





2024 December

 **Centre Name:** Active Ageing Centre (Mount Faber)
 **Centre Address:** Blk 76 Telok Blangah Drive #01-252 S100076
 **Centre Contact:** 6590 4370 / 8163 2634






NTUC Health

MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	 Centre closed for internal event	
10:30 - 11:30 AM: Let's Zumba Gold	10:30 - 11:30 AM: Let's Stretch Band	10:30 - 11:30 AM: Let's Do Chair Yoga	10:30 - 11:30 AM: Let's Do Square Stepping		
2:00 - 3:30 PM: Community Health Talk - Identifying Early Signs of	2:00 - 3:00 PM: Let's Lim Kopi (Male Exclusive)	1:30 - 2:30 PM: Inhouse Talk - Understanding Anxiety	2:00 - 3:00 PM: Let's Celebrate - Birthday		
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	3:00 - 5:00 PM: Let's Karaoke Together		
2:00 - 4:00 PM: Repair Kopitiam Club	2:30 - 4:00 PM: Walking Football @ Telok Blangah CC	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)		
9	10	11	12	13	14
9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	
10:30 - 11:30 AM: Let's Zumba Gold	10:30 - 11:30 AM: Let's Stretch Band	10:30 - 11:30 AM: Let's Do Chair Yoga	10:30 - 11:30 AM: Let's Do Square Stepping	10:30 - 11:30 AM: Let's Bollywood Dance	
2:00 - 3:30 PM: Let's Do Zentangle	11:30 - 12:30 PM: Let's Makan Together - F4 Healthy Soup	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	1:30 - 4:30 PM: Health Carnival by Ngee Ann Poly	1:30 - 2:30 PM: Inhouse Talk - Dementia Awareness	
2:00 - 4:00 PM: Repair Kopitiam Club	10:00 - 4:00 PM: Community Health Post	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 4:30 PM: Let's Jam with Ukulele	
	2:30 - 4:00 PM: Walking Football @ Telok Blangah CC			2:00 - 5:00 PM: Strategise with Kakis (Table Games)	

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NTUC Health

MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
8:00 - 8:45 AM: Let's Gen Together - Blangah Rise Primary	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	
9:00 - 10:00 AM: Let's Do Seated Exercise	10:30 - 11:30 AM: Let's Stretch Band	10:30 - 11:30 AM: Let's Do Chair Yoga	10:30 - 11:30 AM: Let's Do Square Stepping	10:30 - 11:30 AM: Let's Bollywood Dance	
10:30 - 11:30 AM: Let's Zumba Gold	2:00 - 3:00 PM: Talk - Dr Wong's Storytelling Time	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	2:00 - 3:00 PM: Let's Get Together & Make New Friends	2:00 - 3:00 PM: Let's Learn Art & Craft - Festive-themed Felt Bag	
2:00 - 3:30 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 5:00 PM: Let's Karaoke Together	3:00 - 4:30 PM: Let's Jam with Ukulele	
2:00 - 4:00 PM: Repair Kopitiam Club	2:30 - 4:00 PM: Walking Football @ Telok Blangah CC		2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
23	24	25	26	27	28
9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	 Centre closed for Christmas Public Holiday	9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	
10:30 - 11:30 AM: Let's Zumba Gold	10:30 - 11:30 AM: Let's Stretch Band		10:30 - 11:30 AM: Let's Do Square Stepping	10:30 - 11:30 AM: Let's Bollywood Dance	
2:00 - 3:30 PM: Let's Do Zentangle	11:30 - 1:00 PM: Let's Celebrate - Christmas & New Year		2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 4:30 PM: Let's Jam with Ukulele	
2:00 - 4:00 PM: Repair Kopitiam Club	Centre closed after 1 PM for Christmas Eve			2:00 - 5:00 PM: Strategise with Kakis (Table Games)	

