

2025 April

 **Centre Name:** Active Ageing Centre (Serangoon Central)
 **Centre Address:** 424 Serangoon Central #01-324 Singapore 550424
 **Centre Contact:** 6715 6760 / 8938 4054



| MON | TUE | WED | THU | FRI | SAT | | | | | | |
|---|---|--|--|---|-------------------------------------|----|--|----|--|----|--|
| 1 | | 2 | | 3 | | 4 | | 5 | | | |
| | LET'S BRISK WALK 8.30AM - 9.30AM | LET'S HAVE BREAKFAST WITH EXERCISE KAKIS (RSVP ONLY) 7.30AM - 8.30AM | LET'S BRISK WALK 8.30AM - 9.30AM | LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM | LET'S BRISK WALK 8.30AM - 9.30AM | | | | | | |
| | LET'S STEEL COMBAT (MENS Xclusive) [AT] 10.30AM - 11.30AM | LET'S BRISK WALK 8.30AM - 9.30AM | | | | | | | | | |
| | LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM | LET'S Qi'DANCE [426] 10.00AM - 11.00AM | | | | | | | | | |
| | LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM | STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM | LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM | LET'S DO PAPER ART: PAPER QUILLING [AR] 2.00PM - 4.00PM | | | | | | | |
| | GREEN SERIES: A JOURNEY OF SUSTAINABLE GARDENING & CREATIVE EXPRESSION (RSVP ONLY) [AH] 3.00PM - 4.30PM | LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM | | LET'S LEARN TECH WITH YOUTH BUDDIES [AH] 3.30PM - 5.00PM | | | | | | | |
| 7 | | 8 | | 9 | | 10 | | 11 | | 12 | |
| ACTIVE STEPS, SHARP MINDS 8.30AM - 10.00AM | LET'S BRISK WALK 8.30AM - 9.30AM | LET'S HAVE BREAKFAST WITH EXERCISE KAKIS (RSVP ONLY) 7.30AM - 8.30AM | LET'S BRISK WALK 8.30AM - 9.30AM | LET'S BRISK WALK 8.30AM - 9.30AM | | | | | | | |
| LET'S CELEBRATE BIRTHDAY & VIRTUAL REALITY PERFORMANCE [AH] 11.30AM - 12.30PM | LET'S STEEL COMBAT (MENS Xclusive) [AT] 10.30AM - 11.30AM | LET'S BRISK WALK 8.30AM - 9.30AM | LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM | STEADY LAH! (RSVP ONLY) [AH] 9.30AM - 10.30AM | | | | | | | |
| LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM | | LET'S Qi'DANCE [426] 10.00AM - 11.00AM | SHOW & TELL WITH MASTERCARD (RSVP ONLY) [AH] 9.30AM - 12.00PM | LET'S DO PAPER ART: PAPER QUILLING [AR] 2.00PM - 4.00PM | | | | | | | |
| STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM | LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM | HEALTH TALK: STAY HEALTH TODAY, ENJOY MORE TOMORROW (VIA HEALTHY 365) [AH] 11.00AM - 12.00PM | LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 12.00PM - 1.00PM | LET'S LEARN TECH WITH YOUTH BUDDIES [AH] 3.30PM - 5.00PM | | | | | | | |
| LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM | LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM | STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM | LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM | | | | | | | | |
| LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM | GREEN SERIES: A JOURNEY OF SUSTAINABLE GARDENING & CREATIVE EXPRESSION (RSVP ONLY) [AH] 3.00PM - 4.30PM | LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM | | | | | | | | | |
| LET'S PICK UP CHINESE [AR] 3.00PM - 4.00PM | | LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM | | | | | | | | | |

Venue
AH: Activity Hall AR: Activity Room 426: Block 426 Void Deck AT: Atrium between Block 420 & 423

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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。

