

2025 September

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



NTUC Health

MON 1	TUE 2	WED 3	THU 4	FRI 5	SAT 6
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 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	3:00 - 5:00 PM: Let's Karaoke Together	2:00 - 3:00 PM: Let's Drum Fit	2:30 - 4:00 PM: Dancing Towards Good Health	
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)	3:00 - 4:00 PM: Let's Qigong	4:00 - 5:30 PM: Let's Jam with Ukulele	
3:30 - 4:30 PM: Connecting Communities to Nature by SUSS			2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
8	9	10	11	12	13
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 Company Event	
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	9:00 - 11:00 AM: National Senior Games		
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	3:00 - 4:00 PM: Let's Gen Together - SOTA	12:00 - 1:00 PM: Let's Makan Together (Vegetarian Meal)		
2:00 - 4:00 PM: Repair Kopitiam Club	2:30 - 4:00 PM: Dancing Towards Good Health	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	1.30 - 3.00PM: Dave Lee Sing & Dance Performance		
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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MON 15	TUE 16	WED 17	THU 18	FRI 19	SAT 20
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	10:00 - 11:00 AM: Let's Gen Together - My 1st Skool	10:30 - 11:30 AM: Let's Drum Fit	10:30 - 11:30 AM: Let's Bollywood Dance	
10:30 - 11:30 AM: Let's Zumba Gold	10:00 - 4:00 PM: Community Health Post	11:00 - 12:00 PM: Let's Do Chair Yoga	12:00 - 1:00 PM: Let's Makan Together (Vegetarian Meal)	3:00 - 4:30 PM: Let's Jam with Ukulele	
2:00 - 3:30 PM: Let's Do Zentangle	2:00 - 4:00 PM: Active Ageing Series: Be Organised (CL)	2:00 - 3:00 PM: Let's Celebrate - Birthday	2:00 - 3:00 PM: Let's Drum Fit	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 5:00 PM: Let's Karaoke Together	3:00 - 4:00 PM: Let's Qigong		
22	23	24	25	26	27
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 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)	3:00 - 4:00 PM: Let's Qigong	1:00 - 3:00 PM: SG ScamWISE Workshop	
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 4:00 PM: Active Ageing Series: Be Organised (CL)		2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 4:30 PM: Let's Jam with Ukulele	
3:30 - 4:30 PM: Connecting Communities to Nature by SUSS	2:00 - 5:00 PM: Strategise with Kakis (Table Games)			2:00 - 5:00 PM: Strategise with Kakis (Table Games)	

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NTUC Health

MON 29	TUE 30	WED 1/10	THU 2/10	FRI 3/10	SAT
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	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 - Mapletree Mid Autumn Celebration	3:00 - 4:00 PM: Let's Qigong	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	

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ntuc Health

MON 1	TUE 2	WED 3	THU 4	FRI 5	SAT 6
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: 坐式瑜伽	10:30 - 11:30 AM: 鼓乐疗法	10:30 - 11:30 AM: 印度风格舞	
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: 社区护理站	3:00 - 5:00 PM: 卡拉OK时光	2:00 - 3:00 PM: 鼓乐疗法	2:30 - 4:00 PM: 舞出健康	
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	3:00 - 4:00 PM: 气功练习班	3:00 - 4:30 PM: 四弦琴兴趣小组	
3:30 - 4:30 PM: 联系社区与自然 - 新加坡社科大学			2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间	
8	9	10	11	12	13
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	中心关闭	
10:30 - 11:30 AM: 尊巴舞	10:30 - 11:30 AM: 阻力带健身操	10:30 - 11:30 AM: 坐式瑜伽	9:00 - 11:00 AM: 全国乐龄运动会 (预赛)		
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: 社区护理站	3:00 - 4:00 PM: 隔代互动 - 新加坡艺术学院	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐		
2:00 - 4:00 PM: 电器维修俱乐部	2:30 - 4:00 PM: 舞出健康	2:00 - 5:00 PM: 棋盘游戏时间	1.30 - 3.00 PM: Dave Lee 歌舞表演		
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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NTUC Health

MON 15	TUE 16	WED 17	THU 18	FRI 19	SAT 20
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: Let's Do Seated Exercise	10:30 - 11:30 AM: Let's Stretch Band	10:00 - 11:00 AM: 隔代互动 - 快乐第一班	10:30 - 11:30 AM: 鼓乐疗法	10:30 - 11:30 AM: 印度风格舞	
10:30 - 11:30 AM: Let's Zumba Gold	10:00 - 4:00 PM: 社区护理站	11:00 - 12:00 PM: 坐式瑜伽	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 - 3:30 PM: Let's Do Zentangle	2:00 - 4:00 PM: “断舍离”整理术	2:00 - 3:00 PM: 生日庆祝会	2:00 - 3:00 PM: 鼓乐疗法	2:00 - 5:00 PM: 棋盘游戏时间	
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 - 5:00 PM: 卡拉OK时光	3:00 - 4:00 PM: 气功练习班		
22	23	24	25	26	27
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: 坐式瑜伽	12:00 - 1:00 PM: 社区聚餐 - 来一起吃素食午餐	10:30 - 11:30 AM: 印度风格舞	
2:00 - 3:30 PM: Let's Do Zentangle	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: 气功练习班	1:00 - 3:00 PM: 防止诈骗课程	
2:00 - 4:00 PM: 电器维修俱乐部	2:00 - 4:00 PM: “断舍离”整理术		2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:30 PM: 四弦琴兴趣小组	
3:30 - 4:30 PM: 联系社区与自然 - 新加坡社科大学	2:00 - 5:00 PM: 棋盘游戏时间			2:00 - 5:00 PM: 棋盘游戏时间	

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MON	TUE	WED	THU	FRI	SAT
29	30	1/10	2/10	3/10	
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	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: Let's Do Zentangle	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	

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