

2025 June

 **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
2	3	4	5	6	7
ACTIVE STEPS, SHARP MINDS 8.30AM - 10.00AM	LET'S BRISK WALK 8.30AM - 9.30AM LET'S SUPPORT TTSH FOR ADL2.0+ RESEARCH BRIEFING (RSVP ONLY) [AH] 9.00AM - 10.00AM	LET'S BRISK WALK 8.30AM - 9.30AM LET'S Qi'DANCE [426] 10.00AM - 11.00AM	LET'S BRISK WALK 8.30AM - 9.30AM RESISTANCE BAND EXERCISE (VIA HEALTHY 365) [426] TO BE CONFIRMED	LET'S BRISK WALK 8.30AM - 9.30AM STEADY LAH! (RSVP ONLY) [AH] 9.30AM - 11.00AM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S SUPPORT TTSH FOR ADL2.0+ RESEARCH (RSVP ONLY) [AR & CHP] 10.00AM - 5.00PM	BALIK KAMPUNG: STAYING CONNECTED (VIA HEALTHY 365) [AH] 11.00AM - 12.15PM	LET'S SUPPORT TTSH FOR ADL2.0+ RESEARCH BRIEFING (RSVP ONLY) [AH] 9.00AM - 10.00AM		
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S STEEL COMBAT (MENS Xclusive) [426] 10.30AM - 11.30AM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM STRATEGISE WITH KAKIS: MAHJONG COMPETITION WITH SG MAHJONGTOGETHER (RSVP ONLY) [AH] 2.00PM - 4.00PM	LET'S SUPPORT TTSH FOR ADL2.0+ RESEARCH (RSVP ONLY) [AR & CHP] 10.00AM - 5.00PM	LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM	
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	STRATEGISE WITH KAKIS: RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM		
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 DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES [AH] 3.30PM - 5.00PM	
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

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
CENTRE CLOSED HARI RAYA HAJI (DESIGNATED OFF-IN LIEU)	LET'S BRISK WALK 8.30AM - 09.30AM	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 SUPPORT TTSH FOR ADL2.0+ RESEARCH (RSVP ONLY) [AR & CHP] 9.00AM - 5.00PM	LET'S Qi'DANCE [426] 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) [426] TO BE CONFIRMED	LET'S SUPPORT TTSH FOR ADL2.0+ RESEARCH (RSVP ONLY) [AR & CHP] 9.00AM - 1.30PM	
	LET'S STEEL COMBAT (MENS Xclusive) [426] 10.30AM - 11.30AM	BALIK KAMPUNG: HEY FRIENDS! (VIA HEALTHY 365) [AH] 11.00AM - 12.15PM	LET'S SUPPORT TTSH FOR ADL2.0+ RESEARCH (RSVP ONLY) [AR & CHP] 9.00AM - 5.00PM		
	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM			
	LET'S CELEBRATE BIRTHDAY [AH] 11.30AM - 12.30PM	STRATEGISE WITH KAKIS: MAHJONG COMPETITION WITH SG MAHJONGTOGETHER (RSVP ONLY) [AH] 2.00PM - 4.00PM	LET'S DO COTTON BUD ART [AH] 10.30AM - 11.30AM	STEADY LAH! (RSVP ONLY) [AH] 9.30AM - 11.00AM	
	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	STRATEGISE WITH KAKIS: RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM	
	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM			
	SUSTAINABILITY WITH YOUTH CORPS [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	LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES [AH] 3.30PM - 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

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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 - 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

STRATEGISE WITH KAKIS: MAHJONG
& RUMMY-O [AH]
2.00PM - 4.00PM

LET'S STEEL COMBAT (MENS Xclusive)
[426]
10.30AM - 11.30AM

BALIK KAMPUNG: KEEP MY BRAIN
ACTIVE (VIA HEALTHY 365) [AH]
11.00AM - 12.15PM

RESISTANCE BAND EXERCISE (VIA
HEALTHY 365)
[426] TO BE CONFIRMED

STEADY LAH! (RSVP ONLY) [AH]
9.30AM - 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 Qi'DANCE [426]
10.00AM - 11.00AM

LET'S MAKAN TOGETHER [AH]
12.30PM - 1.30PM

LET'S DRUM FIT (RSVP ONLY) [AH]
9.30AM - 10.30AM

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

LET'S YUM CHA TOGETHER [AH]
4.00PM - 5.00PM

STRATEGISE WITH KAKIS: MAHJONG
COMPETITION WITH SG
MAHJONGTOGETHER
(RSVP ONLY) [AH]
2.00PM - 4.00PM

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

STRATEGISE WITH KAKIS: RUMMY-O
[AH]
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 [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

