

2025 July

Centre Name: AAC(Telok Blangah)
Centre Address: Blk 41 Telok Blangah Rise #01-373 S.090041
Centre Contact: 6273 3297





MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	<div>Mobile TCM Clinic</div> <div>9:00am - 11:30am</div>	<div>Lymphatic Detox by 365 Cancer Prevention Society</div> <div>9:30am - 10:30am</div>	<div>Let's Chair Zumba (Healthy 365 Registration)</div> <div>9:30am - 10:30am</div>	<div>Let's Zumba Gold (Healthy 365 Registration)</div> <div>9:30am - 10:30am</div>	<div>Zoo trip with Golden Agri (Registration Required)</div> <div>09:00am - 4:30pm</div>
	<div>Let's Qigong</div> <div>9:30am - 10:30am</div>	<div>Chair Pilates (Registration Required)</div> <div>10:00am - 10:45am</div>	<div>Let's Learn to Tech (Registration Required)</div> <div>11:00am - 12:00pm</div>	<div>Say No to Frailty (Session 8) (For Registered Seniors Only)</div> <div>9:30am - 11:30am</div>	
	<div>Let's Learn to Tech (Registered Required)</div> <div>1:00pm - 2:00pm</div>	<div>Movietime: Long Long Time Ago 2 (Registration Required)</div> <div>2:00pm - 4:00pm</div>	<div>Let's Lim Kopi (For Men only) (Registration Required)</div> <div>1:00pm - 2:00pm</div>	<div>Let's Line Dance</div> <div>12:30pm - 1:55pm</div>	
	<div>Let's Yum Cha (For women only) (Registration Required)</div> <div>2:00pm - 3:00pm</div>	<div>Let's Play Strategic Games</div> <div>3:00pm - 5:30pm</div>	<div>🔥 Grooving Down Memory Lane 🔥 (Registered Required)</div> <div>2:00pm - 3:00pm</div>	<div>🔥 Tea Dance @ 41 🔥 (Registration Required)</div> <div>2:00pm - 5:00pm</div>	
	<div>Let's Play Strategic Games (Registration Required)</div> <div>3:30pm - 5:00pm</div>		<div>Let's Play Strategic Games</div> <div>3:30pm - 5:00pm</div>		
	<div>🔥 Walking on Sunshine! 🔥 (Registration Required)</div> <div>4:00pm - 6:00pm</div>		<div>🔥 Walking on Sunshine! 🔥 (Registration Required)</div> <div>4:00pm - 6:00pm</div>		

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
<div>SingHealth Community Nurse Post</div> <div>9:30am - 4:00pm</div>	<div>Mobile TCM Clinic</div> <div>9:00am - 11:30am</div>	<div>Lymphatic Detox by 365 Cancer Prevention Society</div> <div>9:30am - 10:30am</div>	<div>Let's Chair Zumba (Healthy 365 Registration)</div> <div>9:30am - 10:30am</div>	<div>Let's Zumba Gold (Healthy 365 Registration)</div> <div>9:30am - 10:30am</div>	
<div>Let's Play Chinese Chess</div> <div>11:00am - 12:00pm</div>	<div>Let's Qigong</div> <div>9:30am - 10:30am</div>	<div>NICA Activity (By Invitation Only)</div> <div>9:00am - 12:00pm</div>	<div>Let's Learn to Tech (Registration Required)</div> <div>1:00pm - 2:00pm</div>	<div>Say No to Frailty (Session 9) (For Registered Seniors Only)</div> <div>9:30am - 11:30am</div>	
<div>Let's Do Beads Art</div> <div>11:00am - 3:00pm</div>	<div>Let's Learn to Tech (Registration Required)</div> <div>1:00pm - 2:00pm</div>	<div>Chair Pilates (Registration Required)</div> <div>10:00am - 10:45am</div>	<div>🔥 Grooving Down Memory Lane 🔥 (Registered Required)</div> <div>2:00pm - 3:00pm</div>	<div>Let's Line Dance</div> <div>12:30pm - 1:55pm</div>	
<div>Oral Hygiene & Dental Care for seniors</div> <div>2:00pm - 3:30pm</div>	<div>July Birthday Celebration (By Invitation Only)</div> <div>1:00pm - 2:00pm</div>	<div>Let's Play Strategic Games</div> <div>3:00pm - 5:30pm</div>	<div>Let's Play Strategic Games (Registration Required)</div> <div>4:00pm - 5:30pm</div>	<div>🔥 Let's Karaoke 🔥 (Song Requests Will End @ 2:30pm)</div> <div>2:30pm - 5:00pm</div>	
<div>Mind Sports Games (Registration Required)</div> <div>3:30pm - 5:30pm</div>	<div>Let's Lim Kopi (For Men only) (Registration Required)</div> <div>4:00pm - 5:00pm</div>		<div>Walking on Sunshine! (Registered Required)</div> <div>4:00pm - 6:00pm</div>		
	<div>Let's Play Strategic Games</div> <div>3:00pm - 5:00pm</div>				

