



# 2026 April

 **Centre Name:** AAC (Telok Blangah)  
 **Centre Address:** Blk 41 Telok Blangah Rise #01-373 S090041  
 **Centre Contact:** 6273 3297






MON	TUES	WED	THUR	FRI	SAT
		1	2	3	4
		<b>Let's Do Lymphatic Detox Exercise</b> 9:30am - 10:30am	<b>Let's Do Chair Zumba (Healthy 365 Registration)</b> 9:30am - 10:30am	Centre Close (Good Friday)	
		<b>Let's Do Chair Pilates</b> 10:00am - 10:45am	<b>Caffeine Connect (Exclusive for Male Seniors) (Registration Required)</b> 12:30pm - 2:00pm		
		<b>Let's Do Crochet (Registration Required)</b> 12:00pm - 1:30pm	<b>Let's Learn Malay (For Registered Seniors Only)</b> 2:00pm - 3:00pm		
		<b>Fun On Wheels (For Frail Seniors Only)</b> 3:30pm - 5:30pm	<b>Let's Muscle and Mind by ActiveSG (For Registered Seniors Only)</b> 3:30pm - 4:30pm		
			<b>Strategise with Kakis</b> 3:30pm - 5:30pm		

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MON	TUES	WED	THUR	FRI	SAT
6	7	8	9	10	11
<b>SingHealth Community Nurse Post</b> 9:30am - 4:00pm	<b>Mobile TCM Clinic</b> 9:00am - 11:30am	<b>Let's Do Lymphatic Detox Exercise</b> 9:30am - 10:30am	<b>Let's Do Chair Zumba (Healthy 365 Registration)</b> 9:30am - 10:30am	<b>Let's Do Zumba Gold (Healthy 365 Registration)</b> 9:30am - 10:30am	
<b>Let's Do Kungfu (Registration Required)</b> 11:00am - 12:00pm	<b>Let's Do Qigong</b> 9:30am - 10:30am	<b>Let's Do Chair Pilates</b> 10:00am - 10:45am	<b>Caffeine Connect (Exclusive for Male Seniors) (Registration Required)</b> 12:30pm - 2:00pm	<b>Mari Berzapin! (Registration Required)</b> 12:30pm - 1:45pm	
<b>Let's Say No To Frailty (For Registered Seniors Only)</b> 9:30am - 11:30am	<b>Let's Yum Cha (Exclusive for Female Seniors) (Registration Required)</b> 11:00am - 12:00pm	<b>Singapore Police Force Anti-Scam Talk (Malay Language)</b> 11:30am - 12:30pm	<b>Strategise with Kakis</b> 3:30pm - 5:30pm	<b>Let's KTV Together (Song Requests Will End @ 2:30pm)</b> 2:00pm - 5:00pm	
<b>Show &amp; Learn (For Registered Seniors Only)</b> 2:00pm - 3:00pm	<b>Mari Minum Teh Tarik (Registration Required)</b> 12:30pm - 1:30pm	<b>Let's Do Crochet (Registration Required)</b> 12:30pm - 1:30pm			
<b>Strategise with Kakis</b> 3:30pm - 5:30pm	<b>Nyanyi Santai Bersama (Malay Language)</b> 1:30pm - 3:30pm	<b>Fun On Wheels (For Frail Seniors Only)</b> 3:30pm - 5:30pm			

