2026 NOVEMBER

Centre Name: AACC (Geylang Serai)
Centre Address: Block 11 Haig Road, #01-379 S430011
Centre Contact: 9488 4575 / 8163 2140



MON	TUE	WED	THU	FRI	SAT
2	**3**	**4**	**5**	**6**	**7**
LET'S STEEL COMBAT **(MENS Xclusive)** **(BAY B)** 0930 - 1030	DRAGON BOAT TRAINING 0900 - 1100	LET'S QIGONG **[AH]** **(VIA HEALTHY 365)** 0930 - 1030	LET'S GEN TOGETHER WITH GEYLANG METHODIST SCHOOL (PRIMARY) **(BOOKING REQUIRED)** 0900 - 1130	LET'S ZUMBA GOLD **[AH]** **(VIA HEALTHY 365)** 0930 - 1030	
(F4) FIT, FED, HAVE FUN WITH FRIENDS LET'S STEEL TONIC **(BAY B)** **1045 - 1145**	COMMUNITY HEALTH POST **(CHP)** **[BAY A]** **(WALK- IN WELCOME)** 0930 - 1230	LET'S DO CHAIR YOGA -BY MY YOGA PLACE **(BOOKING REQUIRED)** **(LIMITED MOBILITY ONLY)** [BAY B] 0930 - 1030		STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG **(BAY A)** 0930 - 1200	
STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG **(BAY A)** 0930 - 1200	LET'S DO CHAIR YOGA **(BAY B)** 0930 - 1030	LET'S LINE DANCE **[BAY B]** 1100-1200	LET'S DRUM FIT (SEATED) (BOOKING REQUIRED) [BAY B] 0930 - 1100	I'M SOUL INC **(BAY B)** **(BOOKING REQUIRED)** 1400 - 1500	
(F4) FIT, FED, HAVE FUN WITH FRIENDS - LET'S MAKAN TOGETHER **(BAY A)** 1200 - 1300	NATURAL SCENT OF WELLNESS PAIN MANAGEMENT FOR KNEE BY JON [BAY A] (BOOKING REQUIRED) 1045 - 1145	LET'S DO BEADS ART **(BAY A)** 1000 - 1200	LET'S DO COLOURING - ACRYLIC **(BAY A, MEETING ROOM)** 1400-1500	FUN WITH TECH / EXERGAME **(BAY B)** 1500 - 1600	
CENTRE CLOSED (TEAM EVENT)	LET'S DO CALLIGRAPHY **(BOOKING REQUIRED}** **(BAY B)** 1400 - 1600	LET'S LEARN TECH WITH YOUTH BUDDIES **[BAY B]** 1430 - 1700	LET'S TARGET TOGETHER - AIM & SHOOT **(BAY B)** 1400 - 1500	LET'S DO SEWING **(BOOKING REQUIRED)** **[NTUC HEALTH AAC KK]** 1400 - 1700	

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Venue
BAY A : NTUC Health Active Ageing Centre (Care) Geylang Serai
BAY B : NTUC Health Active Ageing Centre (Care) Geylang Serai

RN1: Block 415 Eunos Rd 5,
8HR: Block 8 Haig Road Void Deck
L2: Space outside Conference Room

ST: Wisma Geylang Serai Level 1 Kitchen Studio
AH: Anjung Hall, Wisma Geylang Serai
V: Block 2, Geylang Serai Level 7, Rooftop Sriville RC

