

2025 August

 **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	
								LET'S BRISK WALK 8.30AM - 09.30AM			
								LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM			
								HEALTH TALK: COUGH (RSVP ONLY) [AH] 3.00PM - 5.00PM			
4		5		6		7		8		9	
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 BRISK WALK 8.30AM - 9.30AM			
EXERGAME (NINTENDO SWITCH) [AH] 10:00AM - 12:00PM		LET'S STEEL COMBAT (MENS Xclusive) [426] 10.30AM - 11.30AM		F4: LET'S Qi'DANCE [426] 10.00AM - 11.00AM		RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9.15AM - 10.15AM		LET'S CELEBRATE BIRTHDAY AND NATIONAL DAY WITH UKU ANGELS [AH] 11.30AM - 12.30PM			
POTLUCK: LET'S MAKAN TOGETHER [AH] 12.00PM - 1.00PM		LET'S GEN TOGETHER: SG60 NATIONAL DAY CELEBRATIONS WITH MFS@WOODLEIGH (RSVP ONLY) 10.30AM - 11.30AM		STAY WELL SERIES - NEA HEALTH TALK - DENGUE PREVENTION (RSVP ONLY) [AH] 11.15AM - 12.15AM		LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM					
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM						LET'S LEARN TECH: DIGITAL FAQ [AH] 3.30PM - 5.00PM					
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM		LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM		STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM		LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM		POTLUCK: LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 12.30PM - 1.30PM			
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM								LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM			
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 3.00PM - 4.00PM		LET'S DO COLLABORATIVE ART: SG60 PAPER BLOOM (RSVP ONLY) [AH] 2.00PM - 4.00PM		LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM		LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM		LET'S LEARN TECH: PHOTOTAKING REFRESHER [AH] 3.30PM - 5.00PM			
LET'S PICKLEBALL LEGENDS (RSVP ONLY) [MPH] 4.00PM - 5.30PM				LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM		LET'S EXERCISE (RSVP ONLY) [AH] 4.00PM - 5.00PM					

Venue

AH: Activity Hall AR: Activity Room 426: Block 426 Void Deck AT: Atrium between Block 420 & 423 MPH: Multipurpose Hall @ St Gabriel's Sec School

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

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
CENTRE CLOSED	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	
	LET'S STEEL COMBAT (MENS Xclusive) [426] 10.30AM - 11.30AM	F4: LET'S Qi'DANCE [426] 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9.15AM - 10.15AM	EXERGAME (NINTENDO SWITCH) [AH] 10:00AM - 12:00PM	
		LEAVE WELL SERIES: LEGACY PLANNING WORKSHOP BY SMU ON CPF (RSVP ONLY) [AH] 11:30AM - 12:30PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM		
	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	F4: LET'S MAKAN TOGETHER [AH] 12.00AM - 1.00PM	CENTRE CLOSED	
			LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM		
	LET'S KTV TOGETHER [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	LET'S EXERCISE (RSVP ONLY) [AH] 4.00PM - 5.00PM			

Venue

AH: Activity Hall

AR: Activity Room

426: Block 426 Void Deck

AT: Atrium between Block 420 & 423

MPH: Multipurpose Hall @ St Gabriel's Sec School

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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23 / 24
GROOVING DOWN THE MEMORY LANE 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 BRISK WALK 8.30AM - 9.30AM	LET'S JOIN PA: LIFE UNSTOPPABLE ROADSHOW @ NEX 23 AUG : 3:00PM - 8:00PM 24 AUG : 3:00PM - 6:00PM PERFORMANCE [RSVP ONLY] 23 AUG : DRUMFIT [4:00PM - 5:00PM] 23 AUG : QI'DANCE [6:00PM - 7:00PM] 24 AUG: FASHION SHOW [11:30AM] 24 AUG : QI'DANCE & DRUMFIT [4.00PM - 5.00PM]
LET'S SUPPORT DUKE-NUS & NHB ON IMPACT OF REFRESH & RECONNECT @NATIONAL MUSEUM WITH PCF SPARKLE CARE (RSVP ONLY) 10.00AM - 12.00PM	LET'S STEEL COMBAT (MENS Xclusive) [426] 10.30AM - 11.30AM	F4: LET'S QI'DANCE [426] 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9.15AM - 10.15AM	MASTERCARD DO GOOD AT SERANGOON CENTRAL AAC (RSVP ONLY) [AH] 9.30AM - 11.30AM	
EXERGAME (NINTENDO SWITCH) [AH] 10:30AM - 12:30PM			LET'S GO GAI GAI @ YACHT TO LAZARUS / ST JOHN ISLAND WITH AIK CHUAN YACHT CHARTERS (RSVP ONLY) 9.00AM - 12.30PM		
POTLUCK: LET'S MAKAN TOGETHER [AH] 12.00PM - 1.00PM			LET'S GO GAI GAI @ ISPACE, NYJC WITH PCF SPARKLE CARE (RSVP ONLY) 2.00PM - 4.00PM	LET'S MAKAN TOGETHER (RSVP ONLY) 12.30PM - 1.30PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH [CHP] 2:00PM - 5:00PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM		
LET'S KTV TOGETHER [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	
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 PICK UP CHINESE (RSVP ONLY) [AR] 3.00PM - 4.00PM		LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	LET'S EXERCISE (RSVP ONLY) [AH] 4.00PM - 5.00PM		
LET'S PICKLEBALL LEGENDS (RSVP ONLY) [MPH] 4.00PM - 5.30PM					

