



2025 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	4
		Let's Go Gai Gai NTUC Health's AAC Day (Registered Seniors Only) 7:30am - 1:30pm	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 Lymphatic Detox Exercise 9:30am - 10:30am	Let's Learn to Tech (Registration Required) 11:00am - 12:00pm	Let's Practice CASHEW Dance 12:30pm - 1:55pm	
		Let's Do Chair Pilates (Registration Required) 10:00am - 10:45am	Let's Lim Kopi (Exclusive for Men) (Registration Required) 12:30pm - 2:00pm	Tea Dance @ 41 (Registration Required) 2:15pm - 4:45pm	
		Let's Makan Together (For NTUC Health's AAC Day Seniors Only) 2:00pm - 3:00pm	Let's Groove Down Memory Lane 2:00pm - 3:00pm	Let's Makan Together (Mid-Autumn Special) (For Tea Dance's Seniors Only) 3:00pm - 3:30pm	
		Strategise with Kakis (Registration Required) 3:00pm - 5:30pm	Strategise with Kakis (Registration Required) 3:15pm - 5:30pm		
		Let's Celebrate Mid-Autumn with Mapletree (Registered Seniors Only) 4:30pm - 8:00pm			

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ntuc Health

MON	TUES	WED	THUR	FRI	SAT
6	7	8	9	10	11
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	
Let's Play Seated Floorball (Registration Required) 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	Let's Practice CASHEW Dance 12:30pm - 1:55pm	
Let's Yum Cha (Exclusive for Women) (Registration Required) 11:30am - 12:30pm	Let's Learn to Tech (Registration Required) 11:00am - 12:00pm	Let's Learn to Tech (Registration Required) 11:00am - 12:00pm	Let's Lim Kopi (Exclusive for Men) (Registration Required) 12:30pm - 2:00pm	Let's Karaoke (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
TTSH Research Graduation Day (Enrolled Seniors Only) 1:00pm - 4:00pm	Steady Lah! by HPB (Enrolled Seniors Only) 2:00pm - 3:30pm	Let's Go Gai Gai A Trip to Peranakan Museum (Registration Required) 12:45pm - 4:00pm	Let's Groove Down Memory Lane 2:00pm - 3:00pm		
Strategise with Kakis (Registration Required) 4:15pm - 5:30pm	Let's Do Cognitive Activity (Registration Required) 3:30pm - 4:30pm	Virtual Live Performance "When Music Meets Life" by Esplanade (Registration Required) 3:30pm - 4:15pm	Let's Do Arts & Craft (Registration Required) 3:00pm - 4:30pm		
	Strategise with Kakis (Registration Required) 3:30pm - 5:30pm	Strategise with Kakis (Registration Required) 4:30pm - 5:30pm	Strategise with Kakis (Registration Required) 3:15pm - 5:30pm		

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 NTUC Health

MON	TUES	WED	THUR	FRI	SAT
13	14	15	16	17	18
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	
Let's Play Seated Floorball (Registration Required) 9:45am - 11:15am	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	Let's Practice CASHEW Dance 12:30pm - 1:55pm	
Let's Yum Cha (Exclusive for Women) (Registration Required) 11:30am - 12:30pm	Let's Learn to Tech (Registration Required) 11:00am - 12:00pm	Digital Skills for Life with IMDA (Set Strong Password & Enable 2FA) (Mandarin) (Registration Required) 11:00am - 12:30pm	Let's Lim Kopi (Exclusive for Men) (Registration Required) 12:30pm - 2:00pm	Let's Karaoke (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
Let's Practice CASHEW Dance 12:30pm - 1:45pm	Steady Lah! by HPB (Enrolled Seniors Only) 2:00pm - 3:30pm	Let's Learn to Tech (Registration Required) 12:30pm - 1:30pm	Let's Groove Down Memory Lane 2:00pm - 3:00pm		
Let's Makan Together (Registration Required) 2:00pm - 3:00pm	Let's Do Cognitive Activity (Registration Required) 3:30pm - 4:30pm	Let's Celebrate Deepavali (Registration Required) 2:00pm - 3:30pm	Let's Watch Movie Together (Ah Boys to Men - Part 1) (Registration Required) 3:15pm - 5:30pm		
Strategise with Kakis (Registration Required) 3:00pm - 5:30pm	Strategise with Kakis (Registration Required) 3:30pm - 5:30pm	Strategise with Kakis (Registration Required) 3:30pm - 5:30pm			

