2026 July

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
		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 Do Chair Pilates 10:00am - 10:45am	**Coffee Connect (Exclusive for Male Seniors) (Registration Required)** 12:30pm - 2:00pm	**Let's Chair Yoga (By Ming Ming) (Registration Required)** 9.30am - 10.30am	
		Movie Time (SAF Day Special) (Registration Required) 2:00pm - 4:00pm	**Let's Boccia** 2:30pm - 5:30pm	**Let's Dance For Fun (Registration Required)** 12:30pm - 1:45pm	
		Let's Boccia 4:00pm - 5:30pm	**Strategise with Kakis** 2:30pm - 5:30pm	**Let's KTV Together** 2:00pm - 5:00pm (Song requests will close at 2PM)	
		Strategise with Kakis 4:00pm - 5:30pm			

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MON	TUES	WED	THUR	FRI	SAT
6	**7**	**8**	**9**	**10**	**11**
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 Say No To Frailty (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 Walking Football @ Telok Blangah CC (For Registered Seniors Only)** 10:30am - 11:00am	**Let's Chair Yoga (By Ming Ming) (Registration Required)** 9.30am - 10.30am	
Let's Talk About the Importance of Eye Care by SGH (Virtual Session) (Registration Required) 2:00pm - 3:00pm	**Let's Yum Cha (Exclusive for Female Seniors) (Registration Required)** 11:00am - 12:00pm	**Let's Makan Together (BINGO Participants Only)** 1:00pm - 2:00pm	**SNSA Let's Talk About Stroke Awareness by SNSA (Chinese Language) (Registration Required)** 11:00am - 1:00pm	**Let's Dance For Fun (Registration Required)** 12:30pm - 1:45pm	
Let's Do Arts with Flora (Registration Required) 3:00pm - 4:00pm	**Mari Minum Teh Tarik (Registration Required)** 12:00pm - 1:00pm	**Strategise with Kakis - B.I.N.G.O! (For Registered Seniors Only)** 2:00pm - 3:00pm	**Coffee Connect (Exclusive for Male Seniors) (Registration Required)** 12:30pm - 2:00pm	**Let's KTV Together (Song Requests Will End @ 2:30pm) (Registration Required)** 2:00pm - 5:00pm	
Let's Play Boccia 4:00pm - 5:30pm	**"Health is Wealth" Nutrition Class with Aisyah (English & Malay Language)** 1:00pm - 2:00pm	**Let's Boccia (Registration Required)** 4:00pm - 5:30pm	**Do Good with Sinarmas Plant Plotting @ City Sprouts (Registration Required)** 2:00pm - 5:00pm		
Strategise with Kakis 4:00pm - 5:30pm	**Let's Talk About Stroke Awareness by SNSA (Malay Language) (Registration Required)** 2:00pm - 4:00pm	**Strategise with Kakis** 4:00pm - 5:30pm	**Let's Boccia (Registration Required)** 2:30pm - 5:30pm		
	Let's Boccia 4:00pm - 5:30pm		**Strategise with Kakis** 2:30pm - 5:30pm		
	Strategise with Kakis 4:00pm - 5:30pm				

