

* Programmes and activities may be changed or adjusted without prior notice. Please call for more details, or to register with us.

2024 April

📍 **Centre Name:** AAC-TB
 🏠 **Centre Address:** Blk 41 Telok Blangah Rise #01-373 Spore 090041
 📞 **Centre Contact:** 6273 3297



MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Community Nurse Post	TCM @ 9.00am - 11.30am	365 Lymphatic detox exercise @ 9.30am - 10.30am	Resistance Stretch Band @ 9.30am - 10.30am	Zumba Gold @ 9.30am - 10.30am	
Rummy-O @ 2pm - 4pm	Qigong @ 9.30am - 10.30am	Rummy-O @ 2pm - 4pm	ZOOM Modified Boxing @ 10am - 10.45am	Line dancing @ 12.30pm - 2pm	
				Karaoke @ 2.30pm - 4.30pm	
8	9	10	11	12	13
Community Nurse Post	TCM @ 9.00am - 11.30am	Centre Close Public Holiday (Hari Raya Puasa)	Resistance Stretch Band @ 9.30am - 10.30am	Zumba Gold @ 9.30am - 10.30am	
Rummy-O @ 2pm - 4pm	Qigong @ 9.30am - 10.30am		ZOOM Modified Boxing @ 10am - 10.45am	Line dancing @ 12.30pm - 2pm	
			Birthday Celebration @ 2.00pm - 3.30pm (By invitation only)	Karaoke @ 2.30pm - 4.30pm	
15	16	17	18	19	20
Chair Pilates @ 10am -10.45am (Trial)	TCM @ 9.00am - 11.30am	365 Lymphatic detox exercise @ 9.30am - 10.30am	Resistance Stretch Band @ 9.30am - 10.30am	Zumba Gold @ 9.30am - 10.30am	
Community Nurse Post	Qigong @ 9.30am - 10.30am	Rummy-O @ 2pm - 4pm	ZOOM Modified Boxing @ 10am - 10.45am	Line dancing @ 12.30pm - 2pm	
Rummy-O @ 2pm - 4pm			Peranakan Museum visit @ 9.30am - 12.45pm (Registration Close)	Karaoke @ 2.30pm - 4.30pm	
22	23	24	25	26	27
Chair Pilates @ 10am - 10.45am (Trial)	TCM @ 9.00am - 11.30am	365 Lymphatic detox exercise @ 9.30am - 10.30am	Resistance Stretch Band @ 9.30am - 10.30am	Zumba Gold @ 9.30am - 10.30am	
Community Nurse Post	Qigong @ 9.30am - 10.30am	Happy Time w/Jenny & Friends @ 9.30am - 12.30pm	ZOOM Modified Boxing @ 10am - 10.45am	Line dancing @ 12.30pm - 2pm	
Rummy-O @ 2pm - 4pm		Rummy-O @ 2pm - 4pm		Karaoke @ 2.30pm - 4.30pm	
29	30				
Chair Pilates @ 10am -10.45am (Trial)	TCM @ 9.00am - 11.30am				
Community Nurse Post	Qigong @ 9.30am - 10.30am				
Rummy-O @ 2pm - 4pm					

活动可能会更改或调整。请致电了解更多详情, 或向我们注册。

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MON		TUE		WED		THU		FRI		SAT	
1		2		3		4		5		6	
社区护理站		传统中医 @ 9.00am - 11.30am		365 淋巴排毒运动 @ 9.30am - 10.30am		阻力弹力带运动@ 9.30am - 10.30am		黄金尊巴舞 @ 9.30am - 10.30am			
拉米-O @ 2pm - 4pm		气功 @ 9.30am - 10.30am		拉米-O @ 2pm - 4pm		ZOOM 改良拳击@10am - 10.45am		排舞 @ 12.30pm - 2pm			
								卡拉 OK @ 2.30pm - 4.30pm			
8		8		10		11		12		13	
社区护理站		传统中医 @ 9.00am - 11.30am		公众假期 (中心休息)		阻力弹力带运动 @ 9.30am - 10.30am		黄金尊巴舞 @ 9.30am - 10.30am			
拉米-O @ 2pm - 4 pm		气功 @ 9.30am - 10.30am				ZOOM 改良拳击@10am - 10.45am		排舞 @ 12.30pm - 2pm			
						生日庆祝会 @ 2.00pm - 3.30pm (仅限邀请)		卡拉 OK @ 2.30pm - 4.30pm			
15		16		17		18		19		20	
椅子普拉提 @ 10am -10.45am (式)		传统中医 @ 9.00am - 11.30am		365 淋巴排毒运动 @ 9.30am - 10.30am		阻力弹力带运动 @ 9.30am - 10.30am		黄金尊巴舞 @ 9.30am - 10.30am			
社区护理站		气功 @ 9.30am - 10.30am		拉米-O @ 2pm - 4p		ZOOM 改良拳击@10am - 10.45am		排舞 @ 12.30pm - 2pm			
拉米-O @ 2pm - 4pm						土生文化馆郊游 (9.30 am- 12.45pm报名截止)		卡拉 OK @ 2.30pm - 4.30pm			
22		23		24		25		26		27	
椅子普拉提 @ 10am -10.45am (式)		传统中医 @ 9.00am - 11.30am		365 淋巴排毒运动 @ 9.30 - 10.30am		阻力弹力带运动 @ 9.30- 10.30am		黄金尊巴舞 @ 9.30am - 10.30am			
社区护理站		气功 @ 9.30am - 10.30am		快乐时光和Jenny & Friends @ 9.30am - 12.30pm		ZOOM 改良拳击 @ 10am - 10.45am		排舞 @ 12.30pm - 2pm			
拉米-O @ 2pm - 4pm				拉米-O @ 2pm - 4pm				卡拉 OK @ 2.30pm - 4.30pm			
29		30									
椅子普拉提 @ 10am - 10.45am (式)		传统中医 @ 9.00am - 11.30am									
社区护理站		气功 @ 9.30am - 10.30am									
拉米-O @ 2pm - 4pm											