




# 2026 May

 **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
4	5	6	7	8	9
<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>Centre Closure (Townhall Meeting)</b>	
<b>Let's Do Kungfu (Registration Required)</b> 11:00am - 12:00pm	<b>Let's Do Qigong</b> 9:30am - 10:30am	<b>Let's Do Chair Pilates</b> 10:00am - 10:45am	<b>Caffeine Connect (Exclusive for Male Seniors) (Registration Required)</b> 12:30pm - 2:00pm		
<b>Let's Say No To Frailty (For Registered Seniors Only)</b> 9:30am - 11:30am	<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 Learn Malay (For Registered Seniors Only)</b> 2:00pm - 3:00pm		
<b>Let's Do Flower Arrangement with May (Registration Required)</b> 2:00pm - 3:30pm	<b>Mari Minum Teh Tarik (Registration Required)</b> 12:30pm - 1:30pm	<b>Let's Makan Together (Registration Required)</b> 2:00pm - 3:00pm	<b>Strategise with Kakis</b> 3:30pm - 5:30pm		
<b>Strategise with Kakis</b> 3:30pm - 5:30pm	<b>Wellness - Nutrition Talk with 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>Strategise with Kakis</b> 3:30pm - 5:30pm				

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MON	TUES	WED	THUR	FRI	SAT
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<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 Do Kungfu (Registration Required)</b> 11:00am - 12:00pm	<b>Let's Do Qigong</b> 9:30am - 10:30am	<b>Let's Do Chair Pilates</b> 10:00am - 10:45am	<b>Caffeine Connect (Exclusive for Male Seniors) (Registration Required)</b> 12:30pm - 2:00pm	<b>PM Centre Closure (Workshop)</b>	
<b>Let's Say No To Frailty (For Registered Seniors Only)</b> 9:30am - 11:30am	<b>Let's Yum Cha (Exclusive for Female Seniors) (Registration Required)</b> 11:00am - 12:00pm	<b>Let's Go Gai Gai Jurong Frog Farm (Registration Required)</b> 9:30am - 12:00pm	<b>Let's Gen Together with Crescent Girls School (Registration Required)</b> 2:00pm - 4:00pm		
<b>Let's Do Arts with Flora Mother's Day Special (For Registered Seniors Only)</b> 2:00pm - 3:30pm	<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>Let's Learn Malay (For Registered Seniors Only)</b> 4:00pm - 5:00pm		
<b>Strategise with Kakis</b> 3:30pm - 5:30pm	<b>Wellness - Nutrition Talk with Aisyah (English &amp; Malay Language)</b> 1:30pm - 3:30pm				
	<b>Strategise with Kakis</b> 3:30pm - 5:30pm				

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MON	TUES	WED	THUR	FRI	SAT
18	19	20	21	22	23
<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 Do Kungfu (Registration Required)</b> 11:00am - 12:00pm	<b>Let's Do Qigong</b> 9:30am - 10:30am	<b>Let's Do Chair Pilates</b> 10:00am - 10:45am	<b>Caffeine 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 Say No To Frailty (For Registered Seniors Only)</b> 9:30am - 11:30am	<b>Let's Yum Cha (Exclusive for Female Seniors) (Registration Required)</b> 11:00am - 12:00pm	<b>Let's Talk About Store, Retrieve &amp; Delete Information on Mobile Devices by IMDA (Registration Required)</b> 11:00am - 12:30pm	<b>Let's Go Gai Gai to Malay Heritage Centre</b> To be confirm	<b>Let's KTV Together (Song Requests Will End @ 2:30pm)</b> 2:00pm - 5:00pm	
<b>Show &amp; Learn (For Registered Seniors Only)</b> 2:00pm - 3:00pm	<b>Mari Minum Teh Tarik (Registration Required)</b> 12:30pm - 1:30pm	<b>Let's Talk News with Eugene (Registration Required)</b> 2:00pm - 3:00pm	<b>Strategise with Kakis</b> 3:30pm - 5:30pm	<b>CSR at NTUC Health Active Ageing Centre (Telok Blangah) with W Hotel (Registration Required)</b> To be confirm	
<b>Strategise with Kakis</b> 3:30pm - 5:30pm	<b>Wellness - Nutrition Talk with 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>Strategise with Kakis</b> 3:30pm - 5:30pm				

