2026 November

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 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 Chair Zumba (Healthy 365 Registration) (Max 25 Participants)** 9:30am - 10:30am	**Let's Zumba Gold (Healthy 365 Registration)** 9:30am - 10:30am	
Let's DragonBoat Training (For Registered Seniors Only) 9:00am - 12:00pm	**Let's Qigong (Will be cancelled if the PSI reaches >100)** 9:30am - 10:30am	**Let's Chair Pilates** 10:00am - 11:00am	**Let's Gen Together with River Valley (For Registered Seniors Only)** 1:30pm - 2:30pm	**Let's Chair Pilates** 10:00am - 11:00am	
Let's Talk About Preventing Frailty Together By SGH Physio (Virtual Session) 2:00pm - 3:00pm	**Let's Yum Cha Together (Exclusive for Female Seniors)** 11:00am - 12:00pm	**Circular Sustainability Workshop - 7th session (Registration Required)** 2:00pm - 3:30pm	**Let's Lim Kopi (Exclusive for Male Seniors)** 12:30pm - 2:00pm	**Let's KTV Together (Song Requests Will End @ 2:30pm) (Registration Required)** 2:00pm - 5:00pm	
Let's Show & Learn (Registration Required) 4:00pm - 5:00pm	**Let's Minum Teh Tarik (Exclusive for Malay Seniors)** 12:00pm - 1:30pm	**Let's Boccia** 4:00pm - 5:30pm	**Let's Boccia** 4:00pm - 5:30pm		
Strategise with Kakis 4:00pm - 5:30pm	**Strategise with Kakis** 4:00pm - 5:30pm	**Strategise with Kakis** 4:00pm - 5:30pm	**Strategise with Kakis** 4:00pm - 5:30pm		

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ntuc Health

MON	TUES	WED	THUR	FRI	SAT
9	10	11	12	13	14
Public Holiday Deepavali (Off-in lieu)	**TCM Mobile Clinic** 9:00am - 11:30am	**Let's Do Lymphatic Detox Exercise** 9:30am - 10:30am	**Let's 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 Qigong (Will be cancelled if the PSI reaches >100) 9:30am - 10:30am	**Let's Chair Pilates** 10:00am - 11:00am	**Let's Mat Pilates with Aisyah (For Registered Seniors Only)** 11:00am - 12:00pm	**Let's Chair Pilates** 10:00am - 11:00am	
	Let's Yum Cha Together (Exclusive for Female Seniors) 11:00am - 12:00pm	**Circular Sustainability Workshop - 8th session (Registration Required)** 2:00pm - 3:30pm	**Let's Lim Kopi (Exclusive for Male Seniors)** 12:30pm - 2:00pm	**Let's DragonBoat Competition with SEA Regatta** 2:00pm - 6:00pm	
	Let's Minum Teh Tarik (Exclusive for Malay Seniors) 12:00pm - 1:30pm	**Let's Boccia** 4:00pm - 5:30pm	**Current affairs U&Me By Eugene (Registration Required)** 2:00pm - 3:30pm	**Let's KTV Together (Song Requests Will End @ 2:30pm) (Registration Required)** 2:00pm - 5:00pm	
	Let's Talk About Health is Wealth By Aisyah (English & Malay) (Registration Required) 1:30pm - 3:30pm	**Strategise with Kakis** 4:00pm - 5:30pm	**Strategise with Kakis** 4:00pm - 5:30pm		
	Strategise with Kakis 4:00pm - 5:30pm				

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MON	TUES	WED	THUR	FRI	SAT
16	**17**	**18**	**19**	**20**	**21**
SingHealth Community Health Post 9:30am - 4:00pm	**Townhall Meeting (Centre Closure)**	**Let's Do Lymphatic Detox Exercise (Will be cancelled if the PSI reaches >100)** 9:30am - 10:30am	**Let's 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 Makan Together (BINGO Participants Only) 1:00pm - 2:00pm		**Let's Chair Pilates** 10:00am - 11:00am	**Digital - Fab Lab Series - Digital Embroidery Workshop (Registration Required)** 9:00am-2:00pm	**Chair Pilates** 10:00am - 11:00am	
Fun with Kakis (B.I.N.G.O)! (For Registered Seniors Only) 2:00pm - 3:00pm		**Let's Talk About Set Up & Use Health Apps by IMDA (Registration Required)** 11:00am - 12.30pm	**Let's Lim Kopi (Exclusive for Male Seniors)** 12:30pm - 2:00pm	**Let's Dance with Yen Ling (Registration Required)** 12.30pm - 1.30pm	
Let's Show & Learn (Registration Required) 4:00pm - 5:00pm		**Let's Celebrate September Birthday! (For Birthday Seniors Only)** 2:00pm - 2:45pm	**Strategise with Kakis** 4:00pm - 5:30pm	**Let's KTV Together (Song Requests Will End @ 2:30pm) (Registration Required)** 2:00pm - 5:00pm	
Strategise with Kakis 4:00pm - 5:30pm		**Let's Makan Together (For Birthday Seniors Only)** 2:45pm - 3:30pm			
		Let's Boccia 4:00pm - 5:30pm			
		Strategise with Kakis 4:00pm - 5:30pm			

