




2026 February

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



 NTUC Health

MON	TUES	WED	THUR	FRI	SAT
2	3	4	5	6	7
Community Health Post 9:30am - 4:00pm	Mobile TCM 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	Chicken Rice Distribution (Blk 29 and Blk 41) 10:30am - 12:00pm
Let's Sketch Together in Nature (Registration Required) 10:00am - 11:30am	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates 10:00am - 10:45am	Let's Lim Kopi (Exclusive for Male Seniors) (Registration Required) 12:30pm - 2:00pm	Let's Zapin Dance (Registration Required) 12:30pm - 1:45pm	
Founders Memorial Part 1 (Registration Required) 1:00pm - 3:00pm	Let's Yum Cha Together (Exclusive for Female Seniors) (Registration Required) 11:00am - 12:00pm	Let's Minum Teh Tarik (Exclusive for Malay Seniors) (Registration Required) 11:00am - 12:00pm	Let's Go Gai Gai: Chinatown (Registration Required) 11:00pm - 1:00pm	Let's KTV Together (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
Let's Learn Nails & Henna Together 4:00pm - 5:30pm	Let's Do CNY arts: Mandarin Orange (Registration Required) 3:00pm - 4:00pm	Let's Do Crochet (Registration Required) 1:00pm - 3:00pm	Let's Learn Malay (For Registered Seniors Only) 2:00pm - 3:00pm		
Let's Do Colouring 3:30pm - 5:30pm	Let's Do Counting & Numbering 3:30pm - 5:30pm	Movietime and Discussion 2:00pm - 4:30pm	Muscle and Mind by ActiveSG (For Registered Seniors Only) 3:30pm - 4:30pm		
		Let's Do Journaling 3:30pm - 5:30pm	Let's Do Memory & Thinking Games 2:00pm - 4:00pm		

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MON	TUES	WED	THUR	FRI	SAT
9	10	11	12	13	10
Community Health Post 9:30am - 4:00pm	Mobile TCM 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	CENTRE CLOSURE	
Let's Gen Together: SJI CNY Event (Registration Required) 9:00am - 11:00am	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates 10:00am - 10:45am	Let's Lim Kopi (Exclusive for Male Seniors) (Registration Required) 12:30pm - 2:00pm		
Founders Memorial Part 2 (Registration Required) 2:00pm - 4:00pm	Let's Yum Cha Together (Exclusive for Female Seniors) (Registration Required) 11:00am - 12:00pm	Let's Minum Teh Tarik (Exclusive for Malay Seniors) (Registration Required) 11:00am - 12:00pm	Let's Learn Malay (For Registered Seniors Only) 2:00pm - 3:00pm		
Let's Do Colouring 3:30pm - 5:00pm	Let's Learn Nails and Henna (Registration Required) 3:00pm - 5:00pm	Let's Do Crochet (Registration Required) 1:00pm - 3:00pm	Muscle and Mind by ActiveSG (For Registered Seniors Only) 2:15pm - 4:30pm		
	Let's Do Counting & Numbering 3:30pm - 5:30pm	Let's Learn to Play Board Games 2:00pm - 4:00pm	Let's Do Memory & Thinking Games 2:00pm - 4:00pm		

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MON	TUES	WED	THUR	FRI	SAT
16	17	18	19	20	21
Community Health Post 9:30am - 4:00pm	CENTRE CLOSURE	CENTRE CLOSURE	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 Sketch Together in Nature (Registration Required) 10:00am - 11:30am			Let's Lim Kopi (Exclusive for Male Seniors) (Registration Required) 12:30pm - 2:00pm	Let's Zapin Dance (Registration Required) 12:30pm - 1:45pm	
Let's Learn Nails & Henna Together 4:00pm - 5:30pm			Let's Learn Malay with Cik Rokiah (Registration Required) 2:00pm - 3:00pm	Let's KTV Together (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
Let's Do Colouring 3:30pm - 5:30pm			Muscle and Mind by ActiveSG (For Registered Seniors Only) 3:30pm - 4:30pm		
			Let's Do Memory & Thinking Games 2:00pm - 4:00pm		

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MON	TUES	WED	THUR	FRI	SAT
23	24	25	26	27	28
Community Health Post 9:30am - 4:00pm	Mobile TCM 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 Sketch Together in Nature (Registration Required) 9.30am - 11.30am	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates 10:00am - 10:45am	Let's Lim Kopi (Exclusive for Male Seniors) (Registration Required) 12:30pm - 2:00pm	Let's Go Gai Gai to Oceanirium (Registration Required) 2:00pm - 5:00pm	
Let's Do CNY Arts (Registration Required) 3:00pm - 4:30pm	Let's Yum Cha Together (Exclusive for Female Seniors) (Registration Required) 11:00am - 12:00pm	Let's Minum Teh Tarik (Exclusive for Malay Seniors) (Registration Required) 11:00am - 12:00pm	Let's Learn Malay with Cik Rokiah (Registration Required) 2:00pm - 3:00pm		
Let's Learn to Take Photo (Registration Required) 3:30pm - 4:30pm	Movietime and Discussion 2:00pm - 4:30pm	Let's Do Crochet (Registration Required) 1:00pm - 3:00pm	Muscle and Mind by ActiveSG (For Registered Seniors Only) 3:30pm - 4:30pm		
Strategise with Kakis 4:00pm - 5:30pm	Let's Do Counting & Numbering 3:30pm - 5:30pm	Let's Celebrate Birthday Together (For Birthday Seniors) 2:00pm - 3:00pm	Let's Do Memory & Thinking Games 2:00pm - 4:00pm		
		Let's Do Journaling 3:30pm - 5:30pm			

