




# 2026 June

 **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	5	6
Centre Closure (Vesak Day)	<b>TCM Mobile Clinic</b>  9:00am - 11:30am	<b>Let's Do Lymphatic Detox Exercise</b>  9:30am - 10:30am	<b>Lets Join Senior National Games at OCBC Arena (For Participating Seniors Only)</b>  9:00am - 1:00pm	<b>Let's Do Zumba Gold (Healthy 365 Registration)</b>  9:30am - 10:30am	
	<b>Let's Do Qigong</b>  9:30am - 10:30am	<b>Let's Do Chair Pilates</b>  10:00am - 10:45am	<b>Let's Do Chair Zumba (Healthy 365 Registration)</b>  9:30am - 10:30am	<b>Mari Berzapiin! (Registration Required)</b>  12:30pm - 1:45pm	
	<b>Let's Yum Cha (Exclusive for Female Seniors) (Registration Required)</b>  11:00am - 12:00pm	<b>Fun with Kakis (Bingo!) (Registration Required)</b>  1:00pm - 2:00pm	<b>Let's Lim Kopi (Coffee Connect) (Exclusive for Male Seniors) (Registration Required)</b>  12:30pm - 2:00pm	<b>Let's KTV Together (Song Requests Will End @ 2:30pm) (Registration Required)</b>  2:00pm - 5:00pm	
	<b>Mari Minum Teh Tarik (Exclusive for Malay Seniors) (Registration Required)</b>  12:30pm - 1:30pm	<b>Let's Makan Together (For Bingo Kakis Only)</b>  2:00pm - 3:00pm	<b>Let's Talk About seniors in home for elder wellbeing &amp; Recruitment Talk (By Seng Kang General Hospital, NUS and SMU) (Registration Required)</b>  2:00pm - 3:00pm		
	<b>Let's Talk About "Health is Wealth" &amp; Stay Well Series : Nutrition Talk by Aisyah (English &amp; Malay Language)</b>  1:30pm - 3:30pm	<b>Let's Have Fun Together (For Frail Seniors Only)</b>  3:30pm - 5:30pm	<b>Let's Learn Malay (For Registered Seniors Only)</b>  3:00pm - 4:30pm		
	<b>Strategise with Kakis</b>  3:30pm - 5:30pm	<b>Strategise with Kakis</b>  3:30pm - 5:30pm	<b>Strategise with Kakis</b>  3:30pm - 5:30pm		

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职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

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MON	TUES	WED	THUR	FRI	SAT
8	9	10	11	12	13
<b>SingHealth Community Health Post</b> 9:30am - 4:00pm	<b>TCM Mobile Clinic</b> 9:00am - 11:30am	<b>Let's Do Lymphatic Detox Exercise</b> 9:30am - 10:30am	<b>Let's Do Chair Zumba (Healthy 365 Registration)</b> 9:30am - 10:30am	<b>Let's Do Zumba Gold (Healthy 365 Registration)</b> 9:30am - 10:30am	
<b>Let's Say No To Frailty (For Registered Seniors Only)</b> 9:30am - 11:30am	<b>Let's Do Qigong</b> 9:30am - 10:30am	<b>Let's Do Chair Pilates</b> 10:00am - 10:45am	<b>Let's Walking Football at Bukit Merah AAC (For Registered Seniors Only)</b> 9:45am - 11:45am	<b>Mari Berzapi! (Registration Required)</b> 12:30pm - 1:45pm	
<b>Let's Boccia (Registration Required)</b> 9:30am - 10:30am	<b>Let's Yum Cha (Exclusive for Female Seniors) (Registration Required)</b> 11:00am - 12:00pm	<b>Let's Have Fun Together (For Frail Seniors Only)</b> 3:30pm - 5:30pm	<b>Let's Lim Kopi (Coffee Connect) (Exclusive for Male Seniors) (Registration Required)</b> 12:30pm - 2:00pm	<b>Let's KTV Together (Song Requests Will End @ 2:30pm) (Registration Required)</b> 2:00pm - 5:00pm	
<b>Strategise with Kakis</b> 1:30pm - 5:30pm	<b>Mari Minum Teh Tarik (Registration Required)</b> 12:30pm - 1:30pm	<b>Strategise with Kakis</b> 3:30pm - 5:30pm	<b>Stay Well Series : Health Talk by Ngee Ann Polytechnic (Registration Required)</b> 1:00pm - 4:30pm		
	<b>Let's Talk About "Health is Wealth" &amp; Stay Well Series : Nutrition Talk (By Aisyah) (English &amp; Malay Language)</b> 1:30pm - 3:30pm		<b>Let's Learn Malay (For Registered Seniors Only)</b> 3:00pm - 4:30pm		
	<b>Strategise with Kakis</b> 3:30pm - 5:30pm		<b>Strategise with Kakis</b> 4:30pm - 5:30pm		