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
<div>SingHealth Community Nurse Post</div> <div>9:30am - 4:00pm</div>	<div>Mobile TCM Clinic</div> <div>9:00am - 11:30am</div>	<div>Lymphatic Detox by 365 Cancer Prevention Society</div> <div>9:30am - 10:30am</div>	<div>Chair Zumba (Registration Required)</div> <div>9:30am - 10:30am</div>	<div>Let's Zumba Gold (Healthy 365 Registration)</div> <div>9:30am - 10:30am</div>	
<div>Let's Play Chinese Chess</div> <div>11:00am - 12:00pm</div>	<div>Let's Qiqong</div> <div>9:30am - 10:30am</div>	<div>🔥 Inter-gen with Radin Mas Primary School 🔥 (Registration Required)</div> <div>9:30am - 11:30am</div>	<div>Let's Learn to Tech (Registration Required)</div> <div>11:00pm - 12:00pm</div>	<div>Say No to Frailty (Session 10) (For Registered Seniors Only)</div> <div>9:30am - 11:30am</div>	
<div>Let's Do Beads Art</div> <div>11:00am - 3:00pm</div>	<div>Let's Lim Kopi (For Men only) (Registration Required)</div> <div>1:00pm -2:00pm</div>	<div>Cognitive Activities (Registration Required)</div> <div>4:00pm - 5:30pm</div>	<div>Makan Together (For Bingo Seniors) (Registration Required)</div> <div>12:00pm - 1:00pm</div>	<div>Let's Line Dance</div> <div>12:30pm - 1:55pm</div>	
<div>Let's Do Paper Arts</div> <div>3:00pm - 4:00pm</div>	<div>Let's Play Strategic Games (Registration Required)</div> <div>4:00pm - 5:30pm</div>	<div>Let's Play Strategic Games</div> <div>4:00pm - 5:30pm</div>	<div>🔥 Let's Play Bingo 🔥</div> <div>1:00pm - 2:00pm</div>	<div>🔥 Let's Karaoke 🔥 (Song Requests Will End @ 2:30pm)</div> <div>2:00pm - 5:00pm</div>	
<div>Let's Play Strategic Games (Registration Required)</div> <div>4:00pm - 5:30pm</div>	<div>Walking on Sunshine! (Registration Required)</div> <div>4:00pm - 6:00pm</div>		<div>Grooving Down Memory Lane (Registration Required)</div> <div>2:00pm-3:00pm</div>		
			<div>Let's Play Strategic Games</div> <div>4:00pm - 5:30pm</div>		

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
<div>SingHealth Community Nurse Post</div> <div>9:30am - 4:00pm</div>	<div>Mobile TCM Clinic</div> <div>9:00am - 11:30am</div>	<div>Lymphatic Detox by 365 Cancer Prevention Society</div> <div>9:30am - 10:30am</div>	<div>Let's Chair Zumba (Healthy 365 Registration)</div> <div>9:30am - 10:30am</div>	<div>Let's Zumba Gold (Healthy 365 Registration)</div> <div>9:30am - 10:30am</div>	
<div>Let's Play Chinese Chess</div> <div>11:00am - 12:00pm</div>	<div>Let's Qiqong</div> <div>9:30am - 10:30am</div>	<div>Chair Pilates</div> <div>10:00am - 10:45am</div>	<div>Let's Learn to Tech (Registration Required)</div> <div>11:00am - 12:00pm</div>	<div>Say No to Frailty (Session 10) (For Registered Seniors Only)</div> <div>9:30am - 11:30am</div>	
<div>Let's Do Beads Art</div> <div>11:00am - 3:00pm</div>	<div>Let's Learn to Tech</div> <div>1:00pm - 2:00pm</div>	<div>Let's Yum Cha (For Women Only) (Registration Required)</div> <div>11:00am - 12:00pm</div>	<div>Grooving Down Memory Lane (Registration Required)</div> <div>2:00pm-3:00pm</div>	<div>Let's Line Dance</div> <div>12:30pm - 1:55pm</div>	
<div>ARTS (Registration Required)</div> <div>2.30pm - 4:00pm</div>	<div>Let's Play Strategic Games (Registration Required)</div> <div>3:00pm - 5:30pm</div>	<div>Let's Do Cognitive Activities (Registration Required)</div> <div>1:00pm - 2:00pm</div>	<div>🔥 CPF Scent Activity with Seniors 🔥 (Registration Required)</div> <div>3:00pm - 6:00pm</div>	<div>🔥 Let's Karaoke 🔥 (Song Requests Will End @ 2:30pm)</div> <div>2:00pm - 5:00pm</div>	
<div>Let's Do Cognitive Activities</div> <div>3:00pm - 4:00pm</div>	<div>Walking on Sunshine! (Registration Required)</div> <div>4:00pm - 6:00pm</div>	<div>Let's Learn to Tech (Registration Required)</div> <div>1:00pm - 2:00pm</div>			
<div>Let's Play Strategic Games</div> <div>3:00pm - 5:30pm</div>		<div>Grooving Down Memory Lane (LIVE)</div> <div>2:00pm - 3:30pm</div>			

