



# 2026 July

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



MON	TUE	WED 1	THU 2	FRI 3	SAT 4
		LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	GROOVING DOWN MEMORY LANE 8.30AM - 10.00AM	
		<del>LET'S QIGONG [426] 10.00AM - 11.30AM</del> <b>CANCELLED</b>	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM		
		STAY WELL SERIES: HEALTH TALK BY NHG FOSTERING POSITIVE MEDICATION HABITS (ENGLISH) (RSVP ONLY)[AH] 9.30AM - 12.30PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	FALL TO FIT (WEEK 2) (RSVP ONLY) [AH] 9.30AM - 11.30AM	
		LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S ADAPTIVE SPORT: CUP STACKING WITH HCI [AH] 10.30AM - 11.00AM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 10.30AM - 11.00AM	
		LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: LADDER TOSS & DISC GOLF WITH HCI [AH] 11.00AM - 12.00PM	LET'S ADAPTIVE SPORT: FLOORBALL [AH] 1.00PM - 2.00PM	
		STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S YUM CHA TOGETHER [AH] 2.00PM - 3.00PM	LET'S DO PAPER QUILLING [AR & CHP] 2.00PM - 4.00PM	
		SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH (RSVP ONLY) [CHP] 2:00PM - 5:00PM	LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM	LET'S YUM CHA TOGETHER [AH] 2.00PM - 3.00PM	

**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 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11
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	WALKING FOOTBALL @ LORONG LEW LIAN COMMUNITY HALL (RSVP ONLY) 10:00AM - 11:30AM	LET'S QI'DANCE [426] 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	FALL TO FIT (WEEK 3) (RSVP ONLY) [AH] 9.30AM - 11.30AM	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 11.30AM		LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM		
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	LET'S ADAPTIVE SPORT: LADDER TOSS & DISC GOLF [AH] 10.30AM - 11.00AM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	<del>LET'S ADAPTIVE SPORT: CUP STACKING [AH] 10.30AM - 11.30AM</del>	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 10.30AM - 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 KTV TOGETHER [AH] 2.00PM - 4.00PM	<del>LET'S ADAPTIVE SPORT: LADDER TOSS &amp; DISC GOLF [AH] 11.00AM - 12.00PM</del>	LET'S ADAPTIVE SPORT: FLOORBALL [AH] 1.00PM - 2.00PM	STAY WELL SERIES: HEALTH TALK BY NHG CHRONIC DISEASE MANAGEMENT (CHOLESTEROL & HYPERTENSION) (ENGLISH) (RSVP ONLY) 9.30AM - 12.30PM
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S TALK NEWS [AR] 2:00PM - 3:00PM		LET'S CELEBRATE BIRTHDAY [AH] 11.30AM - 12.30PM	LET'S DO PAPER QUILLING [AR & CHP] 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 YUM CHA TOGETHER [AH] 2.00PM - 3.00PM	
	ICCP : BADMINTON @ BRADDELL HEIGHTS CC (RSVP ONLY) 2:30PM - 3:30PM		LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM		
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM	SERVICE WELLNESS: COMMUNITY HEALTH POST-HEALTH NURSE (RSVP ONLY) [CHP] 2.00PM - 5:00PM		LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: HOW AI CAN HELP YOU EVERYDAY [AH] 3.30PM - 5.00PM	
LET'S PICKLEBALL [MPH/ISH] TO BE CONFIRMED	LET'S ADAPTIVE SPORT: FLOORBALL [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      ISH: Indoor Sports Hall @ St Gabriel's Sec School

