

2025 December



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
1	2	3	4	5	6
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	
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) [426] 9.15AM - 10.15AM	LET'S SUPPORT TTSH FOR ADL2.0+ RESEARCH (RSVP ONLY) [AR & CHP] 9.00AM - 5:30PM	
LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S TALK ABOUT: "SAY YES TO LESS WASTE" BY NEA [AH] 11.15AM - 12.15PM		HAPPY AGEING PROMOTION PROGRAMME FOR YOU (HAPPY) (RSVP ONLY) [AH] 9.30AM - 11.00AM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S TALK NEWS [AH] 2:00PM - 3:00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	TARGET TOGETHER [AR] 11.30PM - 12.30PM <div>CANCELLED</div>	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM		SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH (RSVP ONLY) [CHP] 2:00PM - 5:00PM			
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 3.00PM - 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 DO PAPER QUILLING [AR] 2.00PM - 4.00PM <div>CANCELLED</div>	
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (MALE Exclusive) [AH] 2.00PM - 4.00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM		LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: MYTRANSPORTSG [AH] 3.30PM - 5.00PM	
LET'S PICKLEBALL LEGENDS [MPH] 3.00PM - 4.30PM		LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	THE STEADY MEN (MALE Xclusive) [AH] 5.00PM - 6.00PM <div>CANCELLED</div>		

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
8	9	10	11	12	13
ACTIVE STEPS, SHARP MINDS 8.30AM - 10.00AM	LET'S BRISK WALK 8.30AM - 09.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	CENTRE CLOSED	
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 - 12:00PM	LET'S SUPPORT TTSH FOR ADL2.0+ RESEARCH (RSVP ONLY) [AR & CHP] 9.00AM - 11.30AM		
LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM		LET'S Qi'DANCE [426] 10.00AM - 11.00AM			
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) [426] 9:15AM - 10:15AM		
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S CELEBRATE BIRTHDAY [AH] 11.30AM - 12.30PM	STRATEGISE WITH KAKIS: MAHJONG COMPETITION WITH SG MAHJONGTOGETHER (RSVP ONLY) [AH] 3.00PM - 5.00PM	LET'S DO COTTON BUD ART [AH] 10.30AM - 11.30AM		
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 3.00PM - 4.00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH NURSE (RSVP ONLY) [CHP] 2:00PM - 5:00PM	LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM		
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM			
LET'S PICKLEBALL LEGENDS [ISH] 3.00PM - 4.30PM	STRATEGISE WITH KAKIS: CHINESE CHESS (MALE Exclusive) [AH] 2.00PM - 4.00PM	LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	THE STEADY MEN (MALE Xclusive) [AH] 5.00PM - 6.00PM		

