




# 2025 January

 **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	TUE	WED	THU	FRI	SAT
		1	2	3	4
		 <b>Centre closed for New Year's Day Public Holiday</b>	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 Do Square Stepping	10:30 - 11:30 AM: Let's Bollywood Dance	
			3:00 - 5:00 PM: Let's Karaoke Together	3:00 - 4:30 PM: Let's Jam with Ukulele	
			2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
6	7	8	9	10	11
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	9:30 - 11:30 AM: Mindef Do Good @ AAC Mt Faber	
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)	2:00 - 3:00 PM: Let's Celebrate - Birthday	1:30 - 2:30 PM: Cognitive Stimulation Activities (CSA)	
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)	3:00 - 4:30 PM: Let's Jam with Ukulele	
	2:00 - 5:00 PM: Strategise with Kakis (Table Games)			2:00 - 5:00 PM: Strategise with Kakis (Table Games)	

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NTUC Health

MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
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	10:00 - 11:00 AM: Let's Gen Together - My 1st Skool	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	10:00 - 4:00 PM: Community Health Post	10:30 - 11:30 AM: Let's Do Chair Yoga	1:30 - 4:00 PM: Let's Go Gai Gai - Singapore Art Museum	1:30 - 2:30 PM: Cogintive Stimulation Activities (CSA)	
2:00 - 4:00 PM: Repair Kopitiam Club	2:30 - 4:00 PM: Walking Football @ Telok Blangah CC	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	3:00 - 5:00 PM: Let's Karaoke Together	3:00 - 4:30 PM: Let's Jam with Ukulele	
	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	
20	21	22	23	24	25
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	10:00 - 4:00 PM: Community Health Post	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	2:00 - 3:30 PM: Let's Do CNY Decor	1:30 - 2:30 PM: Current Affair U & Me	
2:00 - 3:30 PM: Let's Do Zentangle	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)	3:00 - 4:30 PM: Let's Jam with Ukulele	
2:00 - 4:00 PM: Repair Kopitiam Club	2:00 - 5:00 PM: Strategise with Kakis (Table Games)			2:00 - 5:00 PM: Strategise with Kakis (Table Games)	

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MON 27	TUE 28	WED 29	THU 30	FRI 31	SAT
9:00 - 10:00 AM: Let's Do Seated Exercise	9:00 - 10:00 AM: Let's Do Seated Exercise	 <p><b>Centre closed for Chinese New Year Day Public Holiday</b></p>			
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	<b>Centre closed after 1 PM for New Year's Eve</b>				
2:00 - 5:00 PM: Strategise with Kakis (Table Games)					

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
			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: 方块踏步运动	10:30 - 11:30 AM: 印度风格舞	
			3:00 - 5:00 PM: 卡拉OK时光	3:00 - 4:30 PM: 四弦琴兴趣小组	
			2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间	
6	7	8	9	10	11
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	9:30 - 11:30 AM: 国防部义工活动	
2:00 - 4:00 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	2:00 - 3:00 PM: 生日庆祝会	1:30 - 2:30 PM: 刺激认知能力课	
2:00 - 4:00 PM: 电器维修俱乐部	2:30 - 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	3:00 - 4:30 PM: 四弦琴兴趣小组	
	2:00 - 5:00 PM: 棋盘游戏时间			2:00 - 5:00 PM: 棋盘游戏时间	

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
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	10:00 - 11:00 AM: 隔代互动 - 快乐第一班	10:30 - 11:30 AM: 方块踏步运动	10:30 - 11:30 AM: 印度风格舞	
2:00 - 4:00 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站	10:30 - 11:30 AM: 坐式瑜伽	1:30 - 4:00 PM: 郊游 - 新加坡美术馆	1:30 - 2:30 PM: 刺激认知能力课	
2:00 - 4:00 PM: 电器维修俱乐部	2:30 - 4:00 PM: 步行足球 (直落布兰雅联络所)	3:00 - 4:00 PM: 防止跌倒运动	3:00 - 5:00 PM: 卡拉OK时光	3:00 - 4:30 PM: 四弦琴兴趣小组	
	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间	2:00 - 5:00 PM: 棋盘游戏时间	
20	21	22	23	24	25
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	10:00 - 4:00 PM: 社区护理站	3:00 - 4:00 PM: 防止跌倒运动	2:00 - 3:30 PM: 自制新年红包装饰品	2:00 - 3:00 PM: 时事分享	
2:00 - 4:00 PM: 心境禅绕画	2:30 - 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	3:00 - 4:30 PM: 四弦琴兴趣小组	
2:00 - 4:00 PM: 电器维修俱乐部	2:00 - 5:00 PM: 棋盘游戏时间			2:00 - 5:00 PM: 棋盘游戏时间	

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9:00 - 10:00 AM: 坐式健康早操	9:00 - 10:00 AM: 坐式健康早操	 <p>农历新年公共假期 中心休假</p>			
10:30 - 11:30 AM: 尊巴舞	10:30 - 11:30 AM: 阻力带健身操				
2:00 - 4:00 PM: 心境禅绕画	下午1点过后 中心关闭				
2:00 - 5:00 PM: 棋盘游戏时间					

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