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MON	TUES	WED	THUR	FRI	SAT
23	**24**	**25**	**26**	**27**	**28**
SingHealth Community Health Post 9:30am - 4:00pm	**TCM Mobile Clinic** 9:00am - 11:30am	**Let's Do Lymphatic Detox Exercise (Will be cancelled if the PSI reaches >100)** 9:30am - 10:30am	**Let's Join Eggs Distribution with PA (Block 29 and Block 41)** 7:30am - 9:30am	**Let's Zumba Gold (Healthy 365 Registration)** 9:30am - 10:30am	**CSR with SMEEU (Registration Required)** 8:30am - 1:00pm
ICCP with Dave Lee & Sunlove (Registration Required) 1:00pm - 2:30pm	**Let's Qigong (Will be cancelled if the PSI reaches >100)** 9:30am - 10:30am	**Let's Chair Pilates** 10:00am - 11:00am	**Let's Chair Zumba (Healthy 365 Registration) (Max 25 Participants)** 9:30am - 10:30am	**Let's Chair Pilates** 10:00am - 11:00am	
Strategise with Kakis 4:00pm - 5:30pm	**Let's Yum Cha Together (Exclusive for Female Seniors)** 11:00am - 12:00pm	**Rolling Good Times for Robust (For Robust Seniors) (Registration Required)** 2:00pm - 5:00pm	**Let's Mat Pilates with Aisyah (For Registered Seniors Only)** 11:00am - 12:00pm	**Let's KTV Together (Song Requests Will End @ 2:30pm) (Registration Required)** 2:00pm - 5:00pm	
	Let's Minum Teh Tarik (Exclusive for Malay Seniors) 12:00pm - 1:00pm	**Let's Boccia** 4:00pm - 5:30pm	**Let's Lim Kopi (Exclusive for Male Seniors)** 12:30pm - 2:00pm	***Let's Walking Football Training @ Tampines Hub FINALE (For Registered Seniors Only)*** *9:00am - 12:00pm*	
	Let's Talk About Health is Wealth By Aisyah (English & Malay) (Registration Required) 1:00pm - 2:00pm	**Strategise with Kakis** 4:00pm - 5:30pm	**Let's Explore Cultures in Our Community (Registration Required)** 3:30pm - 4:30pm		
	Haircut Services (Registration Required) 2:00pm - 3:00pm		**Strategise with Kakis** 4:00pm - 5:30pm		
	Strategise with Kakis 4:00pm - 5:30pm				

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MON	TUES	WED	THUR	FRI	SAT
30					
SingHealth Community Health Post 9:30am - 4:00pm					
Let's Go Gai Gai with Polly Heritage Trip (Registration Required) 9:00am - 12:00pm					
Strategise with Kakis 4:00pm - 5:30pm					

