

Cashew Calendar - Housekeeping

Font Text

Hello

Hello

Hello

Background Highlights

Complementary Colour

Pantone 320 C

C: 96 M: 0 Y: 31 K: 2

R: 0 G: 156 B: 166 #009CA6

#0099a8cb

#0099a898

#0099a865

#0099a832

#0099a818

Contrasting Colour

Pantone 360 C

C: 59 M: 0 Y: 90 K: 0

R: 108 G: 194 B: 74 #6CC24A

#75be4dcb

#75be4d98

#75be4d65

#75be4d32

#75be4d18

Pantone 7548 C

C: 0 M: 11 Y: 100 K: 0

R: 255 G: 198 B: 0 #FFC600

#fec400cb

#fec40098

#fec40065

#fec40032

#fec40018

Pantone 179-12 C

C: 0 M: 0 Y: 0 K: 78

R: 94 G: 94 B: 95 #5E5E5F

#5c5d60cb

#5c5d6098

#5c5d6065

#5c5d6032

#5c5d6018

2026 September

 **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
31/08	1	2	3	4	5
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 Do 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 Dragon Boat - Training (For Registered Seniors Only) 9:00am - 12:00pm	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates 10:00am - 11:00am	Let's Mat(cha) & Pilates By Aisyah (Registration Required) 10:45am - 11:15am	Let's Chair Yoga By Ming Ming (Class 1) (For Registered Seniors Only) 9.30am - 10.30am	
Movie Time 2:00pm - 4:00pm	Let's Yum Cha (Exclusive for Female Seniors) 11:00am - 12:00pm	AAC Day Briefing (Top 25 August Seniors) 1:00pm - 2:00pm	Let's Lim Kopi (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 Lim Teh Tarik (Exclusive for Malay Seniors) 12:00pm - 1:00pm	Let's Learn To Tech with Yen Ling (Registration Required) 3:00pm - 4:00pm	Let's Go Gai Gai - AAC in 90 Days (AAC Passport Collection) (Registration Required) 2:00pm - 3:00pm	Let's KTV Together (Song Requests Will End @ 2:30pm) (Registration Required) 2:00pm - 5:00pm	
	Let's Talk About "Health is Wealth" Nutrition Class By Aisyah (English & Malay Language) (Registration Required) 1:00pm - 2:00pm	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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MON	TUES	WED	THUR	FRI	SAT
7	8	9	10	11	12
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 Do Chair Zumba (Healthy 365 Registration) (Max 25 Participants) 9:30am - 10:30am	Let's Do Zumba Gold (Healthy 365 Registration) 9:30am - 10:30am	
Le’s Dragon Boat - Training (For Registered Seniors Only) 9:00am - 12:00pm	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates 10:00am - 11:00am	Let’s Walking Football - Training @ Tampines Hub (For Registered Seniors Only) 9:45am - 11:45am	Let’s Chair Yoga with Ming Ming (Class 1) (For Registered Seniors Only) 9.30am - 10.30am	
Stay Well Series - Virtual Health Talk by SGH Foot Care in Elderly with Diabetes (Registration Required) 2:00pm -3:00pm	Let's Yum Cha (Exclusive for Female Seniors) 11:00am - 12:00pm	Let's Makan Together (BINGO Participants Only) 1:00pm - 2:00pm	Let’s Lim Kopi (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 Show & Learn (Registration Required) 4:00pm - 5:00pm	Let’s Lim Teh Tarik (Exclusive for Malay Seniors) 12:00pm - 1:00pm	Fun with Kakis (B.I.N.G.O) (For Registered Seniors Only) 2:00pm - 3:00pm	Let's Talk News By Eugene (Registration Required) 2:00pm - 3:00pm	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 Talk About "Health is Wealth" Nutrition Class with Aisyah (English & Malay Language) (Registration Required) 1:00pm - 2:00pm	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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MON	TUES	WED	THUR	FRI	SAT
