



2026 May

 **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
				1	2
				ACTIVE STEPS, SHARP MINDS SPECIAL EDITION: AMAZING MRT RACE (RSVP ONLY) 8.00AM - 1.00PM LET'S MAKAN TOGETHER [AH] 1.00PM - 2.00PM CENTRE CLOSED [LABOUR DAY]	
4	5	6	7	8	9
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	WALKING FOODPEDIA [ENGLISH] [AH] 10.00AM - 12.00PM	
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	CENTRE CLOSED TOWNHALL	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	CPF & MY HEALTHCARE + ANTI-SCAM [AH] 9.30AM - 12.30PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM		
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	LET'S TALK NEWS [AH] 2:00PM - 3:00PM		LET'S ADAPTIVE SPORT WITH HCI: LADDER TOSS [AH] 10.30AM - 11.00AM		
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S ADAPTIVE SPORT LET'S ADAPTIVE SPORT WITH HCI: DISC GOLF [AH] 11.00AM - 11.30AM		
	ICCP : BADMINTON @ BRADDELL HEIGHTS CC (RSVP) 2:30PM - 3:30PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT LET'S ADAPTIVE SPORT WITH HCI: BOCCIA [AH] 11.30AM - 12.00PM		
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM		LET'S YUM CHA TOGETHER [AH] 2.00PM - 3.00PM		
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 3.30PM - 4.00PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	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	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



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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MON 11	TUE 12	WED 13	THU 14	FRI 15	SAT 16
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	GROOVING DOWN MEMORY LANE 8.30AM - 9.30AM	
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	WALKING FOOTBALL @ LORONG LEW LIAN COMMUNITY HALL (RSVP ONLY) 10:00AM - 11:30AM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH NURSE (RSVP ONLY) [CHP] 9.00AM - 12:00PM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	WALKING FOODPEDIA [CHINESE] [AH] 10.00AM - 12.00PM	
	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 QI'DANCE [426] 10.00AM - 11.00AM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	TARGET TOGETHER [AH] 11.30AM - 12.30PM	
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	LET'S CELEBRATE BIRTHDAY [AH] 11.30AM - 12.30PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM		THE STEADY MEN (MALE Xclusive) (RSVP ONLY) [AH] 1.00PM - 2.00PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S GO GAI GAI: LONG KUAN HUNG CROCODILE FARM (RSVP ONLY) 10.00AM - 12.00PM	LET'S ADAPTIVE SPORT: LADDER TOSS WITH HCI[AH] 10.30AM - 11.00AM	LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM	
	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM		LET'S ADAPTIVE SPORT: DISC GOLF WITH HCI [AH] 11.00AM - 11.30AM		
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	ICCP : BADMINTON @ BRADDELL HEIGHTS CC (RSVP) 2:30PM - 3:30PM	LET'S MAKAN TOGETHER - OUTDOOR [AH] 12.00PM - 1.00PM	LET'S ADAPTIVE SPORT: BOCCIA WITH HCI [AH] 11.30AM - 12.00PM	LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: USING GOOGLE LENS & TRANSLATE [AH] 3.30PM - 5.00PM	
	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S YUM CHA TOGETHER [AH] 2.00PM - 3.00PM		
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 3.30PM - 4.00PM		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	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM		



