



2026 June

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



MON 1	TUE 2	WED 3	THU 4	FRI 5	SAT 6
CENTRE CLOSED [OFF IN LIEU VESAK DAY]	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 STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 11.30AM	LET'S Qi'DANCE [426] 10.00AM - 11.00AM	LET'S JOIN SENIOR NATIONAL GAMES (HEATS) @OCBC ARENA HALL 1 & 3 (RSVP ONLY) 9:00 AM – 1:00PM	WALKING FOODPEDIA [CHINESE] (RSVP ONLY) [AH] 10.00AM - 12.00PM	
	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S DO RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	THE STEADY MEN (MALE Xclusive) (RSVP ONLY) [AH] 1.00PM - 2.00PM	
	LET'S TALK NEWS [AR] 2:00PM - 3:00PM	LET'S KTV TOGETHER [AH] 1.00PM - 3.00PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM	
	ICCP : LET'S BADMINTON @ BRADDELL HEIGHTS CC (RSVP) 2:30PM - 3:30PM	STRATEGISE WITH KAKIS: RUMMY-O [AH] 1.00PM - 3.00PM	LET'S YUM CHA TOGETHER [AH] 2.00PM - 3.00PM	LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: PHONE BATTERY AND APPLICATIONS MANAGEMENT [AH] 3.30PM - 5.00PM	
	LET'S DO ZENTANGLE [AH] 2.00PM - 4.00PM	STRATEGISE WITH KAKIS: MAHJONG COMPETITION WITH SG MAHJONGTOGETHER (RSVP ONLY) [AH] 3.00PM - 5.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM		
	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM				
	LET'S ADAPTIVE SPORT: FLOORBALL [AH] 4.00PM - 4.30PM	COMMUNITY HEALTH POST - HEALTH COACH (RSVP ONLY) [CHP] 2:00PM - 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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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。

2026 June

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



MON 8	TUE 9	WED 10	THU 11	FRI 12	SAT 13
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 BRISK WALK: GROOVING DOWN MEMORY LANE WITH HCI 8.30AM - 10.00AM	
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	LET'S WALKING FOOTBALL @ LORONG LEW LIAN COMMUNITY HALL (RSVP ONLY) 10:00AM - 11:30AM	LET'S Qi'DANCE [426] 10.00AM - 11.00AM	LET'S DO RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	LET'S TARGET TOGETHER [AH] 11.00AM - 12.00PM	
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 GO GAI GAI: LIANG PO PO VS AH BENG MOVIE @VIVOCITY (RSVP ONLY) 11.30AM - 4.30PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	THE STEADY MEN (MALE Xclusive) (RSVP ONLY) [AH] 1.00PM - 2.00PM	
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	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 WITH PLMGS [AH] 11.30AM - 12.30PM	LET'S DO PAPER QUILLING [AR & CHP] 2.00PM - 4.00PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	ICCP : LET'S BADMINTON @ BRADDELL HEIGHTS CC (RSVP) 2:30PM - 3:30PM	LET'S KTV TOGETHER [AH] 1.00PM - 3.00PM		LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S YUM CHA TOGETHER [AH] 2.00PM - 3.00PM
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DO ZENTANGLE [AH] 2.00PM - 4.00PM	STRATEGISE WITH KAKIS: RUMMY-O [AH] 1.00PM - 3.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: PHONE STORAGE SPACE MANAGEMENT [AH] 3.30PM - 5.00PM	
LET'S LIM KOPI (MALE Xclusive) [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 PICKLEBALL [MPH/ISH] 3.00PM - 4.30PM	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM	COMMUNITY HEALTH POST - HEALTH NURSE (RSVP ONLY) [CHP] 2.00PM - 5:00PM			

