

2026 March

 **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
2	3	4	5	6	7
GROOVING DOWN MEMORY LANE 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	
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	FIT FROM HOME BRIEFING (RSVP ONLY) [AH] 10.00AM - 11.00AM	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 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 TARGET TOGETHER [AH] 11.30AM - 12.30PM	
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	LET'S TALK NEWS [AH] 2:00PM - 3:00PM	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] 1.00PM - 3.00PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (MALE Xclusive) [AH] 2.00PM - 4.00PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: CUP STACKING WITH HCI [AH] 10.30AM - 11.00AM		
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 WITH HCI [AH] 11.00AM - 11.30AM	THE STEADY MEN (MALE Xclusive) (RSVP ONLY) [AH] 2.00PM - 3.00PM	
LET'S CELEBRATE : UNIQUELY SERANGOON CENTRAL 1ST ANNIVERSARY [AH] 11.30AM - 12.30PM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 3.30PM - 4.00PM	LET'S GO GAI GAI: OCEANARIUM (RSVP ONLY) 2.00AM - 4.00PM	LET'S ADAPTIVE SPORT: DISC GOLF WITH HCI [AH] 11.30AM - 12.00PM	LET'S INTERGEN WITH ADMIRALTY PRIMARY SCHOOL [AH] 3.00PM - 4.30PM	
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: BOCCIA [AH] 4.00PM - 4.30PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH (RSVP ONLY) [CHP] 2:00PM - 5:00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM		
LET'S PICKLEBALL [MPH/ISH] 4.00PM - 5.30PM	LET'S ADAPTIVE SPORT: FLOORBALL [AH] 4.00PM-4.30PM		LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM	LET'S YUM CHA TOGETHER [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。

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
GROOVING DOWN MEMORY LANE 8.30AM - 10.00AM	CENTRE CLOSED TRAINING	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 TARGET TOGETHER SPECIAL EDITION: TACTSIM @HOMETEAMNS KHATIB (RSVP ONLY) 10.00AM - 12.00PM
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM		SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH NURSE (RSVP ONLY) [CHP] 9.00AM - 5:00PM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	LET'S TARGET TOGETHER [AH] 11.30AM - 12.30PM	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM		LET'S Qi'DANCE [426] 10.00AM - 11.00AM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	LET'S DO PAPER QUILLING [AR] 1.00PM - 3.00PM	
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM		LET'S CELEBRATE BIRTHDAY [AH] 11.30AM - 12.30PM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 10.30AM - 11.00AM	THE STEADY MEN (MALE Xclusive) (RSVP ONLY) [AH] 2.00PM - 3.00PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM		LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S ADAPTIVE SPORT: LADDER TOSS [AH] 11.00AM - 11.30AM	LET'S YUM CHA TOGETHER [AH] 3.00PM - 4.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM		LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: DISC GOLF [AH] 11.30AM - 12.00PM		
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM		LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM		
LET'S PICKLEBALL [MPH/ISH] 4.00PM - 5.30PM		STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 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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 **Centre Contact:** 6715 6760 / 8938 4054



ntuc Health

MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
GROOVING DOWN MEMORY LANE 8.30AM - 10.00AM	LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM ICCP: LET'S BRISK WALK (RSVP ONLY) 8.30AM - 10.30AM	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 - 5:30PM	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	LET'S SUPPORT TTSH FOR ADL2.0+ RESEARCH (RSVP ONLY) [AR & CHP] 9.00AM - 5:30PM	
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM			LET'S TARGET TOGETHER [AH] 11.30AM - 12.30PM	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S TALK NEWS [AH] 2:00PM - 3:00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	LET'S DO PAPER QUILLING [AR] 1:00PM - 3:00PM	
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (MALE Xclusive) [AH] 2.00PM - 4.00PM		LET'S ADAPTIVE SPORT: CUP STACKING WITH HCI [AH] 10.30AM - 11.00AM	CANCELLED	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH (RSVP ONLY) [CHP] 2:00PM - 5:00PM	LET'S ADAPTIVE SPORT: LADDER TOSS WITH HCI [AH] 11.00AM - 11.30AM	THE STEADY MEN (MALE Xclusive) (RSVP ONLY) [AH] 2.00PM - 3.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 3.30PM - 4.00PM		LET'S ADAPTIVE SPORT: DISC GOLF WITH HCI [AH] 11.30AM - 12.00PM		
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: BOCCIA [AH] 4.00PM - 4.30PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S YUM CHA TOGETHER [AH] 3.00PM - 4.00PM	

