

2025 July

 **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	3	4	5
	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] (RSVP ONLY) 10.30AM - 11.30AM	F4: LET'S Qi'DANCE [426] 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) [426] TO BE CONFIRMED	STEADY LAH! (RSVP ONLY) [AH] 9.30AM - 11.00AM	
		BALIK KAMPUNG: I CAN DO THIS (VIA HEALTHY 365) [AH] 11.00AM - 12.15PM	LET'S DRUM FIT (RSVP ONLY) [AH] 9.30AM - 10.30AM		
	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 COTTON BUD ART [AR] 10.30AM - 11.30AM	
		LET'S SUPPORT TTSH FOR ADL2.0+ RESEARCH: HEALTH TALK (RSVP ONLY) [AH] 1.00PM - 2.00PM			
	LET'S DO ZENTANGLE [AR] 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 LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: GOOGLE MAPS NAVIGATION [AH] 3.30PM - 5.00PM	
		LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	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 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.

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。

2025 July

 **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
7	8	9	10	11	12
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	
PAYA LEBAR METHODIST GIRLS' SECONDARY SCHOOL(3.5) DO GOOD AT SC AAC [AH] 10:30AM - 12:00PM	LET'S STEEL COMBAT (MENS Xclusive) [426] (RSVP ONLY) 10.30AM - 11.30AM	F4: LET'S Qi'DANCE [426] 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365)[426] TO BE CONFIRMED	STEADY LAH! (RSVP ONLY) [AH] 9.30AM - 11.00AM	
POTLUCK: LET'S MAKAN TOGETHER [AH] 12.00PM - 1.00PM	LET'S CELEBRATE BIRTHDAY [AH] 11.30AM - 12.30PM	BALIK KAMPUNG: HOW AM I FEELING TODAY (VIA HEALTHY 365) [AH] 11.00AM - 12.15PM	LET'S GO GAI GAI @ THE FLOWER SHOW - 60 YEARS IN BLOOM BY FAR EAST FLORA MARKET WITH PCF SPARKLE CARE (RSVP ONLY) 9.30AM - 11.30AM	LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	POTLUCK: LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: PAYMENT METHODS AND SCAM PREVENTION [AH] 3.30PM - 5.00PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S PICK UP ENGLISH [AR] (RSVP ONLY) 11.00AM - 12.00PM		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		LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM		
LET'S PICK UP CHINESE (RSVP ONLY) LAH	SUSTAINABILITY WITH YOUTH CORPS (RSVP ONLY) 3.30PM - 5.00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM			
LET'S PICKLEBALL LEGENDS [MPH] 4.00PM - 5.30PM		LET'S YUM CHA TOGETHER [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.

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。

2025 July

 **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
14	15	16	17	18	19
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] 10:30AM - 12:30PM	LET'S STEEL COMBAT (MENS Xclusive) [426] (RSVP ONLY) 10.30AM - 11.30AM	F4: LET'S QI'DANCE [426] 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) [426] TO BE CONFIRMED	STEADY LAH! (RSVP ONLY) [AH] 9.30AM - 11.00AM	
POTLUCK: LET'S MAKAN TOGETHER [AH] 10.30AM - 11.30AM	LET'S GET TOGETHER: MEMORIES OF SERANGOON BY MR BERNARD CHIANG (RSVP ONLY) [AH] 10.30AM - 12.00PM	LET'S GEN TOGETHER WITH HWA CHONG INSTITUTION (RSVP ONLY) [AH] 10.30AM - 12.00PM	PAYA LEBAR METHODIST GIRLS' SECONDARY SCHOOL(3.5) DO GOOD AT SC AAC [AH] 11:30AM - 1:00PM	LET'S GO GAI GAI @ LIFELONG LEARNING INSTITUTE FOR E-PAYMENT LEARNING JOURNEY (EPLJ) + SKILLSFUTURE FESTIVAL VIP EXPERIENCE (RSVP ONLY) 1.00PM - 4.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM		F4: LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 12.00AM - 1.00PM			
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 12.00PM - 1.00PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM			
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM <div>CANCELLED</div>	STRATEGISE WITH KAKIS: MAHJONG COMPETITION WITH SG MAHJONGTOGETHER [AH] 3.00PM - 5.30PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	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 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 LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: SOCIAL MEDIA [AH] 3.30PM - 5.00PM	
LET'S PICKLEBALL LEGENDS [MPH] 4.00PM - 5.30PM		LET'S YUM CHA TOGETHER [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.