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MON	TUES	WED	THUR	FRI	SAT
13	**14**	**15**	**16**	**17**	**18**
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 Say No To Frailty Assessment (For Registered Seniors Only) 9:30am - 12:00pm	**Let's Do Qigong** 9:30am - 10:30am	**Let's Do Chair Pilates** 10:00am - 10:45am	**Let's Learn Mat(cha) & Pilates with Aisyah (Registration Required)** 11:00am - 11:30am	**Let's Chair Yoga (By Ming Ming) (Registration Required)** 9.30am - 10.30am	
Let's Boccia 9:30am - 10:30am	**Let's Yum Cha (Exclusive for Female Seniors) (Registration Required)** 11:00am - 12:00pm	**Jenny & Friends (Registration Required)** 9:30am - 12:30am	**Coffee Connect (Exclusive for Male Seniors) (Registration Required)** 12:30pm - 2:00pm	**Let's Dance For Fun (Registration Required)** 12:30pm - 1:45pm	
Let's Celebrate July Birthday! (For Birthday Seniors) 2:00pm - 2:45pm	**Mari Minum Teh Tarik (Registration Required)** 12:30pm - 1:30pm	**Let's Talk About Say Yes to Waste Less Talk by NEA (Registration Required)** 2:00pm - 3:00pm	**Let's Learn Malay (Last Lesson)** 2:00pm - 3:30pm	**Let's KTV Together (Song Requests Will End @ 2:30pm) (Registration Required)** 2:00pm - 5:00pm	
Let's Makan Together (For Birthday Seniors) 2:45pm - 3:30pm	**"Health is Wealth" Nutrition Class with Aisyah (English & Malay Language)** 1:30pm - 3:30pm	**Let's Boccia** 4:00pm - 5:00pm	**Let's Boccia** 4:00pm - 5:00pm		
Let's Boccia 4:00pm - 5:30pm	**Let's Do Arts & Craft with Joan Foo (Pipe Cleaning Flowers) (Registration Required)** 3:30pm - 4:30pm	**Strategise with Kakis** 4:00pm - 5:00pm	**Strategise with Kakis** 4:00pm - 5:00pm		
Strategise with Kakis 4:00pm - 5:30pm	**Let's Boccia** 4:30pm - 5:30pm				
	Strategise with Kakis 4:30pm - 5:30pm				

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MON	TUES	WED	THUR	FRI	SUN
20	**21**	**22**	**23**	**24**	**26**
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	**Humanitas Ration (For Blk 41 and Blk 29 Seniors Only)** 2:00pm - 4:00pm
Let's Play Boccia 9:30am - 10:30am	**Let's Do Qigong** 9:30am - 10:30am	**Let's Do Chair Pilates** 10:00am - 10:45am	**Walking Football @ Telok Blangah CC (For Registered Seniors Only)** 9:30am - 11:30am	**Chair Yoga with Ming Ming (Registration Required)** 9.30am - 10.30am	**Movie Time (For Blk 41 and Blk 29 Seniors Only)** 2:00pm - 4:00pm
Wireless @ SGX Talk by IMDA (Registration Required) 11:00am -12.30pm	**Let's Yum Cha (Exclusive for Female Seniors) (Registration Required)** 11:00am - 12:00pm	**Duck Tour Outing (Registration Required)** 11:00am - 1:00pm	**Coffee Connect (Exclusive for Male Seniors) (Registration Required)** 12:30pm - 2:00pm	**Just Learn Dance with Yen Ling (Registration Required)** 12:30pm - 1:30pm	
NIE Interview & Showcase Experience 2:00pm - 4:00pm	**Mari Minum Teh Tarik (Registration Required)** 12:30pm - 1:30pm	**Let's Learn to Tech with Yen Ling Basic (Registration Required)** 3:00pm - 5:30pm	**Let's Play Boccia** 4:00pm - 5:00pm	**Let's KTV Together (Song Requests Will End @ 2:30pm) (Registration Required)** 2:00pm - 5:00pm	
Show and Learn with Seniors (Registration Required) 4:00pm - 5:00pm	**Don't Worry, Just Nyanyi! (English & Malay Language)** 1:30pm - 3:30pm	**Let's Play Boccia** 3:00pm - 5:30pm	**Strategise with Kakis** 4:00pm - 5:00pm		
	Let's Play Boccia 4:00pm - 5:30pm	**Strategise with Kakis** 3:00pm - 5:30pm			
	Strategise with Kakis 4:00pm - 5:30pm				