Venue

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
CENTRE CLOSED [OFF IN LIEU FOR HARI RAYA PUASA]	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 SUPPORT TTSH FOR ADL2.0+ RESEARCH (RSVP ONLY) [AR & CHP] 9.00AM - 11:30AM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH NURSE (RSVP ONLY) [CHP] 9.00AM - 5:00PM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	LET'S TARGET TOGETHER [AH] 11.30AM - 12.30PM	
	LET'S STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 11.30AM			F4: LET'S EXERCISE TOGETHER [AH] 11.30AM - 12.00PM	
	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S Qi'DANCE [426] 10.00AM - 11.00AM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	F4: LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 12.00AM - 1.00PM	
	STRATEGISE WITH KAKIS: CHINESE CHESS (MALE Xclusive) [AH] 2.00PM - 4.00PM		LET'S ADAPTIVE SPORT: CUP STACKING [AH] 10.30AM - 11.00AM	LET'S LUNCH WITH LO KUN (RSVP ONLY) [AH] 1.00PM - 2.00PM	
	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S ADAPTIVE SPORT: LADDER TOSS [AH] 11.00AM - 11.30AM	LET'S DO PAPER QUILLING [AR] 1.00PM - 3.00PM	
	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 3.30PM - 4.00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: DISC GOLF [AH] 11.30AM - 12.00PM	LET'S YUM CHA TOGETHER [AH] 3.00PM - 4.00PM	
	LET'S ADAPTIVE SPORT: BOCCIA [AH] 4.00PM - 4.30PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	THE STEADY MEN (MALE Xclusive) (RSVP ONLY) [AH] 2.00PM - 3.00PM	
	LET'S ADAPTIVE SPORT: FLOORBALL [AH] 4.00PM-4.30PM		LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM	SINGAPORE POLICE FORCE SCAM TALK (PROJECT PRAISE) [AH] 3.00PM-4.30PM	

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MON	TUE	WED	THU	FRI	SAT
30	31				
GROOVING DOWN MEMORY LANE 8.30AM - 10.00AM	LET'S BRISK WALK 8.30AM - 9.30AM				
	LET'S DO LAUGHTER YOGA WITH SINGAPORE WOMEN'S ASSOCIATION [AH] 9.30AM - 10.30AM				
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	LET'S STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 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				
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (MALE Xclusive) [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 ADAPTIVE SPORT: CUP STACKING [AH] 3.30PM - 4.00PM				
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: BOCCIA [AH] 4.00PM - 4.30PM				