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MON	TUE	WED	THU	FRI	SAT
28	29	30	31		
SingHealth Community Nurse Post 9:30am - 4:00pm	Mobile TCM Clinic 9:00am - 11:30am	Lymphatic Detox by 365 Cancer Prevention Society 9:30am - 10:30am	Chair Zumba (Registration Required) 9:30am - 10:30am		
Let's Play Chinese Chess 11:00am - 12:00pm	Let's Qiqong 9:30am - 10:30am	Chair Pilates (Registration Required) 10:00am - 10:45am	Let's Learn to Tech (Registration Required) 11:00am - 12:00pm		
Let's Do Beads Art 11:00am - 3:00pm	🔥 Hearing Health 🔥 (Registration Required) 10.15am -11.15am	Let's Yum Cha (For Women only) (Registration Required) 11:00am - 12:00pm	Intergenerational River Valley (Registration Required) 1:30pm - 3:30pm		
🔥 Health Talk (In-Person): 🔥 Understanding Depression (English) 2:00pm - 3:00pm	Let's Learn to Tech (Registration Required) 12:30pm - 1:30pm	Let's Do Cognitive Activities 1:00pm - 2:00pm	Grooving Down Memory Lane (Registration Required) 2:00pm - 3:00pm		
Let's Play Strategic Games 4:00pm - 5:30pm	Haircut (Registration Required) 2:00pm - 4:00pm	Let's Play Strategic Games 3:00pm - 5:00pm	Let's Lim Kopi (For Men only) 3:30pm - 4:30pm		
	Walking on Sunshine! 4:00pm - 6:00pm		Let's Play Strategic Games 3:00pm - 4:30pm		

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星期一	星期二	星期三	星期四	星期五	星期六
	1	2	3	4	5
	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	一起跳尊巴(乐龄版) (健康365报名) 9:30am - 10:30am	一起去动物园 GaiGai (需要报名) 9:00am - 4:30pm
	一起练气功 9:30am - 10:30am	一起做椅子普拉提 10:00am - 10:45am	一起学科技 (需要报名) 11:00am - 12:00pm	向虚弱说不 (第八场) (仅限虚弱长者参加) (需要报名) 9:30am - 11:30am	
	一起学科技 (需要报名) 1:00pm - 2:00pm	🔥一起看电影🔥 我们的故事2 (需要报名) 2:00pm - 4:00pm	一起喝咖啡 (只限男性) (需要报名) 1:00pm - 2:00pm	一起跳排舞 12:30pm - 1:55pm	
	🔥一起来饮茶 (只限女性) 🔥 (需要报名) 2:00pm - 3:00pm	一起玩游戏 3:00pm - 5:30pm	🔥线上：深入记忆之路🔥 (需要报名) 2:00pm - 3:00pm	🔥一起跳午茶舞🔥 (需要报名) 2:00pm - 5:00pm	
	一起玩游戏 3:30pm - 5:00pm		一起玩游戏 3:30pm - 5:30pm		
	🔥一起走走吧！🔥 4:00pm - 6:00pm		🔥一起走走吧！🔥 4:00pm - 6:00pm		

