

2026 August

 **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
3	4	5	6	7	8
LET'S BRISK WALK 8.30AM - 9.30AM	SENIOR NATIONAL GAMES [FINAL] @OCBC ARENA (RSVP ONLY) 9.00AM - 1.00PM	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 DANCERCISE (NDP WORKOUT DANCE PRACTICE) 9.30AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	LET'S DO GOOD @SERANGOON PARK CONNECTOR: PLANT-A-TREE PROGRAMME BY NPARKS (RSVP ONLY) 9.00AM - 11.00AM	
FIT FROM HOME BRIEFING (RSVP ONLY) [AH] 10.30AM - 12.00PM		LET'S Qi'DANCE [426] 10.00AM - 11.00AM			
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM	CENTRE CLOSED (SENIOR NATIONAL GAMES 2026)	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	LET'S CELEBRATE NATIONAL DAY & BIRTHDAY WITH UKU ANGELS [AH] 1:30PM - 3:30PM	
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM		LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM		
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM		STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S MAKAN TOGETHER [AH] 3.30PM - 4.30PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM					
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	LET'S TALK NEWS [AH] 3:00PM - 4:00PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH (RSVP ONLY) [CHP] 2:00PM - 5:00PM	LET'S DRUMFIT LITE (RSVP ONLY) [AH] 3.00PM - 4.00PM	LET'S DO PAPER QUILTING [AR] 2.00PM - 4.00PM	
LET'S PICKLEBALL [MPH/ISH] 4.00PM - 5.30PM	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM	MENTAL HEALTH WORKSHOP: COPING WITH ANXIETY (CLOSED GROUP) [AR] 2.00PM - 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

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。

2026 August

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



MON 10	TUE 11	WED 12	THU 13	FRI 14	SAT 15
CENTRE CLOSED [NATIONAL DAY]	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 STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 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 PERFORM WITH MFS@WOODLEIGH (RSVP ONLY) 9.30AM - 10.30AM	
	WALKING FOOTBALL @ LORONG LEW LIAN COMMUNITY HALL (RSVP ONLY) 10:00AM - 11:30AM	CREATING A SAFER HOME FOR YOU AND YOUR LOVED ONES (BILINGUAL) 10:00AM - 12.00PM	LET'S DANCERCISE (NDP WORKOUT DANCE PRACTICE) 9.30AM - 11.00AM	LET'S PICKLEBALL @ CITY SPROUTS (TRAINING) (RSVP ONLY) 10.00AM - 12.00PM	
	TARGET TOGETHER (MALE Xclusive) [AH] 11.30AM - 12.30PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S DO COTTON BUD ART [AH] 10.30AM - 11.30AM	LET'S SING TOGETHER WITH ANTHONY [AH] 1.30PM - 2.30PM	
	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	CENTRE CLOSED [TOWNHALL]	LET'S YUM CHA TOGETHER [AH] 2.30PM - 3.30PM	
	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM		LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM	
	ICCP : BADMINTON @ BRADDELL HEIGHTS CC (RSVP ONLY) 2:30PM - 3:30PM	SERVICE WELLNESS: COMMUNITY HEALTH POST - HEALTH NURSE (RSVP ONLY) [CHP] 2:00PM - 5:00PM		LET'S GEN TOGETHER - KINDERGARTEN NDP CARNIVAL WITH MFS@WOODLEIGH (RSVP ONLY) 4.30PM - 6.30PM	
	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM	MENTAL HEALTH WORKSHOP: COPING WITH ANXIETY (CLOSED GROUP) [AR] 2.00PM - 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