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2026 三月

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MON	TUE	WED	THU	FRI	SAT	
2	3	4	5	6	7	
律动回忆之旅 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	一起居家健身说明会 (RSVP ONLY) [AH] 10.00AM - 11.00AM		
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 [AH] 12.30PM - 1.30PM		一起玩射击 [AH] 11.30AM - 12.30PM		
一起饮茶 [AH] 12.00PM - 1.00PM	一起聊新闻[AH] 2:00PM - 3:00PM	一起来K歌 [AH] 2.00PM - 4.00PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	一起做衍纸 [AR] 1.00PM - 3.00PM		
一起来K歌 [AH] 2.00PM - 4.00PM	游戏时间: 象棋 (只限男性) [AH] 2.00PM - 4.00PM	游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起玩: 竞技叠杯 与 华侨中学 [AH] 10.30AM - 11.00AM			
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		服务 - 社区保健站 - 健康教练 (敬请回复) [CHP] 2:00PM - 5:00PM	一起玩: 梯式投球 与 华侨中学 [AH] 11.00AM - 11.30AM	一起做运动: 稳健男士 (只限男性) [AR] 2.00PM - 3.00PM	
一起来庆祝: 独特实龙岗中心一周年 庆 [AH] 11.30AM - 12.30PM	一起玩: 竞技叠杯 [AH] 3.30PM - 4.00PM	一起去Gai Gai: 海洋水族馆 (敬请回复) 2.00AM - 4.00PM		一起玩: 飞盘高尔夫 与 华侨中学 [AH] 11.30AM - 12.00PM	代际交流 - 小学: 美雅小学 [AH] 3.00PM - 4.30PM	
一起喝咖啡 (只限男性) [AH] 2.00PM - 4:00PM	一起玩: 硬地滚球[AH] 4.00PM - 4.30PM	一起玩: 地板球 [AH] 4.00PM-4.30PM		一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM		
一起打匹克球 [MPH/ISH] 4.00PM - 5.30PM			一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM	一起饮茶 [AH] 3.00PM - 4.00PM		

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
律动回忆之旅 8.30AM - 10.00AM	中心关闭 培训中	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	一起玩射击 特别版: TACTSIM @ 新加坡职总保安部队俱乐部(卡迪) (敬请回复) 10.00AM - 12.00PM
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM		服务 - 社区保健站: 健康护士 (敬请回复) [CHP] 9:00AM - 5:00PM	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] 11.30AM - 12.30PM	
一起学华语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM		一起跳气功舞 [426] 10.00AM - 11.00AM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	一起做衍纸 [AR] 1.00PM - 3.00PM	
一起饮茶 [AH] 12.00PM - 1.00PM		一起来庆生 [AH] 11.30PM - 12.30PM	一起玩竞技叠杯 [AH] 10.30AM - 11.00AM	一起做运动: 稳健男士 (只限男性) [AR] 2.00PM - 3.00PM	
一起来K歌 [AH] 2.00PM - 4.00PM		一起来MAKAN [AH] 12.30PM - 1.30PM	一起玩梯式投球 [AH] 11.00AM - 11.30AM	一起玩飞盘高尔夫 [AH] 11.30AM - 12.00PM	
游戏时间: 麻将 & 拉密牌 [AH] 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	一起饮茶 [AH] 3.00PM - 4.00PM	
一起喝咖啡(只限男性) [AH] 2.00PM - 4:00PM		游戏时间: 麻将 & 拉密牌 [AH] 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] 4.00PM - 5.30PM					

Venue

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MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
律动回忆之旅 8.30AM - 10.00AM	一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM ICCP: 一起快步走 (RSVP ONLY) 8.30AM - 10.30AM	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 - 5:30PM	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	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 - 5:30PM	
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	一起学英语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM			一起玩射击 [AH] 11.30AM - 12.30PM	
一起学华语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起聊新闻[AH] 2:00PM - 3:00PM	一起来MAKAN [AH] 12.30PM - 1.30PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	一起做衍纸 [AR] 1:00PM - 3:00PM	
一起饮茶 [AH] 12.00PM - 1.00PM	游戏时间: 象棋 (只限男性) [AH] 2.00PM - 4.00PM		一起玩: 竞技叠杯 与 华侨中学 [AH] 10.30AM - 11.00AM	CANCELLED	
一起来K歌 [AH] 2.00PM - 4.00PM	一起做禅绕画 [AR] 2.00PM - 4.00PM	服务 - 社区保健站 - 健康教练 (敬请 回复) [CHP] 2:00PM - 5:00PM	一起玩: 梯式投球 与 华侨中学 [AH] 11.00AM - 11.30AM	一起做运动: 稳健男士 (只限男性) [AR] 2.00PM - 3.00PM	
游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起玩: 竞技叠杯 [AH] 3.30PM - 4.00PM		一起玩: 飞盘高尔夫 与 华侨中学 [AH] 11.30AM - 12.00PM		
一起喝咖啡 (只限男性) [AH] 2.00PM - 4:00PM	一起玩: 硬地滚球[AH] 4.00PM - 4.30PM	一起来K歌 [AH] 2.00PM - 4.00PM	一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM	一起饮茶 [AH] 3.00PM - 4.00PM	
一起打匹克球 [MPH/ISH] 3.00PM - 4.30PM	一起玩: 地板球 [AH] 4.00PM-4.30PM	游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	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/MPH: Indoor Sports Hall/ Multi-Purpose Hall @ St Gabriel's Sec School