Venue

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MON 15	TUE 16	WED 17	THU 18	FRI 19	SAT 20
LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK WITH HCI 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 DO LAUGHTER YOGA WITH SINGAPORE WOMEN'S ASSOCIATION [AH] 9.30AM - 10.30AM	LET'S Qi'DANCE [426] 10.00AM - 11.00AM	DIGITAL-FUN! LEGGO WITH 乖孙 (GRANDKIDS) (RSVP ONLY) [AH] 9.00AM - 1.00PM	COMMUNITY FALL TO FIT: ASSESSMENT (WEEK 0) (RSVP ONLY)[AR & CHP] 9.15AM - 11.15AM	
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 MAKAN TOGETHER [AH] 12.30PM - 1.30PM		COMMUNITY FALL TO FIT: ASSESSMENT (WEEK 0) (RSVP ONLY)[AR & CHP] 12.30PM - 2.30PM	
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S KTV TOGETHER [AH] 1.00PM - 3.00PM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	COMMUNITY FALL TO FIT: ASSESSMENT (WEEK 0) (RSVP ONLY)[AR & CHP] 2.30PM - 4.30PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S TALK NEWS [AR] 2:00PM - 3:00PM	STRATEGISE WITH KAKIS: RUMMY-O [AH] 1.00PM - 3.00PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	LET'S DO PAPER QUILTING [AR & CHP] 2:00PM - 4:00PM 	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	ICCP : BADMINTON @ BRADDELL HEIGHTS CC (RSVP) 2:30PM - 3:30PM	STRATEGISE WITH KAKIS: MAHJONG COMPETITION WITH SG MAHJONGTOGETHER (RSVP ONLY) [AH] 3.00PM - 5.00PM	LET'S YUM CHA TOGETHER [AH] 1.00PM - 2.00PM		
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	LET'S DO ZENTANGLE [AH] 2.00PM - 4.00PM		LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S YUM CHA TOGETHER [AH] 2.00PM - 3.00PM	
LET'S PICKLEBALL [MPH/ISH] 3.00PM - 4.30PM	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: GOOGLE MAPS - HOW TO NAVIGATE PUBLIC TRANSPORT SYSTEM [AH] 3.30PM - 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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 **Centre Contact:** 6715 6760 / 8938 4054



MON 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27
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 BRISK WALK: GROOVING DOWN MEMORY LANE WITH HCI 8.30AM - 10.00AM	
DIGITAL-FUN! LEGGO WITH 乖孙 (GRANDKIDS) (RSVP ONLY) [AH] 9.00AM - 1.00PM	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		
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	LET'S STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 11.30AM	LEAVE WELL SERIES - LEGACY PLANNING WORKSHOP - ADVANCED	LET'S GO GAI GAI @ YACHT TO (LAZARUS ISLAND) WITH AIK CHUAN YACHT CHARTERS (RSVP ONLY) 9.30AM - 12.30PM	COMMUNITY FALL TO FIT (WEEK 1) (RSVP ONLY) [AH] 9.30AM - 11.30AM	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	CARE PLANNING [AH] 11.30AM - 1.30PM	LET'S MAKAN TOGETHER @ LAZARUS ISLAND 12.30PM - 1.30PM		
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	F4: LET'S EXERCISE TOGETHER [AH] 11.00AM - 12.00PM	LET'S MAKAN TOGETHER [AH] 1.30PM - 2.30PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	LET'S DO PAPER QUILLING [AR & CHP] 2.00PM - 4.00PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	F4: LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 12.00AM - 1.00PM	LET'S KTV TOGETHER [AH] 2.30PM - 4.30PM	LET'S YUM CHA TOGETHER [AH] 1.00PM - 2.00PM		
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S LUNCH WITH LO KUN (RSVP ONLY) [AH] 1.00PM - 2.00PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.30PM - 4.30PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: NTUC FAIRPRICE APP [AH] 3.30PM - 5.00PM	
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM		ICCP : BADMINTON @ BRADDELL HEIGHTS CC (RSVP) 2:30PM - 3:30PM		
LET'S PICKLEBALL [MPH/ISH] 3.00PM - 4.30PM	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 DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM		



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MON 29	TUE 30	WED	THU	FRI	SAT
ACTIVE STEPS, SHARP MINDS 8.30AM - 10.00AM	LET'S BRISK WALK 8.30AM - 9.30AM				
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	CELEBRITY HAIRCUT SERVICES: LIU LING LING & FRIENDS (RSVP ONLY) [AH] 10.00AM - 12.00PM				
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM					
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	LET'S STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 11.30AM				
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 DO ZENTANGLE [AR] 2.00PM - 4.00PM				
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	ICCP : LET'S BADMINTON @ BRADDELL HEIGHTS CC (RSVP) 2:30PM - 3:30PM				
LET'S PICKLEBALL [MPH/ISH] 3.00PM - 4.30PM	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM				

Venue

AH: Activity Hall

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2026 六月

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MON 8	TUE 9	WED 10	THU 11	FRI 12	SAT 13
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 一起快步走: 与 HCI 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	一起玩射击 [AH] 11.00AM - 12.00PM	
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	一起去Gai Gai: 梁婆婆VS阿炳 电影 @VIVOCITY (敬请回复) 11.30AM - 4.30PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	一起做运动: 稳健男士 (只限男 性) [AR] 1.00PM - 2.00PM	
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MAKAN [AH] 12.30PM - 1.30PM	与PLMGS 一起来庆生 [AH] 11.30AM - 12.30PM	一起做 衍纸 [AR &CHP] 2.00PM - 4.00PM	
一起来K歌 [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	一起来K歌 [AH] 1.00PM - 3.00PM			
游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM			游戏时间: 拉密牌 [AH] 1.00PM - 3.00PM	一起来MAKAN [AH] 12.30PM - 1.30PM	一起饮茶 [AH] 2.00PM - 3.00PM
一起喝咖啡 (只限男性) [AH] 2.00PM - 4:00PM	一起做禅绕画 [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] 3.00PM - 5.00PM	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: 手机储存空间管理 [AH] 3.30PM - 5.00PM	
一起打匹克球 [MPH/ISH] 3.00PM - 4.30PM	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	一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM		

