

2026 August

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



MON

TUE

WED

THU

FRI

SAT

3

4

5

6

7

8

**SingHealth
Community Health Post**
9:30am - 4:00pm

TCM Mobile Clinic
9:00am - 11:30am

Let's Do Lymphatic Detox Exercise
9:30am - 10:30am

**Let's Do Chair Zumba
(Healthy 365 Registration)**
9:30am - 10:30am

**Let's Do Zumba Gold
(Healthy 365 Registration)**
9:30am - 10:30am

**Let's Say No To Frailty
Booster Session
(For Registered Seniors Only)**
9:30am - 11:30am

Let's Do Qigong
9:30am - 10:30am

Let's Do Chair Pilates
10:00am - 10:45am

**Let's Learn Mat(cha) & Pilates
(By Aisyah)
(Registration Required)**
10:45am - 11:15am

**Let's Celebrate National Day
@ Blk 41
(Registration Required)**
10:00am - 11:00am

**Digital - Fab Lab Series
- 3D Printing Workshop
(For seniors who have registered)**
9:00am - 4:00pm

**Let's Yum Cha
(Exclusive for Female Seniors)**
11:00am - 12:00pm

**Let's Go Gai Gai
Bollywood Vegetable
(Registration Required)**
9:15am - 1:00pm

**Coffee Connect
(Exclusive for Male Seniors)**
12:30pm - 2:00pm

**Let's Makan Together
(For National Day Celebration
Seniors)**
11:00am - 12:00pm

**Let's Go Gai Gai with
MapleTree Community
Batik Activity
(Registration Required)**
1:00pm - 2:00pm

**Let's Lim Teh Tarik
(Exclusive for Malay Seniors)**
12:00pm - 1:00pm

**Let's Learn to Tech (By Yen Ling)
(Choose 1 session)
(Registration Required)**
3:00pm - 4:00pm

**CPF @ Your Service Talk
(My Healthcare & Anti-scam)
(Registration Required)**
2:00pm - 4:30pm

**Let's KTV Together
(Song Requests Will End @ 2:30pm)
(Registration Required)**
2:00pm - 5:00pm

**Just Learn Dance
(By Yen Ling)
(Registration Required)**
3:30pm - 4:30pm

**Stay Well Series : Health Talk on "Health is
Wealth" & Nutrition Class (By Aisyah)
(English & Malay Language)
(Registration Required)**
1:00pm - 2:00pm

Let's Boccia
4:00pm - 5:30pm

Let's Boccia
4:00pm - 5:30pm

Strategise with Kakis
4:00pm - 5:30pm

**Let's Do Arts with Flora
(Registration Required)**
2:30pm - 3:30pm

Strategise with Kakis
4:00pm - 5:30pm

Strategise with Kakis
4:00pm - 5:30pm

Let's Boccia
4:00pm - 5:30pm

Strategise with Kakis
4:00pm - 5:30pm

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Centre Closure (Public Holiday)	TCM Mobile Clinic 9:00am - 11:30am	Let's Do Lymphatic Detox Exercise 9:30am - 10:30am	Let's Do Chair Zumba (Healthy 365 Registration) 9:30am - 10:30am	Let's Do Zumba Gold (Healthy 365 Registration) 9:30am - 10:30am	
	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates 10:00am - 10:45am	Let's Walking Football at Telok Blangah CC (For Registered Seniors Only) 9:45am - 11:45am	Let's Chair Yoga with Ming Ming (Class 1) (For Registered Seniors Only) 9.30am - 10.30am	
	Let's Yum Cha (Exclusive for Female Seniors) 11:00am - 12:00pm	Let's Makan Together (BINGO Participants Only) 1:00pm - 2:00pm	Coffee Connect (Exclusive for Male Seniors) 12:30pm - 2:00pm	Let's Chair Yoga with Ming Ming (Class 2) (For Registered Seniors Only) 10:45am - 11:45am	
	Let's Lim Teh Tarik (Exclusive for Malay Seniors) 12:00pm - 1:00pm	Fun with Kakis (B.I.N.G.O)! (For Registered Seniors Only) 2:00pm - 3:00pm	Centre Closure (Townhall Meeting)	Let's KTV Together (Song Requests Will End @ 2:30pm) (Registration Required) 2:00pm - 5:00pm	
	Stay Well Series : Health Talk on "Health is Wealth" & Nutrition Class (By Aisyah) (English & Malay Language) (Registration Required) 1:00pm - 2:00pm	Let's Learn to Tech (By Yen Ling) (Choose 1 Session) (Registration Required) 3:00pm - 4:00pm			
	Let's Boccia 4:00pm - 5:30pm	Let's Boccia 4:00pm - 5:30pm			
	Strategise with Kakis 4:00pm - 5:30pm	Strategise with Kakis 4:00pm - 5:30pm			

