

2026 OCTOBER

 **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

1

2

3

			CENTRE CLOSED FOR AAC DAY	LET'S PLAY BASKETBALL [BASKETBALL COURT] 0830 - 0930	LET'S GO GAI GAI - GEYLANG SERAI HEALTH CARNIVAL (BOOKING REQUIRED) [WGS MPH LEVEL 4] 1000 - 1230
				LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
				STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	
				DIGITAL FUN!- SEW TECH [BOOKED PROG FOR AAC KK SENIORS] [BAY A] 1400 - 1700	
				I'M SOUL INC (BAY B) (BOOKING REQUIRED) 1400 - 1600	

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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

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5	6	7	8	9	10
LET'S STEEL COMBAT (Strictly MENS Xclusive) (BAY B) 0930 - 1030	COMMUNITY HEALTH POST (CHP) [BAY A] (WALK- IN WELCOME) 0930 - 1230	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S DRUM FIT (SEATED) (BOOKING REQUIRED) [BAY B] 0930 - 1130	LET'S PLAY BASKETBALL [BASKETBALL COURT] 0830 - 0930	
LET'S STEEL TONIC (BAY B) 1045 - 1145	LET'S DRAGONBOAT - TRAINING 0900 - 1100	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	LET'S LINE DANCE [BAY B] 1100-1200	LET'S TARGET TOGETHER - AIM & SHOOT (BAY B) 1400 - 1500	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	
LET'S KTV TOGETHER (BAY A) 1400 - 1600	LET'S DO CALLIGRAPHY (BOOKING REQUIRED) (BAY B) 1400 - 1600	LET'S DO BEADS ART (BAY A) 1000 - 1200		LET'S WALKING FOOTBALL - COMPETITION (TAMPINES HUB) 0900 - 1200	
STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY B) 1400 - 1600		LET'S SPEAK UP CONVERSATIONAL ENGLISH (BAY B) 1500-1600	DIGITAL FUN!- SEW TECH LEARNING JOURNEY [PROJECT EXCLUSIVE] 1400 - 1700	LET'S JAM WITH UKULELE , MEILING UKU ANGELS (BAY B) 1400 - 1530	

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12	13	14	15	16	17
LET'S STEEL COMBAT (Strictly MENS Xclusive) (BAY B) 0930 - 1030	LET’S DRAGONBOAT - TRAINING 0900 - 1100	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S DRUM FIT (SEATED) (BOOKING REQUIRED) [BAY B] 0930 - 1130	LET'S PLAY BASKETBALL [BASKETBALL COURT] 0830 - 0930	
LET'S STEEL TONIC (BAY B) 1045 - 1145	LET'S DO SEATED EXERCISE (BAY A) 0930 - 1030	LET'S LIM KOPI (MENS TALK) [BAY A] 1000 - 1100	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	ADVANCE CARE PLANNING TALK (BOOKING REQUIRED) (BAY B) 1000 - 1400	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200		LET'S GEN TOGETHER WITH MY FIRST SKOOL (BOOKING REQUIRED) 1000 - 1200	
FUN WITH KAKIS (LET'S PLAY BINGO) (BAY A) 1000 - 1200	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	LET'S LINE DANCE [BAY B] 1100-1200	DIGITAL FUN!- SEW TECH LEARNING JOURNEY [PROJECT EXCLUSIVE] 1400 - 1700	DIGITAL FUN!- SEW TECH - LEARN DIGITAL EMBROIDERY (BOOKING REQUIRED) [BAY A] 1400 - 1700	
LET'S CELEBRATE BIRTHDAY (BOOKING REQUIRED) (BAY A) 1200 - 1400	LET'S DO CALLIGRAPHY (BOOKING REQUIRED) (BAY B) 1400 - 1600	CENTRE CLOSED TOWNHALL	LET'S TARGET TOGETHER - AIM & SHOOT (BAY B) 1400 - 1500	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY B) 1300 - 1600	
LET'S KTV TOGETHER (BAY A) 1400 - 1600	LET'S YUM CHA TOGETHER (BAY A) 1600- 1700				

