

2026 October

 **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
			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 Go Gai Gai - NTUC Health AAC Day (For Registered Seniors Only) 8:30am - 3:30pm	Let's Chair Yoga (By Ming Ming) (Class 1) (For Registered Seniors Only) 9.30am - 10.30am	
			Let's Lim Kopi - Coffee Connect (Exclusive for Male Seniors) 12:30pm - 2:00pm	Let's Chair Yoga with Ming Ming (Class 2) (For Registered Seniors Only) 10:45am - 11:45am	
			Let's Boccia 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		

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MON	TUES	WED	THUR	FRI	SAT
5	6	7	8	9	10
Community Health Post (SingHealth) 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 9:30am - 10:30am	Let's Chair Pilates 10:00am - 11:00am	Let's Lim Kopi - Coffee Connect (Exclusive for Male Seniors) 12:30pm - 2:00pm	Let's Walking Football - Training @ Tampines Hub FINALE (For Registered Seniors Only) 9:00am - 12:00pm	
Stay Well Series - Health Talk by SGH "Become Smarter in Making Healthy Habits" (Virtual Session) (Registration Required) 2:00pm - 3:00pm	Let's Yum Cha Together (Exclusive for Female Seniors) 11:00am - 12:00pm	Let's Makan Together (BINGO Participants Only) 1:00pm - 2:00pm	Movie Time! (Registration Required) 2:30pm - 4:30pm	Let's Dance (CASHEW) (Registration Required) 12.30pm - 1.30pm	
Let's Show & Learn (Registration Required) 4:00pm - 5:00pm	Let's Lim Teh Tarik (Exclusive for Malay Seniors) 12:00pm - 1:30pm	Fun with Kakis (B.I.N.G.O) (For Registered Seniors Only) 2:00pm - 3:00pm	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 KTV Together Don't Worry, just Nyanyi! (English & Malay) 1:30pm - 3:30pm	Let's Boccia 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
12	13	14	15	16	17
Community Health Post (SingHealth) 9:30am - 4:00pm	TCM (Mobile Clinic) 9:00am - 11:30am	Let's Do Lymphatic Detox Exercise NOTE: This session may be cancelled if Weather PSI reaches > 100 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 (Registration Required) 9:00am - 12:00pm	Let's Qigong NOTE: This session may be cancelled if Weather PSI reaches > 100 9:30am - 10:30am	Let's Chair Pilates 10:00am - 11:00am	Let's Pilates - Mat Series (By Aisyah) (For Registered Seniors Only) 11:00am - 12:00pm	Let's Dance (CASHEW) (Registration Required) 12.30pm - 1.30pm	
Circular Sustainability Workshop (Session 3) (Registration Required) 2:00pm - 3:30pm	Let's Yum Cha (Exclusive for Female Seniors) 11:00am - 12:00pm	CEO Town Hall Early Centre Closure	Let's Lim Kopi - Coffee Connect (Male Exclusive) 12:30pm - 2:00pm	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 Lim Teh Tarik (Exclusive for Malay Seniors) 12:00pm - 1:30pm		Let's Boccia 4:00pm - 5:30pm		
	Stay Well Series: 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				