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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 - 09.30AM		LET'S GEN TOGETHER: PICKLEBALL COMPETITION @ CITY SPROUTS (RSVP ONLY) 9.00AM - 12.00PM		CENTRE CLOSED	
LET'S PICKLEBALL LEGENDS @ CITY SPROUTS 9.30AM - 10.30AM		LET'S STEEL COMBAT (MENS Xclusive) [426] 10.30AM - 11.30AM		LET'S Qi'DANCE [426] 10.00AM - 11.00AM		RESISTANCE BAND EXERCISE (VIA HEALTHY 365) [426] TO BE CONFIRMED					
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM		LET'S PICK UP ENGLISH [AR] 11.00AM - 12.00PM		BALIK KAMPUNG: I FEEL GOOD (VIA HEALTHY 365) [AH] 11.00AM - 12.15PM		LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM					
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM				LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM		LET'S GET TOGETHER: MEMORIES OF SERANGOON BY MR BERNARD CHIANG (RSVP ONLY) [AH] 10.30AM - 12.00PM					
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM				SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH NURSE (RSVP ONLY) [CHP] 2:00PM - 5:00PM		LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 12.00PM - 1.00PM					
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 3.00PM - 4.00PM				STRATEGISE WITH KAKIS: MAHJONG COMPETITION WITH SG MAHJONGTOGETHER (RSVP ONLY) [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 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 YUM CHA TOGETHER [AH] 4.00PM - 5.00PM				LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM							
30											
ACTIVE STEPS, SHARP MINDS 8.30AM - 10.00AM											
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM											
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM											
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM											
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 3.00PM - 4.00PM											
LET'S PICKLEBALL LEGENDS [MPH] 4.00PM - 5.30PM											

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2025 六月

Centre Name: Active Ageing Centre (Serangoon Central)
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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	
	一起参与研究 计划 - 陈笃生医院 ADL2.0+ 研究简报会 (敬请回复) [AH] 9.00AM - 10.00AM	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	
游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM	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] 10.00AM - 5.00PM	回到甘榜: 保持联系 (VIA HEALTHY 365) [AH] 11.00AM - 12.15PM	一起参与研究 计划 - 陈笃生医院 ADL2.0+ 研究简报会 (敬请回复) [AH] 9.00AM - 10.00AM		
一起来K歌 [AH] 2.00PM - 4.00PM	一起做钢铁拳击(精简版) (只限男性) [426] 10.30AM - 11.30AM	一起来 makan - 中心内 [AH] 12.30PM - 1.30PM	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] 10.00AM - 5.00PM	一起做衍纸 [AR] 2.00PM - 4.00PM	
		游戏时间: 与 SG 麻将一起进行麻将比赛 (敬请回复) [AH] 2.00PM - 4.00PM			
一起饮茶 [AH] 4.00PM - 5.00PM	一起学英 语-初级 (敬请回复) [AR] 11.00AM - 12.00PM	游戏时间 (拉米牌) [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	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	一起学科技 与 青年志愿团 数码伙伴 [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	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

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
中心关闭 哈芝节 (指定补休日)	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	一起快步走 8.30AM - 9.30AM	
	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 - 5.00PM	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	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 - 1.30PM	
	一起做钢铁拳击(精简版) (只限男性) [426] 10.30AM - 11.30AM	回到甘榜: 朋友你好! (VIA HEALTHY 365) [AH] 11.00AM - 12.15PM	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 - 5.00PM	Steady Lah! 保健操 (敬请回复) [AH] 9.30AM - 11.00AM	
	一起学英语-初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起来MAKAN - 中心内 [AH] 12.30PM - 1.30PM	一起做棉花棒艺术 [AH] 10.30AM - 11.30AM	一起做衍纸 [AR] 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] 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 [AH] 3.30PM - 5.00PM	
	一起来MAKAN - 中心内 [AH] 12.30PM - 1.30PM	游戏时间 (拉米牌) [AH] 2.00PM - 4.00PM	一起做DrumFit (敬请回复) [AH] 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			
	可持续性与 青年志愿团 [AR] 3.30PM - 5.00PM	一起饮茶 [AH] 4.00PM - 5.00PM			

Venue
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