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MON	TUES	WED	THUR	FRI	SAT
27	**28**	**29**	**30**	**31**	
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 Say No To Frailty Assessment (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	**Mat(cha) & Pilates with Aisyah (Registration Required)** 10:30am - 11:00am	**Chair Yoga with Ming Ming (Registration Required)** 9.30am - 10.30am	
Peranakan Museum Visit (Peacock Power Highlights Tour) (Mandarin Language) (Registration Required) 1.00pm - 4.00pm	**Let's Yum Cha (Exclusive for Female Seniors) (Registration Required)** 11:00am - 12:00pm	**Let's Learn to Tech with Yen Ling Advanced (Registration Required)** 3:00pm - 4:00pm	**Coffee Connect (Exclusive for Male Seniors) (Registration Required)** 12:30pm - 2:00pm	**Just Learn Dance with Yen Ling (Registration Required)** 12:30pm - 1:30pm	
Show & Learn (For Registered Seniors Only) 4:00pm - 5:00pm	**Sentosa Picnic with Minum Teh Tarik Kakis (Registration Required)** 10:00am - 1:00pm	**Let's Play Boccia** 4:00pm - 5:30pm	**Fashion Heritage Class with Aisyah & Rokiah (Registration Required)** 2:30pm - 3:30pm	**Let's D.I.S.C.O (Registration Required)** 2:00pm - 5:00pm	
	Senior Free Haircut (Registration Required) 2:00pm - 4:00pm	**Strategise with Kakis** 4:00pm - 5:30pm	**Let's Play Boccia** 4:00pm - 5:00pm		
	Let's Play Boccia 4:00pm - 5:30pm		**Strategise with Kakis** 4:00pm - 5:00pm		
	Strategise with Kakis 4:00pm - 5:30pm				

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2026 七月

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
		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	一起做尊巴 (健康365报名) 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	一起做椅子瑜伽运 动 (需要报名) 9.30am - 10.30am	
		电影时间 -(当兵） (需要报名) 2:00pm - 4:00pm	一起玩硬地滚球 (需要报名) 4:00pm - 5:30pm	一起嗨舞吧 (需要报名) 12:30pm -1:45pm	
		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 2PM结束) 2:00pm - 5:00pm	
		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
6	7	8	9	10	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	
与衰弱说不 （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	步行足球 于 Telok Blangah CC 举行 （仅限已报名的乐龄） 10:30am - 11:00am	一起做椅子瑜伽运 动 (需要报名) 9.30am - 10.30am	
眼睛保健的重要性 （SGH线上讲座） (需要报名) 2:00pm - 3:00pm	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	SNSA 中风防治意识 （华语） (需要报名) 11:00am - 1:00pm	一起嗨舞吧 (需要报名) 12:30pm - 1:45pm	
一起跟Flora做手工 (需要报名) 3:00pm - 4:00pm	一起喝Teh Tarik （只限马来乐龄） 12:00pm - 1:00pm	一起来共餐 (只限参加宾果活动的乐龄) 2:00pm - 3:00pm	咖啡因联谊会 （仅限男性乐龄） (需要报名) 12:30pm - 2:00pm	茶舞 (需要报名) 2:00pm - 5:00pm	
一起玩硬地滚球 (需要报名) 4:00pm - 5:30pm	健康就是财富 艾莎营养课 Aisyah （英语和马来语授课） 1:00pm - 2:00pm	一起玩硬地滚球 (需要报名) 4:00pm - 5:30pm	Sinarmas 盆栽种植活 动@ City Sprouts (Registration Required) 2:00pm - 5:00pm		
游戏时间 4:00pm - 5:30pm	SNSA 中风防治意识 （马来语） 2:00pm - 4:00pm	游戏时间 4:00pm - 5:30pm	一起玩硬地滚球 (需要报名) 2:30pm - 5:30pm		
	一起玩硬地滚球 (需要报名) 4:00pm - 5:30pm		游戏时间 2:30pm - 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
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	
与衰弱说不 测验 （已报名的乐龄） 9:30am - 12:30pm	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) 11:00am - 11:30am	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	珍妮活动 (需要报名) 9:30am - 12:30am	咖啡因联谊会 （仅限男性乐龄） (需要报名) 12:30pm - 2:00pm	一起嗨舞吧 (需要报名) 12:30pm - 1:45pm	
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	“向减少浪费说‘愿意 (需要报名) 2:00pm - 3:00pm	一起学马来语 （最后课） (需要报名) 2:00pm - 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	
一起玩硬地滚球 (需要报名) 4:00pm - 5:30pm	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 - 5:00pm	一起玩硬地滚球 (需要报名) 4:00pm - 5:00pm		
游戏时间 4:00pm - 5:30pm	一起跟Joan做手工花 (需要报名) 3:30pm - 4:30pm	游戏时间 4:00pm - 5:00pm	游戏时间 4:00pm - 5:00pm		
	一起玩硬地滚球 (需要报名) 4:30pm - 5:30pm				
	游戏时间 4:30pm - 5:30pm				