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MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
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	FALL TO FIT (WEEK 4) (RSVP ONLY) [AH] 9.30AM - 11.30AM	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S ADAPTIVE SPORT: LADDER TOSS & DISC GOLF [AH] 10.30AM - 11.30AM	SINGAPORE NATIONAL STROKE ASSOCIATION :STROKE AWARENESS TALK (CHINESE ONLY) (RSVP ONLY) [AH] 11:00AM - 12:30PM	LET'S DO COTTON BUD ART WITH PLMGS [AR] 10.30AM - 11.30AM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 10.30AM - 11.00AM	
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	TARGET TOGETHER WITH PLMGS [AH] 11.30AM - 12.30PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S ADAPTIVE SPORT: CUP STACKING WITH HCI [AH] 10.30AM - 11.00AM	LET'S ADAPTIVE SPORT: FLOORBALL [AH] 1.00PM - 2.00PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S PICK UP ENGLISH WITH PLMGS (RSVP ONLY) [AH] 11.00AM - 12.00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: LADDER TOSS & DISC GOLF WITH HCI [AH] 11.00AM - 12.00PM	LET'S DO PAPER QUILLING [AR & CHP] 2.00PM - 4.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DO ZENTANGLE WITH PLMGS [AR] 2.00PM - 4.00PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S YUM CHA TOGETHER [AH] 2.00PM - 3.00PM	LET'S YUM CHA TOGETHER [AH] 2.00PM - 3.00PM	
	ICCP : BADMINTON @ BRADDELL HEIGHTS CC WITH PLMGS (RSVP ONLY) 2:30PM - 3:30PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM		LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: BUS TRAVEL MADE EASY WITH MYTRANSPORT.SG APP[AH] 3.30PM - 5.00PM	
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH (RSVP ONLY) [CHP] 2:00PM - 5:00PM	LET'S DRUM FIT WITH PLMGS (RSVP ONLY) [AH] 3.00PM - 4.00PM		
LET'S PICKLEBALL [MPH/ISH] 4.00PM - 5.30PM	LET'S ADAPTIVE SPORT: FLOORBALL [AH] 4.00PM - 5.00PM				



**Venue**

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MON 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25
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	STAY WELL SERIES: HEALTH TALK BY NHG CHRONIC DISEASE MANAGEMENT (CHOLESTEROL & HYPERTENSION) <b>(MANDARIN) (RSVP ONLY)</b> 9.30AM - 12.30PM
LET'S PILOXING <b>(RSVP ONLY) [426]</b> 10.30AM - 11.30AM	WALKING FOOTBALL @ LORONG LEW LIAN COMMUNITY HALL (RSVP ONLY) 10:00AM - 11:30AM	LET'S Qi'DANCE <b>[426]</b> 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE <b>(VIA HEALTHY 365) (RSVP ONLY) [426]</b> 9:15AM - 10:15AM	FALL TO FIT (WEEK 5) <b>(RSVP ONLY)</b> <b>[AH]</b> 9.30AM - 11.30AM	
LET'S PICK UP CHINESE <b>(RSVP ONLY)</b> <b>[AR]</b> 11.00AM - 12.00PM	LET'S STEEL COMBAT (MALE Xclusive) <b>[426]</b> 10.30AM - 11.30AM		<del>LET'S DO COTTON BUD ART <b>[AR]</b> 10.30AM - 11.30AM</del>	F4: LET'S EXERCISE TOGETHER <b>[AH]</b> 11.30AM - 12.00PM	
	LET'S ADAPTIVE SPORT: LADDER TOSS & DISC GOLF <b>[AH]</b> 10.30AM - 11.30AM	LET'S MAKAN TOGETHER <b>[AH]</b> 12.30PM - 1.30PM	F4: LET'S MAKAN TOGETHER <b>(RSVP ONLY) [AH]</b> 12.00AM - 1.00PM	LET'S ADAPTIVE SPORT: FLOORBALL <b>[AH]</b> 1.00PM - 2.00PM	
LET'S YUM CHA TOGETHER <b>[AH]</b> 12.00PM - 1.00PM	LET'S PICK UP ENGLISH <b>(RSVP ONLY)</b> <b>[AR]</b> 11.00AM - 12.00PM	LET'S KTV TOGETHER <b>[AH]</b> 2.00PM - 4.00PM	LET'S LUNCH WITH SPECIALIST (RSVP ONLY) <b>[AH]</b> TO BE CONFIRMED 1.00PM - 2.00PM	LET'S DO PAPER QUILLING <b>[AR &amp; CHP]</b> 2.00PM - 4.00PM	
LET'S KTV TOGETHER <b>[AH]</b> 2.00PM - 4.00PM	LET'S TALK NEWS <b>[AR]</b> 2:00PM - 3:00PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O <b>[AH]</b> 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: CUP STACKING <b>[AH]</b> 10.30AM - 11.00AM	LET'S YUM CHA TOGETHER <b>[AH]</b> 2.00PM - 3.00PM	
LET'S DO ZENTANGLE <b>[AR]</b> 2.00PM - 4.00PM	ICCP : BADMINTON @ BRADDELL HEIGHTS CC <b>(RSVP ONLY)</b> 2:30PM - 3:30PM		LET'S ADAPTIVE SPORT: LADDER TOSS & DISC GOLF <b>[AH]</b> 11.00AM - 12.00PM	LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: TAKE PHOTOGRAPHY LIKE GEN Z / ALPHA <b>[AH]</b> 3.30PM - 5.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O <b>[AH]</b> 2.00PM - 4.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS <b>(Male Exclusive) [AH]</b> 2.00PM - 4.00PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH NURSE <b>(RSVP ONLY) [CHP]</b> 2.00PM - 5:00PM	LET'S ADAPTIVE SPORT: LADDER TOSS & DISC GOLF <b>[AH]</b> 11.00AM - 12.00PM		
LET'S LIM KOPI <b>(MALE Xclusive) [AH]</b> 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: FLOORBALL <b>[AH]</b> 4.00PM - 5.00PM		LET'S DRUM FIT <b>(RSVP ONLY) [AH]</b> 3.00PM - 4.00PM		
LET'S PICKLEBALL <b>[MPH/ISH]</b> 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