Venue

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2026 May

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



MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23
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	GROOVING DOWN MEMORY LANE 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	WALKING FOODPEDIA [CHINESE] [AH] 10.00AM - 12.00PM	
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 DO COTTON BUD ART [AR] 10.30AM - 11.30AM		
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	LET'S TALK NEWS [AH] 2:00PM - 3:00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S ADAPTIVE SPORT: LADDER TOSS [AH] 10.30AM - 11.00AM	THE STEADY MEN (MALE Xclusive) (RSVP ONLY) [AH] 1.00PM - 2.00PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: DISC GOLF [AH] 11.00AM - 11.30AM		
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 & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: BOCCIA [AH] 11.30AM - 12.00PM	
	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM	INTERGEN: SINGAPORE AMERICAN SCHOOL CHAT AND CONNECT [AR] 12:30PM - 2:00PM			
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 3.30PM - 4.00PM		LET'S YUM CHA TOGETHER [AH] 2.00PM - 3.00PM	LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: GOOGLE MAPS (WALKING TO DESTINATION) [AH] 3.30PM - 5.00PM	
LET'S PICKLEBALL [MPH/ISH] 4.00PM - 5.30PM	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 ADAPTIVE SPORT: FLOORBALL [AH] 4.00PM-4.30PM		LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM		




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MON 25	TUE 26	WED 27	THU 28	FRI 29	SAT 30
LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	CENTRE CLOSED [HARI RAYA HAJI]	LET'S BRISK WALK 8.30AM - 9.30AM	GROOVING DOWN MEMORY LANE 8.30AM - 9.30AM	BRADDELL HEIGHTS 50TH ANNIVERSARY CELEBRATIONS [BLOCK 415 AND 416] 9.30AM - 12.30PM
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		RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	WALKING FOODPEDIA [CHINESE] [AH] 10.00AM - 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 DO COTTON BUD ART [AR] 10.30AM - 11.30AM	TARGET TOGETHER [AH] 11.30AM - 12.30PM	
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM			F4: LET'S EXERCISE TOGETHER [AH] 11.30AM - 12.00PM	NHG HEALTHIVERSE CARNIVAL@ BUKIT CANBERRA 12.00PM - 9.00PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM		F4: LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 12.00PM - 1.00PM	LET'S DO PAPER QUILLING [AR] 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		LET'S LUNCH WITH SPECIALIST (RSVP ONLY) [AH] TO BE CONFIRMED 1.00PM - 2.00PM	THE STEADY MEN (MALE Xclusive) (RSVP ONLY) [AH] 1.00PM - 2.00PM 	
	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM		LET'S LUNCH WITH SPECIALIST (RSVP ONLY) [AH] TO BE CONFIRMED 1.00PM - 2.00PM	LET'S YUM CHA TOGETHER [AH] 3.00PM - 4.00PM	
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 3.30PM - 4.00PM		LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: PHONE SCREEN USAGE & HEALTHY DIGITAL USE [AH] 3.30PM - 5.00PM	
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		



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MON 25	TUE 26	WED 27	THU 28	FRI 29	SAT 30
LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	CENTRE CLOSED [HARI RAYA HAJI]	LET'S BRISK WALK 8.30AM - 9.30AM	GROOVING DOWN MEMORY LANE 8.30AM - 9.30AM	BRADDELL HEIGHTS 50TH ANNIVERSARY CELEBRATIONS [BLOCK 415 AND 416] 9.30AM - 12.30PM
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		RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	WALKING FOODPEDIA [CHINESE] [AH] 10.00AM - 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 DO COTTON BUD ART [AR] 10.30AM - 11.30AM	TARGET TOGETHER [AH] 11.30AM - 12.30PM	
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM			F4: LET'S EXERCISE TOGETHER [AH] 11.30AM - 12.00PM	NHG HEALTHIVERSE CARNIVAL@ BUKIT CANBERRA 12.00PM - 9.00PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM		F4: LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 12.00PM - 1.00PM	LET'S DO PAPER QUILLING [AR] 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		LET'S LUNCH WITH SPECIALIST (RSVP ONLY) [AH] TO BE CONFIRMED 1.00PM - 2.00PM	THE STEADY MEN (MALE Xclusive) (RSVP ONLY) [AH] 1.00PM - 2.00PM 	
	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM		LET'S LUNCH WITH SPECIALIST (RSVP ONLY) [AH] TO BE CONFIRMED 1.00PM - 2.00PM	LET'S YUM CHA TOGETHER [AH] 3.00PM - 4.00PM	
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORT: CUP STACKING [AH] 3.30PM - 4.00PM		LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: PHONE SCREEN USAGE & HEALTHY DIGITAL USE [AH] 3.30PM - 5.00PM	
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		