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。

2025 July

 **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	
21		22		23		24		25		26	
LET'S GET TOGETHER: KAMPUNG DAYS REMEMBERED & HARMONY WALK BY MR SARAFIAN SALLEH [AH] 9.00AM - 11.00AM		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 STEEL COMBAT (MENS Xclusive) [426] (RSVP ONLY) 10.30AM - 11.30AM		SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH [CHP] (RSVP ONLY) 2:00PM - 5:00PM		RESISTANCE BAND EXERCISE (VIA HEALTHY 365) [426] TO BE CONFIRMED		LET'S GO GAI GAI WITH DBS @ SERANGOON CENTRAL WALK (RSVP ONLY) 9.00AM - 10.30AM			
F4: LET'S Qi'DANCE [426] 10.00AM - 11.00AM				PAYA LEBAR METHODIST GIRLS' SECONDARY SCHOOL(3.7) DO GOOD AT SC AAC [AH] 10:30AM - 12:00PM		LET'S MAKAN TOGETHER [AH] 10.30AM - 11.30AM					
				LET'S PICK UP ENGLISH [AR] 11.00AM - 12.00PM		HEALTH TALK: LET'S BE STRONG TOGETHER! (VIA HEALTHY 365) [AH] 11.00AM - 12.15PM		LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM			
POTLUCK: LET'S MAKAN TOGETHER [AH] 11.00AM - 12.00PM		LET'S PICK UP ENGLISH [AR] 11.00AM - 12.00PM		LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM		LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM		LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM			
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM											
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 DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM			
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM		LET'S KTV TOGETHER [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 PICKLEBALL LEGENDS [MPH] 4.00PM - 5.30PM											

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.

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。

2025 July

 **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
28	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 BRISK WALK 8.30AM - 9.30AM		
EXERGAME (NINTENDO SWITCH) [AH] 10:30AM - 12:30PM	LET'S STEEL COMBAT (MENS Xclusive) [426] (RSVP ONLY) 10.30AM - 11.30AM	F4: LET'S Qi'DANCE [426] 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) [426] TO BE CONFIRMED		
POTLUCK: LET'S MAKAN TOGETHER [AH] 10.30AM - 11.30AM		LEGAL TALK: WILL WRITING & LASTING POWER ATTORNEY (RSVP ONLY) [AH] 11.00AM - 12.00PM	LET'S DRUM FIT (RSVP ONLY) [AH] 9.30AM - 10.30AM		
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S PICK UP ENGLISH [AR] 11.00AM - 12.00PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH NURSE (RSVP ONLY) [CHP] 2:00PM - 5:00PM	LET'S GEN TOGETHER WITH HWA CHONG INSTITUTION (RSVP ONLY) [AH] 10.30AM - 12.00PM		
LET'S KTV TOGETHER [AH] 2.00PM - 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 DO COTTON BUD ART [AR] 10.30AM - 11.30AM		
LET'S PICK UP CHINESE [AR] 3.00PM - 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 PICKLEBALL LEGENDS [MPH] 4.00PM - 5.30PM		LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	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 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.

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。

2025 七月

 **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	3	4	5	
	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	
	一起做钢铁拳击(精简版) [426] (只限男性) (敬请回复) 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) 有待确认	Steady Lah! 保健操 (敬请回复) [AH] 9.30AM - 11.00AM	
			一起做DrumFit (敬请回复) [AH] 9.30AM - 10.30AM		
	一起学英语-初级 (敬请回复) [AR] 11.00AM - 12.00PM	回到甘榜: 我能做得到 (VIA HEALTHY 365) [AH] 11.00AM - 12.15PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	一起做衍纸 [AR] 2.00PM - 4.00PM	
			一起参与研究计划 - 陈笃生医院的 ADL2.0+ 研究项目: 健康讲座 (敬请回复) [AR & CHP] 1.00PM - 2.00PM		
	一起做禅绕画 [AR] 2.00PM - 4.00PM	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	一起学科技与 青年志愿团 数码 伙伴: Google地图导航 [AH] 3.30PM - 5.00PM	
		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 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.

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。

2025 七月

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
7	8	9	10	11	12
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	
巴耶礼峇美以美女校 (中学) (3.5) 做好事在 SC AAC [AH] 10:30AM - 12:00PM	一起做钢铁拳击(精简版) [426] (只限男性) (敬请回复) 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) 有待确认	Steady Lah! 保健操 (敬请回复) [AH] 9.30AM - 11.00AM	
百乐餐: 一起来 MAKAN - 中心内 [AH] 12.00PM - 1.00PM	一起来庆生 [AH] 11.30AM - 12.30PM		一起和PCF SPARKLE CARE 去 Gai Gai @ 花卉展 - 60 YEARS IN BLOOM BY FAR EAST FLORA MARKET (敬请回复) 9.30AM - 11.30AM		
游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM	百乐餐: 一起来 MAKAN - 中心内 [AH] 12.30PM - 1.30PM	回到甘榜: 我今天心情如何? (VIA HEALTHY 365) [AH] 11.00AM - 12.15PM	一起做棉花棒 艺术 [AR] 10.30AM - 11.30AM	一起做衍纸 [AR] 2.00PM - 4.00PM	
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				
一起饮茶 [AH] 4.00PM - 5.00PM	一起做禅绕画 [AR] 2.00PM - 4.00PM	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	一起学科技 与 青年志愿团 数码伙伴: 付款方式 和 预防诈骗 [AH] 3.30PM - 5.00PM	
一起学华语-初级 (敬请回复) [AR]	可持续性 与 青年志愿团 [AR] (敬请回复) 3.30PM - 5.00PM	一起来K歌 [AH] 2.00PM - 4.00PM	一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM		
一起打匹克球 传奇 [MPH] 4.00PM - 5.30PM		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 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.

