




2026 April

 **Centre Name:** AAC (Serangoon Central)
 **Centre Address:** 424 Serangoon Central #01-324 S550424
 **Centre Contact:** 6715 6760 / 8938 4054



MON

TUE

WED

THU

FRI

SAT

1

2

3

4

MON	TUE	WED	THU	FRI	SAT
		LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	CENTRE CLOSED [GOOD FRIDAY]	
		LET'S Qi'DANCE [426] 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM		
		LET'S GO GAI GAI: SINGAPORE DUCK TOURS (RSVP ONLY) 10.00AM - 11.00AM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM		
		LET'S MAKAN TOGETHER [AH] 11.00AM - 1.00PM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 10.30AM - 11.00AM		
		LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: LADDER TOSS [AH] 11.00AM - 11.30AM		
		STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: DISC GOLF [AH] 11.30AM - 12.00PM		
		SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH (RSVP ONLY) [CHP] 2:00PM - 5:00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM		
			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

ISH: Indoor Sports Hall @ St Gabriel's Sec School

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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。

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	GROOVING DOWN MEMORY LANE 8.30AM - 10.00AM	
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	LET'S STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 11.30AM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH NURSE (RSVP ONLY) [CHP] 9.00AM - 5:00PM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	WALKING FOODPEDIA (RSVP ONLY) [ENGLISH] [AH] 10.00AM - 12.00PM	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM CANCELLED	LET'S GO GAI GAI: BOLLYWOOD VEGGIES FARM [ENGLISH ONLY] (RSVP ONLY) 10.30AM - 12.30PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	LET'S DO PAPER QUILLING [AR] 1.00PM - 3.00PM	
LET'S CELEBRATE BIRTHDAY [AH] 11.30AM - 12.30PM	LET'S TALK NEWS [AH] 2:00PM - 3:00PM	LET'S Qi'DANCE [426] 10.00AM - 11.00AM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 10.30AM - 11.00AM	THE STEADY MEN (MALE Xclusive) (RSVP ONLY) [AH] 2.00PM - 3.00PM	
LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM					
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S ADAPTIVE SPORT: LADDER TOSS [AH] 11.00AM - 11.30AM	FIT FROM HOME BRIEFING (RSVP ONLY) [AH] 3.15PM - 4.15PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM		LET'S ADAPTIVE SPORT: DISC GOLF [AH] 11.30AM - 12.00PM		
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 3.30PM - 4.00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S YUM CHA TOGETHER [AH] 3.00PM - 4.00PM	
LET'S PICKLEBALL [MPH/ISH] 4.00PM - 5.30PM	LET'S ADAPTIVE SPORT: BOCCIA // FLOORBALL [AH] 4.00PM - 4.30PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	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 ISH: Indoor Sports Hall @ St Gabriel's Sec School

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM WALKING FOOTBALL @ SERANGOON STADIUM (RSVP ONLY) 10:00AM - 11:30AM	LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	GROOVING DOWN MEMORY LANE 8.30AM - 10.00AM	
CELEBRITY HAIRCUT SERVICES (RSVP ONLY) [AH] 10.00AM - 12.00PM	LET'S STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 11.30AM LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S GO GAI GAI: HEY DAIRIES GOAT FARM (RSVP ONLY) 10.30AM - 12.30PM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	WALKING FOODPEDIA (RSVP ONLY) [ENGLISH] [AH] 10.00AM - 12.00PM	
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	LET'S DO ZENTANGLE [AR] 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 CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 10.30AM - 11.00AM	LET'S DO PAPER QUILLING [AR] 1.00PM - 3.00PM	
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	ICCP : BADMINTON @ BRADDELL HEIGHTS CC (RSVP) 2:00PM - 3:00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: LADDER TOSS [AH] 11.00AM - 11.30AM		
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 3.30PM - 4.00PM CANCELLED	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: DISC GOLF [AH] 11.30AM - 12.00PM	THE STEADY MEN (MALE Xclusive) (RSVP ONLY) [AH] 2.00PM - 3.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: BOCCIA // FLOORBALL [AH] 4.00PM - 4.30PM CANCELLED		LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM		
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM		SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH (RSVP ONLY) [CHP] 2:00PM - 5:00PM	LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM	LET'S YUM CHA TOGETHER [AH] 3.00PM - 4.00PM	
LET'S PICKLEBALL [MPH/ISH] 4.00PM - 5.30PM	SINGAPORE POLYTECHNIC CARES SERVICE LEARNING (RSVP ONLY) [AH] 2.00PM - 4.30PM				



