

2025 May

 **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
			1	2	3
			CENTRE CLOSED [LABOUR DAY]	LET'S BRISK WALK 8.30AM - 9.30AM	
				LET'S DO PAPER QUILLING 2.00PM - 4.00PM	
				LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES 3.30PM - 5.00PM	
5	6	7	8	9	10
CENTRE CLOSED	LET'S BRISK WALK 8.30AM - 09.30AM	LET'S HAVE BREAKFAST WITH EXERCISE KAKIS (RSVP ONLY) 7.30AM - 8.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	
	LET'S STEEL COMBAT (MENS Xclusive) [426] 10.30AM - 11.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) [426] TO BE CONFIRMED 9.30AM - 10.30AM	STEADY LAH! (RSVP ONLY) [AH] 9.30AM - 11.00AM	
		LET'S Qi'DANCE [426] 10.00AM - 11.00AM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	LET'S DO ART & CRAFT: CARDBOARD ART WITH ANJA (RSVP ONLY) [AR] 10.00AM - 11.30AM	
	LET'S PICK UP ENGLISH (RSVP) [AR] 11.00AM - 12.00PM	HEALTH TALK: FRIENDS! TOGETHER WE KEEP A HEALTHY MIND (VIA HEALTHY 365) [AH] 11.00AM - 12.00PM		LET'S CELEBRATE BIRTHDAY [AH] 11.30AM - 12.30PM	
	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 MAKAN TOGETHER [AH] 12.30PM - 1.30PM	
		STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM	LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM	
		LET'S PICKLEBALL LEGENDS [MPH] 4.30PM - 5.30PM		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

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
CENTRE CLOSED [VESAK DAY]	LET'S BRISK WALK 8.30AM - 09.30AM	LET'S HAVE BREAKFAST WITH EXERCISE KAKIS (RSVP ONLY) 7.30AM - 8.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	LET'S JOIN BRADDELL HEIGHTS ZONE C RC FOR FUNCTIONAL SCREENING & ACTIVITIES @ BLOCK 410 SERANGOON CENTRAL 9.00AM - 1.00PM
	LET'S STEEL COMBAT (MENS Xclusive) [426] 10.30AM - 11.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) [426] TO BE CONFIRMED 9.30AM - 10.30AM	STEADY LAH! (RSVP ONLY) [AH] 9.30AM - 11.00AM	
	LET'S PICK UP ENGLISH [AR] 11.00AM - 12.00PM	LET'S Qi'DANCE [426] 10.00AM - 11.00AM			
	WELLNESS PET COMPANY DO GOOD AT SC AAC (RSVP ONLY) [AH] 11.00AM - 12.00PM	HEALTH TALK: HOW TO REDUCE MY RISK OF VASCULAR DEMENTIA (VIA HEALTHY 365) [AH] 11.00AM - 12.00PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM		
	LET'S MAKAN TOGETHER WITH WELLNESS PET COMPANY (RSVP ONLY) [AH] 12.00PM - 1.00PM	LET'S KTV TOGETHER [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	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM			
	SUSTAINABILITY WITH YOUTH CORPS 3.30PM - 5.00PM	LET'S PICKLEBALL LEGENDS [MPH] 4.30PM - 5.30PM 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	

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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	LET'S HAVE BREAKFAST WITH EXERCISE KAKIS (RSVP ONLY) 7.30AM - 8.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	
LET'S PICKLEBALL LEGENDS @ PUNGGOL SHORE CC 9.30AM - 10.30AM	LET'S STEEL COMBAT (MENS Xclusive) [426] 10.30AM - 11.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) [426] TO BE CONFIRMED 9.30AM - 10.30AM	STEADY LAH! (RSVP ONLY) [AH] 9.30AM - 11.00AM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM		SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH [CHP] 9:00AM - 12:00AM		LET'S DO ART & CRAFT: CARDBOARD ART WITH ANJA (RSVP ONLY) [AR] 10.00AM - 11.30AM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S PICK UP ENGLISH [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 YUM CHA TOGETHER [AH] 4.00PM - 5.00PM		HEALTH TALK: CELEBRATE THE ABUNDANCE OF LIFE (VIA HEALTHY 365) [AH] 11.00AM - 12.00PM	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 [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 PICKLEBALL LEGENDS [MPH] 4.30PM - 5.30PM		STRATEGISE WITH KAKIS: MAHJONG COMPETITION WITH SG MAHJONGTOGETHER [AH] 3.00PM - 5.30PM	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 YUM CHA TOGETHER [AH] 4.00PM - 5.00PM			