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MON	TUES	WED	THUR	FRI	SUN
20	21	22	23	24	26
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	领取干粮 （仅限第41座及第29座乐龄人士参加） 2:00pm - 4:00pm
一起玩硬地滚球 (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	步行足球 于 Telok Blangah CC 举行 （仅限已报名的乐龄） 9:30am - 11:30am	一起做椅子瑜伽运 动 (需要报名) 9.30am - 10.30am	电影时间 (需要报名) 2:00pm - 4:00pm
由 IMDA 数码大使讲座 (需要报名) 11:00am -12.30pm	一起来饮茶 （只限女性 乐龄) (需要报名) 11:00am - 12:00pm	一起去GaiGai: 鸭子船之旅 (需要报名） 11:00am - 1:00pm	咖啡因联谊会 （仅限男性乐龄） (需要报名) 12:30pm - 2:00pm	一起跟艳玲学舞蹈 (需要报名） 12:30pm - 1:30pm	
NIE访谈与展览体验 2:00pm - 4:00pm	一起喝Teh Tarik （只限马来乐龄） 12:30pm - 1:30pm	一起跟艳玲学科技简单 (需要报名） 3:00pm - 4:00pm	一起玩硬地滚球 (需要报名) 4:00pm - 5:00pm	一起来K歌 (歌曲请求将在下午下午 2:30结束) 2:00pm - 5:00pm	
展示与学 习活动 (需要报名) 4:00pm - 5:00pm	别烦恼，唱就对了！ (English & Malay Language) 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 - 5:00pm		
	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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MON	TUES	WED	THUR	FRI	SAT
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	一起做尊巴 (健康365报名) 9:30am - 10:30am	
与衰弱说不 测验 （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) 10:30am - 11:00am	一起做椅子瑜伽运 动 (需要报名) 9.30am - 10.30am	
一起去GaiGai 娘惹孔雀展 览 (需要报名)(华语） (需要报名) 1.00pm - 4.00pm	一起来饮茶 （只限女性乐龄) (需要报名) 11:00am - 12:00pm	一起跟艳玲学科技 高级 (需要报名） 3:00pm - 4:00pm	咖啡因联谊会 （仅限男性长者） (需要报名) 12:30pm - 2:00pm	一起跟艳玲学跳舞吧 (需要报名) 12:30pm - 1:45pm	
展示与学 习活动 (需要报名) 4:00pm - 5:00pm	一起喝Teh Tarik (圣淘沙) （只限马来乐龄） 10:00am - 1:00pm	一起玩硬地滚球 (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	茶舞 (需要报名) 2:00pm - 5:00pm	
游戏时间 4:30pm - 5:30pm	理发 (需要报名) 2:00pm - 4:00pm	游戏时间 4:00pm - 5:30pm	一起玩硬地滚球 (需要报名) 4:00pm - 5:00pm		
	一起玩硬地滚球 (需要报名) 4:00pm - 5:30pm		游戏时间 4:00pm - 5:00pm		
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NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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