14	15	16	17	18	19
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 Do Chair Zumba (Healthy 365 Registration) (Max 25 Participants) 9:30am - 10:30am	Centre Closure	Let’s Celebrate Mid-Autumn Festival with PA @ Blk 34 Market 5:30pm - 9:00pm
Let’s Dragon Boat - Training (For Registered Seniors Only) 9:00am - 12:00pm	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates 10:00am - 11:00am	Let’s Walking Football - Training @ Tampines Hub (For Registered Seniors Only) 9:45am - 11:45am		
Let's Do Art with Flora: Towel Flower (Registration Required) 2:00pm - 3:00pm	Let's Yum Cha (Exclusive for Female Seniors) 11:00am - 12:00pm	Circular Sustainability Workshop - Session 1 (Registration Required) 2:00pm - 3:30pm	Let’s Lim Kopi (Exclusive for Male Seniors) 12:00pm - 1:00pm		
Strategise with Kakis 4:00pm - 5:30pm	Let’s Lim Teh Tarik (Exclusive for Malay Seniors) 12:30pm - 1:30pm	Let's Boccia 4:00pm - 5:30pm	Strategise with Kakis 4:00pm - 5:30pm		
	Let’s Talk About "Health is Wealth" Nutrition Class with Aisyah (English & Malay Language) (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
21	22	23	24	25	26
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 Do 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 Dragon Boat Training (For Registered Seniors Only) 9:00am - 12:00pm	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates 10:00am - 11:00am	Let's Walking Football - Training @ Tampines Hub (For Registered Seniors Only) 9:45am - 11:45am	Let's Chair Yoga By Ming Ming (Class 1) (For Registered Seniors Only) 9.30am - 10.30am	
Let's Show & Learn (For Registered Seniors Only) 4:00pm - 5:00pm	Let's Yum Cha Together (Exclusive for Female Seniors) 11:00am - 12:00pm	Let's Talk About Search for Information on the Internet by IMDA (Registration Required) 11:00am - 12:30pm	Coffee Connect (Exclusive for Male Seniors) (Registration Required) 12:30pm - 2:00pm	Let' Chair Yoga By Ming Ming (Class 2) (For Registered Seniors Only) 10:45am - 11:45am	
Strategise with Kakis 4:00pm - 5:30pm	Let's Lim Teh Tarik (Exclusive for Malay Seniors) 12:30pm - 1:30pm	Circular Sustainability Workshop - Session 2 (Registration Required) 2:00pm - 3:30pm	Let's Explore Cultures in Our Community By Aisyah (Registration Required) 2:30pm - 3:30pm	Let's Celebrate Mid-Autumn Tea Dance Special with HSA Volunteers (Registration Required) 2:00pm - 5:00pm	
	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		
	Circular Sustainability Workshop - Videography Session (For Registered Seniors Only) 2:00pm - 5:00pm	Strategise with Kakis 4:00pm - 5:30pm			
	Strategise with Kakis 4:00pm - 5:30pm				

