






2024 November

 **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 4	TUE 5	WED 6	THU 7	FRI 8	SAT 9
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: CALM 1.0	10:30 - 11:30 AM: Let's Dancercise	
1:30 - 4:30 PM: C3A E-learning Corner	2:00 - 3:00 PM: Let's Celebrate - Birthday	1:30 - 4:30 PM: C3A E-learning Corner	2:00 - 3:00 PM: Let's Lim Kopi (Male Exclusive)	1:30 - 2:30 PM: Inhouse Talk - Introduction to Mental Health	
2:00 - 3:30 PM: Community Health Talk - Healthy Living: Body &	3:00 - 4:00 PM: Let's Gen Together - SOTA	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	3:00 - 5:00 PM: Let's Karaoke Together	3:00 - 4:00 PM: Let's Steel Combat (Male Exclusive)	
2:00 - 4:00 PM: Let's Do Zentangle	10:00 - 4:00 PM: Community Health Post	4:00 - 4:30 PM: Stay Zen with Pranayama Breathing Practice	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	1:30 - 4:00 PM: Walking Football @ Telok Blangah CC				
11	12	13	14	15	16
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	 <p>Centre closed for internal event</p>	<p>9:00 AM - 1:00 PM Functional Screening at Blangah Garden RN 62 Telok Blangah Hts</p> 
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 Dancercise		
1:30 - 4:30 PM: C3A E-learning Corner	11:30 - 12:30 PM: Let's Makan Together - F4 Healthy Soup	1:30 - 4:30 PM: C3A E-learning Corner	1:30 - 3:30 PM: Dave Lee Sing & Dance		
2:00 - 4:00 PM: Let's Do Zentangle	1:30 - 2:30 PM: Inhouse Talk - Understanding Depression	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)		
2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 4:00 PM: Let's Gen Together - SOTA	4:00 - 4:30 PM: Stay Zen with Pranayama Breathing Practice			
	1:30 - 4:00 PM: Walking Football @ Telok Blangah CC				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2024 November

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



MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
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	9:30 - 11:30 AM: SalesForce Do Good @ AAC Mt Faber	
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 Dancercise	3:00 - 4:00 PM: Let's Steel Combat (Male Exclusive)	
10:30 - 11:30 AM: Let's Zumba Gold	2:00 - 3:00 PM: Current Affair U & Me	1:30 - 4:30 PM: C3A E-learning Corner	2:00 - 3:00 PM: Let's Gen Together - SOTA	3:00 - 4:30 PM: Let's Jam with Ukulele	
1:30 - 4:30 PM: C3A E-learning Corner	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 - 5:00 PM: Strategise with Kakis (Table Games)	
2:00 - 4:00 PM: Let's Do Zentangle	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	4:00 - 4:30 PM: Stay Zen with Pranayama Breathing Practice	2:00 - 5:00 PM: Strategise with Kakis (Table Games)		
2:00 - 4:00 PM: Repair Kopitiam Club					
25	26	27	28	29	30
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 Dancercise	10:30 - 11:30 AM: Let's Bollywood Dance	
1:30 - 4:30 PM: C3A E-learning Corner	2:00 - 3:00 PM: Talk - Dr Wong's Storytelling Time	1:30 - 4:30 PM: C3A E-learning Corner	2:00 - 3:00 PM: Let's Makan Together - MF Dessert Day	1:30 - 2:30 PM: Inhouse Talk - Understanding Anxiety	
2:00 - 4:00 PM: Let's Do Zentangle	3:00 - 4:00 PM: Let's Gen Together - SOTA	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	3:00 - 4:00 PM: Let's Gen Together - SOTA	
2:00 - 4:00 PM: Repair Kopitiam Club	10:00 - 4:00 PM: Community Health Post	4:00 - 4:30 PM: Stay Zen with Pranayama Breathing Practice		3:00 - 4:30 PM: Let's Jam with Ukulele	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2024 十一月