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MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24
LET'S STEEL COMBAT (MENS Xclusive) (BAY B) 0930 - 1030	LET'S DRAGONBOAT - TRAINING 0900 - 1100	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S DRUM FIT (SEATED) (BOOKING REQUIRED) [BAY B] 0930 - 1130	LET'S PLAY BASKETBALL [BASKETBALL COURT] 0830 - 0930	LET'S JOIN GEYLANG SERAI TASKFORCE CARE PACK DISTRIBUTUION @ SINGAPORE EXPO (BY INVITATION ONLY) 1000 - 1500
LET'S STEEL TONIC (BAY B) 1045 - 1145	LET'S LEARN TO COOK - SAMOSA (BAY A) 1400 - 1600	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	NATURAL SCENT OF WELLNESS BY JON (BOOKING REQUIRED) [BAY B] 1000 - 1100	LET'S LINE DANCE [BAY B] 1100-1200	MARI BUAT KUEH - REMPEYEK SAMBIL SULAM MESIN (BAY A) (MALAY LANGUAGE) 1000 - 1200	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	
LET'S KTV TOGETHER (BAY A) 1400 - 1600	LET'S DO CALLIGRAPHY (BOOKING REQUIRED) (BAY B) 1400 - 1600	LET'S DO BEADS ART (BAY A) 1000 - 1200	LET'S DO COLOURING - ACRYLIC (BAY A) 1400-1500	DIGITAL FUN!- SEW TECH - LEARN DIGITAL EMBROIDERY (BOOKING REQUIRED) [BAY A] 1400 - 1700	
STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY B) 1400 - 1600	LET'S YUM CHA TOGETHER (BAY A) 1600- 1700	LET'S LEARN TECH [BAY B] 1430 - 1700	LET'S TARGET TOGETHER - AIM & SHOOT (BAY B) 1400 - 1500	LET'S JAM WITH UKULELE , MEILING UKU ANGELS (BAY B) 1400 - 1530	

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MON 26	TUE 27	WED 28	THU 29	FRI 30	SAT 31
LET'S STEEL COMBAT (MENS Xclusive) (BAY B) 0930 - 1030	LET'S DRAGONBOAT - TRAINING 0900 - 1100	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S DRUM FIT (SEATED) (BOOKING REQUIRED) [BAY B] 0930 - 1130	LET'S PLAY BASKETBALL [BASKETBALL COURT] 0830 - 0930	
LET'S STEEL TONIC (BAY B) 1045 - 1145	NATURAL SCENT OF WELLNESS BY JON (BOOKING REQUIRED) [BAY B] 1000 - 1100	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	LET'S DO SEATED EXERCISE (BAY A) 0930 - 1030	LET'S LINE DANCE [BAY B] 1100-1200	MARI BUAT KUEH - JEMPUT PISANG SAMBIL SULAM MESIN (BAY A) (MALAY LANGUAGE) 1000 - 1200	DIGITAL FUN!- SEW TECH [BOOKED PROG FOR AAC KK SENIORS] [BAY A] 1400 - 1700	
LET'S KTV TOGETHER (BAY A) 1400 - 1600	LET'S DO CALLIGRAPHY (BOOKING REQUIRED) (BAY B) 1400 - 1600	LET'S DO BEADS ART (BAY A) 1000 - 1200	LET'S DO COLOURING - ACRYLIC (BAY A) 1400-1500	LET'S COMPETE RUMMY-O CONVENTION@ TAMPINES HUB (SHORTLISTED SENIORS ONLY) 1200 - 1800	
STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY B) 1400 - 1600	LET'S YUM CHA TOGETHER (BAY A) 1600- 1700	LET'S LEARN TECH [BAY B] 1430 - 1700	LET'S TARGET TOGETHER - AIM & SHOOT (BAY B) 1400 - 1500	LET'S CELEBRATE - DRESS UP ZOMBIES & TEA DANCE (BAY B) 1400 - 1700	

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2026 九月

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MON

TUE

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SAT

1

2

3

一起来打篮球吧！
[篮球场]
 0830 - 0930

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)
 1000 - 1200

I'M SOUL INC
(BAY B)
(必须报名)
 1600 - 1730

中心关闭
 活跃乐龄中心

芽笼士乃健康嘉年华
(必须报名)
[WGS MPH LEVEL 4]
 1000 - 1230

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5	6	7	8	9	10
一起做钢铁拳击(精简版) (BAY B) (只限男性) 0930 - 1030	服务 - 社区保健站 (CHP) [BAY A] (可直接光临,无需预约) 0930 - 1230	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 - 1130	一起来打篮球吧! [篮球场] 0830 - 0930	
一起做 STEEL TONIC (BAY B) (男女混合班) 1045 - 1145	龙舟训练 0900 - 1100	游戏时间: RUMMY-O / 麻将 (BAY A) 1000 - 1200	游戏时间: RUMMY-O / 麻将 (BAY A) 1000 - 1200	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) 1000 - 1200	一起做纸艺 (BAY A) 1000 - 1200	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) 1000 - 1200	
一起来唱歌 (BAY A) 1400 - 1600	游戏时间: RUMMY-O / 麻将 (BAY A) 1000 - 1200	一起做禅绕画 [BAY A] 1400 - 1600	一起瞄准目标 (BAY B) 1400 - 1500	一起来踢步行足球! 大赛 [淡滨尼中心] 0900 - 1200	
游戏时间: RUMMY-O / 麻将 (BAY B) 1400 - 1600	一起写书法 (BAY B) (必须报名) 1400 - 1600	一起学英语会话 (BAY B) 1500 - 1600	缝纫与科技之旅 [项目独家] 1400 - 1700	一起玩乌克兰丽丽 (BAY B) 1400 - 1530	

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