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2026 三月

📍 **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
23	24	25	26	27	28
中心关闭 (开斋节补休)	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	
	LET'S SUPPORT TTSH FOR ADL2.0+ RESEARCH (RSVP ONLY) [AR & CHP] 9.00AM - 11:30AM	服务 - 社区保健站: 健康护士 (敬请回复) [CHP] 9:00AM - 5:00PM	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] 11.30AM - 12.30PM CANCELLED	
	一起做钢铁拳击 (精简版) (只限男性) [426] 10.30AM - 11.30AM			F4: 一起做运动 [AH] 11.30AM - 12.00PM	
	一起学英语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起跳气功舞 [426] 10.00AM - 11.00AM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	F4: 一起来 MAKAN (敬请回复) [AH] 12.00PM - 1.00PM	
	游戏时间: 象棋 (只限男性) [AH] 2.00PM - 4.00PM		一起玩: 竞技叠杯 与 华侨中学 [AH] 10.30AM - 11.00AM	Lo Kun 来了 (敬请回复) [AH] 1.00PM - 2.00PM	
	一起做禅绕画 [AR] 2.00PM - 4.00PM	一起来 MAKAN [AH] 12.30PM - 1.30PM	一起玩: 梯式投球 与 华侨中学 [AH] 11.00AM - 11.30AM	一起做衍纸 [AR] 1.00PM - 3.00PM	
	一起玩: 竞技叠杯 [AH] 3.30PM - 4.00PM	一起来 K歌 [AH] 2.00PM - 4.00PM	一起玩: 飞盘高尔夫 与 华侨中学 [AH] 11.30AM - 12.00PM	一起饮茶 [AH] 3.00PM - 4.00PM	
	一起玩: 硬地滚球 [AH] 4.00PM - 4.30PM	游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM	一起做运动: 稳健男士 (只限男性) [AH] 2.00PM - 3.00PM CANCELLED	
	一起玩: 地板球 [AH] 4.00PM - 4.30PM		一起做 DrumFit (敬请回复) [AH] 3.00PM - 4.00PM	新加坡警察部队防诈骗讲座 (PRAISE 计划) [AH] 3.00PM - 4.30PM	

Venue

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2026 三月

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MON	TUE	WED	THU	FRI	SAT
30	31				
律动回忆之旅 8.30AM - 10.00AM	一起快步走 8.30AM - 9.30AM				
	与新加坡妇女协会一起欢笑瑜伽 [AH] 9.30AM - 10.30AM				
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				
一起饮茶 [AH] 12.00PM - 1.00PM	游戏时间: 象棋 (只限男性) [AH] 2.00PM - 4.00PM				
一起来K歌 [AH] 2.00PM - 4.00PM	一起做禅绕画 [AR] 2.00PM - 4.00PM CANCELLED				
游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起玩: 竞技叠杯 [AH] 3.30PM - 4.00PM CANCELLED				
一起喝咖啡 (只限男性) [AH] 2.00PM - 4.00PM	一起玩: 硬地滚球 [AH] 4.00PM - 4.30PM CANCELLED				

Venue

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