

2026 January

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

1

2

3

Centre
Closure

**Let's Do Zumba Gold
(Healthy 365 Registration)**

9:30am - 10:30am

**Let's Do Paint Nails
(Registration Required)**

10:30am - 11:30am

**Let's Tea Dance @ 41
(1ST SESSION FOR 2026)**

2:00pm - 5:00pm

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MON	TUES	WED	THUR	FRI	SAT
5	6	7	8	9	10
SingHealth 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	
Movie Time (Registration Required) 1:00pm - 3:00pm	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates 10:00am - 10:45am	Let's Lim Kopi (Exclusive for Men) (Registration Required) 12:30pm - 2:00pm	Let's Jalan Jalan Ke Geylang Serai (Exclusive for Malay Seniors Only) (Registration Required) 8:30am - 10:30am	
Let's Learn to Take Photo (Registration Required) 3:30pm - 4:30pm	Let's Yum Cha (Exclusive for Women Only) (Registration Required) 11:00am- 12:00pm	Let's Minum Teh Tarik (Exclusive for Malay Seniors Only) (Registration Required) 11:00am - 12:00pm	Live Streamed Health Talk on Healthy Eating (Registration Required) 1:00pm - 2:00pm	Let's Makan Together (Exclusive for Malay Seniors Only) (Registration Required) 8:30am - 10:30am	
Strategise with Kakis 3:30pm - 5:00pm	Let's Do Sports (Registration Required) 3:00pm - 4:00pm	Let's Do Cognitive Activity 3:30pm - 4:30pm	Muscle and Mind Assessment (Registration Required) 2:15pm - 3:15pm	Let's Practice CASHEW Dance 12:30pm - 1:55pm	
	Strategise with Kakis 4:15pm - 5:30pm	Strategise with Kakis 4:15pm - 5:30pm	Muscle and Mind by ActiveSG first session (Registration Required) 3:30pm - 4:30pm	Let's KTV Together (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	

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12	13	14	15	16	17
SingHealth 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 Celebrate Birthday Together (Registration Required) 2:00pm - 3:00pm	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates 10:00am - 10:45am	Let's Lim Kopi (Exclusive for Men) (Registration Required) 12:30pm - 2:00pm	Let's Dance 12:30pm - 1:55pm	
Let's Do Cognitive Activity 4:00pm - 5:00pm	Let's Makan Together at Tiong Bahru Market (Registration Required) 9:00am - 10:30am	Let's Minum Teh Tarik (Exclusive for Malay Seniors Only) (Registration Required) 11:00am - 12:00pm	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Let's KTV Together (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
Strategise with Kakis 4:00pm - 5:00pm	Strategise with Kakis 3:30pm - 5:30pm	Strategise with Kakis 4:30pm - 5:30pm	Let's Learn Malay with Cik Rokiah (Registration Required) 2:00pm - 3:00pm		
	Let's Do Cognitive Activity (Registration Required) 4:30pm - 5:30pm		Muscle and Mind by ActiveSG session (Registration Required) 3:30pm - 4:30pm		

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MON	TUES	WED	THUR	FRI	SAT
19	20	21	22	23	24
SingHealth 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 Learn to Take Photo (Registration Required) 3:30pm - 4:30pm	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates 10:00am - 10:45am	Let's Lim Kopi (Exclusive for Men) (Registration Required) 12:30pm - 2:00pm	Let's Practice CASHEW Dance 12:30pm - 1:55pm	
Lets Do Arts 3:00pm - 4:30pm	Let's Yum Cha (Exclusive for Women Only) (Registration Required) 11:00am- 12:00pm	Digital Skills for Life with IMDA (Transact Online: Transport)(Chinese) 11:00am- 12:30pm	SGH Physical Health Talk - Males Prostate Hypertrophy (Registration Required) 1:00pm - 2:00pm	Let's KTV Together (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
Strategise with Kakis 4:00pm - 5:00pm	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Fun with Kakis (BINGO) (Registration Required) 1:00pm - 2:00pm	Let's Talk News Outing to SPH Media 12:00pm - 5:00pm		
	SPF Praise Talk (Bilingual) (Registration Required) 2:00pm - 3:30pm	Let's Makan Together (Only for BINGO Participants) 2:00pm - 3:00pm	Muscle and Mind by ActiveSG session (Registration Required) 3:30pm - 4:30pm		
	Strategise with Kakis 4:15pm - 5:30pm	Let's Do Cognitive Activity 3:30pm - 4:30pm			

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26	27	28	29	30	31
SingHealth 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 Talk News with Eugene (Registration Required) 2:00pm - 3:00pm	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates 10:00am - 10:45am	Let's Lim Kopi (Exclusive for Men) (Registration Required) 12:30pm - 2:00pm	Let's Dance Zapin 12:30pm - 1:55pm	
Strategise with Kakis 3:30pm - 5:30pm	Let's Yum Cha (Exclusive for Women) (Registration Required) 11:00am - 12:00pm	Let's Minum Teh Tarik (Exclusive for Malay Seniors Only) (Registration Required) 11:00am - 12:00pm	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Let's KTV Together (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
Let's Learn to Take Photo (Registration Required) 3:30pm - 4:30pm	Strategise with Kakis 3:00pm - 5:30pm	Let's Watch Movie and Makan Together 2:00pm - 4:00pm	Let's Learn Malay with Cik Rokiah (Registration Required) 2:00pm - 3:00pm		
	Let's Do Cognitive Activity (Registration Required) 4:30pm - 5:30pm		Muscle and Mind by ActiveSG session (Registration Required) 3:30pm - 4:30pm		
			Strategise with Kakis 5:00pm - 6:00pm		