2026 NOVEMBER

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
CENTRE CLOSED PUBLIC HOLIDAY IN LIEU DEEPAVALI	DRAGON BOAT TRAINING 0900 - 1100	LET'S QIGONG **[AH]** **(VIA HEALTHY 365)** 0930 - 1030	LET'S DRUM FIT (SEATED) **(BOOKING REQUIRED)** [BAY B] 0930 - 1100	LET'S ZUMBA GOLD **[AH]** **(VIA HEALTHY 365)** 0930 - 1030	
	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG **(BAY A)** 0930 - 1200	LET'S DO GOLF @ GREENBOX PASIR RIS **(BOOKING REQUIRED** **6 PAX ONLY)** 1000 - 1130	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG **(BAY A)** 0930 - 1200	DRAGON BOAT RACE 1300 - 1700	
	LET'S DO CHAIR YOGA **(BAY B)** 0930 - 1030	LET'S LINE DANCE **[BAY B]** 1100-1200	LET'S DO WEAVING ART **(BAY A)** 1400-1600	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG **(BAY A)** 0930 - 1200	
	LET'S BAKE- PANDAN CAKE & KAYA MAKING **(BOOKING REQUIRED)** (BAY A) 1400 - 1600	LET'S DO ZENTANGLE - PATTERN DRAWINGS **(BAY A)** 1000 - 1200	LET'S TARGET TOGETHER - AIM & SHOOT **(BAY B)** 1400 - 1500	DIGITAL FUN!- SEW TECH - LEARN DIGITAL EMBROIDERY **(BOOKING REQUIRED)** **[BAY A]** 1400 - 1700	
	LET'S DO CALLIGRAPHY **(BOOKING REQUIRED)** **(BAY B)** 1400 - 1600	LET'S LEARN TECH WITH YOUTH BUDDIES **[BAY B]** 1430 - 1700	FUN WITH TECH / EXERGAME **(BAY B)** 1500 - 1600	LET'S JAM WITH UKULELE , MEILING UKU ANGELS **(BAY B)** 1400 - 1530	

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MON	TUE	WED	THU	FRI	SAT
16	**17**	**18**	**19**	**20**	**21**
LET'S STEEL COMBAT **(MENS Xclusive)** **(BAY B)** 0930 - 1030	**CENTRE CLOSED TOWNHALL**	LET'S QIGONG **[AH]** **(VIA HEALTHY 365)** 0930 - 1030	LET'S DRUM FIT (SEATED) **(BOOKING REQUIRED}** **[BAY B]** 0930 - 1100	LET'S ZUMBA GOLD **[AH]** **(VIA HEALTHY 365)** 0930 - 1030	
LET'S STEEL TONIC **(BAY B)** 1045 - 1145		LET'S DO CHAIR YOGA -BY MY YOGA PLACE **(BOOKING REQUIRED)** **(LIMITED MOBILITY ONLY)** **[BAY B]** 0930 - 1030	LET'S GO GAI GAI- ROAD SAFETY PARK **(BOOKING REQUIRED)** 0930 - 1130	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG **(BAY A)** 0930 - 1200	
LET'S PLAY BINGO **(BAY A)** 1000 - 1130		LET'S DO BEADS ART **(BAY A)** 1000 - 1200	FAB LAB SERIES - 3D PRINTING WORKSHOP **[NTUC HEALTH AAC KAMPUNG ADMIRALTY]** **(12 PAX ONLY)** 1000 - 1600	DIGITAL FUN!- SEW TECH - LEARN DIGITAL EMBROIDERY **(BOOKING REQUIRED)** **[BAY A]** 1400 - 1700	
LET'S CELEBRATE BIRTHDAY **(BOOKING REQUIRED)** **(BAY A)** 1130 - 1400		LET'S LINE DANCE **[BAY B]** 1100-1200	LET'S DO COLOURING - ACRYLIC **(BAY A)** 1400-1500	CURRENT AFFAIRS U&ME **(BAY B)** 1400 - 1500	
LET'S KTV TOGETHER **(BAY A)** 1400 - 1600		STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG **(BAY A)** 1400 - 1630	LET'S TARGET TOGETHER - AIM & SHOOT **(BAY B)** 1400 - 1500	FUN WITH TECH / EXERGAME **(BAY B)** 1500 - 1600	
STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG **(BAY B)** 1400 - 1630		LET'S LEARN TECH WITH YOUTH BUDDIES **[BAY B]** 1430 - 1700			