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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
ACTIVE STEPS, SHARP MINDS 8.30AM - 10.00AM	LET'S BRISK WALK 8.30AM - 09.30AM	LET'S HAVE BREAKFAST WITH EXERCISE KAKIS (RSVP ONLY) 7.30AM - 8.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	
	LET'S STEEL COMBAT (MENS Xclusive) [426] 10.30AM - 11.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) [426] TO BE CONFIRMED 9.30AM - 10.30AM	STEADY LAH! (RSVP ONLY) [AH] 9.30AM - 11.00AM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S PICK UP ENGLISH [AR] 11.00AM - 12.00PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH NURSE [CHP] 9:00AM - 12:00AM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM		
		LET'S QI'DANCE [426] 10.00AM - 11.00AM			
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S JOIN "INTERES-THINK" NETWORKING 2025 WITH SG CARES VC@SERANGOON 1.00PM - 4.00PM	HEALTH TALK: HEALTHY GRANDCHILD, HAPPY ME! (VIA HEALTHY 365) [AH] 11.00AM - 12.00PM	LET'S GEN TOGETHER: MFS@WOODLEIGH (RSVP ONLY) [AH] 10.00AM - 11.30AM	LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM	
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM		LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 11.30AM - 1.00PM		
LET'S PICK UP CHINESE [AR] 3.00PM - 4.00PM	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY [AR] 2.00PM - 4.00PM	LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES [AH] 3.30PM - 5.00PM	
LET'S PICKLEBALL LEGENDS [MPH] 4.30PM - 5.30PM		LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM		

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2025 五月

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星期一	星期二	星期三	星期四	星期五	星期六	
			1	2	3	
			中心休息 【劳动节】	一起快步走 8.30AM - 9.30AM		
				一起做衍纸 [AR] 2.00PM - 4.00PM		
				一起学科技 与 YOUTH CORPS DIGITAL BUDDIES [AH] 3.30PM - 5.00PM		
5	6	7	8	9	10	
中心休息	一起快步走 8.30AM - 9.30AM	一起来吃早餐和运 动伙伴 (敬请回复) - 户外 7.30AM - 8.30AM	一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM		
	一起做钢铁拳击(精简版)(只限男性) [426] 10.30AM - 11.30AM	一起快步走 8.30AM - 9.30AM	一起做弹力带拉筋操 (VIA HEALTHY 365) [426] TO BE CONFIRMED 9.30AM - 10.30AM	Steady Lah! 保健操 (敬请回复) [AH] 9.30AM - 11.00AM		
		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 : 纸板艺术 WITH ANJA (敬请回复) [AR] 10.00AM - 11.30AM		
	一起学英语-初级 (敬请回复) [AR] 11.00AM - 12.00PM	保健系列 - 健康讲座: 朋友们!让我们一起保持健康的心 态 (VIA HEALTHY 365) [AH] 11.00AM - 12.00PM		一起来庆生 [AH] 11.30AM - 12.30PM		
	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	一起来吃 - 中心内 [AH] 12.30PM - 1.30PM		
		游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM	一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM	一起做衍纸 [AR] 2.00PM - 4.00PM		
		一起打匹克球 传奇 [MPH] 4.30PM - 5.30PM		一起学科技 与 YOUTH CORPS DIGITAL BUDDIES [AH] 3.30PM - 5.00PM		
		一起饮茶 [AH] 4.00PM - 5.00PM				