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MON	TUES	WED	THUR	FRI	SAT
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>SingHealth Community Nurse Post</b> 9:30am - 4:00pm	<b>Mobile TCM Clinic</b> 9:00am - 11:30am	<b>Let's Do Lymphatic Detox Exercise</b> 9:30am - 10:30am	<b>Let's Do Chair Zumba (Healthy 365 Registration)</b> 9:30am - 10:30am	<b>Let's Do Zumba Gold (Healthy 365 Registration)</b> 9:30am - 10:30am	<b>Mount Faber Zone "C" World Health Day (Open Court behind Blk 41)</b> 9:00am - 12:00pm
<b>Let's Do Kungfu (Registration Required)</b> 11:00am - 12:00pm	<b>Let's Do Qigong</b> 9:30am - 10:30am	<b>Jenny and Friends (Registration Required)</b> 9:30am - 12:30pm	<b>Caffeine Connect (Exclusive for Male Seniors) (Registration Required)</b> 12:30pm - 2:00pm	<b>Mari Berzapiin! (Registration Required)</b> 12:30pm - 1:45pm	
<b>Let's Say No To Frailty (For Registered Seniors Only)</b> 9:30am - 11:30am	<b>Let's Yum Cha (Exclusive for Female Seniors) (Registration Required)</b> 11:00am - 12:00pm	<b>Singapore Polytechnic Service-Learning Programme Session 3 (Registration Required)</b> 2:30pm - 3:30pm	<b>Singapore Polytechnic Service-Learning Programme Session 4 (Registration Required)</b> 2:30pm - 4:00pm	<b>Let's KTV Together (Song Requests Will End @ 2:30pm)</b> 2:00pm - 5:00pm	
<b>Strategise with Kakis</b> 3:30pm - 5:30pm	<b>Singapore Polytechnic Service-Learning Programme Session 1 (Registration Required)</b> 2:30pm - 3:30pm	<b>Fun On Wheels (For Frail Seniors Only)</b> 3:30pm - 5:30pm	<b>Let's Learn Malay with Rokiah (For Registered Seniors Only)</b> 4:00pm - 5:00pm		
	<b>Singapore Polytechnic Service-Learning Programme Session 2 (Registration Required)</b> 4:30pm - 5:30pm		<b>Strategise with Kakis</b> 3:30pm - 5:30pm		

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MON	TUES	WED	THUR	FRI	SAT
20	21	22	23	24	25
<b>SingHealth Community Nurse Post</b> 9:30am - 4:00pm	<b>Mobile TCM Clinic</b> 9:00am - 11:30am	<b>Let's Do Lymphatic Detox Exercise</b> 9:30am - 10:30am	<b>Let's Do Chair Zumba (Healthy 365 Registration)</b> 9:30am - 10:30am	<b>Let's Do Zumba Gold (Healthy 365 Registration)</b> 9:30am - 10:30am	
<b>Let's Do Kungfu (Registration Required)</b> 11:00am - 12:00pm	<b>Let's Do Qigong</b> 9:30am - 10:30am	<b>IMDA - Transact Online (Registration Required)</b> 11:00am - 12:30pm	<b>Caffeine Connect (Exclusive for Male Seniors) (Registration Required)</b> 12:30pm - 2:00pm	<b>Mari Berzapin! (Registration Required)</b> 12:30pm - 1:45pm	
<b>Let's Say No To Frailty (For Registered Seniors Only)</b> 9:30am - 11:30am	<b>Let's Yum Cha (Exclusive for Female Seniors) (Registration Required)</b> 11:00am - 12:00pm	<b>Bingo! (Registration Required)</b> 1:00pm - 2:00pm	<b>Strategise with Kakis</b> 3:30pm - 5:30pm	<b>Let's Tea Dance (Registration Required)</b> 2:30pm - 5:00pm	
<b>Let's Celebrate April Birthday! (For Birthday Seniors Only)</b> 2:00pm - 3:30pm	<b>Mari Minum Teh Tarik (Registration Required)</b> 12:30pm - 1:30pm	<b>Let's Makan (Registration Required)</b> 2:00pm - 3:00pm			
<b>Show &amp; Learn (For Registered Seniors Only)</b> 4:00pm - 5:00pm	<b>Sihat &amp; Hebat Bersama Aisyah (Malay Language)</b> 1:30pm - 2:30pm	<b>Fun On Wheels (For Frail Seniors Only)</b> 3:30pm - 5:30pm			
	<b>Let's Gen Together with Clementi Town Secondary (Registration Required)</b> 3:30pm - 5:30pm				

