

2026 February

 **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
2	3	4	5	6	7
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	
ICCP: LET'S GO GAI GAI: CNY SHOPPING WITH PCF SPARKLECARE (RSVP ONLY) 9.00AM - 4.00PM	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	WEEK 7: LET'S COMBAT AGE-RELATED LOSS OF MUSCLE (CALM) 1.0 [AH] 9.30AM - 10.30AM	
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM			
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM CANCELLED	LET'S TALK NEWS [AH] 2:00PM - 3:00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	TARGET TOGETHER [AH] 11.30AM - 12.30PM	LET'S SHARE SHARE: CHICKEN RICE DISTRUBUTION [AH] (RSVP ONLY)
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (MALE Xclusive) [AH] 2.00PM - 4.00PM		LET'S ADAPTIVE SPORT: CUP STACKING WITH HCI [AH] 10.30AM - 11.00AM		
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 ADAPTIVE SPORT: LADDER TOSS WITH HCI [AH] 11.00AM - 11.30AM	LET'S DO PAPER QUILLING [AR] 1.00PM - 3.00PM	
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 3.30PM - 4.00PM		LET'S ADAPTIVE SPORT: DISC GOLF WITH HCI [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 [AH] 4.00PM - 4.30PM	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 PICKLEBALL [MPH/ISH] 4.00PM - 5.30PM CANCELLED	LET'S ADAPTIVE SPORT: FLOORBALL [AH] 4.00PM-4.30PM		LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM	LET'S YUM CHA TOGETHER [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
9	10	11	12	13	14
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 GEN TOGETHER: ST JOSEPH'S INSTITUTION [AH] 9.00AM - 11.00AM	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	WEEK 8: 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 PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S GO GAI GAI @ YACHT TO LAZARUS WITH AIK CHUAN YACHT CHARTERS (RSVP ONLY) 9.30AM - 1.30PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	TARGET TOGETHER [AH] 11.30AM - 12.30PM [CANCELLED]	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (MALE Xclusive) [AH] 2.00PM - 4.00PM	LET'S QI'DANCE [426] 10.00AM - 11.00AM [CANCELLED]	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 10.30AM - 11.00AM	THE STEADY MEN (MALE Xclusive) (RSVP ONLY) [AH] 2.00PM - 3.00PM [CANCELLED]	
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	CENTRE CLOSED TOWNHALL	
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 ADAPTIVE SPORT: DISC GOLF [AH] 11.30AM - 12.00PM		
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: BOCCIA [AH] 4.00PM - 4.30PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM		
LET'S PICKLEBALL [MPH/ISH] 4.00PM - 5.30PM	LET'S ADAPTIVE SPORT: FLOORBALL [AH] 4.00PM-4.30PM		LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM		

Venue

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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
16	17	18	19	20	21
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 10.30AM - 11.30AM CANCELLED			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 11.00AM - 12.00PM CANCELLED			LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	TARGET TOGETHER [AH] 11.30AM - 12.30PM	
CENTRE CLOSED [CHINESE NEW YEAR DAY 1]	CENTRE CLOSED [CHINESE NEW YEAR DAY 2]		LET'S ADAPTIVE SPORT: CUP STACKING WITH HCI [AH] 10.30AM - 11.00AM	LET'S DO PAPER QUILLING [AR] 1.00PM - 3.00PM	
CENTRE CLOSED [CHINESE NEW YEAR EVE]			LET'S ADAPTIVE SPORT: LADDER TOSS WITH HCI [AH] 11.00AM - 11.30AM	THE STEADY MEN (MALE Xclusive) (RSVP ONLY) [AH] 2.00PM - 3.00PM	
			LET'S ADAPTIVE SPORT: DISC GOLF WITH HCI [AH] 11.30AM - 12.00PM		
			LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 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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ntuc **Health**

MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
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	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	TARGET TOGETHER [AH] 11.30AM - 12.30PM <i>(Cancelled)</i>	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM <i>(Cancelled)</i>	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM			F4: LET'S EXERCISE TOGETHER [AH] 11.00AM - 12.00PM	
UKU ANGELS PERFORMANCE [AH] 11.00AM - 12.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (MALE Xclusive) [AH] 2.00PM - 4.00PM	LET'S GEN TOGETHER: MFS@WOODLEIGH CHINESE NEW YEAR EDITION (RSVP ONLY) [AH] 10:00AM - 11:00AM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	F4: LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 12.00AM - 1.00PM	
LET'S CELEBRATE BIRTHDAY [AH] 12.00PM - 12.30PM			LET'S ADAPTIVE SPORT: CUP STACKING WITH HCI [AH] 10.30AM - 11.00AM		
LET'S CELEBRATE CNY: GOD OF FORTUNE & LOHEI [AH] 12.30PM - 1.30PM	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM	LET'S Qi'DANCE [426] 10.00AM - 11.00AM	LET'S ADAPTIVE SPORT: LADDER TOSS WITH HCI [AH] 11.00AM - 11.30AM	LET'S DO PAPER QUILLING [AR] 1.00PM - 3.00PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM		LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM			
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 ADAPTIVE SPORT: DISC GOLF WITH HCI [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 [AH] 4.00PM - 4.30PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM		
LET'S PICKLEBALL [MPH/ISH] 4.00PM - 5.30PM	LET'S ADAPTIVE SPORT: FLOORBALL [AH] 4.00PM-4.30PM		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	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
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	
ICCP: 与 PCF SparkleCare 一起去 Gai Gai: 农历新年购物 (RSVP ONLY) 9.00AM - 4.00PM	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	第 7 周: 一起做防肌肉萎缩运动 (CALM) 1.0 (敬请回复) [AH] 9.30AM - 10.30AM	
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	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			
一起学华语 - 初级 (敬请回复) [AH] 11.00AM - 12.00PM CANCELLED	一起聊新闻 [AH] 2:00PM - 3:00PM	一起来 K 歌 [AH] 2:00PM - 4:00PM	一起做棉花棒 艺术 [AR] 10.30AM - 11.30AM	一起玩射击 [AH] 11.30AM - 12.30PM	一起来分享: 鸡饭分发活动 [AH] (敬请回复)
一起饮茶 [AH] 12.00PM - 1.00PM	游戏时间: 象棋 (只限男性) [AH] 2:00PM - 4:00PM		一起玩: 竞技叠杯 与华侨中学 [AH] 10.30AM - 11.00AM		
一起来 K 歌 [AH] 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	一起玩: 梯式投球 与华侨中学 [AH] 11.00AM - 11.30AM	一起做 衍纸 [AR] 1.00PM - 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		一起玩: 飞盘高尔夫 与华侨中学 [AH] 11.30AM - 12.00PM	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 [AH] 4.00PM - 4.30PM	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		
一起打匹克球 [MPH/ISH] 4.00PM - 5.30PM CANCELLED	一起玩: 地板球 [AH] 4.00PM - 4.30PM		一起做 DrumFit (敬请回复) [AH] 3.00PM - 4.00PM	一起饮茶 [AH] 3.00PM - 4.00PM	

Venue

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AT: Atrium between Block 420 & 423

