

2025 November

 **Centre Name:** AAC (Telok Blangah)
 **Centre Address:** Blk 41 Telok Blangah Rise #01-373 S090041
 **Centre Contact:** 6273 3297



 ntuc Health

MON	TUES	WED	THUR	FRI	SAT
3	4	5	6	7	8
SingHealth Community Nurse Post 9:30am - 4:00pm	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	
CALM 1.0 Session 1 (Enrolled Seniors Only) 9:30am - 11:30am	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates (Video Led) (Registration Required) 10:00am - 10:45am	Let's Lim Kopi (Exclusive for Men) (Registration Required) 12:30pm - 2:00pm	Let's Practice CASHEW Dance 12:30pm - 1:55pm	
Let's Learn to Take Photo (Registration Required) 1:00pm - 2:00pm	Let's Go Gai Gai Merlion, Fullerton & SG River (Registration Required) 10:00am - 12:00pm	Let's Makan with Volunteers (Enrolled Seniors Only) 11:00am - 2:00pm	Let's Learn to Tech (Registration Required) 11:00am - 12:00pm	Tea Dance @ 41 (Registration Required) 2:15pm - 4:45pm	
All About My Thyroid (Registration Required) 2:00pm -3:30pm	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Let's Minum Teh Tarik (Exclusive for Women Only) (Registration Required) 3:00pm - 4:00pm	CALM 1.0 Practice Session (Enrolled Seniors Only) 11:30am - 12:30pm		
Strategise with Kakis 3:30pm - 5:00pm	Let's Yum Cha (Exclusive for Women Only) (Registration Required) 1:00pm - 2:00pm	Strategise with Kakis 3:00pm - 5:30pm	Let's Groove Down Memory Lane 2:00pm - 3:00pm		
Let's Do Cognitive Activity (Registration Required) 3:30pm - 4:30pm	Steady Lah! by HPB (Enrolled Seniors Only) 2:00pm - 3:30pm		Let's Makan Together (Registration Required) 2:30pm - 3:30pm		
	Strategise with Kakis 3:30pm - 5:30pm		Let's Watch Movie: Ah Boys to Men 2 (Registration Required) 3:00pm - 4:30pm		
	Let's Do Cognitive Activity (Registration Required) 4:00pm - 5:00pm		Strategise with Kakis 4:00pm - 5:30pm		
			Let's Do Cognitive Activity (Registration Required) 5:30pm - 6:00pm		

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2025 November

MON	TUES	WED	THUR	FRI	SAT
10	11	12	13	14	15
SingHealth Community Nurse Post 9:30am - 4:00pm	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 Learn Malay with Cik Rokiah (Registration Required) 9:00am-11:00am	
CALM 1.0 Session 2 (Enrolled Seniors Only) 9:30am - 11:30am	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates (Registration Required) 10:00am - 10:45am	Let's Lim Kopi (Exclusive for Men) (Registration Required) 12:30pm - 2:00pm	Let's Do Zumba Gold (Healthy 365 Registration) 9:30am - 10:30am	
Let's Watch Movie: Ah Boys to Men 3 (Registration Required) 3:00pm - 4:30pm	Let's Learn to Tech (Registration Required) 11:00am - 12:00pm	Let's Talk News (SPH) (Registration Required) 1:30pm - 2:30pm	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Let's Practice CASHEW Dance 12:30pm - 1:55pm	
Let's Do Haircut (Registration Required) 2:00pm - 4:00pm	Let's Yum Cha (Exclusive for Women Only) (Registration Required) 11:00am- 12:00pm	Let's Do Paper Arts with Nancy (Registration Required) 3:00pm - 4:30pm	Let's Groove Down Memory Lane 2:00pm - 3:00pm	Let's KTV Together (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
Strategise with Kakis 4:15pm - 5:30pm	Steady Lah! by HPB (Enrolled Seniors Only) 2:00pm - 3:30pm	Strategise with Kakis 4:30pm - 5:30pm	CALM 1.0 Practice Session (Enrolled Seniors Only) 3:00pm - 4:00pm		
	Let's Do Cognitive Activity (Registration Required) 3:30pm - 4:30pm	Let's Do Cognitive Activity (Registration Required) 4:00pm - 5:30pm	Let's Learn to Take Photo (Registration Required) 4:00pm - 5:00pm		
	Strategise with Kakis 4:15pm - 5:30pm		SUSS-NTUC Health Activity (Registered Required) 3:30pm - 6:30pm		