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MON	TUE	WED	THU	FRI	SAT	
25	26	27	28	29	30	
GROOVING DOWN THE MEMORY LANE 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 BRISK WALK 8.30AM - 9.30AM	LET'S JOIN BRADDELL HEIGHTS ZONE B RC FOR FUNCTIONAL SCREENING & ACTIVITIES @ SERANGOON CENTRAL AAC 9.00AM - 1.00PM	
LET'S SUPPORT DUKE-NUS & NHB ON IMPACT OF REFRESH & RECONNECT @NATIONAL MUSEUM WITH PCF SPARKLE CARE (RSVP ONLY) 10.00AM - 12.00PM	LET'S STEEL COMBAT (MENS Xclusive) [426] 10.30AM - 11.30AM	F4: LET'S Qi'DANCE [426] 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9.15AM - 10.15AM	HAPPY AGEING PROMOTION PROGRAMME FOR YOU (HAPPY) (RSVP ONLY) [AH] 9.30AM - 11:00AM		
EXERGAME (NINTENDO SWITCH) [AH] 10:30AM - 12:30PM		LET'S GO GAI GAI @ PERANAKAN MUSEUM WITH PCF SPARKLE CARE (RSVP ONLY) 11.30AM - 12.30PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM			
POTLUCK: LET'S MAKAN TOGETHER [AH] 12.00PM - 1.00PM						
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH NURSE [CHP] 2:00PM - 5:00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM		
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM		LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM				LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM		LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM			
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 3.00PM - 4.00PM	LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM		LET'S EXERCISE (RSVP ONLY) [AH] 4.00PM - 5.00PM			
LET'S PICKLEBALL LEGENDS (RSVP ONLY) [MPH] 4.00PM - 5.30PM						

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2025 八月

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MON		TUE		WED		THU		FRI		SAT	
						1			2		
						一起快步走 8.30AM - 9.30AM					
						一起做衍纸 [AR] 2.00PM - 4.00PM					
						健康讲座：咳嗽 (敬请回复) [AH] 3.00PM - 5.00PM					
4		5		6		7		8		9	
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		一起快步走 8.30AM - 9.30AM			
电子游戏时间 (任天堂) [AH] 10:30AM - 12:30PM		一起做钢铁拳击(精简版) [426] (只限男性) 10.30AM - 11.30AM		F4: 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		一起庆祝生日和国庆节 与 UKU ANGELS			
百乐餐: 一起来MAKAN [AH] 12.00PM - 1.00PM		代际交流 - 幼儿园：与MFS@WOODLEIGH 一同欢庆 SG60 国庆庆典 (敬请回复) [AH] 10.30AM - 11.30AM		保健系列 - 健康讲座 - 国家环境局: 登革 热预防 – (敬请回复) [AH] 11.15AM - 12.15AM		一起做棉花棒 艺术 [AR] 10.30AM - 11.30AM		11.30AM - 12.30PM			
游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM						一起学科技：数字常见问题解答 [AH] 3.30PM - 5.00PM					
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		游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM		一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM		百乐餐: 一起来MAKAN [AH] 12.00PM - 1.00PM			
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		一起合创艺术: 新加坡60周年纸花 (敬请 回复) [AH] 2.00PM - 4.00PM		一起来K歌 [AH] 2.00PM - 4.00PM		一起做运动 (敬请回复) [AH] 4.00PM - 5.00PM		一起学科技: 摄影复 习[AH] 3.30PM - 5.00PM			
一起打匹克球 传奇 (敬请回复) [MPH] 4.00PM - 5.30PM				一起饮茶 [AH] 4.00PM - 5.00PM							

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