ISH/MPH: Indoor Sports Hall/ Multi-Purpose Hall @ St Gabriel's Sec School

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
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	
代际交流 - 中学: 圣若瑟书院 [AH] 9.00AM - 11.00AM	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	第 8 周: 一起做防肌肉萎缩运动 (CALM) 1.0 @ Active Health Lab-碧山游泳池分部 (敬请回复) 9.30AM - 11.00AM	
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	一起学英语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起和 益全游艇租赁公司 去 Gai Gai @ 拉扎鲁斯岛 (敬请回复) 9.30AM - 1.30PM	一起做棉花棒 艺术 [AR] 10.30AM - 11.30AM	一起玩射击 [AH] 11.30AM - 12.30PM CANCELLED	
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		一起玩: 竞技叠杯 与华侨中学 [AH] 10.30AM - 11.00AM	一起做运动: 稳健男士 (只限男性) [AR] 2.00PM - 3.00PM CANCELLED	
一起饮茶 [AH] 12.00PM - 1.00PM		一起跳气功舞 [426] 10.00AM - 11.00AM CANCELLED	一起玩: 梯式投球 与华侨中学 [AH] 11.00AM - 11.30AM		
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 与华侨中学 [AH] 11.00AM - 11.30AM	中心关闭 【市政厅大会】	
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	一起玩: 飞盘高尔夫 与华侨中学 [AH] 11.30AM - 12.00PM		
游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起玩硬地滚球 [AH] 4.00PM - 4.30PM	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		
一起打匹克球 [MPH/ISH] 4.00PM - 5.30PM	一起玩地板球 [AH] 4.00PM-4.30PM		一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM		

Venue

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
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 PHOXING (敬请回复) [426] 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	一起玩射击 [AH] 11.30AM - 12.30PM	
一起学华语 初级 (敬请回复) [AR] 11.00AM - 12.00PM 			一起做棉花棒艺术 [AR] 10.30AM - 11.30AM		
中心关闭 【农历新年初一】	中心关闭 【农历新年初二】		一起玩: 竞技叠杯 与华侨中学 [AH] 10.30AM - 11.00AM	一起做 衍纸 [AR] 1.00PM - 3.00PM	
中心关闭 【除夕】			一起玩: 梯式投球 与华侨中学 [AH] 11.00AM - 11.30AM		
			一起玩: 飞盘高尔夫 与华侨中学 [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	一起饮茶 [AH] 3.00PM - 4.00PM	

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ntuc Health

MON

TUE

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27

28

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) (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	一起玩射击 [AH] 11.30AM - 12.30PM CANCELLED	F4: 一起做运动 [AH] 11.00AM - 12.00PM
一起学华语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM CANCELLED	一起学英语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM				
UKU ANGELS 表演 [AH] 11.00AM - 12.00PM	游戏时间 : 象棋 (只限男性) [AH] 2.00PM - 4.00PM	代际交流 - 幼儿园 : 与MFS@WOODLEIGH 农历新年限定版 (RSVP ONLY) [AH] 10:00AM - 11:00AM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	F4: 一起来 MAKAN (敬请回复) [AH] 12.00PM - 1.00PM	一起做 衍纸 [AR] 1.00PM - 3.00PM
一起来庆生 [AH] 12.00PM - 12.30PM			一起玩: 竞技叠杯 与华侨中学 [AH] 10.30AM - 11.00AM		
一起来庆祝农历新年: 财神与罗黑 [AH] 12.30PM - 1.30PM	一起做禅绕画 [AR] 2.00PM - 4.00PM	一起跳气功舞 [426] 10.00AM - 11.00AM	一起玩: 梯式投球 与华侨中学 [AH] 11.00AM - 11.30AM	一起做运动: 稳健男士 (只限男性) [AR] 2.00PM - 3.00PM	一起做 衍纸 [AR] 1.00PM - 3.00PM
一起来K歌 [AH] 2.00PM - 4.00PM		一起来MAKAN [AH] 12.30PM - 1.30PM			
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	一起玩: 飞盘高尔夫 与华侨中学 [AH] 11.30AM - 12.00PM	一起做运动: 稳健男士 (只限男性) [AR] 2.00PM - 3.00PM	一起饮茶 [AH] 3.00PM - 4.00PM
游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起玩硬地滚球 [AH] 4.00PM - 4.30PM	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		
一起打匹克球 [MPH/ISH] 4.00PM - 5.30PM	一起玩地板球 [AH] 4.00PM-4.30PM		一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM		

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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