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MON	TUE	WED	THU	FRI	SAT
23	**24**	**25**	**26**	**27**	**28**
LET'S STEEL COMBAT **(MENS Xclusive)** **(BAY B)** 0930 - 1030	LET'S DO CHAIR YOGA (BAY A) 0930 - 1030	LET'S QIGONG **[AH]** **(VIA HEALTHY 365)** 0930 - 1030	LET'S DRUM FIT (SEATED) (BOOKING REQUIRED) [BAY B] 0930 - 1100	LET'S ZUMBA GOLD **[AH]** **(VIA HEALTHY 365)** 0930 - 1030	
(F4) FIT, FED, HAVE FUN WITH FRIENDS - LET'S STEEL TONIC **(BAY B)** **1045 - 1145**		GST EVENT - CHINGAY ART WORKSHOP **(BOOKING REQUIRED)** 0930 - 1130			
STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG **(BAY A)** 0930 - 1200	FOOD HYGIENE COURSE - ENGLISH **(BOOKING REQUIRED)** **(BAY B)** 0900 - 1700	GST EVENT - LET'S MAKAN TOGETHER **(BOOKING REQUIRED)** 1200 - 1300	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG **(BAY A)** 0930 - 1200	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG **(BAY A)** 0930 - 1200	
(F4) FIT, FED, HAVE FUN WITH FRIENDS - LET'S MAKAN TOGETHER **(BAY A)** **1200 - 1300**	LET'S COOK - PRAWN BALLS (BOOKING REQUIRED) (BAY A) 1430- 1600	LET'S DO GOLF @ GREENBOX PASIR RIS (BOOKING REQUIRED 6 PAX ONLY) 1000 - 1130	LET'S DO WEAVING ART **(BAY A)** 1400-1600	LET'S DO SEWING **(BOOKING REQUIRED)** **[NTUC HEALTH AAC KK]** 1400 - 1700	
LET'S KTV TOGETHER **(BAY A)** 1400 - 1600	LET'S DO CALLIGRAPHY **(BOOKING REQUIRED)** **(BAY A)** 1400 - 1600	LET'S LINE DANCE **[BAY B]** 1100-1200	LET'S TARGET TOGETHER - AIM & SHOOT **(BAY B)** 1400 - 1500	LET'S JAM WITH UKULELE , MEILING UKU ANGELS **(BAY B)** 1400 - 1530	
	LET'S YUM CHA TOGETHER **(BAY A)** 1600- 1700	LET'S LEARN TECH WITH YOUTH BUDDIES **[BAY B]** 1430 - 1700	FUN WITH TECH / EXERGAME **(BAY B)** 1500 - 1600		

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2026 NOVEMBER

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MON	TUE	WED	THU	FRI	SAT
30					
LET'S STEEL COMBAT **(MENS Xclusive)** **(BAY B)** 0930 - 1030					
LET'S STEEL TONIC **(BAY B)** 1045 - 1145					
STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG **(BAY A)** 0930 - 1200					
LET'S KTV TOGETHER **(BAY A)** 1400 - 1600					