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2026 年 二月

 **Centre Name:** AAC (Telok Blangah)
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星期一	星期二	星期三	星期四	星期五	星期六
2	3	4	5	6	7
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	一起吃鸡饭 (29号及41号楼乐龄专属) 10:30am - 12:00pm
一起去公园画画 (需要报名) 10:00am - 11:30am	一起练气功 9:30am - 10:30am	一起来普拉提(坐式) 10:00am - 10:45am	一起喝咖啡 (只限男性乐龄) (需要报名) 12:30pm - 2:00pm	一起练舞吧 12:30pm - 1:45pm	
一起怀念以前第一课 (需要报名) 1:00pm - 3:00pm	一起来饮茶 (只限女性乐龄) (需要报名) 11:00am - 12:00pm	一起喝Teh Tarik (只限马来乐龄) 11:00am - 12:00pm	一起去牛车水 (需要报名) 11:00pm - 1:00pm	一起来K歌 (歌曲请求将在下午下午2:30结束) 2:00pm - 5:00pm	
让我们一 起学习美甲和海娜彩绘吧！ 4:00pm - 5:30pm	一起做新年手工 (需要报名) 3:00pm - 4:00pm	一起钩针编织 (需要报名) 1:00pm - 3:00pm	一起和Cik Rokiah学马来语 (需要报名) 2:00pm - 3:00pm		
我们来涂色吧！ 3:30pm - 5:30pm	让我们来学习计数和数字吧！ 3:30pm - 5:30pm	一起看电影 2:00pm - 4:30pm	“肌肉与心灵” ActiveSG 首期课程 (需要报名) 3:30pm - 4:30pm		
		让我们开始写日记吧！ 3:30pm - 5:30pm	我们来玩记忆和思维游戏吧！ 2:00pm - 4:00pm		

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星期一	星期二	星期三	星期四	星期五	星期六
9	10	11	12	13	14
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	中心关	
一起跟SJI学生过新年 (需要报名) 9:00am - 11:00am	一起练气功 9:30am - 10:30am	一起来普拉提(坐式) 10:00am - 10:45am	一起喝咖啡 (只限男性乐龄) (需要报名) 12:30pm - 2:00pm		
一起怀念以前第二课 (需要报名) 2:00pm - 4:00pm	一起来饮茶 (只限女性乐龄) (需要报名) 11:00am - 12:00pm	一起喝Teh Tarik (只限马来乐龄) 11:00am - 12:00pm	一起和Cik Rokiah学马来语 (需要报名) 2:00pm - 3:00pm		
我们来涂色吧！ 3:30pm - 5:00pm	一起来做指甲 (需要报名) 3:00pm - 5:00pm	一起钩针编织 (需要报名) 1:00pm - 3:00pm	“肌肉与心灵” ActiveSG 首期课程 (需要报名) 2:15pm - 4:30pm		
	让我们来学习计数和数字吧！ 3:30pm - 5:30pm	一起玩卡片游戏 2:00pm - 4:00pm	我们来玩记忆和思维游戏吧！ 2:00pm - 4:00pm		

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星期一	星期二	星期三	星期四	星期五	星期六
16	17	18	19	20	21
社区保健站 9:30am - 4:00pm	中心关	中心关	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	
一起去公园画画 (需要报名) 10:00am - 11:30am			一起喝咖啡 (只限男性乐龄) (需要报名) 12:30pm - 2:00pm	一起练舞吧 12:30pm - 1:45pm	
让我们一 起学习美甲和海娜彩绘吧！ 4:00pm - 5:30pm			一起和Cik Rokiah学马来语 (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	
我们来涂色吧！ 3:30pm - 5:30pm			“肌肉与心灵” ActiveSG 首期课程 (需要报名) 3:30pm - 4:30pm		
			我们来玩记忆和思维游戏吧！ 2:00pm - 4:00pm		

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星期一	星期二	星期三	星期四	星期五	星期六
23	24	25	26	27	28
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	
一起去公园画画 (需要报名) 10:00am - 11:30am	一起练气功 9:30am - 10:30am	一起来普拉提(坐式) 10:00am - 10:45am	一起喝咖啡 (只限男性乐龄) (需要报名) 12:30pm - 2:00pm	一起去海洋馆吧! (需注册) 2:00pm - 5:00pm	
让我们一 起学习美甲和海娜彩绘吧! 4:00pm - 5:30pm	一起来饮茶 (只限女性乐龄) (需要报名) 11:00am - 12:00pm	一起喝Teh Tarik (只限马来乐龄) 11:00am - 12:00pm	一起和Cik Rokiah学马来语 (需要报名) 2:00pm - 3:00pm		
我们来涂色吧! 3:30pm - 5:30pm	一起看电影 2:00pm - 4:30pm	一起钩针编织 (需要报名) 1:00pm - 3:00pm	“肌肉与心灵” ActiveSG 首期课程 (需要报名) 3:30pm - 4:30pm		
	让我们来学习计数和数字吧! 3:30pm - 5:30pm	让我们 一起庆祝生日 (仅限寿星) 2:00pm - 3:00pm	我们来玩记忆 和思维游戏吧! 2:00pm - 4:00pm		
		一起玩卡片游戏 2:00pm - 4:00pm			

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