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
SingHealth Community Health Post 9:30am - 4:00pm	TCM Mobile Clinic 9:00am - 11:30am	Let's Do Lymphatic Detox Exercise 9:30am - 10:30am	Let's Do Chair Zumba (Healthy 365 Registration) (Max 25 Participants) 9:30am - 10:30am	Let's Do Zumba Gold (Healthy 365 Registration) 9:30am - 10:30am	
Let's Dragon Boat (Training) (For Registered Seniors Only) 9:30am - 10:30am	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates 10:00am - 10:45am	Coffee Connect (Exclusive for Male Seniors) 12:30pm - 2:00pm	Let's Chair Yoga (By Ming Ming) (Class 1) (For Registered Seniors Only) 9.30am - 10.30am	
Let's Celebrate August Birthday! (For Birthday Seniors) 2:00pm - 2:45pm	Let's Yum Cha (Exclusive for Female Seniors) 11:00am - 12:00pm	Let's Talk About Download Apps on Mobile Device (By IMDA) (Registration Required) 11:00am - 12.30pm	Let's Go Gai Gai Sandbox Gallery by Discovery Centre (Registration Required) 1:00pm - 4:30pm	Let's Go Gai Gai Intergenerational Outing to ASJC (Registration Required) 9:30am - 11:30am	
Let's Makan Together (For Birthday Seniors) 2:45pm - 3:30pm	Let's Lim Teh Tarik (Exclusive for Malay Seniors) 12:30pm - 1:30pm	Let's Talk News with Eugene (Registration Required) 2:00pm - 3:30pm	Let's Boccia 4:00pm - 5:30pm	Let's Chair Yoga (By Ming Ming) (Class 2) (For Registered Seniors Only) 10:45am - 11:45am	
Let's Show & Learn (Registration Required) 4:00pm - 5:00pm	Stay Well Series : Health Talk on "Health is Wealth" & Nutrition Class (By Aisyah) (English & Malay Language) (Registration Required) 1:30pm - 3:30pm	Let's Boccia 4:00pm - 5:30pm	Strategise with Kakis 4:00pm - 5:30pm	Let's KTV Together (Song Requests Will End @ 2:30pm) (Registration Required) 2:00pm - 5:00pm	
Strategise with Kakis 4:00pm - 5:30pm	Strategise with Kakis 3:30pm - 5:30pm	Strategise with Kakis 4:00pm - 5:30pm			