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MON 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25
LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	GROOVING DOWN MEMORY LANE 8.30AM - 10.00AM	
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	LET'S STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 11.30AM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH NURSE (RSVP ONLY) [CHP] 9.00AM - 5:00PM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	WALKING FOODPEDIA (RSVP ONLY) [ENGLISH] [AH] 10.00AM - 12.00PM	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM		LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM		
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	LET'S TALK NEWS [AH] 2:00PM - 3:00PM	LET'S QI'DANCE [426] 10.00AM - 11.00AM	LET'S ADAPTIVE SPORT: CUP STACKING WITH HCI [AH] 10.30AM - 11.00AM	LET'S DO PAPER QUILLING [AR] 1.00PM - 3.00PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM		LET'S ADAPTIVE SPORT: CUP STACKING WITH HCI [AH] 10.30AM - 11.00AM		
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	ICCP : BADMINTON @ BRADDELL HEIGHTS CC (RSVP ONLY) 2:00PM - 3:00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S ADAPTIVE SPORT: LADDER TOSS [AH] 11.00AM - 11.30AM	THE STEADY MEN (MALE Xclusive) (RSVP ONLY) [AH] 2.00PM - 3.00PM	
	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM		LET'S ADAPTIVE SPORT: LADDER TOSS [AH] 11.00AM - 11.30AM		
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 3.30PM - 4.00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM		
LET'S PICKLEBALL WITH MEIYUME [MPH/ISH] 4.00PM - 5.30PM	LET'S ADAPTIVE SPORT: BOCCIA // FLOORBALL [AH] 4.00PM - 4.30PM	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] 3.00PM - 4.00PM	



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MON 27	TUE 28	WED 29	THU 30	FRI	SAT	
ACTIVE STEPS, SHARP MINDS 8.30AM - 10.00AM	LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM			
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	WALKING FOOTBALL @ SERANGOON STADIUM (RSVP ONLY) 10:00AM - 11:30AM	LET'S Qi'DANCE [426] 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM			
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S DO LAUGHTER YOGA WITH SINGAPORE WOMEN'S ASSOCIATION [AH] 9.30AM - 10.30AM	F4: LET'S EXERCISE TOGETHER [AH] 11.30AM - 12.00PM	DIABETIC SCREENING BY NHG [RSVP] [CHP & AR] 9.00AM - 5.30PM			
	LET'S STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 11.30AM	F4: LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 12.00AM - 1.00PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM CANCELLED			
CENTRE CLOSED TRAINING	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM			LET'S ADAPTIVE SPORT: CUP STACKING [AH] 10.30AM - 11.00AM		
	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM	LET'S LUNCH WITH LOKUN (RSVP ONLY) [AH] 1.00PM - 2.00PM	LET'S ADAPTIVE SPORT: LADDER TOSS [AH] 11.00AM - 11.30AM			
	ICCP : BADMINTON @ BRADDELL HEIGHTS CC (RSVP ONLY) 2:00PM - 3:00PM		LET'S ADAPTIVE SPORT: DISC GOLF [AH] 11.30AM - 12.00PM			
	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM CANCELLED			
	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 3.30PM - 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 ADAPTIVE SPORT: BOCCIA // FLOORBALL [AH] 4.00PM - 4.30PM					

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM	中心关闭 [受难日]	
		一起跳气功舞 [426] 10.00AM - 11.00AM	一起做弹力带拉筋操 (VIA HEALTHY 365) (敬请回复) [426] 9.15AM - 10.15AM		
		一起去Gai Gai : 新加坡原創 DUCKtours (敬请回复) 10.00AM - 11.00AM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM		
		一起来MAKAN [AH] 12.30PM - 1.30PM	一起玩竞技叠杯 [AH] 10.30AM - 11.00AM		
		一起来K歌 [AH] 2.00PM - 4.00PM	一起玩梯式投球 [AH] 11.00AM - 11.30AM		
		游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起玩飞盘高尔夫 [AH] 11.30AM - 12.00PM		
		服务 - 社区保健站 - 健康教练 (敬请回复) [CHP] 2:00PM - 5:00PM	一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM		
			一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM		




