

2026 September

 **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	4	5
	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 Stretch Band	2:00 - 3:00 PM: Let's Lim Kopi (male exclusive)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	1:30 - 3:00 PM: Let's Boccia & Floorball	
	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 - 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 - 4:30 PM: Let's Jam with Ukulele	
7	8	9	10	11	12
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	10:00 - 11:00 AM: Let's Gen Together - My 1st Skool	9:45 - 11:30 AM: Let's Walking Football	10:30 - 11:30 AM: Let's Drum Fit	
2:00 - 3:00 PM Stay Well Series - Health Talk by SingHealth "Importance of Foot Care for Elderly with Diabetes" (Virtual Talk)	10:30 - 11:30 AM: Let's Stretch Band	11:00 - 12:00 PM: Let's Do Chair Yoga	10:30 - 11:30 AM: Let's Bollywood Dance	1:30 - 3:00 PM: Let's Boccia & Floorball	
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)	1:30 - 2:30 PM: Let's Yum Cha Together	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	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 4:30 PM: Let's Jam with Ukulele	
		5:30 - 8:00 PM: Let's Celebrate - Mid Autumn @ MBC	3:00 - 4:00 PM: Let's Qigong		

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ntuc Health

MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19
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 Team Building Day	
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	9:45 - 11:30 AM: Let's Walking Football		
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)	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	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	12:30 - 1:30 PM: Let's Makan Together		
2:00 - 4:00 PM: Let's Learn To Repair	2:00 - 3:00 PM: Let's Celebrate - Birthday	3:00 - 5:00 PM: Let's KTV Together	2:30 - 3:30 PM: Let's Talk News		
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		
21	22	23	24	25	26
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	9:45 - 11:30 AM: Let's Walking Football	9:30 - 11:30 AM: Let's Gen Together - Star Learners in AAC	
2:00 - 3:30 PM: Let's Do Zentangle	10:30 - 11:30 AM: Let's Stretch Band	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	10:30 - 11:30 AM: Let's Bollywood Dance	2:00 - 3:00 PM: Let's Celebrate - Mid Autumn Festival	
2:00 - 4:00 PM: Let's Learn To Repair	10:00 - 4:00 PM: Community Health Post	3:00 - 5:00 PM: Let's KTV Together	1:30 - 2:30 PM: Let's Yum Cha Together	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
2:00 - 5:00 PM: Strategise with Kakis (Table Games)	1:30 - 2:30 PM: Let's Talk by NEA "Say Yes To Waste Less" (in Malay)		2:00 - 5:00 PM: Strategise with Kakis (Table Games)	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		

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NTUC Health

MON	TUE	WED	THU	FRI	SAT
28	29	30			
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	10:00 - 12:00 PM: Let's Walking Football Qualifiers @ Tampines			
2:00 - 3:30 PM: Let's Do Zentangle	10:30 - 11:30 AM: Let's Stretch Band	10:30 - 11:30 AM: Let's Do Chair Yoga			
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)			
2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 3:00 PM: Let's Talk - Dr Wong's Storytelling (in Cantonese & Chinese)	3:00 - 5:00 PM: Let's KTV Together			
	2:00 - 5:00 PM: Strategise with Kakis (Table Games)				

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	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: 一起做弹力带拉筋操	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	1:30 - 3:00 PM: 一起玩硬地滚球 与地板球	
	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 @ 直落布兰雅联络所	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 - 4:30 PM: 一起玩尤克里里琴	
7	8	9	10	11	12
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	10:00 - 11:00 AM: 跨代交流 - 快乐第一班	9:45 - 11:30 AM: 一起来踢球 @ 直落布兰雅联络所	10:30 - 11:30 AM: 一起打鼓乐	
2:00 - 3:00 PM 保健系列 - 健康讲座 “老年糖尿病患者足部护理的重要性” (线上讲座)	10:30 - 11:30 AM: 一起做弹力带拉筋操	11:00 - 12:00 PM: 一起做椅子瑜珈	10:30 - 11:30 AM: 印度风格舞	1:30 - 3:00 PM: 一起玩硬地滚球 与地板球	
	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: 一起饮茶	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	3:00 - 5:00 PM: 一起来K歌	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:30 PM: 一起玩尤克里里琴	
2:00 - 5:00 PM: 棋盘游戏时间		5:30 - 8:00 PM: 一起来庆祝 - 丰树商业城中秋节活动	3:00 - 4:00 PM: 一起练气功 @ 直落布兰雅联络所		

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MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19
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)	中心关闭	
9:00 - 10:00 AM: 一起做运动 (坐式)	9:00 - 11:00 AM: 一起划龙舟 - 加冷水上体育中心	10:30 - 11:30 AM: 一起做椅子瑜珈	9:45 - 11:30 AM: 一起来踢球 @ 直落布兰雅联络所		
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)	10:30 - 11:30 AM: 印度风格舞		
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	12:30 - 1:30 PM: 一起来中心聚餐		
2:00 - 4:00 PM: 一起学维修技能	2:00 - 3:00 PM: 一起来庆祝生日	3:00 - 5:00 PM: 一起来K歌	1:30 - 2:30 PM: 一起聊新闻		
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: 一起练气功 @ 直落布兰雅联络所		
21	22	23	24	25	26
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	9:45 - 11:30 AM: 一起来踢球 @ 直落布兰雅联络所	9:30 - 11:30 AM: 跨代交流 - 星学园	
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 - 5:00 PM: 棋盘游戏时间	10:30 - 11:30 AM: 印度风格舞	2:00 - 3:00 PM: 一起来庆祝 - 中秋节庆祝会	
2:00 - 4:00 PM: 一起学维修技能	10:00 - 4:00 PM: 社区护理站	3:00 - 5:00 PM: 一起来K歌	2:00 - 3:00 PM: 一起饮茶	2:00 - 5:00 PM: 棋盘游戏时间	
2:00 - 5:00 PM: 棋盘游戏时间	1:30 - 2:30 PM: 一起来听 - 国家环境局讲座 “减少废弃, 我愿意” (马来语)		2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:30 PM: 一起玩尤克里里琴	
	2:00 - 5:00 PM: 棋盘游戏时间		3:00 - 4:00 PM: 一起练气功 @ 直落布兰雅联络所		

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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)	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	10:00 - 12:00 PM: 一起来踢球 预选赛 @ 淡滨尼天地			
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	10:30 - 11:30 AM: 一起做椅子瑜珈			
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			
2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 3:00 PM: 一起来听 - 黄博士讲古 " 我们的甘榜 " (粤语/华语)	3:00 - 5:00 PM: 一起来K歌			
	2:00 - 5:00 PM: 棋盘游戏时间				

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