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MON 27	TUE 28	WED 29	THU 30	FRI 31	SAT
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 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	FALL TO FIT (WEEK 6) (RSVP ONLY) [AH] 9.30AM - 11.30AM	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S ADAPTIVE SPORT: LADDER TOSS & DISC GOLF [AH] 10.30AM - 11.00AM				
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	TARGET TOGETHER [AH] 11.30AM - 12.30PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S DO COTTON BUD ART WITH HCI [AR] 10.30AM - 11.30AM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 10.30AM - 11.00AM	
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 ADAPTIVE SPORT: CUP STACKING WITH HCI [AH] 10.30AM - 11.00AM	LET'S ADAPTIVE SPORT: FLOORBALL [AH] 1.00PM - 2.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM		LET'S ADAPTIVE SPORT: LADDER TOSS & DISC GOLF WITH HCI [AH] 11.00AM - 12.00PM	LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM	
	ICCP : BADMINTON @ BRADDELL HEIGHTS CC (RSVP ONLY) 2:00PM - 3:00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S YUM CHA TOGETHER [AH] 2.00PM - 3.00PM	LET'S YUM CHA TOGETHER [AH] 2.00PM - 3.00PM	
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH (RSVP ONLY) [CHP] 2:00PM - 5:00PM	LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM	LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: HOW TO USE ACTIVESG APP [AH] 3.30PM - 5.00PM	
LET'S PICKLEBALL [MPH/ISH] 4.00PM - 5.30PM	LET'S ADAPTIVE SPORT: FLOORBALL [AH] 4.00PM - 5.00PM				