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MON	TUES	WED	THUR	FRI	SAT
15	16	17	18	19	20
<b>SingHealth Community Health Post</b> 9:30am - 4:00pm	<b>TCM Mobile Clinic</b> 9:00am - 11:30am	<b>Let's Do Lymphatic Detox Exercise</b> 9:30am - 10:30am	<b>Let's Do Chair Zumba (Healthy 365 Registration) (Max 25 Participants)</b> 9:30am - 10:30am	<b>Let's Do Zumba Gold (Healthy 365 Registration)</b> 9:30am - 10:30am	
<b>Let's Say No To Frailty (For Registered Seniors Only)</b> 9:30am - 11:30am	<b>Let's Do Qigong</b> 9:30am - 10:30am	<b>Let's Do Chair Pilates</b> 10:00am - 10:45am	<b>Walking Football at Telok Blangah CC (For Registered Seniors Only)</b> 9:45am - 11:45am	<b>Mari Berzapin! (Registration Required)</b> 12:30pm - 1:45pm	
<b>Let's Play Boccia (Registration Required)</b> 9:30am - 10:30am	<b>Let's Yum Cha (Exclusive for Female Seniors) (Registration Required)</b> 11:00am - 12:00pm	<b>Let's Go Gai Gai to Crocodile Farm (Registration Required)</b> 10:00am - 1:00pm	<b>Coffee Connect (Exclusive for Male Seniors) (Registration Required)</b> 12:30pm - 2:00pm	<b>Let's KTV Together (Song Requests Will End @ 2:30pm) (Registration Required)</b> 2:00pm - 5:00pm	
<b>Let's Do Arts with Flora (Registration Required)</b> 2:00pm - 3:30pm	<b>Mari Minum Teh Tarik (Registration Required)</b> 12:30pm - 1:30pm	<b>Let's Talk About Connect to Cellular Network or Wi-Fi Securely Talk (By IMDA) (Registration Required)</b> 11:00am - 12:30pm	<b>Dave Lee &amp; Friends (Registration Required)</b> 1:00pm - 2:30pm		
<b>Strategise with Kakis</b> 2:00pm - 5:30pm	<b>Let's Talk About "Health is Wealth" &amp; Stay Well Series : Nutrition Talk by Aisyah (English &amp; Malay Language)</b> 1:30pm - 3:30pm	<b>Let's Have Fun Together (For Frail Seniors Only)</b> 3:30pm - 5:30pm	<b>Let's Learn Malay (For Registered Seniors Only)</b> 3:00pm - 4:30pm		
	<b>Strategise with Kakis</b> 3:30pm - 5:30pm	<b>Strategise with Kakis</b> 3:30pm - 5:30pm	<b>Strategise with Kakis</b> 4:30pm - 5:30pm		