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
SingHealth Community Health Post 9:30am - 4:00pm	TCM Mobile Clinic 9:00am - 11:30am	Let's Do Lymphatic Detox Exercise 9:30am - 10:30am	Let's Do Chair Zumba (Healthy 365 Registration) (Max 25 Participants) 9:30am - 10:30am	Let's Do Zumba Gold (Healthy 365 Registration) 9:30am - 10:30am	
Let's Dragon Boat (Training) (For Registered Seniors Only) 9:30am - 10:30am	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates 10:00am - 10:45am	Mat(cha) & Pilates with Aisyah (Registration Required) 10:45am - 11:15am	Let's Chair Yoga (By Ming Ming) (Class 1) (For Registered Seniors Only) 9.30am - 10.30am	
Let's Silent Disco & Heritage Games (Registration Required) 2:00pm - 3.30pm	Let's Yum Cha (Exclusive for Female Seniors) 11:00am - 12:00pm	Let's Talk About Refreshment Masterplan (By LTA) (Registration Required) 2:00pm - 4.00pm	Coffee Connect (Exclusive for Male Seniors) (Registration Required) 12:30pm - 2:00pm	Let's Chair Yoga (By Ming Ming) (Class 2) (For Registered Seniors Only) 10:45am - 11:45am	
Let's Show & Learn (For Registered Seniors Only) 4:00pm - 5:00pm	Let's Lim Teh Tarik (Exclusive for Malay Seniors) 12:30pm - 1:30pm	Let's Boccia 4:00pm - 5:30pm	Let's Learn Fashion Heritage Class (By Aisyah & Rokiah) (Registration Required) 2:30pm - 3:30pm	Let's KTV Together (Song Requests Will End @ 2:30pm) (Registration Required) 2:00pm - 5:00pm	
Let's Boccia 4:00pm - 5:30pm	Let's KTV Together - Don't Worry, just Nyanyi! (English & Malay) 1:30pm - 3:30pm	Strategise with Kakis 4:00pm - 5:30pm	Let's Play Boccia 4:00pm - 5:30pm		
Strategise with Kakis 4:00pm - 5:30pm	Let's Boccia 4:00pm - 5:30pm		Strategise with Kakis 4:00pm - 5:30pm		
	Strategise with Kakis 4:00pm - 5:30pm				

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星期一	星期二	星期三	星期四	星期五	星期六
3	4	5	6	7	8
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	
与衰弱说不重复课 (已报名的乐龄) 9:30am - 11:30am	一起练气功 9:30am - 10:30am	一起普拉提(坐式) 10:00am - 10:45am	抹茶 × 普拉提 Aisyah (需要报名) 10:45am - 11:15am	一起来庆祝国庆吧 (需要报名) 10:00am - 11:00am	
3D 打印工作坊 (已报名的乐龄) 9:00am - 4:00pm	一起来饮茶 (只限女性乐龄) (需要报名) 11:00am - 12:00pm	一起去Gai Gai 宝莱坞蔬菜农场 (需要报名) 9:15am - 1:00pm	咖啡因联谊会 (仅限男性长者) (需要报名) 12:30pm - 2:00pm	一起吃饭吧 (报名国庆的乐龄) 11:00am - 12:00pm	
一起和Mapletree去Gai Gai 巴迪彩绘 (需要报名) 1:00pm - 2:00pm	一起喝Teh Tarik (只限马来乐龄) 12:00pm - 1:00pm	一起跟艳玲学科技 (需要报名) (选一天) 3:00pm - 4:00pm	CPF讲座 (我的医疗保健与防范诈骗) 2:00pm - 4:30pm	一起来K歌 (歌曲请求将在下午下午2:30结束) 2:00pm - 5:00pm	
一起跟艳玲学舞蹈 (需要报名) 3:30pm - 4:30pm	健康就是财富 艾莎营养课 Aisyah (英语和马来语授课) 1:00pm - 2:00pm	一起玩硬地滾球 (需要报名) 4:00pm - 5:30pm	一起玩硬地滾球 (需要报名) 4:00pm - 5:30pm		
游戏时间 4:00pm - 5:30pm	一起跟Flora做手工 (需要报名) 2:30pm - 3:30pm	游戏时间 4:00pm - 5:30pm	游戏时间 4:00pm - 5:30pm		
	一起玩硬地滾球 (需要报名) 4:00pm - 5:30pm				
	游戏时间 4:00pm - 5:30pm				