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2026 十一月

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MON	TUE	WED	THU	FRI	SAT
2	**3**	**4**	**5**	**6**	**7**
一起做钢铁拳击(精简版) **(BAY B)** **(只限男性)** 0930 - 1030	一起划龙舟 0900 - 1100	一起练气功 **[AH]** **(通过 HEALTHY 365)** 0930 - 1030	代际交流 - 芽笼美以美小学 (必须报名) 0900 - 1130	一起跳尊巴(乐龄版) **[AH]** **(通过 HEALTHY 365)** 0930 - 1030	
(F4) 保持活力、吃得 营养、与友同乐 一起做 STEEL TONIC (BAY B) (男女混合班) 1045 - 1145	服务 - 社区保健站 **(CHP)** **[BAY A]** **(可直接光 临,无需 预约)** 0930 - 1230	一起做坐式瑜伽 MY YOGA PLACE (必须报名)(行动受限者) (BAY B) 0930 - 1030		游戏时间: RUMMY-O / 麻将 (BAY A) 0930 - 1200	
游戏时间: RUMMY-O / 麻将 (BAY A) 0930 - 1200	一起做坐式瑜伽 **(BAY B)** 0930 - 1030	一起跳排舞 **[BAY B]** 1100 - 1200	一起做 DRUM FIT (坐姿运动) **(必须报名)** **[BAY B]** 0930 - 1100	I'M SOUL INC **(BAY B)** **(必须报名)** 1400 - 1500	
(F4) 保持活力、吃得 营养、与友同乐 一起来 MAKAN (BAY A) 1200 - 1300	心灵系列 - 芳香疗愈 (必须报名) [Bay A] 1045 - 1145	一起做串珠 艺术 **[BAY A]** 1000 - 1200	一起来作画 [BAY A, MEETING ROOM] 1400 - 1500	电子游戏时间 **(BAY B)** 1500 - 1600	
中心关闭 员工团队活动	一起写书法 **(BAY B)** **(必须报名)** 1400 - 1600	一起学习科技 **[BAY B]** 1430 - 1700	一起玩射击 **(BAY B)** 1400 - 1500	缝纫与科技之旅 **[已预订的节目给 AAC KK]** **[BAY A]** 1400 - 1700	

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2026 十一月

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
中心关闭: 公众假期 屠妖节	一起划龙舟 0900 - 1100	一起练气功 **[AH]** **(通过 HEALTHY 365)** 0930 - 1030	一起做 DRUM FIT (坐姿运动) (必须报名) [BAY B] 0930 - 1100	一起跳尊巴(乐龄版) **[AH]** **(通过 HEALTHY 365)** 0930 - 1030	
	游戏时间: RUMMY-O / 麻将 (BAY A) 0930 - 1200	一起打高尔夫 @ GREENBOX PASIR RIS (必须报名, 仅限6人) 1000 - 1130	游戏时间: RUMMY-O / 麻将 (BAY A) 0930 - 1200	龙舟赛 1300 - 1700	
	一起做坐式瑜伽 **(BAY B)** 0930 - 1030	一起跳排舞 **[BAY B]** 1100 - 1200	一起做织布 [BAY A] 1400 - 1600	游戏时间: RUMMY-O / 麻将 (BAY A) 0930 - 1200	
	一起学烘培 - 班兰蛋糕与咖椰酱制作 (必须报名) (BAY A) 1400 - 1600	一起做禅绕画 [BAY A] 1000 - 1200	一起玩射击 **(BAY B)** 1400 - 1500	缝纫与科技之旅 **(必须报名)** 1400 - 1700	
	一起写书法 (BAY B) (必须报名) 1400 - 1600	一起学习科技 **[BAY B]** 1430 - 1700	电子游戏时间 **(BAY B)** 1500 - 1600	一起玩乌克丽丽 **(BAY B)** 1400 - 1530	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
一起做钢铁拳击**(精简版)** **(BAY B)** **(只限男性)** **0930 - 1030**	**中心关 闭** **[市政厅会议]**	一起练气功 **[AH]** **(通过 HEALTHY 365)** 0930 - 1030	一起做 DRUM FIT (坐姿运动) (必须报名) [BAY B] 0930 - 1100	一起跳尊巴(乐龄版) **[AH]** **(通过 HEALTHY 365)** 0930 - 1030	
一起做 STEEL TONIC **(BAY B)** **(男女混合班)** 1045 - 1145		一起做坐式瑜伽 MY YOGA PLACE (必须报名)(行动受限者) (BAY B) 0930 - 1030	一起去 GAI GAI - 道路安全公园 (必须报名) 0930 - 1130	游戏时间: RUMMY-O / 麻将 (BAY A) 0930 - 1200	
一起玩BINGO游戏吧! **(BAY A)** 1000 - 1130		一起做串珠 艺术 [BAY A] 1000 - 1200	3D 打印工作坊 **[NTUC HEALTH AAC KAMPUNG ADMIRALTY]** **(仅限12人)** 1000 - 1600	缝纫与科技之旅 (必须报名) (BAY A) 1400 - 1700	
一起来庆祝生日 **(BAY A)** (必须报名) 1130 - 1400		一起跳排舞 **[BAY B]** 1100 - 1200	一起来作画 [BAY A] 1400 - 1500	时事新闻你和我 **(BAY B)** 1400 - 1500	
一起来K歌 **(BAY A)** **1400 - 1600**		游戏时间: RUMMY-O / 麻将 (BAY A) 1400 - 1630	一起玩射 击 **(BAY B)** 1400 - 1500	电子游戏时间 **(BAY B)** 1500 - 1600	
游戏时间: RUMMY-O / 麻将 (BAY B) 1400 - 1630		一起学 习科技 **[BAY B]** 1430 - 1700			