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MON	TUES	WED	THUR	FRI	SAT
22	23	24	25	26	27
<b>SingHealth Community Health Post</b> 9:30am - 4:00pm	<b>TCM Mobile Clinic</b> 9:00am - 11:30am	<b>Let's Do Lymphatic Detox Exercise</b> 9:30am - 10:30am	<b>Let's Do Chair Zumba (Healthy 365 Registration) (Max 25 Participants)</b> 9:30am - 10:30am	<b>Let's Do Zumba Gold (Healthy 365 Registration)</b> 9:30am - 10:30am	
<b>Let's Say No To Frailty (For Registered Seniors Only)</b> 9:30am - 11:30am	<b>Let's Do Qigong</b> 9:30am - 10:30am	<b>Let's Do Chair Pilates</b> 10:00am - 10:45am	<b>Let's Lim Kopi (Coffee Connect) (Exclusive for Male Seniors) (Registration Required)</b> 12:30pm - 2:00pm	<b>Mari Berzapiin! (Registration Required)</b> 12:30pm - 1:45pm	
<b>Let's Bocchia (Registration Required)</b> 9:30am - 10:30am	<b>Let's Yum Cha (Exclusive for Female Seniors) (Registration Required)</b> 11:00am - 12:00pm	<b>Let's Celebrate June Birthday! (For Birthday Seniors Only)</b> 2:00pm - 3:30pm	<b>Let's Learn Malay (For Registered Seniors Only)</b> 3:00pm - 4:30pm	<b>Let's D.I.S.C.O (Registration Required)</b> 2:30pm - 5:00pm	
<b>Let's Show &amp; Learn (For Registered Seniors Only)</b> 4:00pm - 5:00pm	<b>Mari Minum Teh Tarik (Registration Required)</b> 12:30pm - 1:30pm	<b>Let's Have Fun Together (For Frail Seniors Only)</b> 3:30pm - 5:30pm	<b>Strategise with Kakis</b> 4:30pm - 5:30pm		
	<b>Let's Talk About "Health is Wealth" &amp; Stay Well Series : Nutrition Talk by Aisyah (English &amp; Malay Language)</b> 1:30pm - 3:30pm	<b>Strategise with Kakis</b> 3:30pm - 5:30pm			
	<b>Strategise with Kakis</b> 3:30pm - 5:30pm				

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MON

TUES

WED

THUR

FRI

SAT

29

30

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

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

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

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

**Let's Bocchia  
(Registration Required)**  
 9:30am - 10:30am

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

**Let's Show & Learn  
(For Registered Seniors Only)**  
 4:00pm - 5:00pm

**Mari Minum Teh Tarik  
(Registration Required)**  
 12:30pm - 1:30pm

**Let's Talk About "Health is Wealth"  
& Stay Well Series : Nutrition Talk by  
Aisyah (English & Malay Language)**  
 1:30pm - 3:30pm

**Strategise with Kakis**  
 3:30pm - 5:30pm

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# 2026 六月

Centre Name: AAC (Telok Blangah)  
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星期一 1	星期二 2	星期三 3	星期四 4	星期五 5	星期六 6
中心休息 (卫塞节假日)	中医问诊 9:00am - 11:30am	淋巴排毒操 9:30am - 10:30am	全国乐龄运动会 于 OCBC Arena 举行 (仅限参与活动的乐龄) 9:00am - 1:00pm	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	一起做坐式尊巴 (健康365报名) 9:30am - 10:30am	一起跳扎平舞 (需要报名) 12:30pm - 1:45pm	
	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	咖啡因联谊会 (仅限男性长者) (需要报名) 12:30pm - 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	
	一起喝Teh Tarik (只限马来乐龄) 12:30pm - 1:30pm	一起来共餐 (只限参加宾果活动的乐龄) 2:00pm - 3:00pm	SINEW+ 招聘讲座 (需要报名) 2:00pm - 3:00pm		
	健康就是财富 艾莎营养课 Aisyah (英语和马来语授课) 1:30pm - 3:30pm	一起玩吧! (需要报名-虚弱乐龄) 3:30pm - 5:30pm	一起学马来语 (需要报名) 2:00pm - 3:00pm		
	游戏时间 3:30pm - 5:30pm	游戏时间 3:30pm - 5:30pm	游戏时间 3:30pm - 5:30pm		

