

2025 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 29/9	TUE 30/9	WED 1	THU 2	FRI 3	SAT 4
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	11:00 - 2:00 PM: Outing - NCOS 2025 @ Our Tampines Hub
10:30 - 11:30 AM: Let's Zumba Gold	10:30 - 11:30 AM: Let's Stretch Band	9:00 - 2:00 PM: Outing - AAC Day @ Temasek Polytechnic	10:30 - 11:30 AM: Let's Drum Fit	10:30 - 11:30 AM: Let's Bollywood Dance	
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	10:30 - 11:30 AM: Let's Do Chair Yoga	12:00 - 1:00 PM: Let's Makan Together (Vegetarian Meal)	1:00 - 3:00 PM: SG ScamWISE Workshop	
2:00 - 4:00 PM: Repair Kopitiam Club	1:00 - 2:00 PM: LTA Focus Group Discussion	3:00 - 5:00 PM: Let's Karaoke Together	2:00 - 3:00 PM: Let's Drum Fit	3:00 - 4:30 PM: Let's Jam with Ukulele	
2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 4:00 PM: Active Ageing Series: Be Organised (CL)	5:30 - 7:30 PM: Outing - Mid Autumn Celebration by Mapletree	3:00 - 4:00 PM: Let's Qigong	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
6	7	8	9	10	11
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	10:00 - 11:00 AM: Let's Gen Together - My 1st Skool	12:00 - 1:00 PM: Let's Makan Together (Vegetarian Meal)	1:00 - 3:00 PM: My Legacy Sharing Session (CL)	
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	11:00 - 12:00 PM: Let's Do Chair Yoga	1:30 - 2:30 PM: Let's Bollywood Dance	3:00 - 4:30 PM: Let's Jam with Ukulele	
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 4:00 PM: Active Ageing Series: Be Organised (CL)	1:00 - 3:00 PM: Fall Prevention Exercises for Seniors (CL)	3:00 - 4:00 PM: Let's Celebrate - Birthday	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)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 4:00 PM: Let's Qigong		

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NTUC Health

MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
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	10:00 - 12:00 PM: Project Citizens - The First Million	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	1:00 - 3:00 PM: Fall Prevention Exercises for Seniors (CL)	12:00 - 1:00 PM: Let's Makan Together (Vegetarian Meal)	2:00 - 3:00 PM: Let's Drum Fit	
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 3:00 PM: Comm Nurse Talk - Benign Prostate Hypertrophy	3:00 - 5:00 PM: Let's Karaoke Together	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)	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)	
20	21	22	23	24	25
 Centre closed for Deepavali 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	10:30 - 11:30 AM: Let's Do Chair Yoga	10:00 - 12:00 PM: Project Citizens - The First Million	1:00 - 3:00 PM: Fall Prevention Exercises for Seniors (CL)	
	10:00 - 4:00 PM: Community Health Post	1:30 - 3:30 PM: Home Fire Safety Talk & Fire Drill by SCDF	12:00 - 1:00 PM: Let's Makan Together (Vegetarian Meal)	3:00 - 4:30 PM: Let's Jam with Ukulele	
	2:00 - 5:00 PM: Outing - Singapore Science Centre	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 4:00 PM: Deepavali Celebration with CPF Board	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		

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NTUC Health

MON 27	TUE 28	WED 29	THU 30	FRI 31	SAT
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	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	
10:30 - 11:30 AM: Let's Zumba Gold	10:00 - 4:00 PM: Community Health Post	1:00 - 3:00 PM: Fall Prevention Exercises for Seniors (CL)	1:30 - 2:30 PM: Let's Bollywood Dance	1:00 - 3:00 PM: My Legacy Sharing Session (EL)	
2:00 - 3:30 PM: Let's Do Zentangle	1:00 - 2:00 PM: Seniors Go Yo-Yo Fun Trial Session	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	
2:00 - 4:00 PM: Repair Kopitiam Club	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)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
3:30 - 4:30 PM: Connecting Communities to Nature by SUSS					

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MON 29/9	TUE 30/9	WED 1	THU 2	FRI 3	SAT 4
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	11:00 - 2:00 PM: 一起去走走 - 全国乐龄庆祝日嘉年华
10:30 - 11:30 AM: 尊巴舞	10:30 - 11:30 AM: 阻力带健身操	9:00 - 2:00 PM: 一起去走走 - 活跃乐龄中心日	10:30 - 11:30 AM: 鼓乐疗法	10:30 - 11:30 AM: 印度风格舞	
2:00 - 3:30 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站	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	1:00 - 3:00 PM: 防止诈骗课程	
2:00 - 4:00 PM: 电器维修俱乐部	1:00 - 2:00 PM: 陆交局小组讨论	3:00 - 5:00 PM: 卡拉OK时光	2:00 - 3:00 PM: 鼓乐疗法	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 - 4:00 PM: “断舍离”整理术	5:30 - 7:30 PM: 一起去走走 - 丰树商业城中秋节活动	3:00 - 4:00 PM: 气功练习班	2:00 - 5:00 PM: 棋盘游戏时间	
6	7	8	9	10	11
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	10:00 - 11:00 AM: 隔代互动 - 快乐第一班	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐	1:00 - 3:00 PM: 余生善好分享会 (华语)	
2:00 - 3:30 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站	11:00 - 12:00 AM: 坐式瑜珈	1:30 - 2:30 PM: 印度风格舞	3:00 - 4:30 PM: 四弦琴兴趣小组	
2:00 - 4:00 PM: 电器维修俱乐部	2:00 - 4:00 PM: “断舍离”整理术	1:00 - 3:00 PM: 保持平衡 - 乐龄防摔运动	3:00 - 4:00 PM: 生日庆祝会	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	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:00 PM: 气功练习班		

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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	10:00 - 12:00 PM: 我们是新加坡公民 - 红登记计划	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	1:00 - 3:00 PM: 保持平衡 - 乐龄防摔运动	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐	2:00 - 3:00 PM: 鼓乐疗法	
2:00 - 4:00 PM: 电器维修俱乐部	2:00 - 3:00 PM: 护士讲座 - 良性前列腺增生症	3:00 - 5:00 PM: 卡拉OK时光	1:30 - 2:30 PM: 印度风格舞	3:00 - 4:30 PM: 四弦琴兴趣小组	
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20	21	22	23	24	25
 屠妖节 公共假期	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	
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	10:00 - 4:00 PM: 社区护理站	1:30 - 3:30 PM: 家居防火安全讲座 与消防演习	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐	3:00 - 4:30 PM: 四弦琴兴趣小组	
	2:00 - 5:00 PM: 一起去走走 - 新加坡科学馆	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 4:00 PM: 公积金局义工活动 - 屠妖节庆祝会	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		

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
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	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: 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	
10:30 - 11:30 AM: 尊巴舞	10:00 - 4:00 PM: 社区护理站	1:00 - 3:00 PM: 保持平衡 - 乐龄防摔运动	1:30 - 2:30 PM: 印度风格舞	1:00 - 3:00 PM: 余生善好分享会 (英语)	
2:00 - 3:30 PM: 心境禅绕画	1:00 - 2:00 PM: 一起学玩悠悠球乐	3:00 - 5:00 PM: 卡拉OK时光	3:00 - 4:00 PM: 气功练习班	3:00 - 4:30 PM: 四弦琴兴趣小组	
2:00 - 4:00 PM: 电器维修俱乐部	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	2:00 - 5:00 PM: 棋盘游戏时间	
3:30 - 4:30 PM: 联系社区与自然 - 新加坡社科大学					

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