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MON	TUES	WED	THUR	FRI	SAT
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
<b>SingHealth Community Nurse Post</b> 9:30am - 4:00pm	<b>Mobile TCM Clinic</b> 9:00am - 11:30am	<b>Let's Do Lymphatic Detox Exercise</b> 9:30am - 10:30am	<b>Let's Do Chair Zumba (Healthy 365 Registration)</b> 9:30am - 10:30am		
<b>Let's Do Kungfu (Registration Required)</b> 11:00am - 12:00pm	<b>Let's Do Qigong</b> 9:30am - 10:30am	<b>Let's Do Chair Pilates</b> 10:00am - 10:45am	<b>Caffeine Connect (Exclusive for Male Seniors) (Registration Required)</b> 12:30pm - 2:00pm		
<b>Let's Say No To Frailty (For Registered Seniors Only)</b> 9:30am - 11:30am	<b>Let's Go Gai Gai &amp; Communal Dining Fullerton Guided Trip (Registration Required)</b> 9:00am - 2:00pm	<b>Mari Minum Teh Tarik (Registration Required)</b> 11:00am - 12:00pm	<b>TTSH Research Programme (Registered Seniors Only)</b> 9:30am - 5:30pm		
<b>Dave Lee and Friends (Registration Required)</b> 3:30pm - 5:30pm	<b>TTSH Research Programme (Registered Seniors Only)</b> 9:30am - 5:30pm	<b>Let's Do Crochet (Registration Required)</b> 12:00pm - 1:30pm			
<b>Strategise with Kakis</b> 3:30pm - 5:30pm		<b>Singapore Brain Bank Talk (Registration Required)</b> 2:00pm - 4:00pm			
		<b>Fun On Wheels (For Frail Seniors Only)</b> 3:30pm - 5:30pm			

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# 2026 年 四月

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MON	TUES	WED	THUR	FRI	SAT
		1	2	3	4
		淋巴排毒操 9:30am - 10:30am	一起做坐式尊巴 (健康365报名) 9:30am - 10:30am	中心关 (耶稣受难日)	
		一起来普拉提 (坐式) 10:00am - 10:45am	咖啡因联谊会 (仅限男性长者) (需要报名) 12:30pm - 2:00pm		
		一起学钩针编织 (需要报名) 12:00pm - 1:30pm	让我们一起学习马来语 (需要报名) 2:00pm - 3:00pm		
		快乐轮 (需要报名-虚弱乐龄) 3:30pm - 5:30pm	肌肉与心灵 ActiveSG 首期课程 (仅限已登记的乐龄) 3:30pm - 4:30pm		
			游戏时间 3:30pm - 5:30pm		

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MON 6	TUES 7	WED 8	THUR 9	FRI 10	SAT 11
社区保健站 9:30am - 4:00pm	中医问诊 9:00am - 11:30am	淋巴排毒操 9:30am - 10:30am	一起做坐式尊巴 (健康365报名) 9:30am - 10:30am	一起做尊巴 (健康365报名) 9:30am - 10:30am	
一起学功夫 (需要报名) 11:00am - 12:00pm	一起练气功 9:30am - 10:30am	一起普拉提(坐式) 10:00am - 10:45am	咖啡因联谊会 (仅限男性长者) (需要报名) 12:30pm - 2:00pm	一起跳扎平舞 (需要报名) 12:30pm - 1:45pm	
与衰弱说不 (已报名的乐龄) 9:30am - 11:30am	一起来饮茶 (只限女性乐龄) (需要报名) 11:00am - 12:00pm	新加坡警察部队 反诈骗讲座(马来语) (需要报名) 11:30am - 12:30pm	游戏时间 3:30pm - 5:30pm	一起来K歌 (歌曲请求将在下午下午2:30 结束) 2:00pm - 5:00pm	
一起展示和学习 (需要报名) 2:00pm - 3:00pm	一起喝Teh Tarik (只限马来乐龄) 12:30pm - 1:30pm	一起学钩针编织 (需要报名) 12:30pm - 1:30pm			
游戏时间 3:30pm - 5:30pm	一起放松唱歌 (马来乐龄) 1:30pm - 3:30pm	快乐轮 (需要报名-虚弱乐龄) 3:30pm - 5:30pm			