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MON	TUES	WED	THUR	FRI	SAT
28	29	30			
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 Dragon Boat - Training (For Registered Seniors Only) 9:00am - 12:00pm	Let's Do Qigong 9:30am - 10:30am	Let's Do Chair Pilates 10:00am - 11:00am			
Let's Celebrate September Birthday! (For Birthday Seniors) 2:00pm - 2:45pm	Circular Sustainability Workshop - Outing Session (For Registered Seniors Only) (Registration Required) 10:00am - 1:00pm	Let's Learn to Dance By Yen Ling 2:00pm - 3:00pm			
Let's Makan Together (For Birthday Seniors) 2:45pm - 3:30pm	Let's Yum Cha Together (Exclusive for Female Seniors) 11:00am - 12:00pm	Let's Boccia 4:00pm - 5:30pm			
Strategise with Kakis 4:00pm - 5:30pm	Let's Lim Teh Tarik (Exclusive for Malay Seniors) 12:30pm - 1:30pm	Strategise with Kakis 4:00pm - 5:30pm			
	Free Haircut Service For Seniors (Registration Required) 2:00pm - 4:00pm				
	Strategise with Kakis 4:00pm - 5:30pm				

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2026 九月

 **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
31/08	1	2	3	4	5
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	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	
一起看电影 2:00pm - 4:00pm	一起来饮茶 (只限女性乐龄) (需要报名) 11:00am - 12:00pm	AAC 日活动简报 (8月首批25位乐龄) 1:00pm - 2:00pm	咖啡因联谊会和 (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	一起喝Teh Tarik (只限马来乐龄) 12:00pm - 1:00pm	一起跟艳玲学科技 (需要报名) 3:00pm - 4:00pm	Cashew去走走 - 90天乐心之旅 - 护照领取 (需要报名) 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	
	健康就是财富 艾莎营养课 Aisyah (英语和马来语授课) 1:00pm - 2:00pm	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			

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星期一	星期二	星期三	星期四	星期五	星期六
7	8	9	10	11	12
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	步行足球 于 淡滨尼体育中心 举行 (仅限已报名的乐龄) 9:45am - 11:45am	一起做椅子瑜伽运 动 (需要报名) 9.30am - 10.30am	
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	咖啡因联谊会和 (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	
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	一起听尤金 讲新闻 (需要报名) 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 4:00pm - 5:30pm	健康就是财富 艾莎营养课 Aisyah (英语和马来语授课) 1:00pm - 2:00pm	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			

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星期一	星期二	星期三	星期四	星期五	星期六
14	15	16	17	18	19
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	中心关闭	人民协会第34座巴刹中秋庆祝活动 5:30pm - 9:00pm
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	步行足球 于 淡滨尼体育中心 举行 (仅限已报名的乐龄) 9:45am - 11:45am		
一起跟Flora做手工 - 毛巾花 (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 (需要报名) 2:00pm - 3:30pm	咖啡因联谊会和 (需要报名) 12:00pm - 1:00pm		
游戏时间 4:00pm - 5:30pm	一起喝Teh Tarik (只限马来乐龄) 12:30pm - 1:30pm	一起玩硬地滚球 (需要报名) 4:00pm - 5:30pm	游戏时间 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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21	22	23	24	25	26
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	步行足球 于 淡滨尼体育中心 举行 (仅限已报名的乐龄) 9:45am - 11:45am	一起做椅子瑜伽运 动 (需要报名) 9.30am - 10.30am	
展示与学习活动 (需要报名) 4:00pm - 5:00pm	一起来饮茶 (只限女性乐龄) (需要报名) 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	咖啡因联谊会和 (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	
游戏时间 4:00pm - 5:30pm	一起喝Teh Tarik (只限马来乐龄) 12:30pm - 1:30pm	园艺治疗 (需要报名) 2:00pm - 3:30pm	Aisyah 与 Rokiah 传统服饰文化课堂 (需要报名) 2:30pm - 3:30pm	中秋茶舞特别活动 与卫生科学局义工者同乐 (需要报名) 2:00pm - 5:00pm	
	别烦恼, 一起唱就对了！ (英语及马来语) 1:30pm - 3:30pm	一起玩硬地滚球 (需要报名) 4:00pm - 5:30pm	游戏时间 4:00pm - 5:30pm		
	可持续发展主题录像拍摄活 动 (需要报名) 2:00pm - 5:00pm	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
28	29	30			
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			
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 - 10:45am			
一起庆祝九月生日 (仅限当月生日的乐龄) 2:00pm - 2:45pm	一起去Gai Gai 园艺治疗 (需要报名) 10:00am - 1:00pm	一起玩硬地滚球 (需要报名) 4:00pm - 5:30pm			
一起吃饭吧 (庆祝九月生日的乐龄) 2:45pm - 3:30pm	一起来饮茶 (只限女性乐龄) 理发 11:00am - 12:00pm	游戏时间 4:00pm - 5:30pm			
游戏时间 4:00pm - 5:30pm	一起喝Teh Tarik (只限马来乐龄) 12:30pm - 1:30pm				
	乐龄免费理发服务 (需要报名) 2:00pm - 4:00pm				
	游戏时间 4:00pm - 5:30pm				

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