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2026 十一月

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
2	3	4	5	6	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) 9:30am - 10:30am	
龙舟体验计划 (需要报名) 9:00am - 12:00pm	一起练气功 （如果 PSI 指数超过 >100, 活动将取消） 9:30am - 10:30am	一起普拉提（坐式） 10:00am - 11:00am	咖啡因联谊会和 (需要报名) 12:30pm - 2:00pm	一起普拉提（坐式） 10:00am - 11:00am	
保健系列 - 健康讲座 预防衰弱 (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	园艺治疗 项目 7 (需要报名) 2:00pm - 3:30pm	代际交流 - 中学 (需要报名) 1:30pm - 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	
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） 12:00pm - 1:00pm	一起玩硬地滚球 (需要报名) 4:00pm - 5:30pm	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	游戏时间 4:00pm - 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
9	10	11	12	13	14
中心关（公共假期）	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 （如果 PSI 指数超过 >100, 活动将取消） 9:30am - 10:30am	一起普拉提（坐式） 10:00am - 11:00am	抹茶 × 普拉提 Aisyah (需要报名) 11:00am - 12:00pm	一起普拉提（坐式） 10:00am - 11:00am	
	一起来饮茶 （只限女性乐龄） (需要报名) 11:00am - 12:00pm	园艺治疗 项目 8 (需要报名) 2:00pm - 3:30pm	咖啡因联谊会和 (需要报名) 12:30pm - 2:00pm	一起来踢球比赛 *9:00am - 12:00pm*	
	一起喝Teh Tarik （只限马来乐龄） 12:00pm - 1:00pm	一起玩硬地滚球 (需要报名) 4:00pm - 5:30pm	一起听尤金聊新闻 (需要报名) 2:00pm - 3:30pm	龙舟体验计划比赛 2:00pm - 5:00pm	
	别烦恼，一起唱就对了！ (英语及马来语) 1:30pm - 3:30pm	游戏时间 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2:30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
16	**17**	**18**	**19**	**20**	**21**
社区保健站 9:30am - 4:00pm	中心关	淋巴排毒操 （如果 PSI 指数超过 >100, 活动将取消） 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	
一起来共餐 (只限参加宾果活动的乐龄) 1:00pm - 2:00pm		一起普拉提（坐式） 10:00am - 11:00am	数码刺绣工作坊 (需要报名) 9:00am-2:00pm	一起普拉提（坐式） 10:00am - 11:00am	
宾果活动 (需要报名) 2:00pm - 3:00pm		资讯通信媒体发展局 (在互联网上搜索信息) (需要报名) 11:00am - 12:30pm	咖啡因联谊会和 (需要报名) 12:30pm - 2:00pm	一起跟艳玲学跳舞 (需要报名) 12.30pm - 1.30pm	
展示与学习活动 (需要报名) 4:00pm - 5:00pm		一起庆祝10月生日 （仅限当月生日的乐龄） 2:00pm - 2:45pm	一起玩硬地滚球 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	
游戏时间 4:00pm - 5:30pm		一起吃饭吧 （庆祝九月生日的乐龄） 2:45pm - 3:30pm	游戏时间 4:00pm - 5:30pm		
		一起玩硬地滚球 (需要报名) 4:00pm - 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
23	**24**	**25**	**26**	**27**	**28**
社区保健站 9:30am - 4:00pm	中医问诊 9:00am - 11:30am	淋巴排毒操 （如果 PSI 指数超过 >100, 活动将取消） 9:30am - 10:30am	PA分发鸡蛋 （第29座与第41座） 7:30am - 9:30am	一起做尊巴 (健康365报名) 9:30am - 10:30am	SMEEU 同乐与 AAC 同乐 8:30am - 1:00pm
ICCP- Dave Lee 与朋友们 (需要报名) 1:00pm - 2:30pm	一起练气功 （如果 PSI 指数超过 >100, 活动将取消） 9:30am - 10:30am	一起普拉提（坐式） 10:00am - 11:00am	一起做坐式尊巴 (健康365报名) 9:30am - 10:30am	一起普拉提（坐式） 10:00am - 11:00am	
游戏时间 4:00pm - 5:30pm	一起来饮茶 （只限女性乐龄） 11:00am - 12:00pm	防跌课程Rolling Good Times (需要报名) 2:00pm - 5:00pm	抹茶 × 普拉提 Aisyah (需要报名) 11:00am - 12:00pm	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	一起玩硬地滚球 4:00pm - 5:30pm	咖啡因联谊会和 (需要报名) 12:30pm - 2:00pm		
	健康就是财富 艾莎营养课 Aisyah （英语和马来语授课） 1:00pm - 2:00pm	游戏时间 4:00pm - 5:30pm	Aisyah 与 Rokiah 传统服饰文化课堂 (需要报名) 3:30pm - 4:30pm		
	理发 (需要报名) 2:00pm - 3:00pm		游戏时间 4:00pm - 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
30					
社区保健站 9:30am - 4:00pm					
一起和Polly去Gai Gai 文化之旅 (需要报名) 9:00am - 12:00pm					
游戏时间 4:00pm - 5:30pm					

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