




2024 September

 **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
2	3	4	5	6	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	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: Let's Lim Kopi (Male Exclusive)	1:30 - 4:30 PM: C3A E-learning Corner	1.30 - 3.00PM: Dave Lee Sing & Dance	3:00 - 4:00 PM: Let's Steel Combat (Male Exclusive)	
2:00 - 3:30 PM: Virtual Talk - Controlling Your Blood Sugar	10:00 - 4:00 PM: Community Health Post	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	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: 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)	
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	10:00 - 11:00 AM: Let's Gen Together - My 1st Skool	10:30 - 11:30 AM: Let's Bollywood Dance	
1:30 - 4:30 PM: C3A E-learning Corner	2:00 - 3:00 PM: Let's Makan Together - F4 Healthy Soup	1:30 - 4:30 PM: C3A E-learning Corner	11:00 - 12:00 PM: Let's Dancercise	2:00 - 3.00PM: Ukulele Performance	
2:00 - 4:00 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	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)	4:00 - 4:30 PM: Stay Zen with Pranayama Breathing Practice	3:00 - 5:00 PM: Let's Karaoke Together	2:00 - 5:00 PM: Strategise with Kakis (Table Games)	

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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	9:30 AM - 12:30 PM Community Pop-Up Market (by DBS) at Henderson CC  
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	10:30 - 11:30 AM: Let's Bollywood Dance	
10:30 - 11:30 AM: Let's Zumba Gold	2:00 - 3:00 PM: Let's Celebrate - Mid Autumn Festival	1:30 - 4:30 PM: C3A E-learning Corner	3:00 - 5:00 PM: Let's Karaoke Together	3:00 - 4:00 PM: Let's Steel Combat (Male Exclusive)	
1:00 - 2:00 PM: Talk - Sensors IN-home for Elder Wellbeing	10:00 - 4:00 PM: Community Health Post	3:00 - 4:00 PM: Fall Prevention (by La Cura Mobility)	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: 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)	
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	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 AM - 2:00 PM Community Health Screening (by SingHealth) at Telok Blangah CC 
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	2:00 - 3:00 PM: Current Affair U & Me	
2:00 - 4:00 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 - 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)	4:00 - 4:30 PM: Stay Zen with Pranayama Breathing Practice		2:00 - 5:00 PM: Strategise with Kakis (Table Games)	

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	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	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: 男士饮茶聊天时光	1:30 - 4:30 PM: C3A 线上课程	1.30 - 3.00PM: Dave Lee 歌舞表演	3:00 - 4:00 PM: 男士钢铁拳击 (精简版)	
2:00 - 3:30 PM: 线上讲座 - 如何控制好血糖	10:00 - 4:00 PM: 社区护理站	3:00 - 4:00 PM: 防止跌倒运动	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:30 PM: 四弦琴兴趣小组	
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	
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	10:00 - 11:00 AM: 隔代互动 - 快乐第一班	10:30 - 11:30 AM: 印度风格舞	
1:30 - 4:30 PM: C3A 线上课程	12:00 - 1:00 PM: 社区聚餐 - F4 营养汤	1:30 - 4:30 PM: C3A 线上课程	11:00 - 12:00 PM: 健身舞	2:00 - 3:00PM: 四弦琴演奏	
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	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	4:00 - 4:30 PM: Pranayama 呼吸法	3:00 - 5:00 PM: 卡拉OK	2:00 - 5:00 PM: 棋盘游戏时间	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	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	9:30 AM - 12:30 PM 社区临时市场 组办者: 星展银行 地点: 亨德申联络所  
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	10:30 - 11:30 AM: 印度风格舞	
10:30 - 11:30 AM: 尊巴舞	2:00 - 3:00 PM: 中秋节庆祝会	1:30 - 4:30 PM: C3A 线上课程	3:00 - 5:00 PM: 卡拉OK	3:00 - 4:00 PM: 男士钢铁拳击 (精简版)	
1:00 - 2:00 PM: 讲座 (盛港医院) - 适合老人的室内传感器	10:00 - 4:00 PM: 社区护理站	3:00 - 4:00 PM: 防止跌倒运动	2:00 - 5:00 PM: 棋盘游戏时间	3:00 - 4:30 PM: 四弦琴兴趣小组	
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	
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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	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 AM - 2:00 PM 社区健康检查日 组办者: 新保集团 地点: 直落布兰雅联络所 
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	2:00 - 3:00 PM: 时事分享	
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 - 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	4:00 - 4:30 PM: Pranayama 呼吸法		2:00 - 5:00 PM: 棋盘游戏时间	

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