

2026 March

 **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
2	3	4	5	6	7
SingHealth Community Nurse Post 9:30am - 1:00pm	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 Do Kungfu (Registration Required) 11:00am - 12:00pm	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	Functional Screening 2026 (For Registered Seniors Only) 9:00am - 1:00pm	
Let's Teach Our Skills (Registration Required) 2:00pm - 3:00pm	Let's Yum Cha (Exclusive for Female Seniors) (Registration Required) 11:00am - 12:00pm	Eh? How Ah? Cards Game Demo by Volunteers (Registration Required) 2:00pm - 4:00pm	Let's Learn Malay (For Registered Seniors Only) 2:00pm - 3:00pm	Let's KTV Together (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
Strategise with Kakis 3:30pm - 5:30pm	Let's Talk News (Registration Required) 2:00pm - 3:00pm	Let's Minum Teh Tarik to Geylang (Exclusive for Malay Seniors) (Registration Required) 5:30pm - 8:30pm	Let's Muscle and Mind by ActiveSG (For Registered Seniors Only) 3:30pm - 4:30pm		
	Strategise with Kakis 3:30pm - 5:30pm		Strategise with Kakis 3:30pm - 5:30pm		

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MON	TUES	WED	THUR	FRI	SAT
9	10	11	12	13	14
SingHealth Community Nurse Post 9:30am - 4:00pm	Centre Closure	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 with M.Y World Preschool (Registration Required) 9:30am - 10:30am	
Let's Do Kungfu (Registration Required) 11:00am - 12:00pm		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	
Let's Play Bingo and Communal Dining (Registration Required) 1:00pm - 3:00pm		Let's Do Crochet (Registration Required) 11:00pm - 12:30pm	Let's Gen Together: Methodist Girl's School Event (For Registered Seniors Only) 2:00pm - 4:00pm	Let's KTV Together (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
Strategise with Kakis 3:30pm - 5:30pm		Let's Learn to Play Board Games: Donkey 2:00pm - 4:00pm	Let's Muscle and Mind by ActiveSG (For Registered Seniors Only) 3:30pm - 4:30pm		
			Strategise with Kakis 3:30pm - 5:30pm		

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MON	TUES	WED	THUR	FRI	SAT
16	17	18	19	20	21
SingHealth Community Nurse Post 9:30am - 1:00pm	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 Do Kungfu (Registration Required) 11:00am - 12:00pm	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	
Let's Teach Our Skills (Registration Required) 2:00pm - 3:00pm	Let's Yum Cha (Exclusive for Female Seniors) (Registration Required) 11:00am - 12:00pm	Digital - IMDA Go-Digital - Workshop (Registration Required) 11:00am - 12:30pm	Let's Learn Malay with Cik Rokiah (Registration Required) 2:00pm - 4:00pm	Let's KTV Together (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
Strategise with Kakis 4:00pm - 5:30pm	Let's Celebrate March Birthday (Registration Required) 2:00pm - 3:30pm	Let's Do Counting & Numbering (Registration Required) 1:00pm - 2:00pm	Muscle and Mind by ActiveSG (For Registered Seniors Only) 3:30pm - 4:30pm		
		Strategise with Kakis 4:00pm - 5:30pm			

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MON 23	TUES 24	WED 25	THUR 26	FRI 27	SAT 28
Centre Closure (Hari Raya Puasa)	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 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	Tea Dance (Registration Required) 2:00pm - 5:00pm	
	Let's Yum Cha (Exclusive for Female Seniors) (Registration Required) 11:00am - 12:00pm	Let's Celebrate Hari Raya (Registration Required) 11:30am - 1:30pm	Muscle and Mind by ActiveSG (For Registered Seniors Only) 3:30pm - 4:30pm		
	Strategise with Kakis 3:30pm - 5:30pm	Strategise with Kakis 3:30pm - 5:30pm	Strategise with Kakis 3:30pm - 5:30pm		

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MON	TUES	WED	THUR	FRI	SAT
30	31				
SingHealth Community Nurse Post 9:30am - 4:00pm	Mobile TCM Clinic 9:00am - 11:30am				
Let's Do Kungfu (Registration Required) 11:00am - 12:00pm	Let's Do Qigong 9:30am - 10:30am				
MovieTime 2:00pm - 4:00pm	Let's Yum Cha (Exclusive for Female Seniors) (Registration Required) 11:00am - 12:00pm				
Strategise with Kakis 3:30pm - 5:30pm	Haircut (Registration Required) 2:00pm - 4:00pm				
	Strategise with Kakis 3:30pm - 5:30pm				