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。

2026 August

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



MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
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	LET'S Qi'DANCE [426] 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	DRAGONBOAT TRAINING @ KALLANG BASIN (RSVP ONLY) 9.00AM - 10.30AM	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	F4: LET'S EXERCISE TOGETHER (RSVP ONLY) [AH] 11.00AM - 12.00PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	FALL TO FIT (WEEK 7) (RSVP ONLY) [AH] 9.30AM - 11.30AM	
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	DIGITAL FAB LAB SERIES: LASER CUTTING@ KAMPUNG ADMIRALTY (RSVP ONLY) 10.00AM - 1.00PM	F4: LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 12.00AM - 1.00PM	LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	LET'S SING TOGETHER WITH ANTHONY [AH] 1.30PM - 2.30PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S TALK NEWS [AH] 2:00PM - 3:00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	DIGITAL FAB LAB SERIES: 3D PRINTING @KAMPUNG ADMIRALTY (RSVP ONLY) 10.00AM - 4.00PM	LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	FIT FROM HOME BRIEFING (RSVP ONLY) [AH] 2.00PM - 4.00PM		LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S JAM WITH SKSS GUZHENG [AH] 2.30PM-4.00PM	
LET'S DO ZENTANGLE [AR] 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 DRUMFIT LITE (RSVP ONLY) [AH] 3.00PM - 4.00PM		
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	ICCP : BADMINTON @ BRADDELL HEIGHTS CC (RSVP ONLY) 2:30PM - 3:30PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH (RSVP ONLY) [CHP] 2:00PM - 5:00PM			
LET'S PICKLEBALL [MPH/ISH] 4.00PM - 5.30PM	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM	MENTAL HEALTH WORKSHOP: COPING WITH ANXIETY (CLOSED GROUP) [AR] 2.00PM - 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

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。

2026 August

 **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
24	25	26	27	28	29
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	ACTIVE STEPS, SHARP MINDS 8.30AM - 10.00AM	
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	LET'S DO LAUGHTHER YOGA WITH SINGAPORE WOMEN'S ASSOCIATION [AH] 9.30AM - 10.30AM	FIT FROM HOME BRIEFING (RSVP ONLY) [AH] 10.30AM - 11.30AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	DRAGONBOAT TRAINING @ KALLANG BASIN (RSVP ONLY) 9.00AM - 10.30AM	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM	WALKING FOOTBALL @ LORONG LEW LIAN COMMUNITY HALL (RSVP ONLY) 10:00AM - 11:30AM	LET'S Qi'DANCE [426] 10.00AM - 11.00AM		FALL TO FIT (WEEK 8) (RSVP ONLY) [AH] 9.30AM - 11.30AM	
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	LET'S STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 11.30AM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	LET'S JOIN SGO @ BARTLEY CHRISTIAN CHURCH 10.00AM - 2.00PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	TARGET TOGETHER (MALE Xclusive) [AH] 11.30AM - 12.30PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S YUM CHA 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	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S SING TOGETHER WITH ANTHONY [AH] 1.30PM - 2.30PM	
	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM	SERVICE WELLNESS: COMMUNITY HEALTH POST - HEALTH NURSE (RSVP ONLY) [CHP] 2:00PM - 5:00PM		LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM	
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	ICCP : BADMINTON @ BRADDELL HEIGHTS CC (RSVP ONLY) 2:30PM - 3:30PM	LET'S DRUMFIT LITE (RSVP ONLY) [AH] 3.00PM - 4.00PM		LET'S JAM WITH SKSS GUZHENG [AH] 2.30PM-4.00PM	
LET'S PICKLEBALL [MPH/ISH] 4.00PM - 5.30PM	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 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

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。

2026 August



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



NTUC Health

MON	TUE	WED	THU	FRI	SAT
31					
LET'S BRISK WALK 8.30AM - 9.30AM					
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM					
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM					
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM					
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM					
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM					
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM					
LET'S PICKLEBALL [MPH/ISH] 4.00PM - 5.30PM					