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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM	律动回忆之旅 8.30AM - 10.00AM	
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	一起做钢铁拳击 (精简版) (只限男性) [426] 10.30AM - 11.30AM	服务 - 社区保健站: 健康护士 (敬请回复) [CHP] 9:00AM - 5:00PM	一起做弹力带拉筋操 (VIA HEALTHY 365) (敬请回复) [426] 9.15AM - 10.15AM		
一起学华语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起学英语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM CANCELLED	一起去 Gai Gai: 宝莱坞农场 [英文版] (敬请回复) 10.30AM - 12.30PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	行走吧 百科全食 [英文版] (敬请回复) [AH] 10.00AM - 12.00PM	
一起来庆生 [AH] 11.30AM - 12.30PM	一起聊新闻 [AH] 2:00PM - 3:00PM	一起跳气功舞 [426] 10.00AM - 11.00AM	一起玩竞技叠杯 [AH] 10.30AM - 11.00AM		
一起来 MAKAN [AH] 12.30PM - 1.30PM					
一起来 K歌 [AH] 2.00PM - 4.00PM	一起做禅绕画 [AR] 2.00PM - 4.00PM	一起来 MAKAN [AH] 12.30PM - 1.30PM	一起玩梯式投球 [AH] 11.00AM - 11.30AM	一起做衍纸 [AR] 1.00PM - 3.00PM	
游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	游戏时间: 象棋 (只限男性) [AH] 2.00PM - 4.00PM		一起玩飞盘高尔夫 [AH] 11.30AM - 12.00PM	一起做运动: 稳健男士 (只限男性) [AR] 2.00PM - 3.00PM	
一起喝咖啡 (只限男性) [AH] 2.00PM - 4.00PM	一起玩竞技叠杯 [AH] 3.30PM - 4.00PM	一起来 K歌 [AH] 2.00PM - 4.00PM	一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM	一起居家健身说明会 (敬请回复) [AR] 3.15PM - 4.15PM	
一起打匹克球 [MPH/ISH] 4.00PM - 5.30PM	一起玩: 硬地滚球 // 地板球 [AH] 4.00PM - 4.30PM	游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起做 DrumFit (敬请回复) [AH] 3.00PM - 4.00PM	一起饮茶 [AH] 3.00PM - 4.00PM	

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MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM 一起来踢球 @ 实龙岗体育场 (敬请回复) 10:00AM - 11:30AM	一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM	律动回忆之旅 8.30AM - 10.00AM	
名人服务 - 理发 (敬请回复) [AH] 10.00AM - 12.00PM	一起做钢铁拳击 (精简版) (只限男性) [426] 10.30AM - 11.30AM 一起学英语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起去 Gai Gai : 夏氏羊场 (敬请回复) 10.30AM - 12.30PM	一起做弹力带拉筋操 (VIA HEALTHY 365) (敬请回复) [426] 9.15AM - 10.15AM 一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	行走吧 百科全食 [英文版] (敬请回复) [AH] 10.00AM - 12.00PM	
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	一起做禅绕画 [AR] 2.00PM - 4.00PM	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] 1.00PM - 3.00PM	
一起学华语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	游戏时间: 象棋 (只限男性) [AH] 2.00PM - 4.00PM	一起来 MAKAN [AH] 12.30PM - 1.30PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM		
一起饮茶 [AH] 12.00PM - 1.00PM	ICCP : 羽毛球 @ 布莱德岭民众俱乐部 (敬请回复) 2:00PM - 3:00PM	一起来 K歌 [AH] 2.00PM - 4.00PM	一起玩竞技叠杯 [AH] 10.30AM - 11.00AM		
一起来 K歌 [AH] 2.00PM - 4.00PM	一起玩竞技叠杯 [AH] 3:30PM - 4:00PM CANCELLED	游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起玩梯式投球 [AH] 11.00AM - 11.30AM 一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM	一起做运动: 稳健男士 (只限男性) [AR] 2.00PM - 3.00PM	
游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起玩: 硬地滚球 // 地板球 [AH] 4:00PM - 4:30PM CANCELLED	服务 - 社区保健站 - 健康教练 (敬请回复) [CHP] 2:00PM - 5:00PM	一起做 DrumFit (敬请回复) [AH] 3.00PM - 4.00PM	一起饮茶 [AH] 3.00PM - 4.00PM	
一起喝咖啡 (只限男性) [AH] 2.00PM - 4:00PM					
一起打匹克球 [MPH/ISH] 4.00PM - 5.30PM	新加坡理工学院关爱服务学习 (敬请回复) [AH] 2.00PM - 4.30PM				