Venue

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ntuc Health

MON 15	TUE 16	WED 17	THU 18	FRI 19	SAT 20
一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM	与 HCI 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	与新加坡妇女协会一起欢笑瑜伽 [AH] 9.30AM - 10.30AM	一起跳气功舞 [426] 10.00AM - 11.00AM	Leggo! 与乖孙 (敬请回复) [AH] 9.00AM - 1.00PM	大肌大力 - 社区运动计划: 评估 (第0周) (敬请回复) [AR & CHP] 9.15AM - 11.15AM	
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		大肌大力 - 社区运动计划: 评估 (WEEK 0) (敬请回复) [AR & CHP] 12.30PM - 2.30PM	
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] 1.00PM - 3.00PM	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: 评估 (WEEK 0) (敬请回复) [AR & CHP] 2.30PM - 4.30PM	
一起来K歌 [AH] 2.00PM - 4.00PM	一起聊新闻[AH] 2:00PM - 3:00PM	游戏时间: 拉密牌 [AH] 1.00PM - 3.00PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	一起做衍纸 [AR & CHP] 3.00PM - 4.00PM CANCELLED	
游戏时间: 麻将 & 拉密牌 [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	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	一起饮茶 [AH] 2.00PM - 3.00PM		
一起喝咖啡 (只限男性) [AH] 2.00PM - 4:00PM	一起做禅绕画 [AR] 2.00PM - 4.00PM		一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM	一起饮茶 [AH] 2.00PM - 3.00PM	
一起打匹克球 [MPH/ISH] 3.00PM - 4.30PM	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: 用谷歌地图搭巴士和地铁 [AH] 3.30PM - 5.00PM	

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MON 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27
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 一起快步走: 与 HCI 律动回忆之旅 8.30AM - 10.00AM	
Leggo! 与乖孙 (敬请回复) [AH] 9.00AM - 1.00PM	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		
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	走得自在系列 - 遗产与遗嘱规划 - 预先护理计划 [AH] 11.30AM - 1.30PM	一起去Gai Gai: 与益全游艇租赁公司 @ 拉撒路岛 (RSVP ONLY) 9.30AM - 12.30PM	大肌大力 - 社区运动计划 (第1周) (RSVP ONLY) [AH] 9.30AM - 11.30AM	
一起学华语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起学英语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM		一起来MAKAN @ 拉撒路岛 12.30PM - 1.30PM		
一起饮茶 [AH] 12.00PM - 1.00PM	F4: 一起做运动 [AH] 11.00AM - 12.00PM	一起来MAKAN [AH] 1.30PM - 2.30PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	一起做衍纸 [AR & CHP] 2.00PM - 4.00PM	
一起来K歌 [AH] 2.00PM - 4.00PM	F4: 一起来MAKAN (敬请回复) [AH] 12.00AM - 1.00PM	一起来K歌 [AH] 2.30PM - 4.30PM	一起饮茶 [AH] 2.00PM - 3.00PM		
游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	LET'S LUNCH WITH LO KUN (RSVP ONLY) [AH] 1.00PM - 2.00PM	游戏时间: 麻将 & 拉密牌 [AH] 2.30PM - 4.30PM	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: 职总平价: 学习付款、兑换积分及使用优惠券 [AH] 3.30PM - 5.00PM	
一起喝咖啡(只限男性) [AH] 2.00PM - 4:00PM	一起做禅绕画 [AR] 2.00PM - 4.00PM		一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM		
一起打匹克球 [MPH/ISH] 3.00PM - 4.30PM	ICCP: 羽毛球 @ 布莱德岭民众俱乐部 (敬请回复) 2:30PM - 3:30PM	服务 - 社区保健站: 健康护士 (敬请回复) [CHP] 2.00PM - 5:00PM			
	游戏时间: 象棋 (只限男性) [AH] 2.00PM - 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

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。

2026 六月

📍 **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

29

30

走走动动脑 8.30AM - 10.00AM	一起快步走 8.30AM - 9.30AM				
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	名人服务 - 理发: 刘玲玲与好友们 (RSVP ONLY) [AH] 10.00AM - 12.00PM				
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				
一起饮茶 [AH] 12.00PM - 1.00PM	一起来K歌 [AH] 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				
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				
一起打匹克球 [MPH/ISH] 3.00PM - 4.30PM	游戏时间: 象棋 (只限男性) [AH] 2.00PM - 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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