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

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。

2026 八月

 **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
3	4	5	6	7	8
一起快步走 8.30AM - 9.30AM	一起参加 全国乐龄运动会 (决赛) @华侨银行体育馆 (1号馆及3号馆) (敬请回复) 9.00AM - 1.00PM	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		一起做有氧舞蹈运动 (国庆健身舞练习) 9.30AM - 11.00AM	一起做弹力带拉筋操 (VIA HEALTHY 365) (敬请回复) [426] 9.15AM - 10.15AM	一起去做义工 @ 实龙岗公园连道: 国家公园局植树活动 (敬请回复) 9.00AM - 11.00AM	
一起居家健身说明会 (敬请回复) [AH] 10.30AM - 12.00PM		一起跳气功舞 [426] 10.00AM - 11.00AM			
一起学华语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	中心关闭 (全国乐龄运动会 (决赛))	一起来MAKAN [AH] 12.30PM - 1.30PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	与UKU ANGELS 一起来庆祝 新加坡国庆庆典 和 庆生 (NDP) [AH] 1:30PM - 3:30PM	
一起饮茶 [AH] 12.00PM - 1.00PM		一起来K歌 [AH] 2.00PM - 4.00PM	一起饮茶 [AH] 12.00PM - 1.00PM		
一起来K歌 [AH] 2.00PM - 4.00PM		游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM	一起来MAKAN [AH] 3.30PM - 4.30PM	
游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM					
一起喝咖啡 (只限男性) [AH] 2.00PM - 4:00PM	一起聊新闻 [AH] 3:00PM - 4:00PM	服务 - 社区保健站 - 健康教练 (敬请回复) [CHP] 2:00PM - 5:00PM	一起做DRUMFIT LITE (敬请回复) [AH] 3.00PM - 4.00PM	CANCELLED 一起做 衍纸 [AR & CHP] 2.00PM - 4.00PM	
一起打匹克球 [MPH/ISH] 4.00PM - 5.30PM	游戏时间: 象棋 (只限男性) [AH] 2.00PM - 4.00PM	心理健康工作坊: 应对焦虑 (指定组别) [AR] 2.00PM - 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

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。

2026 八月

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
10	11	12	13	14	15
中心关闭 [国庆日]	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	
	一起做钢铁拳击 (精简版) (只限男性) [426] 10.30AM - 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	与MFS 一起来表演 @ 兀里 (敬请回复) 9.30AM - 10.30AM	
	一起来踢球 @ 第419座组屋篮球 场 (敬请回复) 10:00AM - 11:30AM	为您和挚爱打造更安全的居家环 境 (双语) 10:00AM - 12.00PM	一起做有氧舞蹈运动 (国庆健身舞练习) 9.30AM - 11.00AM	一起打匹克球 @ CITY SPROUTS (训练) (敬请回复) 10.00AM - 12.00PM	
	一起玩射击 (只限男性) [AH] 11.30AM - 12.30PM	一起来MAKAN [AH] 12.30PM - 1.30PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	与 ANTHONY 一起来唱歌 [AH] 1.30PM - 2.30PM	
	一起学英语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起来K歌 [AH] 2.00PM - 4.00PM	中心关闭 [员工大会]	一起饮茶 [AH] 2.30PM - 3.30PM	
	一起做禅绕画 [AR] 2.00PM - 4.00PM	游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM		一起做 衍纸 [AR & CHP] 2.00PM - 4.00PM	
	ICCP : 羽毛球 @ 布莱德岭民众俱 乐部 (敬请回复) 2:30PM - 3:30PM	服务 - 社区保健站: 健康护士 (敬请回复) [CHP] 2.00PM - 5:00PM		与 MFS 代际交流 - 幼儿园 (国庆嘉 年华) @ 兀里 (敬请回复) 4.30PM - 6.30PM	
	游戏时间 : 象棋 (只限男性) [AH] 2.00PM - 4.00PM	心理健康工作坊: 应对焦虑 (指定组别) [AR] 2.00PM - 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