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MON	TUES	WED	THUR	FRI	SAT
20	21	22	23	24	25
Deepavali Public Holiday	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 (Registration Required) 10:00am - 10:45am	"Say Yes to Waste Less" Talk by NEA (Registration Required) 11:00am - 12:00pm	CALM 1.0 Trial Session (Registration Required) 9:00am - 12:00pm	
	Let's Learn to Tech (Registration Required) 11:00am - 12:00pm	Let's Learn to Tech (Registration Required) 11:00am - 12:00pm	Let's Lim Kopi (Exclusive for Men) (Registration Required) 12:30pm - 2:00pm	F4 Let's Makan Together (For Zumba Gold Participant Only) 10:45am - 12:00pm	
	Steady Lah! by HPB (Enrolled Seniors Only) 2:00pm - 3:30pm	October Birthday Celebration (By Invitation Only) 2:00pm - 3:00pm	Let's Groove Down Memory Lane 2:00pm - 3:00pm	Let's Practice CASHEW Dance 1:00pm - 1:55pm	
	Let's Do Cognitive Activity (Registration Required) 3:30pm - 4:30pm	Strategise with Kakis (Registration Required) 3:30pm - 5:30pm	Strategise with Kakis (Registration Required) 3:15pm - 5:30pm	Let's Karaoke (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
	Strategise with Kakis (Registration Required) 3:30pm - 5:30pm				

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MON	TUES	WED	THUR	FRI	SAT
27	28	29	30	31	
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 2 (Registration Required) 10:00am - 11:00am	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	Let's Practice CASHEW Dance 12:30pm - 1:55pm	
Let's Yum Cha (Exclusive for Women) (Registration Required) 11:30am - 12:30pm	TTSH Research Data Collection (Enrolled Seniors Only) 11:30am - 1:55pm	TTSH Research Data Collection (Enrolled Seniors Only) 11:00am - 12:55pm	Let's Lim Kopi (Exclusive for Men) (Registration Required) 12:30pm - 2:00pm	Let's Karaoke (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
TTSH Research Data Collection (Enrolled Seniors Only) 1:00pm - 6:00pm	Steady Lah! by HPB (Enrolled Seniors Only) 2:00pm - 3:30pm	Let's Makan Together (For BINGO's Seniors Only) 1:00pm - 2:00pm	Let's Groove Down Memory Lane 2:00pm - 3:00pm		
"Understanding Dementia" by Montfort CREST (Mandarin) (Registration Required) 2:00pm - 3:00pm	TTSH Research Data Collection (Enrolled Seniors Only) 3:30pm - 6:00pm	Fun with Kakis (Bingo) (Registration Required) 2:00pm - 3:00pm	Strategise with Kakis (Registration Required) 4:00pm - 5:30pm		
		TTSH Research Data Collection (Enrolled Seniors Only) 3:00pm - 6:00pm			

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2025 年 10 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
		1	2	3	4
		一起去 NTUC Health AAC 日 (仅限注册的乐龄) 7:30am - 1:30pm	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	
		淋巴排毒操 9:30am - 10:30am	一起学科技 (需要报名) 11:00am - 12:00pm	一起跳 CASHEW 舞 12:30pm - 1:55pm	
		一起来普拉提(坐式)(IL) (需要报名) 10:00am - 10:45am	一起喝咖啡(只限男性) (需要报名) 12:30pm - 2:00pm	一起跳茶舞 (需要报名) 2:15pm - 4:45pm	
		一起来makan - 中心内 (仅限NTUC Health AAC 日的乐龄) 2:00pm - 3:00pm	线上: 一起深入记忆之路 2:00pm - 3:00pm	起来吃吧 (中秋特惠) (仅限茶舞乐龄) 3:00pm - 3:30pm	
		游戏时间 3:00pm - 5:30pm	起玩策略游戏吧 (需要报名) 3:15pm - 5:30pm		
		和丰树一起欢庆中秋 (仅限注册的乐龄) 4:30pm - 8:00pm			

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星期一	星期二	星期三	星期四	星期五	星期六
6	7	8	9	10	11
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	
一起玩坐式地板球 (需要报名) 9:45am - 11:15am	一起练气功(IL) 9:30am - 10:30am	一起来普拉提(坐式)(IL) (需要报名) 10:00am - 10:45am	一起学科技 (需要报名) 11:00am - 12:00pm	一起跳 CASHEW 舞 12:30pm - 1:55pm	
一起来饮茶 (只限女性) (需要报名) 11:30am - 12:30pm	一起学科技 (需要报名) 11:00am - 12:00pm	一起学科技 (需要报名) 11:00am - 12:00pm	一起喝咖啡 (只限男性) (需要报名) 12:30pm - 2:00pm	一起来K歌 (点歌截止时间为下午 2:30) 2:00pm - 5:00pm	
TTSH 研究毕业日 (已报名的乐龄) 1:00pm - 4:00pm	Steady Lah! 保健操 (需要报名) 2:00pm - 3:30pm	一起去Gai Gai 土生华人博物馆之旅 (需要报名) 12:45pm - 4:00pm	线上: 一起深入记忆之路 2:00pm - 3:00pm		
游戏时间 4:15pm - 5:30pm	让我们一起进行认知活动 (需要报名) 3:30pm - 4:30pm	线上现场演出 “当音乐遇见生活” Esplanade 演出 (需要报名) 3:30pm - 4:15pm	一起做纸艺 (需要报名) 3:15pm - 4:30pm		
	游戏时间 3:30pm - 5:30pm	游戏时间 3:30pm - 5:30pm	游戏时间 3:15pm - 5:30pm		