Venue
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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
ACTIVE STEPS, SHARP MINDS 8.30AM - 10.00AM	LET'S BRISK WALK 8.30AM - 09.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	LET'S SUPPORT TTSH FOR ADL2.0+ RESEARCH (RSVP ONLY) [AR & CHP] 9.00AM - 5:30PM	LET'S VOLUNTEER TOGETHER: SAFE STRIDE CIRCLE [AH] 9.30AM - 12.30PM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) [426] 9.15AM - 10.15AM	STAY WELL SERIES: HEALTHY BODY, HAPPY MIND BY NGEEN ANN POLYTECHNIC [AH] 9.30AM - 11.30AM	
	LET'S STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 11.30AM	LET'S Qi'DANCE [426] 10.00AM - 11.00AM			
LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	(ICCP) LET'S GO GAI GAI: LEARNING JOURNEY TO LEE KONG CHIAN MUSEUM WITH PCF SPARKLE CARE (RSVP ONLY) 10.30AM - 11.30AM		LET'S GEN TOGETHER: HWA CHONG INSTITUTION (HCI) (RSVP ONLY) [AH] 10:30AM - 12:00PM	WEEK 1: LET'S COMBAT AGE-RELATED LOSS OF MUSCLE (CALM) 1.0 @ ACTIVE HEALTH LAB-BISHAN SWIMMING COMPLEX (RSVP ONLY) 9.30AM - 11.00AM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AH] 11.00AM - 12.00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM			
STRATEGISE WITH KAKIS: RUMMY-O COMPETITION [AH] 2.00PM - 4.00PM	LET'S TALK NEWS [AH] 2:00PM - 3:00PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH (RSVP ONLY) [CHP] 2:00PM - 5:00PM	LET'S DO COTTON BUD ART [AR] 10:30AM - 11:30AM <div>CANCELLED</div>	TARGET TOGETHER [AR] 11.30PM - 12.30PM	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 3.00PM - 4.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (MALE Exclusive) [AH] 2.00PM - 4.00PM	STRATEGISE WITH KAKIS: MAHJONG COMPETITION WITH SG MAHJONGTOGETHER (RSVP ONLY) [AH] 3.00PM - 5.00PM	LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM	LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM	
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	SUSTAINABILITY WITH YOUTH CORPS DIGITAL BUDDIES: SELF-WATERING PLANT HOLDER [AH] 3.30PM - 5.00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	THE STEADY MEN (MALE Xclusive) [AH] 5.00PM - 6.00PM	LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: DIGITAL BINGO [AH] 3.30PM - 5.00PM	
LET'S PICKLEBALL LEGENDS [ISH] 3.00PM - 4.30PM		LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM			

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MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
ACTIVE STEPS, SHARP MINDS 8.30AM - 10.00AM	LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	CENTRE CLOSED (CHRISTMAS)	LET'S BRISK WALK 8.30AM - 09.30AM	
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		WEEK 2: LET'S COMBAT AGE-RELATED LOSS OF MUSCLE (CALM) 1.0 (RSVP ONLY) [AH] 9.30AM - 10.30AM	
FUN WITH KAKIS: LEARN TO YO-YO (RSVP ONLY) 11:00AM - 12:00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AH] 11.00AM - 12.00PM				
LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	NATURAL SCENT WELLNESS : HAND MASSAGE [AH] 11.00AM -12.00PM				
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM					
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	CHRISTMAS CELEBRATIONS [AH] 12.00PM - 1:00PM	CENTRE CLOSED (CHRISTMAS EVE)		VOLUNTEER APPRECIATION [AH] 12:00PM - 2:00PM	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 3.00PM - 4.00PM	LET'S MAKAN TOGETHER [AH] 1.00PM - 2.00PM			LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM <div>CANCELLED</div>	
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM				
LET'S PICKLEBALL LEGENDS [MPH] 3.00PM - 4.30PM	STRATEGISE WITH KAKIS: CHINESE CHESS (MALE Exclusive) [AH] 2.00PM - 4.00PM				

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MON	TUE	WED	THU	FRI	SAT
29	30	31			
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 PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	LET'S STEEL COMBAT (MENS Xclusive) [426] 10.30AM - 11.30AM	LET'S Qi'DANCE [426] 10.00AM - 11.00AM			
LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM				
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	STAY WELL SERIES: HEALTHY LIVING WORKSHOPS - DIGI-UP! X EDGE AGENTIC LABS [AH] 2.30PM - 3.30PM	LET'S MAKAN TOGETHER [AH] 11.00AM - 12:30PM			
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	F4: LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 12.00AM - 1.00PM	CENTRE CLOSED (NEW YEAR'S EVE)			
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM					
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 3.00PM - 4.00PM	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM				
LET'S PICKLEBALL LEGENDS [MPH] 3.00PM - 4.30PM	STRATEGISE WITH KAKIS: CHINESE CHESS (MALE Exclusive) [AH] 2.00PM - 4.00PM				