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。

2026 八月

 **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
17	18	19	20	21	22
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	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	龙舟训练 @加冷河盆地 (敬请回复) 9.00AM - 10.30AM	
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	F4: 一起做运动 [AH] 11.30AM - 12.00PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	大肌大力 - 社区运动计划 (第7周) (敬请回复) [AH] 9.30AM - 11.30AM	
一起饮茶 [AH] 12.00PM - 1.00PM	激光切割工作坊@ 海军部村庄 (敬请回复) 10.00AM - 1.00PM	F4: 一起来MAKAN (敬请回复) [AH] 12.00AM - 1.00PM	一起饮茶 [AH] 12.00PM - 1.00PM	与 ANTHONY 一起来唱歌 [AH] 1.30PM - 2.30PM	
一起来K歌 [AH] 2.00PM - 4.00PM	一起聊新闻 [AH] 2:00PM - 3:00PM	一起来K歌 [AH] 2.00PM - 4.00PM	3D 打印工作坊 @海军部村庄 (敬 请回复) 10.00AM - 4.00PM	一起做 衍纸 [AR &CHP] 2.00PM - 4.00PM	
游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起居家健身说明会 (敬请回复) [AH] 2.00PM - 4.00PM		一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM		
	一起做禅绕画 [AR] 2.00PM - 4.00PM	游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM			
一起喝咖啡(只限男性) [AH] 2.00PM - 4:00PM	ICCP : 羽毛球 @ 布莱德岭民众俱 乐部 (敬请回复) 2:30PM - 3:30PM	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	与 成康中学 一起玩音乐 - 古筝 [AH] 2.30PM-4.00PM	
一起打匹克球 [MPH/ISH] 4.00PM - 5.30PM	游戏时间 : 象棋 (只限男性) [AH] 2.00PM - 4.00PM	心理健康工作坊 :应对焦虑 (指定组别) [AR] 2.00PM - 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

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。

2026 八月

 **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
24	25	26	27	28	29
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	走走动动脑 8.30AM - 10.00AM	
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	与新加坡妇女协会一起欢笑瑜伽 [AH] 9.30AM - 10.30AM	一起居家健身说明会 (敬请回复) [AH] 10.30AM - 11.30AM	一起做弹力带拉筋操 (VIA HEALTHY 365) (敬请回复) [426] 9.15AM - 10.15AM	龙舟训练 @加冷河盆地 (敬请回复) 9.00AM - 10.30AM	
一起学华语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起来踢球 @ 第419座组屋篮球场 (敬请回复) 10:00AM - 11:30AM	一起跳气功舞 [426] 10.00AM - 11.00AM		大肌大力 - 社区运动计划 (第8周) (敬请回复) [AH] 9.30AM - 11.30AM	
一起饮茶 [AH] 12.00PM - 1.00PM	一起做钢铁拳击 (精简版) (只限男性) [426] 10.30AM - 11.30AM	一起来 MAKAN [AH] 12.30PM - 1.30PM	一起做棉花棒 艺术 [AR] 10.30AM - 11.30AM	一起参加 关爱乐龄办事处@巴特礼基督教会 10.00AM - 2.00PM	
一起来K歌 [AH] 2.00PM - 4.00PM	一起玩射击 (只限男性) [AH] 11.30AM - 12.30PM	一起来K歌 [AH] 2.00PM - 4.00PM	一起饮茶 [AH] 12.00PM - 1.00PM	与 ANTHONY 一起来唱歌 [AH] 1.30PM - 2.30PM	
游戏时间: 麻将 & 拉密牌 [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: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM	一起做 衍纸 [AR &CHP] 2.00PM - 4.00PM	
	一起做禅绕画 [AR] 2.00PM - 4.00PM	服务 - 社区保健站 : 健康护士 (敬请回复) [CHP] 2.00PM - 5:00PM			
一起喝咖啡 (只限男性) [AH] 2.00PM - 4:00PM	ICCP : 羽毛球 @ 布莱德岭民众俱乐部 (敬请回复) 2:30PM - 3:30PM		一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM	与 成康中学 一起玩音乐 - 古筝 [AH] 2.30PM-4.00PM	
一起打匹克球 [MPH/ISH] 4.00PM - 5.30PM	游戏时间 : 象棋 (只限男性) [AH] 2.00PM - 4.00PM	心理健康工作坊: 应对焦虑 (指定组别) [AR] 2.00PM - 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

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。

2026 八月

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
31					
一起快步走 8.30AM - 9.30AM					
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM					
一起学华语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM					
一起饮茶 [AH] 12.00PM - 1.00PM					
一起来K歌 [AH] 2.00PM - 4.00PM					
游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 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					

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

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。