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2026 年 三月

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星期一 2	星期二 3	星期三 4	星期四 5	星期五 6	星期六 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) (需要报名) 9:30am - 10:30am	
一起学功夫 (需要报名) 11:00am - 12:00pm	一起练气功 9:30am - 10:30am	一起来普拉提 (坐式) 10:00am - 10:45am	来喝杯林咖啡吧 (仅限男性长者) (需要报名) 12:30pm - 2:00pm	2026年功能性筛查 (需要报名) 9:00am - 1:00pm	
一起传授技能 (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	咦? 怎么啊? 纸牌游戏 志愿者演示 (需要报名) 2:00pm - 4:00pm	让我们一起学习马来语 (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)	
游戏时间 3:30pm - 5:30pm	一起聊新闻 (需要报名) 2:00pm - 3:00pm	一起来喝拉茶吧去芽笼! (仅限马来长者) (需要报名) 5:30pm - 8:30pm	ActiveSG 的“肌肉与心灵”计划 (需要报名) 3:30pm - 4:30pm		
	游戏时间 3:30pm - 5:30pm		游戏时间 3:30pm - 5:30pm		

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2026 年 三月

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星期一 9	星期二 10	星期三 11	星期四 12	星期五 13	星期六 10
社区保健站 9:30am - 4:00pm	中心关闭	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	一起做尊巴与 M.Y World Preschool 一起 (健康365报名) (需要报名) 9:30am - 10:30am	
一起学功夫 (需要报名) 11:00am - 12:00pm		一起普拉提 (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	一起跳扎平舞 (需要报名) 12:30pm - 1:45pm	
一起玩宾果游戏 (需要报名) 1:00pm - 3:00pm		一起学钩针编织 (需要报名) 11:00pm - 12:30pm	代际交流 - 中学: 卫理公会女子学校活动 (需要报名) 2:00pm - 4:00pm	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 - 5:30pm		一起玩卡片游戏 (需要报名) 2:00pm - 4:00pm	肌肉与心灵 ActiveSG 首期课程 (仅限已登记的乐龄) 3:30pm - 4:30pm		
				游戏时间 3:30pm - 5:30pm	

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2026 年 三月

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星期一 16	星期二 17	星期三 18	星期四 19	星期五 20	星期六 21
社区保健站 9:30am - 1:00pm	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	
一起做功夫吧 (需要报名) 11:00am - 12:00pm	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	
让我们传授我们的技能 (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	IMDA 数码大使 (华语) (需要报名) 11:00am - 12:30pm	一起和Cik Rokiah学马来语 (需要报名) 2:00pm - 4:00pm	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 - 5:30pm	一起庆生 (需要报名) 2:00pm - 3:30pm	让我们来学习计数和数字吧! 1:00pm - 2:00pm	“肌肉与心灵” ActiveSG 首期课程 (仅限已登记的乐龄) 3:30pm - 4:30pm		
		游戏时间 4:00pm - 5:30pm			

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星期一 23	星期二 24	星期三 25	星期四 26	星期五 27	星期六 28
中心关闭 (开斋节)	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	茶舞聚会 (2026年首场茶舞聚会) 2:00pm - 5:00pm	
	一起来饮茶 (只限女性乐龄) (需要报名) 11:00am - 12:00pm	一起庆祝开斋节 (需要报名) 11:30am - 1:30pm	“肌肉与心灵” ActiveSG 首期课程 (仅限已登记的乐龄) 3:30pm - 4:30pm		
	让我们来学习计数和数字吧! 2:00pm - 4:00pm	游戏时间 3:30pm - 5:00pm	游戏时间 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

30	31				
社区保健站 9:30am - 4:00pm	中医问诊 9:00am - 11:30am				
一起来学功夫吧! (需注册) 11:00am - 12:00pm	一起练气功 9:30am - 10:30am				
电影时间 2:00pm - 4:00pm	一起来饮茶 (只限女性乐龄) (需要报名) 11:00am - 12:00pm				
游戏时间 3:30pm - 5:30pm	理发 (需提前预约) 2:00pm - 4:00pm				
	游戏时间 3:30pm - 5:30pm				

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