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2026 年 一月

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1	2	3
	<p>一起做坐式尊巴 (需要报名) 9:30am - 10:30am</p> <p>一起做指甲吧 (需要报名) 10:30am - 11:30am</p> <p>让我们一起跳茶舞吧 (2026 年第一期) 2:00pm - 5:00pm</p>	

中心关

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5	6	7	8	9	10
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	一起做坐式尊巴 (需要报名) 9:30am - 10:30am	
一起看电影吧 1:00pm - 3:00pm	一起练气功(IL) 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) (需要报名) 12:30pm - 2:00pm	一起跳 CASHEW 舞 12:30pm - 1:45pm	
一起学手机拍照技巧 (需要报名) 3:30pm - 4:30pm	一起来饮茶 (只限女性) (需要报名) 11:00am - 12:00pm	一起喝 Teh Tarik (马来乐龄) 11:00am - 12:00pm	健康饮食直播讲座 主题: 健康饮食 (需要报名) 1:00pm - 2:00pm	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 - 5:00pm	一起做体育吧 (需要报名) 3:00pm - 4:00pm	一起考脑力 3:30pm - 4:30pm	肌肉与心灵测验 (需要报名) 2:15pm - 3:15pm		
	游戏时间 4:15pm - 5:30pm	游戏时间 4:15pm - 5:30pm	“肌肉与心灵” ActiveSG 首期课程 (需要报名) 3:30pm - 4:30pm		

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12	13	14	15	16	17
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	一起做坐式尊巴 (需要报名) 9:30am - 10:30am	
一起来庆生吧 (需要报名) 2:00pm - 3:00pm	一起练气功(IL) 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) (需要报名) 12:30pm - 2:00pm	一起跳舞 12:30pm - 1:45pm	
一起考脑力 4:00pm - 5:00pm	一起去Gai Gai: Tiong Bahru 巴刹 (需要报名) 9:00am - 10:30am	一起喝Teh Tarik (马来乐龄) 11:00am - 12:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	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 4:00pm - 5:00pm	游戏时间 3:30pm - 5:30pm	游戏时间 4:30pm - 5:30pm	一起和Cik Rokiah学马来 语 (需要报名) 2:00pm - 3:00pm		
	一起考脑力 4:30pm - 5:30pm		“肌肉与心灵” ActiveSG 课程 (需要报名) 3:30pm - 4:30pm		

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19	20	21	22	23	24
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	一起做坐式尊巴 (需要报名) 9:30am - 10:30am	
一起学手机拍照技巧 (需要报名) 3:30pm - 4:30pm	一起练气功(IL) 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) (需要报名) 12:30pm - 2:00pm	一起跳舞 12:30pm - 1:45pm	
一起做手工 3:00pm - 4:30pm	一起来饮茶 (只限女性) (需要报名) 11:00am- 12:00pm	IMDA 数码大使 (交通)(华语) (需要报名) 11:00am- 12:30pm	SGH中央医院体质健康讲座 男性前列腺肥大 (需要报名) 1:00pm - 2:00pm	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 4:00pm - 5:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	一起来吃吧 (仅限冰果乐龄) 1:00pm - 2:00pm	一起去Gai Gai: SPH Media (需要报名) 12:00pm - 5:00pm		
	新加坡警察部队 Praise 讲座 (需要报名) 2:00pm - 3:30pm	一起玩宾果 (需要报名) 2:00pm - 3:00pm	“肌肉与心灵” ActiveSG课程 (需要报名) 3:30pm - 4:30pm		
	游戏时间 4:15pm - 5:30pm	一起考脑力 3:30pm - 4:30pm			

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26	27	28	29	30	31
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	一起做坐式尊巴 (需要报名) 9:30am - 10:30am	
和尤金一起聊新闻 (需要报名) 2:00pm - 3:00pm	一起练气功(IL) 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) (需要报名) 12:30pm - 2:00pm	一起跳舞 12:30pm - 1:45pm	
游戏时间 3:30pm - 5:30pm	一起来饮茶 (只限女性) (需要报名) 11:00am - 12:00pm	一起喝Teh Tarik (马来乐龄) 11:00am - 12:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	一起来K歌 (歌曲请求将在下午下午 2:30结束) 2:00pm - 5:00pm	
一起学手机拍照技巧 (需要报名) 3:30pm - 4:30pm	游戏时间 4:30pm - 5:30pm	一起看电影和吃甜品 (需要报名) 2:00pm - 4:00pm	一起和Cik Rokiah学马来语 (需要报名) 2:00pm - 3:00pm		
	一起考脑力 4:30pm - 5:30pm		“肌肉与心灵” ActiveSG课程 (需要报名) 3:30pm - 4:30pm	游戏时间 5:00pm - 6:00pm	

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