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星期一	星期二	星期三	星期四	星期五	星期六
10	11	12	13	14	15
中心关 (公共假期)	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	
	一起练气功 9:30am - 10:30am	一起普拉提(坐式) 10:00am - 10:45am	步行足球 于 Telok Blangah CC 举行 (仅限已报名的乐龄) 9:45am - 11:45am	一起做椅子瑜伽运动 (需要报名) 9.30am - 10.30am	
	一起来饮茶 (只限女性乐龄) (需要报名) 11:00am - 12:00pm	一起来共餐 (只限参加宾果活动的乐龄) 1:00pm - 2:00pm	中心关	一起做椅子瑜伽运动 (需要报名) 10:45am - 11:45am	
	一起喝Teh Tarik (只限马来乐龄) 12:00pm - 1:00pm	宾果活动 (需要报名) 2:00pm - 3:00pm		一起来K歌 (歌曲请求将在下午下午 2:30结束) 2:00pm - 5:00pm	
	健康就是财富 艾莎营养课 Aisyah (英语和马来语授课) 1:00pm - 2:00pm	一起跟艳玲学科技 (需要报名) (选一天) 3:00pm - 4:00pm			
	一起玩硬地滚球 (需要报名) 4:00pm - 5:30pm	一起玩硬地滚球 (需要报名) 4:00pm - 5:30pm			
	游戏时间 4:00pm - 5:30pm	游戏时间 4:00pm - 5:30pm			

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星期一

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星期三

星期四

星期五

星期六

17	18	19	20	21	22
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	
龙舟体验计划 (需要报名) 9:30am - 10:30am	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 and 庆祝父亲节 (需要报名) 12:30pm - 2:00pm	一起做椅子瑜伽运动 (需要报名) 9.30am - 10.30am	
一起庆祝六月生日 (仅限当月生日的乐龄) 2:00pm - 2:45pm	一起来饮茶 (只限女性乐龄) (需要报名) 11:00am - 12:00pm	IMDA数码- 课程 电话应用程序 (需要报名) 11:00am - 12.30pm	一起去Gai Gai 新加坡知新馆 (需要报名) 1:00pm - 4:30pm	一起去Gai Gai 安德逊实龙岗初级学院 (需要报名) 9:30am - 11:30am	
一起吃饭吧 (庆祝六月生日的乐龄) 2:45pm - 3:30pm	一起喝Teh Tarik (只限马来乐龄) 12:30pm - 1:30pm	一起听尤金讲新闻 (需要报名) 2:00pm - 3:30pm	一起玩硬地滚球 (需要报名) 4:00pm - 5:30pm	一起做椅子瑜伽运动 (需要报名) 10:45am - 11:45am	
展示与学习活动 (需要报名) 4:00pm - 5:00pm	健康就是财富 艾莎营养课 Aisyah (英语和马来语授课) 1:30pm - 3:30pm	一起玩硬地滚球 (需要报名) 4:00pm - 5:30pm	游戏时间 4:00pm - 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	
游戏时间 4:00pm - 5:30pm	游戏时间 3:30pm - 5:30pm	游戏时间 4:00pm - 5:30pm			

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星期五

星期六

24	25	26	27	28	29
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	
龙舟体验计划 (需要报名) 9:30am - 10:30am	一起练气功 9:30am - 10:30am	一起普拉提（坐式） 10:00am - 10:45am	抹茶 × 普拉提 Aisyah (需要报名) 10:45am - 11:15am	一起做椅子瑜伽运 动 (需要报名) 9.30am - 10.30am	
NHB举办Let's Silent Disco 与传统游戏 (需要报名) 2:00pm - 3.30pm	一起来饮茶 (只限女性乐龄) (需要报名) 11:00am - 12:00pm	陆路交通管理局（LTA）讲座 (需要报名) 2:00pm - 4.00pm	咖啡因联谊会和 庆祝父亲节 (需要报名) 12:30pm - 2:00pm	一起做椅子瑜伽运 动 (需要报名) 10:45am - 11:45am	
展示与学习活动 (需要报名) 4:00pm - 5:00pm	一起喝Teh Tarik (只限马来乐龄) 12:30pm - 1:30pm	一起玩硬地滾球 (需要报名) 4:00pm - 5:30pm	Aisyah 与 Rokiah 传统服饰文化课堂 (需要报名) 2:30pm - 3:30pm	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 4:00pm - 5:30pm	一起来K歌 (英文和马来) 1:30pm - 3:30pm	游戏时间 4:00pm - 5:30pm	一起玩硬地滾球 (需要报名) 4:00pm - 5:30pm		
	一起玩硬地滾球 (需要报名) 4:00pm - 5:30pm		游戏时间 4:00pm - 5:30pm		
	游戏时间 4:00pm - 5:30pm				

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