




# 2024 April

 **Centre Name:** ACC-MF  
 **Centre Address:** Blk 76 Telok Blangah Drive #01-252 Spore 100076  
 **Centre Contact:** 6590 4370 / 8162 2634



**Ntuc Health**

MON	TUE	WED	THU	FRI	SAT
1**	2**	3**	4**	5**	6
9-10AM: Morning Exercise 10:30-11:30AM: Zumba Gold 2-4:30PM: Zentangle 3:30-4:30PM - SOTA IGP	9-10AM: Morning Exercise 10:30-11:30AM: Resistance Band 2-3PM: Let's Play Sequence 2-5PM: Rummy-O	9-10AM: Morning Exercise 10:30-11:30AM: Chair Yoga 3-4PM: Fall Prevention 2-5PM: Rummy-O/Mahjong	9-10AM: Morning Exercise 10:30-11:30AM: Dancercise 2-3PM: Hari Raya Origami 2-5PM: Rummy-O	9-10AM: Morning Exercise 10:30-11:30AM: Bollywood Zumba 2:00-3:30PM: Ukulele Gig 3:30-4:30PM: Ukulele	** HSG Ambassador Deployment - 1/4 to 5/4 (Mon-Fri)
8	9	10	11	12	13
9-10AM: Morning Exercise 10:30-11:30AM: Zumba Gold 2-4:30PM: Zentangle 3:30-4:30PM - SOTA IGP	9-10AM: Morning Exercise 10:30-11:30AM: Resistance Band 2-5PM: Rummy-O	Centre closed for Hari Raya Puasa	9-10AM: Morning Exercise 10:30-11:30AM: Dancercise 3-5PM: Karaoke 2-3PM: Birthday Celebration	9-10AM: Morning Exercise 10:30-11:30AM: Bollywood Zumba 3:00-4:30PM: Ukulele 2-5PM: Rummy-O/Mahjong	
15**	16	17	18	19	20
9-10AM: Morning Exercise 10:30-11:30AM: Zumba Gold 2-4:30PM: Zentangle 2-5PM: Rummy-O	9-10AM: Morning Exercise 10:30-11:30AM: Resistance Band 2:30-4:00PM: Ukulele Gig 2-5PM: Rummy-O	9-10AM: Morning Exercise 10:30-11:30AM: Chair Yoga 3-4PM: Fall Prevention 2-5PM: Rummy-O/Mahjong	9-10AM: Morning Exercise 10-11AM: My 1st Skool IGP 2-3:30PM: Scam Prevention Talk 2-5PM: Rummy-O	9-10AM: Morning Exercise 10:30-11:30AM: Bollywood Zumba 3:00-4:30PM: Ukulele 2-3PM: Hari Raya Celebration	** BRPS IGP - 15/4 (Mon) 8:00-9:00AM
22	23	24	25	26	27
9-10AM: Morning Exercise 10:30-11:30AM: Zumba Gold 2-4:30PM: Zentangle 3:30-4:30PM - SOTA IGP	9-10AM: Morning Exercise 10:30-11:30AM: Resistance Band 2-5PM: Rummy-O	9-10:30AM: Morning Ex / MFS IGP 10:30-11:30AM: Chair Yoga 3-4PM: Fall Prevention 2-5PM: Rummy-O/Mahjong	9-10AM: Morning Exercise 10:30-11:30AM: Dancercise 3-5PM: Karaoke 2-5PM: Rummy-O	9-10AM: Morning Exercise 10:30-11:30AM: Bollywood Zumba 2-3PM: MF Dessert Day 3:30-4:30PM: Ukulele	
29	30				
9-10AM: Morning Exercise 10:30-11:30AM: Zumba Gold 2-4:30PM: Zentangle 3:30-4:30PM - SOTA IGP	9-10AM: Morning Exercise 10:30-11:30AM: Resistance Band 2-3PM: Story of Chinatown 2-5PM: Rummy-O				