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13	14	15	16	17	18
社区保健站 9:30am - 4:00pm	中医问诊 9:00am - 11:30am	淋巴排毒操 9:30am - 10:30am	一起做坐式尊巴 (健康365报名) 9:30am - 10:30am	一起做尊巴 (健康365报名) 9:30am - 10:30am	花柏山C区-世界卫生日 第41座组屋后方的露天球场 9:00am - 12:00pm
一起学功夫 (需要报名) 11:00am - 12:00pm	一起练气功 9:30am - 10:30am	珍妮活动 (需要报名) 9:30am - 12:30pm	咖啡因联谊会 (仅限男性长者) (需要报名) 12:30pm - 2:00pm	一起跳扎平舞 (需要报名) 12:30pm - 1:45pm	
与衰弱说不 (已报名的乐龄) 9:30am - 11:30am	一起来饮茶 (只限女性乐龄) (需要报名) 11:00am - 12:00pm	新加坡理工学院活动 第3课 (需要报名) 2:30pm - 3:30pm	新加坡理工学院活动 第4课 (需要报名) 2:30pm - 4:00pm	一起来K歌 (歌曲请求将在下午下午2:30 结束) 2:00pm - 5:00pm	
游戏时间 3:30pm - 5:30pm	新加坡理工学院活动 第1课 (需要报名) 2:30pm - 3:30pm	快乐轮 (需要报名-虚弱乐龄) 3:30pm - 5:30pm	一起和Cik Rokiah学马来语 (需要报名) 4:00pm - 5:00pm		
	新加坡理工学院活动 第2课 (需要报名) 4:30pm - 5:30pm		游戏时间 3:30pm - 5:30pm		

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20	21	22	23	24	25
社区保健站 9:30am - 4:00pm	中医问诊 9:00am - 11:30am	淋巴排毒操 9:30am - 10:30am	一起做坐式尊巴 (健康365报名) 9:30am - 10:30am	一起做尊巴 (健康365报名) 9:30am - 10:30am	
一起学功夫 (需要报名) 11:00am - 12:00pm	一起练气功 9:30am - 10:30am	IMDA 数码大使 (华语) (需要报名) 11:00am - 12:30pm	咖啡因联谊会 (仅限男性长者) (需要报名) 12:30pm - 2:00pm	一起跳扎平舞 (需要报名) 12:30pm - 1:45pm	
与衰弱说不 (已报名的乐龄) 9:30am - 11:30am	一起来饮茶 (只限女性乐龄) (需要报名) 11:00am - 12:00pm	宾果活动 (需要报名) 1:00pm - 2:00pm	游戏时间 3:30pm - 5:30pm	茶舞聚会 (需要报名) 2:30pm - 5:00pm	
4月生日 (需要报名) 2:00pm - 3:30pm	一起喝Teh Tarik (只限马来乐龄) 12:30pm - 1:30pm	一起来makan - 中心内 2:00pm - 3:00pm			
一起展示和学习 (需要报名) 4:00pm - 5:00pm	身体健康, 感觉良好和 Aisyah (马来语) (需要报名) 1:30pm - 2:30pm	快乐轮 (需要报名-虚弱乐龄) 3:30pm - 5:30pm			
	一起跟金文泰镇中学互动 (需要报名) 3:30pm - 5:30pm				

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MON	TUES	WED	THUR	FRI	SAT
27	28	29	30		
社区保健站 9:30am - 4:00pm	中医问诊 9:00am - 11:30am	淋巴排毒操 9:30am - 10:30am	一起做坐式尊巴 (健康365报名) 9:30am - 10:30am		
一起学功夫 (需要报名) 11:00am - 12:00pm	一起练气功 9:30am - 10:30am	一起普拉提(坐式) 10:00am - 10:45am	咖啡因联谊会 (仅限男性长者) (需要报名) 12:30pm - 2:00pm		
与衰弱说不 (已报名的乐龄) 9:30am - 11:30am	一起去Gai Gai 导游 (需要报名) 9:00am - 2:00pm	一起喝Teh Tarik (只限马来乐龄) 11:00am - 12:00pm	陈笃生研究计划 (已报名的乐龄) 9:30am - 5:30pm		
游戏时间 3:30pm - 5:30pm	陈笃生研究计划 (已报名的乐龄) 9:30am - 5:30pm	一起学钩针编织 (需要报名) 12:00pm - 1:30pm			
		新加坡脑库谈话 (需要报名) 2:00pm - 3:00pm			
		快乐轮 (需要报名) 3:30pm - 5:30pm			

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