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| MON | TUE | WED | THU | FRI | SAT |
|---|--|---|--|--------------------------------|-----|
| 14 | 15 | 16 | 17 | 18 | 19 |
| ACTIVE STEPS, SHARP MINDS 8.30AM - 10.00AM | LET'S BRISK WALK 8.30AM - 9.30AM | LET'S HAVE BREAKFAST WITH EXERCISE KAKIS (RSVP ONLY) 7.30AM - 8.30AM | LET'S BRISK WALK 8.30AM - 9.30AM | CENTRE CLOSED [GOOD FRIDAY] | |
| | LET'S STEEL COMBAT (MENS Xclusive) [AT] 10.30AM - 11.30AM | LET'S BRISK WALK 08.30AM - 9.30AM | RESISTANCE BAND EXERCISE [AT] TO BE CONFIRMED 9.30AM - 10.30AM | | |
| STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM | | LET'S QI'DANCE [426] 10.00AM - 11.00AM | LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM | | |
| | LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM | HEALTH TALK: PROTECT YOURSELF AND YOUR LOVED ONES (VIA HEALTHY 365) [AH] 11.00AM - 12.00PM | LET'S GO GAI GAI @ NINGPO GUILD HOUSE: CULTURAL HISTORY TOUR (RSVP ONLY) 9.30AM - 11.30AM | | |
| LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM | LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM | STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM | | | |
| LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM | GREEN SERIES: A JOURNEY OF SUSTAINABLE GARDENING & CREATIVE EXPRESSION (RSVP ONLY) [AH] 3.00PM - 4.30PM | LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM | LET'S MAKAN TOGETHER @ BUGIS (RSVP ONLY) 11.30AM - 1.00PM | | |
| LET'S PICK UP CHINESE [AR] 3.00PM - 4.00PM | | LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM | LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM | | |

Venue
 AH: Activity Hall AR: Activity Room 426: Block 426 Void Deck AT: Atrium between Block 420 & 423

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NTUC Health

| MON | TUE | WED | THU | FRI | SAT |
|---|--|---|--|---|-----|
| 21 | 22 | 23 | 24 | 25 | 26 |
| ACTIVE STEPS, SHARP MINDS 8.30AM - 10.00AM | LET'S BRISK WALK 8.30AM - 9.30AM | LET'S HAVE BREAKFAST WITH EXERCISE KAKIS (RSVP ONLY) 7.30AM - 8.30AM | LET'S BRISK WALK 8.30AM - 9.30AM | LET'S BRISK WALK 8.30AM - 9.30AM | |
| STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM | LET'S STEEL COMBAT (MENS Xclusive) [AT] 10.30AM - 11.30AM | LET'S BRISK WALK 8.30AM - 9.30AM | RESISTANCE BAND EXERCISE [AT] TO BE CONFIRMED 9.30AM - 10.30AM | STEADY LAH! (RSVP ONLY) [AH] 9.30AM - 10.30AM | |
| LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM | | LET'S QI'DANCE [426] 10.00AM - 11.00AM | LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM | LET'S DO PAPER ART: PAPER QUILLING [AR] 2.00PM - 4.00PM | |
| LET'S PICK UP CHINESE [AR] 3.00PM - 4.00PM | LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM | HEALTH TALK: MOVE IT, FEEL YOUNG (VIA HEALTHY 365) [AH] 11.00AM - 12.00PM | | | |
| LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM | LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM | STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM | LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM | LET'S LEARN TECH WITH YOUTH BUDDIES [AH] 3.30PM - 5.00PM | |
| LET'S GO GAI GAI @ HEY KEE (RSVP ONLY) 2.00PM - 4.00PM | GREEN SERIES: LET'S GO GAI GAI @ EDIBLE GARDEN CITY (RSVP ONLY) [AH] 3.00PM - 4.30PM | LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM | | | |
| LET'S MAKAN TOGETHER (RSVP ONLY) 4.00PM - 5.00PM | | LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM | | | |
| 28 | 29 | 30 | | | |
| ACTIVE STEPS, SHARP MINDS 8.30AM - 10.00AM | LET'S BRISK WALK 8.30AM - 9.30AM | CENTRE CLOSED | | | |
| STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM | LET'S STEEL COMBAT (MENS Xclusive) [AT] 10.30AM - 11.30AM | | | | |
| LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM | LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM | | | | |
| LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM | | | | | |
| LET'S PICK UP CHINESE [AR] 3.00PM - 4.00PM | LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM | | | | |

Venue
AH: Activity Hall AR: Activity Room 426: Block 426 Void Deck AT: Atrium between Block 420 & 423