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。

2025 七月

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
14	15	16	17	18	19
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) (敬请回复) 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) 有待确认	Steady Lah! 保健操 (敬请回复) [AH] 9.30AM - 11.00AM	
百乐餐: 一起来MAKAN - 中心 内 [AH] 10.30AM - 11.30AM	当我们同在一起: 回忆实龙岗 , 作者: MR BERNARD CHIANG (敬请回复) [AH] 10.30AM - 12.00PM	代际交流 - 华侨中学 [AH] (敬 请回复) 10.30AM - 12.00PM	巴耶礼峇美以美女校 (中学) (3.5) 做好事在SC AAC [AH] 11:30AM - 1:00PM	一起去Gai Gai @终身学习学 院电子支付学习之旅+技能未 来节VIP体验 (敬请回复) 9.00AM - 10.30AM	
游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM					
一起来K歌 [AH] 2.00PM - 4.00PM	一起来MAKAN - 中心内 (敬请回复) [AH] 12.00PM - 1.00PM	F4: 一起来MAKAN - 中心内 [AH] 12.00AM - 1.00PM	一起做棉花棒 艺术 [AR] 10.30AM - 11.30AM		
一起饮茶 [AH] 4.00PM - 5.00PM	一起学英语-初级 (敬请回复) [AR] CANCELED 11.00AM - 12.00PM	游戏时间: 与 SG 麻将一起进 行麻将比赛 [AH] 3.00PM - 5.30PM	一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM		
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	一起来K歌 [AH] 2.00PM - 4.00PM	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: 社交媒体 [AH] 3.30PM - 5.00PM	
一起打匹克球 传奇 [MPH] 4.00PM - 5.30PM		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 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.

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。

2025 七月

 **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
21	22	23	24	25	26
当我们同在一起: 甘榜岁月回忆和演讲与和谐漫步 由 MR SARAFIAN SALLEH [AH] 9.00AM - 11.00AM	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	
百乐餐: 一起来MAKAN - 中心内 [AH] 11.00AM - 12.00PM	一起做钢铁拳击(精简版) [426] (只限男性) (敬请回复) 10.30AM - 11.30AM	服务 - 社区保健站 - 健康教练 (敬请回复) [CHP] (敬请回复) 2:00PM - 5:00PM	一起做弹力带拉筋操 (VIA HEALTHY 365) 有待确认	一起和 星展銀行 去Gai Gai @ 实龙岗中心步行街 (敬请回复) 9.00AM - 10.30AM	
游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM		一起学英语-初级 (敬请回复) [AR] 11.00AM - 12.00PM	F4: 一起跳气功舞 [426] 10.00AM - 11.00AM	巴耶礼峇美以美女校(中学) (3.7) 做好事在SC AAC [AH] 10:30AM - 12:00PM	
一起来K歌 [AH] 2.00PM - 4.00PM	保健系列 - 健康讲座: 活跃乐龄, 身强体壮) (VIA HEALTHY 365) [AH] 11.00AM - 12.15PM		一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	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	一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM	
一起学华语-初级 (敬请回复) [AR] 3.00PM - 4.00PM		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		
一起打匹克球传奇 [MPH] 4.00PM - 5.30PM			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 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.

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。

2025 七月

 **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
28	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) (敬请回复) 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) 有待确认		
百乐餐: 一起来MAKAN - 中心 内 [AH] 10.30AM - 11.30AM		法律谈话: 遗嘱撰写及持久权 力律师 (敬请回复) [AH] 11.00AM - 12.00PM	一起做DrumFit (敬请回复) [AH] 9.30AM - 10.30AM		
游戏时间 (拉米牌和麻将) [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 : 健康护士 (敬请回复) [CHP] 2:00PM - 5:00PM	代际交流 - 华侨中学 [AH] (敬请回复) 10.30AM - 12.00PM		
一起来K歌 [AH] 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	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM		
一起学华语-初级 (敬请回复) [AR] 3.00PM - 4.00PM		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		
一起打匹克球传奇 [MPH] 4.00PM - 5.30PM		一起饮茶 [AH] 4.00PM - 5.00PM	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 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.

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。