Venue

AH: Activity Hall AR: Activity Room 426: Block 426 Void Deck AT: Atrium between Block 420 & 423 ISH/MPH: Indoor Sports Hall/ Multi-Purpose Hall @ St Gabriel's Sec School

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2026 四月

📍 **Centre Name:** AAC (Serangoon Central)
 🏠 **Centre Address:** 424 Serangoon Central #01-324 S550424
 📞 **Centre Contact:** 6715 6760 / 8938 4054



MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM	律动回忆之旅 8.30AM - 10.00AM	
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	一起做钢铁拳击 (精简版) (只限男性) [426] 10.30AM - 11.30AM	服务 - 社区保健站: 健康护士 (敬请回复) [CHP] 9:00AM - 5:00PM	一起做弹力带拉筋操 (VIA HEALTHY 365) (敬请回复) [426] 9.15AM - 10.15AM	行走吧 百科全食 [英文版] (敬请回复) [AH] 10.00AM - 12.00PM	
一起学华语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起学英语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM		一起做棉花棒艺术 [AR] 10.30AM - 11.30AM		
一起饮茶 [AH] 12.00PM - 1.00PM	一起聊新闻[AH] 2:00PM - 3:00PM	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] 1.00PM - 3.00PM	
一起来K歌 [AH] 2.00PM - 4.00PM	一起做禅绕画 [AR] 2.00PM - 4.00PM		一起玩竞技叠杯 [AH] 10.30AM - 11.00AM		
游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	ICCP: 羽毛球 @ 布莱德岭民众俱乐部 (敬请回 复) 2:00PM - 3:00PM	一起来MAKAN [AH] 12.30PM - 1.30PM	一起玩梯式投球 [AH] 11.00AM - 11.30AM	一起做运动: 稳健男士 (只限男性) [AR] 2.00PM - 3.00PM	
	游戏时间: 象棋 (只限男性) [AH] 2.00PM - 4.00PM		一起来K歌 [AH] 2.00PM - 4.00PM		
一起喝咖啡 (只限男性) [AH] 2.00PM - 4.00PM	一起玩竞技叠杯 [AH] 3.30PM - 4.00PM		一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM	一起饮茶 [AH] 3.00PM - 4.00PM	
一起打匹克球 与 MEIYUME [MPH/ISH] 4.00PM - 5.30PM	一起玩: 硬地滚球 // 地板球 [AH] 4.00PM - 4.30PM	游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM			

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2026 四月

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MON 27	TUE 28	WED 29	THU 30	FRI	SAT
走走动动脑 8.30AM - 10.00AM	一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM		
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	一起来踢球 @ 实龙岗体育场 (敬请回复) 10:00AM - 11:30AM	一起跳气功舞 [426] 10.00AM - 11.00AM	一起做弹力带拉筋操 (VIA HEALTHY 365) (敬请回复) [426] 9.15AM - 10.15AM		
中心关闭 培训中	与新加坡妇女协会一起欢笑瑜伽 [AH] 9.30AM - 10.30AM	F4: 一起做运动 [AH] 11.30AM - 12.00PM	NHG 糖尿病筛查 [敬请回复] [CHP & AR] 9.00AM - 5.30PM		
	一起做钢铁拳击 (精简版) (只限男性) [426] 10.30AM - 11.30AM	F4: 一起来MAKAN (敬请回复) [AH] 12.00PM - 1.00PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM CANCELLED		
	一起学英语-初级 (敬请回复) [AR] 11.00AM - 12.00PM		一起玩竞技叠杯 [AH] 10.30AM - 11.00AM		
	一起做禅绕画 [AR] 2.00PM - 4.00PM	Lo Kun 来了 (敬请回复) [AH] 1.00PM - 2.00PM	一起玩梯式投球 [AH] 11.00AM - 11.30AM		
	ICCP : 羽毛球 @ 布莱德岭民众俱乐部 (敬请回复) 2:00PM - 3:00PM		一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM CANCELLED		
	游戏时间: 象棋 (只限男性) [AH] 2.00PM - 4.00PM	一起来K歌 [AH] 2.00PM - 4.00PM	一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM		
	一起玩竞技叠杯 [AH] 3.30PM - 4.00PM	游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM			
一起玩: 硬地滚球 // 地板球 [AH] 4.00PM - 4.30PM					

Venue

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