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| MON | TUE | WED | THU | FRI | SAT | | | | | | |
|---|--|---|---|--|---|----|--|----|--|----|--|
| 1 | | 2 | | 3 | | 4 | | 5 | | | |
| | 一起快步走 8.30AM - 9.30AM | 一起来吃早餐和运动伙伴 @ 柳莲巷 (敬请回复) - 户外 7.30AM - 8.30AM | 一起快步走 8.30AM - 9.30AM | | 一起快步走 8.30AM - 9.30AM | | | | | | |
| | 一起做钢铁拳击(精简版)(只限男性)(敬请回复) [AT] 10.30AM - 11.30AM | 一起快步走 8.30AM - 9.30AM | | | | | | | | | |
| | 一起学英语-初级 (敬请回复) [AR] 11.00AM - 12.00PM | 一起跳气功舞 [426] 10.00AM - 11.00AM | 一起做棉花棒艺术 [AR] 10.30AM - 11.30AM | | | | | | | | |
| | 一起做禅绕画 [AR] 2.00PM - 4.00PM | 游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM | | | | | | | | | |
| | 绿色系列: 可持续园艺与创意表达之旅 (敬请回复) [AH] 3.00PM - 4.30PM | 一起来K歌 [AH] 2.00PM - 4.00PM 一起饮茶 [AH] 4.00PM - 5.00PM | 一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM | 一起学科技 WITH YOUTH BUDDIES [AH] 3.30PM - 5.00PM | | | | | | | |
| 7 | | 8 | | 9 | | 10 | | 11 | | 12 | |
| 走走动动脑 8.30AM - 10.00AM | 一起快步走 8.30AM - 9.30AM | 一起来吃早餐和运动伙伴 @ 柳莲巷 (敬请回复) - 户外 7.30AM - 8.30AM | 一起快步走 8.30AM - 9.30AM | | 一起快步走 8.30AM - 9.30AM | | | | | | |
| 一起来庆生 & 虚拟现实 [AH] 11.30AM - 12.30PM | 一起做钢铁拳击(精简版)(只限男性 [AT] 10.30AM - 11.30AM | 一起快步走 8.30AM - 9.30AM 一起跳气功舞 [426] 10.00AM - 11.00AM | 一起做棉花棒艺术 [AR] 10.30AM - 11.30AM 代际交流 - MASTERCARD (敬请回复) [AH] 9.30AM - 12.00PM | | Steady Lah! 保健操 (敬请回复) [AH] 9.30AM - 10.30AM | | | | | | |
| 一起来吃 - 中心内 [AH] 12.30PM - 1.30PM | 一起学英语-初级 (敬请回复) [AR] 11.00AM - 12.00PM | 保健系列 - 健康讲座: 积极保健在今天, 乐享美好在明天 (VIA HEALTHY 365) [AH] 11.00AM - 12.00PM | 一起来吃 (敬请回复) - 中心内 [AH] 12.00PM - 1.00PM | 一起做 衍纸 [AR] 2.00PM - 4.00PM | | | | | | | |
| 游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM | 一起做禅绕画 [AR] 2.00PM - 4.00PM | 游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM | | 一起学科技 WITH YOUTH BUDDIES [AH] 3.30PM - 5.00PM | | | | | | | |
| 一起来K歌 [AH] 2.00PM - 4.00PM | | 绿色系列: 可持续园艺与创意表达之旅 (敬请回复) [AH] 3.00PM - 4.30PM | 一起来K歌 [AH] 2.00PM - 4.00PM 一起饮茶 [AH] 4.00PM - 5.00PM | | | | | | | | |
| 一起饮茶 [AH] 4.00PM - 5.00PM | 一起来K歌 [AH] 2.00PM - 4.00PM | | 一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM | | | | | | | | |
| 一起学华语-初级 (敬请回复) [AR] 3.00PM - 4.00PM | | | | | | | | | | | |