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2025 十二月

 **Centre Name:** AAC (Serangoon Central)
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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
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	
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	一起做钢铁拳击(精简版) [426] (只限男性) 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	一起参与研究计划 - 陈笃生医院的 ADL2.0+ 研究项目 (敬请回复) [AR & CHP] 9.00AM - 5:30PM	
一起来MAKAN [AH] 12.30PM - 1.30PM		一起来谈: 向减少浪费说“是” — 新加坡环境局 NEA [AH] 11.15AM - 12.15PM		推广健康老龄化计划 (HAPPY) (敬请回复) [AH] 9.30AM - 11.00AM	
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	一起来MAKAN [AH] 12.30PM - 1.30PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	共同目标 [AR] 12.00PM - 1.00PM	
游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM		服务 - 社区保健站 - 健康教练 (敬请回复) [CHP] 2:00PM - 5:00PM			
一起学华语-初级 (敬请回复) [AR] 3.00PM - 4.00PM	一起聊新闻 [AH] 2:00PM - 3:00PM	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	一起做衍纸 [AR] 2.00PM - 4.00PM	
一起饮茶 [AH] 4.00PM - 5.00PM	一起做禅绕画 [AR] 2.00PM - 4.00PM	一起来K歌 [AH] 2.00PM - 4.00PM		一起学科技与 青年志愿团 数码伙伴: MYTRANSPORTSG [AH] 3.30PM - 5.00PM	
一起打匹克球传奇 [ISH] 3.00PM - 4.30PM	游戏时间 (象棋) (只限男性) [AH] 2.00PM - 4.00PM	一起饮茶 [AH] 4.00PM - 5.00PM	稳健男士(只限男性)[AH] (敬请回复) 5.00PM - 6.00PM		

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8	9	10	11	12	13
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	中心关闭	
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	一起做钢铁拳击(精简版) [426] (只限男性) 10.30AM - 11.30AM	服务 - 社区保健站 : 健康护士 (敬请回复) [CHP] 9:00AM - 12:00PM	一起参与研究计划 - 陈笃生医院的 ADL2.0+ 研究项目 (敬请回复) [AR & CHP] 9.00AM - 11.30AM		
一起来MAKAN [AH] 12.30PM - 1.30PM		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	一起来MAKAN [AH] 12.30PM - 1.30PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM		
游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM	一起来庆生 [AH] 11.30AM - 12.30PM	游戏时间: 与 SG 麻将一起进行麻将比赛 (敬请回复)[AH] 3.00PM - 5.00PM			
一起学华语-初级 (敬请回复) [AR] 3.00PM - 4.00PM	一起来MAKAN [AH] 12.30PM - 1.30PM	服务 - 社区保健站 : 健康护士 (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] 4.00PM - 5.00PM	一起做禅绕画 [AR] 2.00PM - 4.00PM	一起来K歌 [AH] 2.00PM - 4.00PM			
一起打匹克球传奇 [ISH] 3.00PM - 4.30PM	游戏时间 (象棋) (只限男性) [AH] 2.00PM - 4.00PM	一起饮茶 [AH] 4.00PM - 5.00PM	稳健男士 (只限男性) [AH] (敬请回复) 5.00PM - 6.00PM		