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# 2026 七月

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MON

TUE

WED

THU

FRI

SAT

		1	2	3	4
		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	
		<del>一起跳气功舞 [426] 10.00AM - 11.00AM</del> <b>CANCELLED</b>	一起做弹力带拉筋操 (VIA HEALTHY 365) (敬请回复) [426] 9.15AM - 10.15AM	大肌大力 - 社区运动计划 (第2周) (敬请回复) [AH] 9.30AM - 11.30AM	
		保健系列 - NHG健康讲座 培养良好的用药习惯 (英文) (敬请回复) [AH] 9.30AM - 12.30PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM		
		一起来MAKAN [AH] 12.30PM - 1.30PM	与华侨中学 一起玩竞技叠杯 [AH] 10.30AM - 11.00AM	一起玩竞技叠杯 [AH] 10.30AM - 11.00AM	
		一起来K歌 [AH] 2.00PM - 4.00PM	与华侨中学 一起玩飞盘高尔夫和梯式投球 [AH] 11.00AM - 12.00PM	一起玩地板球 [AH] 1.00PM - 2.00PM	
		游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起饮茶 [AH] 2.00PM - 3.00PM	一起做衍纸 [AR & CHP] 2.00PM - 4.00PM	
		服务 - 社区保健站 - 健康教练 (敬请回复) [CHP] 2:00PM - 5:00PM	一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM	一起饮茶 [AH] 2.00PM - 3.00PM	

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# 2026 七月

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
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	保健系列 - NHG健康讲座 慢性疾病管理(高胆固醇和高血压) (英语讲座) (仅限已报名者) 9.30AM - 12.30PM
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	一起来踢球 @ 罗弄榴莲社区会堂 (敬请回复) 10:00AM - 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	大肌大力 - 社区运动计划 (第3周) (敬请回复) [AH] 9.30AM - 11.30AM	
一起学华语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起做钢铁拳击 (精简版) (只限男 性) [426] 10.30AM - 11.30AM		一起做棉花棒艺术 [AR] 10.30AM - 11.30AM		
一起饮茶 [AH] 12.00PM - 1.00PM	一起玩飞盘高尔夫和梯式投球 [AH] 10.30AM - 11.00AM	一起来MAKAN [AH] 12.30PM - 1.30PM	<del>一起玩竞技叠杯 [AH] 10.30AM - 11.00AM</del>	一起玩竞技叠杯 [AH] 10.30AM - 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K歌 [AH] 2.00PM - 4.00PM	<del>一起玩飞盘高尔夫和梯式投球 [AH] 11.00AM - 12.00PM</del>	一起玩地板球 [AH] 1.00PM - 2.00PM	
游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起聊新闻 [AH] 2:00PM - 3:00PM	游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起来庆生 [AH] 11.30AM - 12.30PM	一起做衍纸 [AR & CHP] 2.00PM - 4.00PM	
	一起做禅绕画 [AR] 2.00PM - 4.00PM		一起来MAKAN [AH] 12.30PM - 1.30PM	一起饮茶 [AH] 2.00PM - 3.00PM	
	ICCP : 羽毛球 @ 布莱德岭民众俱 乐部 (敬请回复) 2:30PM - 3:30PM				
一起喝咖啡(只限男性) [AH] 2.00PM - 4:00PM	游戏时间: 象棋 (只限男性) [AH] 2.00PM - 4.00PM	服务 - 社区保健站: 健康护士 (敬请回复) [CHP] 2.00PM - 5:00PM		一起学科技与青年志愿团 数码 伙伴: 人工智能 (AI) 如何帮助您的 日常生活 [AH] 3.30PM - 5.00PM	
一起打匹克球 [MPH/ISH] 待确认	一起玩地板球 [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      ISH: Indoor Sports Hall @ St Gabriel's Sec School