Venue
AH: Activity Hall AR: Activity Room 426: Block 426 Void Deck

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| 14 | 15 | 16 | 17 | 18 | 19 |
| 走走动动脑 8.30AM - 10.00AM | 一起快步走 8.30AM - 9.30AM | 一起来吃早餐和运 动伙伴 (敬请回复) - 户外 7.30AM - 8.30AM | 一起快步走 8.30AM - 9.30AM | [耶稣受难日] 中心关闭 | |
| 游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM | 一起做钢铁拳击(精简版)(只限男性 [AT] 10.30AM - 11.30AM | 一起快步走 8.30AM - 9.30AM | 一起做弹力带拉筋操 [AT] TO BE CONFIRMED 9.30AM - 10.30AM | | |
| | 一起学英语-初级 (敬请回复) [AR] 11.00AM - 12.00PM | 一起跳气功舞 [426] 10.00AM - 11.00AM | 一起做棉花棒 艺术 [AR] 10.30AM - 11.30AM | | |
| 一起来K歌 [AH] 2.00PM - 4.00PM | | 保健系列 - 健康讲座: 接种疫苗, 保 护 您和您的家人 (VIA HEALTHY 365) [AH] 11.00AM - 12.00PM | 一起去Gai Gai@ 新加坡宁波同 乡會:文 化历史之旅 (敬请回复) 9.30AM - 11.30AM | | |
| 一起学华语-初级 (敬请回复)[AR] 3.00PM - 4.00PM | 一起做禅绕画 [AR] 2.00PM - 4.00PM | 游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM | 一起来吃 (敬请回复) - 中心内 11.30AM - 1.00PM | | |
| 一起饮茶 [AH] 4.00PM - 5.00PM | 绿色系列: 可持续园艺与创意表达之旅 (敬 请回复) [AH] 3.00PM - 4.30PM | 一起来K歌 [AH] 2.00PM - 4.00PM | 一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM | | |
| | | 一起饮茶 [AH] 4.00PM - 5.00PM | | | |

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| 21 | 22 | 23 | 24 | 25 | 26 |
| 走走动动脑 8.30AM - 10.00AM | 一起快步走 8.30AM - 9.30AM | 一起来吃早餐和运动伙伴(敬请回复) - 户外 7.30AM - 8.30AM | 一起快步走 8.30AM - 9.30AM | 一起快步走 8.30AM - 9.30AM | |
| 游戏时间(拉米牌和麻将) [AH] 2.00PM - 4.00PM | 一起做钢铁拳击(精简版)(只限男性) [AT] 10.30AM - 11.30AM | 一起快步走 8.30AM - 9.30AM | 一起做弹力带拉筋操 [AT] TO BE CONFIRMED 9.30AM - 10.30AM | Steady Lah! 保健操(敬请回复) [AH] 9.30AM - 10.30AM | |
| 一起来K歌 [AH] 2.00PM - 4.00PM | 一起学英语-初级(敬请回复) [AR] 11.00AM - 12.00PM | 一起跳气功舞 [426] 10.00AM - 11.00AM | 一起做棉花棒艺术 [AR] 10.30AM - 11.30AM | 一起做衍纸 [AR] 2.00PM - 4.00PM | |
| 一起学华语-初级(敬请回复) [AR] 3.00PM - 4.00PM | 一起做禅绕画 [AR] 2.00PM - 4.00PM | 保健系列-健康讲座: 活跃乐龄, 运动让我们更有活力(VIA HEALTHY 365) [AH] 11.00AM - 12.00PM | | | |
| 一起饮茶 [AH] 4.00PM - 5.00PM | | 游戏时间(拉米牌和麻将) [AH] 2.00PM - 4.00PM | 一起做DrumFit(敬请回复) [AH] 3.00PM - 4.00PM | 一起学科技 WITH YOUTH BUDDIES [AH] 3.30PM - 5.00PM | |
| 一起去Gai Gai@ 嚙记(HEY KEE)(RSVP ONLY) 2.00PM - 4.00PM | 绿色系列: 可持续园艺与创意表达之旅(敬请回复) [AH] 3.00PM - 4.30PM | 一起来K歌 [AH] 2.00PM - 4.00PM | | | |
| 一起来吃(敬请回复) - 中心内 4.00PM - 5.00PM | | 一起饮茶 [AH] 4.00PM - 5.00PM | | | |
| 28 | 29 | 30 | | | |
| 走走动动脑 8.30AM - 10.00AM | 一起快步走 8.30AM - 9.30AM | 中心关闭 | | | |
| 游戏时间(拉米牌和麻将) [AH] 2.00PM - 4.00PM | 一起做钢铁拳击(精简版)(只限男性) [426] 10.30AM - 11.30AM | | | | |
| 一起来K歌 [AH] 2.00PM - 4.00PM | 一起学英语-初级(敬请回复) [AR] 11.00AM - 12.00PM | | | | |
| 一起饮茶 [AH] 4.00PM - 5.00PM | | | | | |
| 一起学华语-初级(敬请回复)[AR] 3.00PM - 4.00PM | 一起做禅绕画 [AR] 2.00PM - 4.00PM | | | | |

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