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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	
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	一起参与研究计划 - 陈笃生医院的 ADL2.0+ 研究项目 (敬请回复) [AR & CHP] 9.00AM - 5:30PM	LET'S VOLUNTEER TOGETHER: SAFE STRIDE CIRCLE [AH] 9.30AM - 12.30PM	一起做弹力带拉筋操 (VIA HEALTHY 365) (敬请回复) [426] 9.15AM - 10.15AM	保健系列 - 健康讲座: 健康的身体, 快乐的心灵义安理工学院 [AH] 9.30AM - 11.30AM	
一起来MAKAN [AH] 12.30PM - 1.30PM	一起做钢铁拳击(精简版) [426] (只限男性) 10.30AM - 11.30AM	一起跳气功舞 [426] 10.00AM - 11.00AM	代际交流 - 华侨中学 [AH] (敬请回复) 10.30AM - 12.00PM	第 1 周: 一起做防肌肉萎缩运动 1.0 @ ACTIVE HEALTH LAB-BISHAN SWIMMING COMPLEX (敬请回复) 9.30AM - 11.00AM	
一起来K歌 [AH] 2.00PM - 4.00PM	(ICCP) 一起和 PCF SPARKLE CARE 去Gai Gai 学习之旅 @ 李光前博物馆携手PCF 闪耀关爱 (敬请回复) 10.30AM - 11.30AM	一起来MAKAN [AH] 12.30PM - 1.30PM	一起做棉花糖艺术 [AR] 10.30AM - 11.30AM	共同目标 [AR] 11.30PM - 12.30PM	
游戏时间: 拉米牌比赛 (敬请回复) [AH] 2.00PM - 4.00PM	一起学英语-初级 (敬请回复) [AR] 11.00AM - 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	一起聊新闻 [AH] 2:00PM - 3:00PM	游戏时间: 与 SG 麻将一起进行麻将比 赛 (敬请回复)[AH] 3.00PM - 5.00PM	一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM	一起学科技 与 青年志愿团 数码伙 伴: 数字宾果游戏 [AH] 3.30PM - 5.00PM	
一起饮茶 [AH] 4.00PM - 5.00PM	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	稳健男士 (只限男性) [AH] (敬请回复) 5.00PM - 6.00PM		
一起打匹克球传奇 [ISH] 3.00PM - 4.30PM	一起升级改造废弃物: 自制自浇水花盆 [AH] 3.30PM - 5.00PM	一起饮茶 [AH] 4.00PM - 5.00PM			

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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2025 十二月

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
22	23	24	25	26	27
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	中心关闭 (C圣诞节)	一起快步走 8.30AM - 9.30AM	
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	一起做钢铁拳击(精简版) [426] (只限男性) 10.30AM - 11.30AM	一起跳气功舞 [426] 10.00AM - 11.00AM		第 2 周: 一起做防肌肉萎缩运动 1.0 (敬请回复) [AH] 9.30AM - 10.30AM	
游戏时间: 学习玩悠悠球 (敬请回复) 11:00AM - 12:00PM	一起学英语-初级 (敬请回复) [AR] 11.00AM - 12.00PM				
一起来MAKAN [AH] 12.30PM - 1.30PM	心灵系列 - 芳香疗愈 [AH] 11.00AM -12.00PM			共同目标 [AR] 11.30PM - 12.30PM	
一起来K歌 [AH] 2.00PM - 4.00PM	圣诞节庆祝活动[AH] 11.00AM - 12:30PM	中心关闭 (圣诞节前夕)		志愿者感谢 [AH] 12:00PM - 2:00PM	
游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM					
一起学华语-初级 (敬请回复) [AR] 3.00PM - 4.00PM	一起来MAKAN [AH] 1.00PM - 2.00PM			一起做衍纸 [AR] 2.00PM - 4.00PM	
一起饮茶 [AH] 4.00PM - 5.00PM	一起做禅绕画 [AR] 2.00PM - 4.00PM				
一起打匹克球传奇 [MPH] 3.00PM - 4.30PM	游戏时间 (象棋) (只限男性) [AH] 2.00PM - 4.00PM				

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2025 十二月

 **Centre Name:** AAC (Serangoon Central)
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MON	TUE	WED	THU	FRI	SAT
29	30	31			
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			
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	一起做钢铁拳击(精简版) [426] (只限男性) 10.30AM - 11.30AM	一起跳气功舞 [426] 10.00AM - 11.00AM			
一起来MAKAN [AH] 12.30PM - 1.30PM	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	F4: 一起做运动 [AH] 11.00AM - 12.00PM	一起来MAKAN [AH] 11.00AM - 12:30PM			
一起来K歌 [AH] 2.00PM - 4.00PM	F4: 一起来MAKAN (敬请回复) [AH] 12.00PM - 1.00PM	中心关闭 (除夕夜)			
一起饮茶 [AH] 4.00PM - 5.00PM	保健系列 - 健康讲座 DIGI-UP ! X EDGE 特工实验室 [AH] 2.30PM - 3.30PM				
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				
一起打匹克球传奇 [MPH] 3.00PM - 4.30PM	游戏时间 (象棋) (只限男性) [AH] 2.00PM - 4.00PM				

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