📍 **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 4	TUE 5	WED 6	THU 7	FRI 8	SAT 9
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 PM: 对抗与年龄相关的肌肉 损失的训练	10:30 - 11:30 AM: 健身舞	
1:30 - 4:30 PM: C3A 线上课程	2:00 - 3:00 PM: 生日庆祝会	1:30 - 4:30 PM: C3A 线上课程	2:00 - 3:00 PM: 男士饮茶聊天时光	1:30 - 2:30 PM: 讲座 - 讨论心理健康	
2:00 - 3:30 PM: 线上讲座 - 压力, 对我们是好是坏?	3:00 - 4:00 PM: 隔代互动 - 新加坡艺术学院	3:00 - 4:00 PM: 防止跌倒运动	3:00 - 5:00 PM: 卡拉OK	3:00 - 4:00 PM: 男士钢铁拳击 (精简版)	
2:00 - 4:00 PM: 心境禅绕画	10:00 - 4:00 PM: 社区护理站	4:00 - 4:30 PM: Pranayama 呼吸法	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	1:30 - 4:00 PM: 步行足球 (直落布兰雅联络所)				
11	12	13	14	15	16
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	9:00 AM - 1:00 PM 社区体检 在大牌 62 的居民联系网 
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: 健身舞		
1:30 - 4:30 PM: C3A 线上课程	11:30 - 12:30 PM: 社区聚餐 - F4 营养汤	1:30 - 4:30 PM: C3A 线上课程	1:30 - 3:30 PM: Dave Lee 歌舞表演		
2:00 - 4:00 PM: 心境禅绕画	1:30 - 2:30 PM: 讲座 - 理解抑郁症	3:00 - 4:00 PM: 防止跌倒运动	2:00 - 5:00 PM: 棋盘游戏时间		
2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:00 PM: 隔代互动 - 新加坡艺术学院	4:00 - 4:30 PM: Pranayama 呼吸法			
	1:30 - 4:00 PM: 步行足球 (直落布兰雅联络所)				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2024 十一月

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



MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
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	9:30 - 11:30 AM: SalesForce 义工活动	
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: 健身舞	3:00 - 4:00 PM: 男士钢铁拳击 (精简版)	
10:30 - 11:30 AM: 尊巴舞	2:00 - 3:00 PM: 时事分享	1:30 - 4:30 PM: C3A 线上课程	2:00 - 3:00 PM: 隔代互动 - 新加坡艺术学院	3:00 - 4:30 PM: 四弦琴兴趣小组	
1:30 - 4:30 PM: C3A 线上课程	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	2:00 - 5:00 PM: 棋盘游戏时间	
2:00 - 4:00 PM: 心境禅绕画	2:00 - 5:00 PM: 棋盘游戏时间	4:00 - 4:30 PM: Pranayama 呼吸法	2:00 - 5:00 PM: 棋盘游戏时间		
2:00 - 4:00 PM: 电器维修俱乐部					
25	26	27	28	29	30
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: 健身舞	10:30 - 11:30 AM: 印度风格舞	
1:30 - 4:30 PM: C3A 线上课程	2:00 - 3:00 PM: 黄博士讲古时间	1:30 - 4:30 PM: C3A 线上课程	2:00 - 3:00 PM: 社区聚餐 - MF 甜品日	1:30 - 2:30 PM: 讲座 - 理解焦虑症	
2:00 - 4:00 PM: 心境禅绕画	3:00 - 4:00 PM: 隔代互动 - 新加坡艺术学院	3:00 - 4:00 PM: 防止跌倒运动	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:00 PM: 隔代互动 - 新加坡艺术学院	
2:00 - 4:00 PM: 电器维修俱乐部	10:00 - 4:00 PM: 社区护理站	4:00 - 4:30 PM: Pranayama 呼吸法		3:00 - 4:30 PM: 四弦琴兴趣小组	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。