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23	**24**	**25**	**26**	**27**	**28**
一起做钢铁拳击**(精简版)** **(BAY B)** **(只限男性)** **0930 - 1030**	一起做坐式瑜伽 (BAY A) 0930 - 1030	一起练气功 **[AH]** **(通过 HEALTHY 365)** 0930 - 1030	一起做 DRUM FIT (坐姿运动) (必须报名) [BAY B] 0930 - 1100	一起跳尊巴 (乐龄版) **[AH]** **(通过 HEALTHY 365)** 0930 - 1030	
(F4) 保持活力、吃得 营养、与友同乐 一起做 STEEL TONIC (BAY B) (男女混合班) 1045 - 1145		GST活动——妆艺艺术工作坊 (必须报名) 0930 - 1130			
游戏时间: RUMMY-O / 麻将 (BAY A) 0930 - 1200	食品卫生课程 - 英语 (BAY B) (必须报名) 0900 - 1700	GST活动—一起来 MAKAN (必须报名) 1200 - 1300	游戏时间: RUMMY-O / 麻将 (BAY A) 0930 - 1200	游戏时间: RUMMY-O / 麻将 (BAY A) 0930- 1200	
(F4) 保持活力、吃得 营养、与友同乐 一起来 MAKAN (BAY A) 1200 - 1300	一起来做 - 虾丸 (BAY A) (必须报名) 1430 - 1600	一起打高尔夫 @ GREENBOX PASIR RIS (必须报名仅限6人) 1000 - 1130	一起做织布 [BAY A] 1400 - 1600	缝纫与科技之旅 **[已预订的节目给 AAC KK]** **[BAY A]** 1400 - 1700	
一起来K歌 (BAY A) 1400 - 1600	一起写书法 (BAY A) (必须报名) 1400 - 1600	一起跳排舞 [BAY B] 1100 - 1200	一起玩射击 **(BAY B)** 1400 - 1500	一起玩乌克丽丽 **(BAY B)** 1400 - 1530	
	一起饮茶 **(BAY A)** 1600 - 1700	一起学习科技 **[BAY B]** 1430 - 1700	电子游戏时间 **(BAY B)** 1500 - 1600		

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2026 十一月

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MON	TUE	WED	THU	FRI	SAT
30					
一起做钢铁拳击 **(精简版)** **(BAY B)** **(只限男性)** **0930 - 1030**					
一起做 STEEL TONIC **(BAY B)** **(男女混合班)** 1045 - 1145					
游戏时间: RUMMY-O / 麻将 **(BAY A)** 0930 - 1200					
一起来K歌 **(BAY A)** 1400 - 1600					

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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。

Venue
BAY A : NTUC Health Active Ageing Centre (Care) Geylang Serai
BAY B : NTUC Health Active Ageing Centre (Care) Geylang Serai

RN1: Block 415 Eunos Rd 5,
8HR: Block 8 Haig Road Void Deck
L2: Space outside Conference Room

ST: Wisma Geylang Serai Level 1 Kitchen Studio
AH: Anjung Hall, Wisma Geylang Serai
V: Block 2, Geylang Serai Level 7, Rooftop Sriville RC