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星期一 8	星期二 9	星期三 10	星期四 11	星期五 12	星期六 13
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 Bukit Merah AAC 举行 (仅限已报名的乐龄) 9:30am - 10:30am	一起跳扎平舞 (需要报名) 12:30pm - 1:45pm	
一起玩地掷球 (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	一起玩吧! (需要报名-虚弱乐龄) 3:30pm - 5:30pm	咖啡因联谊会 (仅限男性乐龄) (需要报名) 12:30pm - 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 1:30pm - 5:30pm	一起喝Teh Tarik (只限马来乐龄) 12:30pm - 1:30pm	游戏时间 3:30pm - 5:30pm	义安理工学院健康讲座 1:00pm - 4:30pm		
	健康就是财富 艾莎营养课 Aisyah (英语和马来语授课) 1:30pm - 3:30pm		一起学马来语 (需要报名) 2:00pm - 4:30pm		
	游戏时间 3:30pm - 5:30pm		游戏时间 4:30pm - 5:30pm		

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星期一 15	星期二 16	星期三 17	星期四 18	星期五 19	星期六 20
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 社区中心举行 (仅限已报名的乐龄) 9:30am - 10:30am	一起跳扎平舞 (需要报名) 12:30pm - 1:45pm	
一起玩地掷球 (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	一起去鳄鱼园之旅 (需要报名) 10:00am - 1:00pm	咖啡因联谊会 (仅限男性乐龄) (需要报名) 12:30pm - 2:00pm	一起来K歌 (歌曲请求将在下午下午 2:30 结束) 2:00pm - 5:00pm	
与 Flora 一起做手工艺术 (需要报名) 2:00pm - 3:30pm	一起喝Teh Tarik (只限马来乐龄) 12:30pm - 1:30pm	由 IMDA 主讲: 安全连接移动网络或 Wi-Fi 讲座 11:00am - 12:30pm	Dave Lee 与好友歌舞 (需要报名) 1:00pm - 2:30pm		
游戏时间 2:00pm - 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	一起玩吧! (需要报名-虚弱乐龄) 3:30pm - 5:30pm	一起学马来语 (需要报名) 3:00pm - 4:30pm		
	游戏时间 3:30pm - 5:30pm	游戏时间 3:30pm - 5:30pm	游戏时间 4:30pm - 5:30pm		

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星期一	星期二	星期三	星期四	星期五	星期六
22	23	24	25	26	27
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	咖啡因联谊会 (仅限男性乐龄) (需要报名) 12:30pm - 2:00pm	一起跳扎平舞 (需要报名) 12:30pm - 1:45pm	
一起玩地掷球 (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	一起庆祝六月生日 (仅限当月生日的乐龄) 2:00pm - 3:30pm	一起学马来语 (需要报名) 3:00pm - 4:30pm	一起来D.I.S.C.O (需要报名) 2:30pm - 5:00pm	
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	一起玩吧! (需要报名-虚弱乐龄) 3:30pm - 5:30pm	游戏时间 4:30pm - 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	游戏时间 3:30pm - 5:30pm			
	游戏时间 3:30pm - 5:30pm				

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星期一

星期二

星期三

星期四

星期五

星期六

29	30				
社区保健站 9:30am - 4:00pm	中医问诊 9:00am - 11:30am				
与衰弱说不 (已报名的乐龄) 9:30am - 11:30am	一起练气功 9:30am - 10:30am				
一起玩地掷球 (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				
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				
	健康就是财富 艾莎营养课 Aisyah (英语和马来语授课) 1:30pm - 3:30pm				
	游戏时间 3:30pm - 5:30pm				

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