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MON	TUES	WED	THUR	FRI	SAT
19	20	21	22	23	24
Community Health Post (SingHealth) 9:30am - 4:00pm	TCM (Mobile Clinic) 9:00am - 11:30am	Let's Do Lymphatic Detox Exercise NOTE: This session may be cancelled if Weather PSI reaches > 100 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 (Registration Required) 9:00am - 12:00pm	Let's Qigong NOTE: This session may be cancelled if Weather PSI reaches > 100 9:30am - 10:30am	Let's Chair Pilates 10:00am - 11:00am	Let's Lim Kopi - Coffee Connect (Male Exclusive) 12:30pm - 2:00pm	DBS Do Good at Neighbourhood Walk @ Telok Blangah - Mount Faber (Registration Required) 9:00am - 11.30am	
Let's Celebrate September Birthday! (For Birthday Seniors Only) 2:00pm - 2:45pm	Let's Yum Cha (Exclusive for Female Seniors) 11:00am - 12:00pm	Let's Talk About Instant Messaging - WhatsApp (By IMDA) (Registration Required) 11:00am - 12:30pm	Let's Do Art with Flora (Registration Required) 3:00pm - 4:00pm	Let's KTV Together (Song Requests Will End @ 2:30pm) (Registration Required) 2:00pm - 5:00pm	
Let's Makan Together (For Birthday Seniors Only) 2:45pm - 3:30pm	Let's Lim Teh Tarik (Exclusive for Malay Seniors) 12:00pm - 1:30pm	Circular Sustainability Workshop (Session 4) (Registration Required) 2:00pm - 3:30pm	Strategise with Kakis 3:00pm - 5:30pm		
Let's Show & Learn (Registration Required) 4:00pm - 5:00pm	Stay Well Series: Health is Wealth with Aisyah (English & Malay) (Registration Required) 1:30pm - 3:30pm	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			

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 NTUC Health

MON	TUES	WED	THUR	FRI	SAT
26	27	28	29	30	31
Community Health Post (SingHealth) 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 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 (Registration Required) 9:00am - 12:00pm	Let's Do Qigong NOTE: This session may be cancelled if Weather PSI reaches > 100 9:30am - 10:30am	Let's Chair Pilates 10:00am - 11:00am	Let's Pilates - Mat Series (By Aisyah) (For Registered Seniors Only) 11:00am - 12:00pm	Let's Chair Yoga (By Ming Ming) (Class 1) (For Registered Seniors Only) 9.30am - 10.30am	
Let's Gen Together with Bartley & ZhongHua Secondary School (Registration Required) 2:00pm - 3.45pm	Circular Sustainability Workshop - Outing (Only for Registered Seniors of Horticulture Project) 10:00am - 1:00pm	Let's Go Gai Gai - Traffic Police At The Park (Registration Required) (Transportation Provided) 9:00am - 11:00am	Let's Lim Kopi - Coffee Connect (Exclusive for Male Seniors) 12:30pm - 2:00pm	Let's Chair Yoga (By Ming Ming) (Class 2) (For Registered Seniors Only) 10:45am - 11:45am	
Strategise with Kakis 4:00pm - 5:30pm	Let's Yum Cha Together (Exclusive for Female Seniors) 11:00am - 12:00pm	Let's Boccia 4:00pm - 5:30pm	Let's Talk ABOUT Dengue (By NEA) (Chinese & English Language) (Registration Required) 2:00pm - 3:00pm	Let's Dance (CASHEW) (Registration Required) 12.30pm - 1.30pm	
	Let's Lim Teh Tarik (Exclusive for Malay Seniors) 12:00pm - 1:30pm	Strategise with Kakis 4:00pm - 5:30pm	Let's Explore Cultures in Our Community (By Aisyah) 3:30pm - 4:30pm	Let's KTV Together (Song Requests Will End @ 2:30pm) (Registration Required) 2:00pm - 5:00pm	
	Stay Well Series: Health is Wealth with Aisyah (English & Malay) (Registration Required) 1:30pm - 3:30pm		Strategise with Kakis 4:00pm - 5:30pm		
	Strategise with Kakis 4:00pm - 5:30pm				