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NTUC Health

MON	TUE	WED	THU	FRI	SAT
30	31				
9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise				
10:30 - 11:30 AM: Let's Zumba Gold	10:30 - 11:30 AM: Let's Stretch Band				
2:00 - 3:30 PM: Let's Do Zentangle	Centre closed after 1 PM for New Year's Eve				
2:00 - 4:00 PM: Repair Kopitiam Club					

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2024 十二月

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NTUC Health

MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	 中心关闭	
10:30 - 11:30 AM: 尊巴舞	10:30 - 11:30 AM: 阻力带健身操	10:30 - 11:30 AM: 坐式瑜伽	10:30 - 11:30 AM: 方块踏步运动		
2:00 - 3:30 PM: 线上讲座 - - 识别痴呆症的早期迹象	2:00 - 3:00 PM: 男士饮茶聊天时光	1:30 - 2:30 PM: 讲座 - 理解焦虑症	2:00 - 3:00 PM: 生日庆祝会		
2:00 - 3:30 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站	3:00 - 4:00 PM: 防止跌倒运动	3:00 - 5:00 PM: 卡拉OK时光		
2:00 - 4:00 PM: 电器维修俱乐部	1:30 - 4:00 PM: 步行足球 (直落布兰雅联络所)	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间		
9	10	11	12	13	14
9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	
10:30 - 11:30 AM: 尊巴舞	10:30 - 11:30 AM: 阻力带健身操	10:30 - 11:30 AM: 坐式瑜伽	10:30 - 11:30 AM: 方块踏步运动	10:30 - 11:30 AM: 印度风格舞	
2:00 - 3:30 PM: 心境禅绕画	11:30 - 12:30 PM: 社区聚餐 - F4 营养汤	3:00 - 4:00 PM: 防止跌倒运动	1:30 - 4:30 PM: 健康嘉年华 (义安理工学院)	1:30 - 2:30 PM: 讲座 - 痴呆症的意识	
2:00 - 4:00 PM: 电器维修俱乐部	10:00 - 4:00 PM: 社区护理站	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:30 PM: 四弦琴兴趣小组	
	1:30 - 4:00 PM: 步行足球 (直落布兰雅联络所)			2:00 - 5:00 PM: 棋盘游戏时间	

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NTUC Health

MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
8:00 - 8:45 AM: 隔代互动 - 布兰雅坡小学	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	
9:00 - 10:00 AM: 坐式健康早操	10:30 - 11:30 AM: 阻力带健身操	10:30 - 11:30 AM: 坐式瑜伽	10:30 - 11:30 AM: 方块踏步运动	10:30 - 11:30 AM: 印度风格舞	
10:30 - 11:30 AM: 尊巴舞	2:00 - 3:00 PM: 黄博士讲古时间	3:00 - 4:00 PM: 防止跌倒运动	2:00 - 3:00 PM: 结识新朋友聚会	2:00 - 3:00 PM: 手工艺品 - 毛毡袋	
2:00 - 3:30 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 5:00 PM: 卡拉OK时光	3:00 - 4:30 PM: 四弦琴兴趣小组	
2:00 - 4:00 PM: 电器维修俱乐部	1:30 - 4:00 PM: 步行足球 (直落布兰雅联络所)		2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间	
23	24	25	26	27	28
9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	 Merry Christmas	9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	
10:30 - 11:30 AM: 尊巴舞	10:30 - 11:30 AM: 阻力带健身操		10:30 - 11:30 AM: 方块踏步运动	10:30 - 11:30 AM: 印度风格舞	
2:00 - 3:30 PM: 心境禅绕画	11:30 - 1:00 PM: 圣诞节庆祝会		2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:30 PM: 四弦琴兴趣小组	
2:00 - 4:00 PM: 电器维修俱乐部	下午1点过后 中心关闭		圣诞节公共假期 中心休假		2:00 - 5:00 PM: 棋盘游戏时间

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30	31				
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10:30 - 11:30 AM: 尊巴舞	10:30 - 11:30 AM: 阻力带健身操				
2:00 - 3:30 PM: 心境禅绕画	下午1点过后 中心关闭				
2:00 - 4:00 PM: 电器维修俱乐部					

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