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MON	TUES	WED	THUR	FRI	SAT
25	26	27	28	29	30
<b>SingHealth Community Health Post</b> 9:30am - 4:00pm	<b>TCM Mobile Clinic</b> 9:00am - 11:30am	Centre Closure (Hari Raya Haji)	<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 Do Kungfu (Registration Required)</b> 11:00am - 12:00pm	<b>Let's Do Qigong</b> 9:30am - 10:30am		<b>Let's Gen Together with Guangyang Secondary School (Registration Required)</b> 9:30am - 12:00pm	<b>Mari Berzapin! (Registration Required)</b> 12:30pm - 1:45pm	
<b>Let's Say No To Frailty (For Registered Seniors Only)</b> 9:30am - 11:30am	<b>Let's Go Gai Gai to Clementi Town Sec School (Registration Required)</b> 9:00am - 2:00pm		<b>Caffeine Connect (Exclusive for Male Seniors) (Registration Required)</b> 12:30pm - 2:00pm	<b>Let's KTV Together (Song Requests Will End @ 2:30pm)</b> 2:00pm - 5:00pm	
<b>Let's Celebrate May Birthday! (For Birthday Seniors Only)</b> 2:00pm - 3:30pm	<b>Let's KTV Together (Malay Language)</b> 2:30pm - 3:30pm		<b>Let's Celebrate Hari Raya Haji (Registration Required)</b> 2:30pm - 4:00pm	<b>Let's Tea Dance</b> To be Confirm	
<b>Show &amp; Learn (For Registered Seniors Only)</b> 4:00pm - 5:00pm	<b>Haircut Services (Registration Required)</b> 2:00pm - 4:00pm		<b>Strategise with Kakis</b> 2:00pm - 5:30pm		
	<b>Strategise with Kakis</b> 3:30pm - 5:30pm				

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# 2026 年 五月

 **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
4	5	6	7	8	9
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	中心关	
一起学功夫 (需要报名) 11:00am - 12:00pm	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 (仅限男性长者) (需要报名) 12:30pm - 2:00pm		
与衰弱说不 (已报名的乐龄) 9:30am - 11:30am	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	一起和Cik Rokiah学马来语 (需要报名) 2:00pm - 3:00pm		
一起跟May插花活动 (需要报名) 2:00pm - 3:30pm	一起喝Teh Tarik (只限马来乐龄) 12:30pm - 1:30pm	一起来makan - 中心内 2:00pm - 3:00pm	游戏时间 3:30pm - 5:30pm		
游戏时间 3:30pm - 5:30pm	保健系列 - 营养讲座Aisyah (马来和英语) (需要报名) 1:30pm - 3:30pm	一起玩吧! (需要报名-虚弱乐龄) 3:30pm - 5:30pm			
	游戏时间 3:30pm - 5:30pm				

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# 2026 年 五月

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
11	12	13	14	15	16
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	
一起学功夫 (需要报名) 11:00am - 12:00pm	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 (仅限男性长者) (需要报名) 12:30pm - 2:00pm	中心关	
与衰弱说不 (已报名的乐龄) 9:30am - 11:30am	一起来饮茶 (只限女性乐龄) (需要报名) 11:00am - 12:00pm	一起去Gai Gai (蛙场) (需要报名) 9:30am - 12:00pm	一起跟新加坡克信女子中学互动 (需要报名) 2:00pm - 4:00pm		
一起学手工 with Flora (需要报名) 2:00pm - 3:30pm	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	一起和Cik Rokiah学马来语 (需要报名) 4:00pm - 5:00pm		
游戏时间 3:30pm - 5:30pm	保健系列 - 营养讲座Aisyah (马来和英语) (需要报名) 1:30pm - 3:30pm				
	游戏时间 3:30pm - 5:30pm				

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星期一 18	星期二 19	星期三 20	星期四 21	星期五 22	星期六 23
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	
一起学功夫 (需要报名) 11:00am - 12:00pm	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 (仅限男性长者) (需要报名) 12:30pm - 2:00pm	一起跳扎平舞 (需要报名) 12:30pm - 1:45pm	
与衰弱说不 (已报名的乐龄) 9:30am - 11:30am	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	一起去Gai Gai (马来文化遗产中心) (需要报名) 待确认	一起来K歌 (歌曲请求将在下午下午 2:30结束) 2:00pm - 5:00pm	
一起展示和学习 (需要报名) 2:00pm - 3:00pm	一起喝Teh Tarik (只限马来乐龄) 12:30pm - 1:30pm	一起跟尤金聊新闻 (需要报名) 2:00pm - 3:00pm	游戏时间 3:30pm - 5:30pm	(W酒店) 与 (TB活跃乐龄中心) 同乐 待确认	
游戏时间 3:30pm - 5:30pm	保健系列 - 营养讲座Aisyah (马来和英语) (需要报名) 1:30pm - 3:30pm	一起玩吧! (需要报名-虚弱乐龄) 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
25	26	27	28	29	
社区保健站 9:30am - 4:00pm	中医问诊 9:00am - 11:30am	中心关	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	
一起学功夫 (需要报名) 11:00am - 12:00pm	一起练气功 9:30am - 10:30am		一起跟光洋中学互动 (需要报名) 9:30am - 12:00pm	一起跳扎平舞 (需要报名) 12:30pm - 1:45pm	
与衰弱说不 (已报名的乐龄) 9:30am - 11:30am	一起去GaiGai (Clementi Town Carnival) (需要报名) 9:00am - 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	
5月生日 (需要报名) 2:00pm - 3:30pm	一起来K歌(马来语) (需要报名) 2:30pm - 3:30pm		一起庆祝哈芝节 (需要报名) 2:30pm - 4:00pm	Tea Dance 待确认	
一起展示和学习 (需要报名) 4:00pm - 5:00pm	理发 (需要报名) 2:00pm - 4:00pm		游戏时间 2:00pm - 5:30pm		
	游戏时间 3:30pm - 5:30pm				

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