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2026 十月

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星期一	星期二	星期三	星期四	星期五	星期六
			1	2	3
			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	
			AAC 日 (已报名的乐龄) 8:30am - 3:30pm	一起做椅子瑜伽运动 (需要报名) 9.30am - 10.30am	
			咖啡因联谊会 (需要报名) 12:30pm - 2:00pm	一起做椅子瑜伽运动 (需要报名) 10:45am - 11:45am	
			一起玩硬地滾球 (需要报名) 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
5	6	7	8	9	10
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 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	一起来踢球 @淡滨尼天地 FINALE (已报名的乐龄) 9:00am - 12:00pm	
保健系列 - 健康讲座 (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	一起来共餐 (只限参加宾果活动的乐龄) 1:00pm - 2:00pm	电影时间 2:30pm - 4:30pm	一起跳Cashew 舞 12:30pm - 1:30pm	
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	宾果活动 (需要报名) 2:00pm - 3:00pm	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	别烦恼, 一起唱就对了! (英语及马来语) 1:30pm - 3:30pm	一起玩硬地滾球 (需要报名) 4:00pm - 5:30pm			
	游戏时间 4:00pm - 5:30pm	游戏时间 4:00pm - 5:30pm			

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星期一	星期二	星期三	星期四	星期五	星期六
12	13	14	15	16	17
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	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	抹茶 × 普拉提 Aisyah (需要报名) 11:00am - 12:00pm	一起跳Cashew 舞 12:30pm - 1:30pm	
园艺治疗 项目 4 (需要报名) 2:00pm - 3:30pm	一起来饮茶 (只限女性乐龄) (需要报名) 11:00am - 12:00pm	中心关	咖啡因联谊会和 (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 4:00pm - 5:30pm	一起喝Teh Tarik (只限马来乐龄) 12:30pm - 1:30pm		一起玩硬地滾球 4:00pm - 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		游戏时间 4:00pm - 5:30pm		
	游戏时间 4:00pm - 5:30pm				

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19	20	21	22	23	24
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	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	DBS步走 @ 直落布兰雅 - 花芭山 (需要报名) 9:00am - 11.30am	
一起庆祝10月生日 (仅限当月生日的乐龄) 2:00pm - 2:45pm	一起来饮茶 (只限女性乐龄) 11:00am - 12:00pm	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	一起跟Flora学手工 (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	
一起吃饭吧 (庆祝九月生日的乐龄) 2:45pm - 3:30pm	一起喝Teh Tarik (只限马来乐龄) 12:30pm - 1:30pm	园艺治疗 项目 4 (需要报名) 2:00pm - 3:30pm	游戏时间 3:00pm - 5:30pm		
展示与学习活动 (需要报名) 4:00pm - 5:00pm	健康就是财富 艾莎营养课 Aisyah (英语和马来语授课) 1:30pm - 3:30pm	一起玩硬地滚球 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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26	27	28	29	30	31
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	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	抹茶 × 普拉提 Aisyah (需要报名) 10:45am - 11:15am	一起做椅子瑜伽运 动 (需要报名) 9.30am - 10.30am	
代际交流 - 中学 (需要报名) 2:00pm - 3.45pm	一起去Gai Gai 园艺治疗 (仅限园艺项目乐龄参加) (需要报名) 10:00am - 1:00pm	一起去Gai Gai 交通安全公园 (需要报名) 9:00am - 11:00am	咖啡因联谊会 and (需要报名) 12:00pm - 1:00pm	一起做椅子瑜伽运 动 (需要报名) 10:45am - 11:45am	
游戏时间 4:00pm - 5:30pm	一起来饮茶 (只限女性乐龄) 11:00am - 12:00pm	一起玩硬地滾球 4:00pm - 5:30pm	NEA 新加坡环保局 骨痛热症讲座 (需要报名) 2:00pm - 3:00pm	一起跳Cashew 舞 12:30pm - 1:30pm	
	一起喝Teh Tarik (只限马来乐龄) 12:30pm - 1:30pm	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	一起来K歌 (歌曲请求将在下午下午 2:30 结束) 2:00pm - 5:00pm	
	健康就是财富 艾莎营养课 Aisyah (英语和马来语授课) 1:30pm - 3:30pm		游戏时间 4:00pm - 5:30pm		
	游戏时间 4:00pm - 5:30pm				

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