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星期一	星期二	星期三	星期四	星期五	星期六
12	13	14	15	16	17
中心休息 [卫塞节]	一起快步走 8.30AM - 9.30AM	一起来吃早餐和运 动伙伴 (敬请回复) - 户 外 7.30AM - 8.30AM	一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM	一起参加 BRADDELL HEIGHTS ZONE C RC 健康检查 & 活动 @ BLOCK 410 SERANGOON CENTRAL 9.00AM - 1.00PM
	一起做钢铁拳击(精简版)(只限男性)[426] 10.30AM - 11.30AM	一起快步走 8.30AM - 9.30AM	一起做弹力带拉筋操 (VIA HEALTHY 365) [426] TO BE CONFIRMED 9.30AM - 10.30AM	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] 2.00PM - 4.00PM	
	WELLNESS PET COMPANY 与 职总保健乐龄 活动中心(实龙岗中心) (敬请回复) [AH] 11.00AM - 12.00PM	保健系列 - 健康讲座: 降低患上血管性失 智症的风险 (VIA HEALTHY 365) [AH] 11.00AM - 12.00PM			
	一起来 MAKAN 与 WELLNESS PET COMPANY (敬请回复) [AH] 12.00PM - 1.00PM	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 YOUTH CORPS DIGITAL BUDDIES [AH] 3.30PM - 5.00PM	
	一起做禅绕画 [AR] 2.00PM - 4.00PM	游戏时间 (拉米牌和麻将) [AH] 3.00PM - 5.30PM	一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM		
	可持续性 WITH YOUTH CORPS 3.30PM - 5.00PM	一起打匹克球 传奇 [MPH] 4.30PM - 5.30PM 一起饮茶 [AH] 4.00PM - 5.00PM			

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星期一	星期二	星期三	星期四	星期五	星期六
19	20	21	22	23	24
一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM	一起来吃早餐和运动伙伴 (敬请回复) 7.30AM - 8.30AM	一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM	
一起打匹克球传奇 @ PUNGGOL SHORE CC 9.30AM - 10.30AM	一起做钢铁拳击(精简版)(只限男性) [426] 10.30AM - 11.30AM	一起快步走 8.30AM - 9.30AM	一起做弹力带拉筋操 (VIA HEALTHY 365) [426] TO BE CONFIRMED 9.30AM - 10.30AM	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		服务 - 社区保健站 - 健康教练 [CHP] 9:00AM - 12:00AM		一起做: 纸板艺术 与 ANJA (敬请回复) [AR] 10.00AM - 11.30AM	
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] 2.00PM - 4.00PM	
一起饮茶 [AH] 4.00PM - 5.00PM		保健系列 - 健康讲座: 健康富裕 万事如意 (VIA HEALTHY 365) [AH] 11.00AM - 12.00PM	一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM		
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	一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM	一起学科技 与 YOUTH CORPS DIGITAL BUDDIES [AH] 3.30PM - 5.00PM	
一起打匹克球传奇 [MPH] 4.30PM - 5.30PM		游戏时间: 与 SG 麻将一起进行麻将比赛 [AH] 3.00PM - 5.30PM			
		一起饮茶 [AH] 5.30PM - 6.30PM			

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26	27	28	29	30	31
走走动动脑 8.30AM - 10.00AM	一起快步走 8.30AM - 9.30AM	一起来吃早餐和运动伙伴 (敬请回复) 7.30AM - 8.30AM	一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM	
	一起做钢铁拳击(精简版)(只限男性) [426] 10.30AM - 11.30AM	一起快步走 8.30AM - 9.30AM	一起做弹力带拉筋操 (VIA HEALTHY 365) [426] TO BE CONFIRMED 9.30AM - 10.30AM	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	一起学英语-初级 (敬请回复) [AR] 11.00AM - 12.00PM	服务 - 社区保健站: COMMUNITY HEALTH POST- HEALTH NURSE [CHP] 9:00AM - 12:00AM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM		
一起来K歌 [AH] 2.00PM - 4.00PM	一起参加 "INTERES-THINK" 交流会 2025 与 SG Cares 志愿服务协调站@ 实龙岗 1.00PM - 4.00PM	保健系列 - 健康讲座: 健康的孙子, 快乐的我! (VIA HEALTHY 365) [AH] 11.00AM - 12.00PM	代际交流 - 幼儿园: MFS@WOODLEIGH (敬请回复) [AH] 10.00AM - 11.30AM	一起做衍纸 [AR] 2.00PM - 4.00PM	
一起饮茶 [AH] 4.00PM - 5.00PM		一起来K歌 [AH] 2.00PM - 4.00PM	一起来MAKAN (敬请回复) [AH] 11.30AM - 1.00PM		
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	游戏时间 (拉米牌和麻将) [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 YOUTH CORPS DIGITAL BUDDIES [AH] 3.30PM - 5.00PM	
一起打匹克球传奇 [MPH] 4.30PM - 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
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