

2025 March

 **Centre Name:** Active Ageing Centre (Serangoon Central)
 **Centre Address:** 424 Serangoon Central #01-324 Singapore 550424
 **Centre Contact:** 6715 6760 / 8938 4054



ntuc Health

MON

TUE

WED

THU

FRI

SAT

					1
					CASHEW OPEN HOUSE 10.00AM - 12.00PM <hr/> LET'S MAKAN TOGETHER 12.00PM - 1.00PM
3	4	5	6	7	8
LET'S Qi'DANCE [426] 10.00AM - 11.00AM <hr/> LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S BRISK WALK 08.30AM - 09.30AM <hr/> LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM	LET'S MAKAN TOGETHER 08.30AM - 09.30AM <hr/> STRATEGISE WITH KAKIS: MAHJONG / RUMMY-O COMPETITION [AH] 3.30PM - 6.00PM	LET'S DO ART: FINGER PAINTING [AR] 10.30AM - 11.30AM <hr/> LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM	CENTRE CLOSED 1.00PM - 6.00PM	
10	11	12	13	14	15
LET'S Qi'DANCE [426] 10.00AM - 11.00AM <hr/> LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S BRISK WALK 08.30AM - 09.30AM <hr/> LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM	LET'S MAKAN TOGETHER 08.30AM - 09.30AM <hr/> STRATEGISE WITH KAKIS: MAHJONG / RUMMY-O COMPETITION [AH] 3.30PM - 6.00PM	LET'S DO ART: FINGER PAINTING [AR] 10.30AM - 11.30AM <hr/> LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM	LET'S LEARN TECH: PHOTOGRAPHY [AH] 10.30AM - 11.30AM <hr/> LET'S DO PAPER ART: PAPER QUILLING [AR] 2.00PM - 4.00PM	

Venue

AH: Activity Hall

AR: Activity Room

426: Block 426 Void Deck

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MON

TUE

WED

THU

FRI

SAT

17

18

19

20

21

22

LET'S Qi'DANCE [426]
10.00AM - 11.00AM

LET'S BRISK WALK
08.30AM - 09.30AM

LET'S MAKAN TOGETHER
08.30AM - 09.30AM

LET'S DO ART: FINGER PAINTING
[AR]
10.30AM - 11.30AM

LET'S DO PAPER ART: PAPER
QUILLING [AR]
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
COMPETITION [AH]
3.30PM - 6.00PM

LET'S DRUM FIT (RSVP ONLY) [AH]
3.00PM - 4.00PM

LET'S LEARN TECH WITH NUS
DIGITAL COMPASSION CREW [AH]
3.30PM - 5.00PM

24

25

26

27

3.30PM - 5.00PM

29

LET'S Qi'DANCE [426]
10.00AM - 11.00AM

LET'S BRISK WALK
08.30AM - 09.30AM

LET'S MAKAN TOGETHER
08.30AM - 09.30AM

LET'S DO ART: FINGER PAINTING
[AR]
10.30AM - 11.30AM

LET'S DO PAPER ART: PAPER
QUILLING [AR]
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
COMPETITION [AH]
3.30PM - 6.00PM

LET'S DRUM FIT (RSVP ONLY) [AH]
3.00PM - 4.00PM

LET'S LEARN TECH WITH NUS
DIGITAL COMPASSION CREW (M)
3.30PM - 5.00PM

31

LET'S Qi'DANCE [426]
10.00AM - 11.00AM

LET'S KTV TOGETHER [AH]
2.00PM - 4.00PM

Venue

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AR: Activity Room

426: Block 426 Void Deck

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[AR]
10.30AM - 11.30AM

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QUILLING [AR]
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3.00PM - 4.00PM

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DIGITAL COMPASSION CREW [AH]
3.30PM - 5.00PM

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3.30PM - 5.00PM

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3.00PM - 4.00PM

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DIGITAL COMPASSION CREW (M)
3.30PM - 5.00PM

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