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星期一	星期二	星期三	星期四	星期五	星期六
13	14	15	16	17	18
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	一起跳尊巴(乐龄版) (健康365报名) 9:30am - 10:30am	
一起玩坐式地板球 (需要报名) 9:45am - 11:15am	一起练气功(IL) 9:30am - 10:30am	一起来普拉提(坐式)(IL) (需要报名) 10:00am - 10:45am	让我们一起学习科技 (需要报名) 11:00am - 12:00pm	一起跳 CASHEW 舞 12:30pm - 1:55pm	
一起来饮茶 (只限女性) (需要报名) 11:30am - 12:30pm	一起学科技 (需要报名) 11:00am - 12:00pm	IMDA 终身数字技能培训 (设置强密码并启用双重身份验证) (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	一起来K歌 (点歌截止时间为下午 2:30) 2:00pm - 5:00pm	
一起跳 CASHEW 舞 12:30pm - 1:45pm	Steady Lah! 保健操 (需要报名) 2:00pm - 3:30pm	一起学科技 (需要报名) 12:30pm - 1:30pm	线上: 一起深入记忆之路 2:00pm - 3:00pm		
一起来makan - 中心内 (需要报名) 2:00pm - 3:00pm	让我们一起进行认知活动 (需要报名) 3:30pm - 4:30pm	一起庆祝排灯节 (需要报名) 2:00pm - 3:30pm	电影时间 (新兵正传 - 第一部) (需要报名) 3:15pm - 5:30pm		
游戏时间 3:00pm - 5:30pm	游戏时间 3:30pm - 5:30pm	游戏时间 3:30pm - 5:30pm			

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星期一 20	星期二 21	星期三 22	星期四 23	星期五 24	星期六 25
屠妖节假期	中医问诊 9:00am - 11:30am	淋巴排毒操 9:30am - 10:30am	一起做坐式尊巴 (需要报名) 9:30am - 10:30am	一起跳尊巴(乐龄版) (需要报名) 9:30am - 10:30am	
	一起练气功(IL) 9:30am - 10:30am	一起来普拉提(坐式)(IL) (需要报名) 10:00am - 10:45am	NEA 国家环境局 减少浪费'讲座 (需要报名) 11:00am - 12:00pm	一起做防肌肉萎缩运动 (需要报名) 9:00am - 12:00pm	
	一起学科技 (需要报名) 11:00am - 12:00pm	一起学科技 (需要报名) 11:00am - 12:00pm	一起喝咖啡 (只限男性) (需要报名) 12:30pm - 2:00pm	一起来makan - F4 (仅限尊巴金牌会员) 10:45am - 12:00pm	
	Steady Lah! 保健操 (需要报名) 2:00pm - 3:30pm	十月一起来庆生 (仅限邀请) 2:00pm - 3:30pm	线上: 一起深入记忆之路 2:00pm - 3:00pm	一起跳 CASHEW 舞 1:00pm - 1:55pm	
	一起考脑力 (需要报名) 3:30pm - 4:30pm	游戏时间 3:30pm - 5:30pm	游戏时间 3:15pm - 5:30pm	一起来K歌 (点歌截止时间为下午 2:30) 2:00pm - 5:00pm	
	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
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 9:30am - 10:30am	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	
一起玩坐式地板球 (需要报名) 9:45am - 11:15am	一起练气功(IL) 9:30am - 10:30am	一起来普拉提(坐式)(IL) (需要报名) 10:00am - 10:45am	一起学科技 (需要报名) 11:00am - 12:00pm	一起跳 CASHEW 舞 12:30pm - 1:55pm	
一起来饮茶 (只限女性) (需要报名) 11:30am - 12:30pm	TTSH 研究数据收集 (已报名的乐龄) 11:30am - 1:55pm	TTSH 研究数据收集 (已报名的乐龄) 11:00am - 12:55pm	一起喝咖啡(只限男性) (需要报名) 12:30pm - 2:00pm	一起来K歌 (点歌截止时间为下午 2:30) 2:00pm - 5:00pm	
TTSH 研究数据收集 (需要报名) 1:00pm - 6:00pm	Steady Lah! 保健操 (需要报名) 2:00pm - 3:30pm	一起来makan - 中心内 (仅限宾果的乐龄) 1:00pm - 2:00pm	线上: 一起深入记忆之路 2:00pm - 3:00pm		
"了解痴呆作者": Montfort CREST (华话) (需要报名) 2:00pm - 3:00pm	TTSH 研究数据收集 (已报名的乐龄) 3:30pm - 6:00pm	一起玩宾果 (需要报名) 2:00pm - 3:00pm	游戏时间 3:15pm - 5:30pm		
		TTSH 研究数据收集 (已报名的乐龄) 3:00pm - 6:00pm			

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