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MON	TUES	WED	THUR	FRI	SAT
17	18	19	20	21	22
SingHealth Community Nurse Post 9:30am - 4:00pm	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	Centre Closure	Let's Lim Kopi with Friends! (Special Edition) 10:00am - 1:00pm
CALM 1.0 Session 3 (Enrolled Seniors Only) 9:30am - 11:30am	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates (Registration Required) 10:00am - 10:45am	Let's Learn to Tech (Registration Required) 11:00am - 12:00pm		
Dave Lee and Friends (Registration Required) 1:00pm - 2:30pm	Let's Learn to Tech (Registration Required) 11:00am - 12:00pm	Digital Skills for Life with IMDA (Online Shopping) (Mandarin) (Registration Required) 11:00am - 12:30pm	Let's Lim Kopi (Exclusive for Men) (Registration Required) 12:30pm - 2:00pm		
Let's Talk Current Affairs (Registration Required) 3:00pm - 4:00pm	Let's Yum Cha (Exclusive for Women) (Registration Required) 11:00am - 12:00pm	Let's Minum Teh Tarik (Exclusive for Women Only) (Registration Required) 12:30pm - 1:30pm	Let's Groove Down Memory Lane 2:00pm - 3:00pm		
Strategise with Kakis (Registration Required) 4:30pm - 5:30pm	Steady Lah! by HPB (Enrolled Seniors Only) 2:00pm - 3:30pm	Let's Celebrate November Birthday (For Birthday Seniors Only) 2:00pm - 3:00pm	Strategise with Kakis (Registration Required) 3:15pm - 5:30pm		
Let's Do Cognitive Activity (Registration Required) 5:30pm - 6:00pm	Let's Learn to Take Photo (Registration Required) 1:00pm - 2:00pm	Let's Celebrate November Birthday (For Birthday Seniors Only) 2:00pm - 3:00pm			
		Strategise with Kakis (Registration Required) 4:30pm - 5:30pm			

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 NTUC Health

MON	TUES	WED	THUR	FRI	SAT
24	25	26	27	28	29
SingHealth Community Nurse Post 9:30am - 4:00pm	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 Learn Malay with Cik Rokiah (Registration Required) 9:00am-11:00am	
CALM 1.0 Session 4 (Enrolled Seniors Only) 9:30am - 11:30am	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates (Registration Required) 10:00am - 10:45am	Let's Lim Kopi (Exclusive for Men) (Registration Required) 12:30pm - 2:00pm	Let's Do Zumba Gold (Healthy 365 Registration) 9:30am - 10:30am	
Let's Do Recycled Arts with Flora (Registration Required) 2:00pm - 3:00pm	Virtual Health Talk: Low Back Pain (Registration Required) 10:15am - 11:15am	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Let's Practice CASHEW Dance 12:30pm - 1:55pm	
Strategise with Kakis 3:00pm - 5:30pm	Let's Yum Cha (Exclusive for Women) (Registration Required) 11:00am - 12:00pm	Fun with Kakis (Bingo) (Registration Required) 1:00pm - 2:00pm	CALM 1.0 Practice Session (Enrolled Seniors Only) 3:00pm - 4:00pm	Let's KTV Together (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
Let's Do Cognitive Activity (Registration Required) 5:30pm - 6:00pm	Centre Closure (PM)	Let's Makan Together (Only for BINGO Participants) 2:00pm - 3:00pm	Let's Groove Down Memory Lane 2:00pm - 3:00pm		
		Strategise with Kakis 4:00pm - 5:30pm	Strategise with Kakis 3:15pm - 5:30pm		
		Let's Do Cognitive Activity (Registration Required) 5:30pm - 6:00pm			