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星期一	星期二	星期三	星期四	星期五	星期六
7	8	9	10	11	12
社区护理站 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	一起跳尊巴(乐龄版) (健康365报名) 9:30am - 10:30am	
一起来下象棋 11:00am - 12:00pm	一起练气功 9:30am - 10:30am	NICA 活动 (仅限受邀者) 9:00am - 12:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	向虚弱说不 (第九场) (仅限虚弱长者参加) (需报名参加) 9:30am - 11:30am	
一起做串珠艺术 11:00am - 2:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	一起做椅子普拉提 10:00am - 10:45am	🔥线上: 深入记忆之路🔥 (需要报名) 2:00pm - 3:00pm	一起跳排舞 12:30pm - 1:55pm	
🔥健康讲座 (线上)🔥: 口腔卫生和牙齿护理 (需要报名) 2:00pm - 3:30pm	六月生日庆祝会 (仅限受邀者) 2:00pm - 3:00pm	一起玩游戏 4:00pm - 5:30pm	一起玩游戏 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	
🔥智力运动游戏🔥 (需要报名) 3:30pm - 5:30pm	一起喝咖啡 (只限男性) (需要报名) 4:00pm - 5:00pm		🔥一起走走吧! 🔥 4:00pm - 6:00pm		
	一起玩游戏 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
14	15	16	17	18	19
社区护理站 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	一起跳尊巴(乐龄版) (健康365报名) 9:30am - 10:30am	
一起来下象棋 11:00am - 12:00pm	一起练气功 9:30am - 10:30am	🔥与拉丁马士小学合作活动 🔥 (需要报名) 9:30am - 11:30am	一起学科技 (需要报名) 11:00pm - 12:00pm	向虚弱说不 (第十场) (需报名参加) 9:30am - 11:30am	
一起做串珠艺术 11:00am - 2:00pm	一起喝咖啡 (只限男性) (需要报名) 1:00pm - 2:00pm	一起考脑力 (需要报名) 3:00pm - 5:30pm	🔥一起公共用餐🔥 (仅限参加宾果游戏活动的乐龄) 12:00pm - 1:00pm	一起跳排舞 12:30pm - 1:55pm	
🔥一起纸艺🔥 (需要报名) 3:00pm - 4:00pm	一起玩游戏 3:00pm - 5:30pm	一起玩游戏 3:00pm - 5:30pm	🔥宾果游戏活动🔥 (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	
一起玩游戏 4:00pm - 5:30pm	🔥一起走走吧🔥 (需要报名) 4:00pm - 6:00pm		🔥线上: 深入记忆之路🔥 (需要报名) 2:00pm - 3:00pm		
			一起玩游戏 4:00pm - 5:30pm		

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21	22	23	24	25	26
社区护理站 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	一起跳尊巴(乐龄版) (健康365报名) 9:30am - 10:30am	
一起来下象棋 11:00am - 12:00pm	一起练气功 9:30am - 10:30am	一起做坐式尊巴 (健康365报名) 9:30am - 10:30am	一起学科技 (需要报名) 11:00am - 12:00pm	向虚弱说不 (第十一场) (需报名参加) 9:30am - 11:30am	
一起做串珠艺术 11:00am - 3:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	🔥一起来饮茶 (只限女性)🔥 (需要报名) 11:00am - 12:00pm	🔥线上: 深入记忆之路🔥 (需要报名) 2:00pm - 3:00pm	一起跳排舞 12:30pm - 1:55pm	
一起纸艺 (需要报名) 11:00am - 3:00pm	一起玩游戏 3:00pm - 5:30pm	一起考脑力 (需要报名) 1:00pm - 2:00pm	🔥气味活动🔥 (需要报名) 3:00pm - 6:00pm	🔥一起来K歌🔥 (歌曲请求将在下午下午2:30结束) 2:00pm - 5:00pm	
🔥开斋节庆祝活动🔥 (需要报名) 1:30pm - 3:30pm	🔥一起走走吧🔥 (需要报名) 4:00pm - 6:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm			
一起玩游戏 4:00pm - 5:30pm		🔥深入记忆之路🔥 (需要报名) 2:00pm - 3:30pm			

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28	29	30	31		
社区护理站 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		
一起来下象棋 11:00am - 12:00pm	一起练气功 9:30am - 10:30am	一起做椅子普拉提 10:00am - 10:45am	一起学科技 (需要报名) 11:00pm - 12:00pm		
一起做串珠艺术 11:00am - 3:00pm	线上健康讲座:听力健康 (需要报名) 10:15am - 11:15am	🔥一起来饮茶(只限女性)🔥 (需要报名) 11:00am - 12:00pm	与River Valley 小学活动 (需要报名) 11:00am - 12:00pm		
了解抑郁症(英语) (需要报名) 2:00pm - 3:00pm	一起学科技 (需要报名) 12:30pm - 1:30pm	一起考脑力 (需要报名) 1:00pm - 2:00pm	🔥线上:深入记忆之路🔥 (需要报名) 2:00pm - 3:00pm		
一起玩游戏 4:00pm - 5:30pm	理发服务 (需要报名) 2:00pm - 4:00pm	一起玩游戏 3:00pm - 5:30pm	一起喝咖啡(只限男性) (需要报名) 3:30pm - 4:30pm		
	🔥一起走走吧🔥 (需要报名) 4:00pm - 6:00pm		一起玩游戏 3:00pm - 4:30pm		

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