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# 2026 七月

📍 **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
13	14	15	16	17	18
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	大肌大力 - 社区运动计划 (第4周) (敬请回复) [AH] 9.30AM - 11.30AM	
一起学华语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起玩飞盘高尔夫和梯式投球 [AH] 10.30AM - 11.30AM	新加坡国立中风康复协会: 中风认知讲座 (仅限华语) (仅限已报名者) [AH] 11:00AM - 12:30PM	与 PLMGS 一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	一起玩竞技叠杯 [AH] 10.30AM - 11.00AM	
一起饮茶 [AH] 12.00PM - 1.00PM	与 PLMGS 一起玩射击 [AH] 11.30AM - 12.30PM	一起来MAKAN [AH] 12.30PM - 1.30PM		一起玩地板球 [AH] 1.00PM - 2.00PM	
一起来K歌 [AH] 2.00PM - 4.00PM	与 PLMGS 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	与华侨中学 一起玩竞技叠杯 [AH] 10.30AM - 11.00AM	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	与 PLMGS 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	与华侨中学 一起玩飞盘高尔夫和梯式投球 [AH] 11.00AM - 12.00PM	一起饮茶 [AH] 2.00PM - 3.00PM	
	ICCP: 与 PLMGS 羽毛球 @ 布莱德岭民众俱乐部 (敬请回复) 2:30PM - 3:30PM	一起来K歌 [AH] 2.00PM - 4.00PM			
一起喝咖啡(只限男性) [AH] 2.00PM - 4.00PM	游戏时间: 象棋 (只限男性) [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	与 PLMGS 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: 使用 MyTransport.SG 应用程序轻松乘搭巴士 [AH] 3.30PM - 5.00PM	
一起打匹克球 [MPH/ISH] 4.00PM - 5.30PM	一起玩地板球 [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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# 2026 七月

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



MON 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25
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	保健系列 - NHG健康讲座 慢性疾病管理(高胆固醇和高血压) (华语讲座) (仅限已报名者) 9.30AM - 12.30PM
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	一起来踢球 @ 罗弄榴莲社区会堂 (敬请回复) 10:00AM - 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	大肌大力 - 社区运动计划 (第5周) (敬请回复) [AH] 9.30AM - 11.30AM	
一起学华语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	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	<del>一起做棉花棒艺术 [AR] 10.30AM - 11.30AM</del>	一起玩竞技叠杯 [AH] 10.30AM - 11.00AM	
一起饮茶 [AH] 12.00PM - 1.00PM	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	F4: 一起做运动 [AH] 11.30AM - 12.00PM	一起玩地板球 [AH] 1.00PM - 2.00PM	
一起来K歌 [AH] 2.00PM - 4.00PM	一起聊新闻 [AH] 2:00PM - 3:00PM	游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	F4: 一起来MAKAN (敬请回复) [AH] 12.00AM - 1.00PM	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	一起做禅绕画 [AR] 2.00PM - 4.00PM	与专科医生共进午餐 (敬请回复) [AH] 待确认 1.00PM - 2.00PM	与华侨中学 一起玩竞技叠杯 [AH] 10.30AM - 11.00AM	一起饮茶 [AH] 2.00PM - 3.00PM	
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	与华侨中学 一起玩飞盘高尔夫和梯式投球 [AH] 11.00AM - 12.00PM	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: 像 Z 世代 / Alpha 世代一样拍照 [AH] 3.30PM - 5.00PM	
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	服务 - 社区保健站: 健康护士 (敬请回复) [CHP] 2.00PM - 5:00PM			
	一起玩地板球 [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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# 2026 七月

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



MON 27	TUE 28	WED 29	THU 30	FRI 31	SAT
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	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	大肌大力 - 社区运动计划 (第6周) (敬请回复) [AH] 9.30AM - 11.30AM	
一起学华语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起玩飞盘高尔夫 和 梯式投球 [AH] 10.30AM - 11.30AM				
一起饮茶 [AH] 12.00PM - 1.00PM	与 PLMGS 一起玩射击 [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	一起玩竞技叠杯 [AH] 10.30AM - 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	游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	与华侨中学 一起玩竞技叠杯 [AH] 10.30AM - 11.00AM	一起玩 地板球 [AH] 1.00PM - 2.00PM	
游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起做禅绕画 [AR] 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	一起来K歌 [AH] 2.00PM - 4.00PM	与华侨中学 一起玩飞盘高尔夫 和 梯式投球 [AH] 11.00AM - 12.00PM	一起饮茶 [AH] 2.00PM - 3.00PM
一起喝咖啡(只限男性) [AH] 2.00PM - 4:00PM	游戏时间: 象棋 (只限男性) [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: 如何使用 ActiveSG 运动券 [AH] 3.30PM - 5.00PM	
一起打匹克球 [MPH/ISH] 4.00PM - 5.30PM	一起玩 地板球 [AH] 4.00PM - 5.00PM				

**Venue**

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