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2025 年 11 月

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星期一	星期二	星期三	星期四	星期五	星期六
3	4	5	6	7	8
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	起跳尊巴(乐龄版) (健康365报名) 9:30am - 10:30am	
一起做防肌肉萎缩运动 (需要报名) 10:00am - 11:00am	一起练气功(IL) 9:30am - 10:30am	一起来普拉提 (坐式)(视频) 10:00am - 10:45am	一起做防肌肉萎缩运动 (仅限已报名的乐龄) 11:30am - 12:30pm	一起跳 CASHEW 舞 12:30pm - 1:55pm	
一起学手机拍照技巧 (需要报名) 1:00pm - 2:00pm	一起去Gai Gai 鱼尾狮公园, 新加坡河, 富丽敦酒店 (报名满了)	义工Makan (仅限邀请乐龄) 11:00am - 2:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	茶舞 (需要报名) 2:15pm - 4:45pm	
	10:00am - 12:00pm				
健康讲座: 关于我的甲状腺 2:00pm - 3:30pm	一起学科技 (需要报名) 1:00pm - 2:00pm	一起喝Teh Tarik (马来乐龄) 3:00pm - 4:00pm	一起喝咖啡(只限男性) (需要报名) 12:30pm - 2:00pm		
一起考脑力 (需要报名) 3:30pm - 4:30pm	Steady Lah! 保健操 (需要报名) 2:00pm - 3:30pm	游戏时间 3:00pm - 5:30pm	线上: 一起深入记忆之路 2:00pm - 3:00pm		
游戏时间 3:30pm - 5:30pm	一起考脑力 (需要报名) 4:00pm - 5:00pm		一起来吃吧 (需要报名) 2:30pm - 3:30pm		
	游戏时间 3:30pm - 5:30pm		电影时间 -(新兵正传) (需要报名) 3:00pm - 4:30pm		
			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
10	11	12	13	14	15
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	一起学马来语Cik Rokiah (需要报名) 9:00am-11:00am	
一起做防肌肉萎缩运动 (仅限已报名的乐龄) 第二课 10:00am - 11:00am	一起练气功(IL) 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) (需要报名) 12:30pm - 2:00pm	起跳尊巴(乐龄版) (健康365报名) 9:30am - 10:30am	
电影时间 -(新兵正传3) (需要报名) 3:00pm - 4:30pm	一起学科技 (需要报名) 11:00am - 12:00pm	一起聊新闻 (需要报名) 1:30pm - 2:30pm	一起学科技 (需要报名) 1:00pm - 2:00pm	一起跳 CASHEW 舞 12:30pm - 1:55pm	
理发 (需要报名) 2:00pm - 4:00pm	一起来饮茶 (只限女性) (需要报名) 11:00am- 12:00pm	一起做纸艺 (需要报名) 3:00pm - 4:30pm	线上：一起深入记忆之路 2:00pm - 3:00pm	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 4:15pm - 5:30pm	Steady Lah! 保健操 (需要报名) 2:00pm - 3:30pm	游戏时间 4:30pm - 5:30pm	一起做防肌肉萎缩运动 (仅限已报名的乐龄) 3:00pm - 4:00pm		
	一起考脑力 (需要报名) 3:30pm - 4:30pm	一起考脑力 (需要报名) 4:00pm - 5:30pm	一起学手机拍照技巧 (需要报名) 4:00pm - 5:00pm		
	游戏时间 4:15pm - 5:30pm		SUSS大学-NTUC Health 活动 (需要报名) 3:30pm - 6:30pm		

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星期一	星期二	星期三 星期三	星期四 星期四	星期五 星期五	星期六 星期六
17	18	19	20	21	22
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 (需要报名) 9:30am - 10:30am	中心关	
一起做防肌肉萎缩运动 (仅限已报名的乐龄) 第三课 9:30am - 11:30am	一起练气功(IL) 9:30am - 10:30am	一起来普拉提(坐式) 10:00am - 10:45am	一起学科技 (需要报名) 11:00am - 12:00pm		
Dave Lee 和朋友 (需要报名) 1:00pm - 2:30pm	一起学科技 (需要报名) 11:00am - 12:00pm	IMDA 数码大使(网上购物) (需要报名) 11:00am - 12:30pm	一起喝咖啡 (只限男性) (需要报名) 12:30pm - 2:00pm		
一起聊新闻 (需要报名) 3:00pm - 4:00pm	一起来饮茶 (只限女性) (需要报名) 11:00am - 12:00pm	一起喝Teh Tarik (马来乐龄) 12:30pm - 1:30pm	线上: 一起深入记忆之路 2:00pm - 3:00pm		
游戏时间 4:30pm - 5:30pm	Steady Lah! 保健操 (需要报名) 2:00pm - 3:30pm	一起来庆生(需要报名) 2:00pm - 3:00pm	游戏时间 3:15pm - 5:30pm		
一起考脑力 (需要报名) 5:30pm - 6:00pm	一起学手机拍照技巧 (需要报名) 1:00pm - 2:00pm	一起来makan - 中心内 (仅限庆生) 2:00pm - 3:00pm			
		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
24	25	26	27	28	29
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 (需要报名) 9:30am - 10:30am	一起学马来语Cik Rokiah (需要报名) 9:00am-11:00am	
一起做防肌肉萎缩运动 (仅限已报名的乐龄) 第四课 9:30am - 11:30am	一起练气功(IL) 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) (需要报名) 12:30pm - 2:00pm	起跳尊巴(乐龄版) (健康365报名) 9:30am - 10:30am	
一起做再循环工艺 (需要报名) 2:00pm - 3:00pm	健康讲座 (腰背疼痛) 10:15am - 11:15am	一起学科技 (需要报名) 1:00pm - 2:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	一起跳 CASHEW 舞 12:30pm - 1:55pm	
游戏时间 3:00pm - 5:30pm	一起来饮茶 (只限女性) (需要报名) 11:00am - 12:00pm	一起玩宾果 (需要报名) 1:00pm - 2:00pm	一起做防肌肉萎缩运动 (需要报名) 3:00pm - 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	
一起考脑力 (需要报名) 5:30pm - 6:00pm	中心关(PM)	一起来吃吧 (仅限冰果乐龄) 2:00pm - 3:00pm	线上: 一起深入记忆之路 2:00pm - 3:00pm		
		游戏时间 4:00pm - 5:30pm	游戏时间 3:15pm - 5:30pm		
		一起考脑力 (需要报名) 5:30pm - 6:00pm			

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