 5:00 PM: Strategise with Kakis (Table Games)		

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MON		TUE		WED		THU		FRI		SAT	
						1		2		3	
				中心关闭		9:00 - 10:00 AM: 一起做运动（坐式）					
						10:30 - 11:30 AM: 一起打鼓乐					
						2:30 - 4:00 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 - 4:30 PM: 一起玩尤克里里琴					
5		6		7		8		9		10	
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）		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		10:30 - 11:30 AM: 一起打鼓乐			
2:00 - 3:00 PM Stay Well Series - 保健系列 - 健康讲座 “智慧养成健康习惯” （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 - 12:00 PM: 一起来踢球 决赛 @ 淡滨尼天地			
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		2:00 - 5:00 PM: 棋盘游戏时间		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: Circular Living - 厨余堆肥			
								2:30 - 4:00 PM: 一起玩硬地滚球 与地板球			

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MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
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)	9:00 - 11:00 AM: 一起划龙舟 - 加冷水水上体育中心	中心关闭	10:30 - 11:30 AM: 印度风格舞	10:00 - 11:00 AM: 跨代交流 - 快乐第一班	
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		1:30 - 2:30 PM: 一起饮茶	11:00 - 12:00 PM: 一起打鼓乐	
2:00 - 4:00 PM: 一起学维修技能	10:00 - 4:00 PM: 社区护理站		3:00 - 4:00 PM: 一起练气功	2:00 - 3:30 PM: Circular Living - 制作水果醋	
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	
				2:30 - 4:00 PM: 一起玩硬地滚球 与地板球	
19	20	21	22	23	24
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)	
9:00 - 10:00 AM: 一起做运动 (坐式)	9:00 - 11:00 AM: 一起划龙舟 - 加冷水水上体育中心	10:30 - 11:30 AM: 一起做椅子瑜珈	10:30 - 11:30 AM: 印度风格舞	10:30 - 11:30 AM: 一起打鼓乐	
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 - 3:00 PM: 一起喝咖啡 (只限男士)	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 - 3:30 PM: 一起做禅绕画	10:00 - 4:00 PM: 社区护理站	2:00 - 5:00 PM: 棋盘游戏时间	1:30 - 2:30 PM: 一起聊新闻	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	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	2:30 - 4:00 PM: 一起玩硬地滚球 与地板球	
2:00 - 5:00 PM: 棋盘游戏时间			2:00 - 5:00 PM: 棋盘游戏时间	9:00 - 10:30 AM: 一起去走走 - 游览可特续社区花园	

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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	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 - 11:00 AM: 一起划龙舟 - 加冷水上体育中心		10:30 - 11:30 AM: 印度风格舞	10:30 - 11:30 AM: 一起打鼓乐	
2:00 - 3:45 PM: 跨代交流 - 巴特礼中学 x 中华中学	10:30 - 11:30 AM: 一起做弹力带拉筋操		1:30 - 2:30 PM: 一起饮茶	2:30 - 4:00 PM: 一起玩硬地滚球 与地板球	
2:00 - 3:30 PM: 一起做禅绕画	10:00 - 4:00 PM: 社区护理站		3:00 - 4:00 PM: 一起练气功	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 - 4:00 PM: 一起去走走 - 交警道路安全 (英语/华 语)	3:00 - 4:30 PM: 一起玩尤克里里琴	
2:00 - 5:00 PM: 棋盘游戏时间	2:30 - 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		

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