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MON	TUE	WED	THU	FRI	SAT
				1 走走动动脑 特别版: 精彩绝伦的捷运竞赛 (敬请回复) 8.00AM - 1.00PM 一起来MAKAN [AH] 1.00PM - 2.00PM	2
				中心关闭 [劳动节]	
4	5	6	7	8	9
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	行走吧 百科全食 [英文版] (敬请回复) [AH] 10.00AM - 12.00PM	
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	中心关闭 [市民大会]	
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	公积金与我的医疗保健防诈骗 [AH] 9.30AM - 12.30PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM		
一起饮茶 [AH] 12.00PM - 1.00PM	一起聊新闻[AH] 2:00PM - 3:00PM	一起来MAKAN [AH] 12.30PM - 1.30PM	与华侨中学 一起玩梯式投球 [AH] 10.30AM - 11.00AM		
一起来K歌 [AH] 2.00PM - 4.00PM	一起做禅绕画 [AR] 2.00PM - 4.00PM	一起来MAKAN [AH] 12.30PM - 1.30PM	与华侨中学 一起玩飞盘高尔夫[AH] 11.00AM - 11.30AM		
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	一起来K歌 [AH] 2.00PM - 4.00PM	与华侨中学 一起玩 硬地滚球 [AH] 11.30AM - 12.00PM		
一起喝咖啡 (只限男性) [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	一起饮茶 [AH] 2.00PM - 3.00PM		
一起打匹克球 [MPH/ISH] 4.00PM - 5.30PM	一起玩竞技叠杯 [AH] 3.30PM - 4.00PM	服务 - 社区保健站 - 健康教练 (敬请回复) [CHP] 2:00PM - 5:00PM	一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM		
	一起玩 地板球 [AH] 4.00PM - 4.30PM		一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM		

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MON 11	TUE 12	WED 13	THU 14	FRI 15	SAT 16
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	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	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	行走吧 百科全食 [中文版] (敬请回复) [AH] 10.00AM - 12.00PM	
	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	一起跳气功舞 [426] 10.00AM - 11.00AM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	一起玩射击 [AH] 11.30AM - 12.30PM	
一起饮茶 [AH] 12.00PM - 1.00PM	一起来庆生 [AH] 11.30AM - 12.30PM	一起来 MAKAN [AH] 12.30PM - 1.30PM		一起做运动: 稳健男士 (只限男性) [AR] 1.00PM - 2.00PM	
一起来K歌 [AH] 2.00PM - 4.00PM	一起来 MAKAN [AH] 12.30PM - 1.30PM	一起去 Gai Gai: 农光行鳄鱼场 (敬请回复) 10.00AM - 12.00PM	一起玩竞技叠杯 [AH] 10.30AM - 11.00AM	一起做 衍纸 [AR] 2.00PM - 4.00PM	
	一起做禅绕画 [AR] 2.00PM - 4.00PM		一起玩飞盘高尔夫 [AH] 11.00AM - 11.30AM		
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	一起来 makan - 户外 [AH] 12.00PM - 1.00PM	一起玩 硬地滚球 [AH] 11.30AM - 12.00PM	一起做 衍纸 [AR] 2.00PM - 4.00PM	
	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	一起饮茶 [AH] 2.00PM - 3.00PM		
一起喝咖啡 (只限男性) [AH] 2.00PM - 4:00PM	一起玩竞技叠杯 [AH] 3.30PM - 4.00PM		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	一起学科技 与 青年志愿团 数码伙伴: 使用 Google Lens 和翻译 [AH] 3.30PM - 5.00PM
一起打匹克球 [MPH/ISH] 4.00PM - 5.30PM	一起玩 地板球 [AH] 4.00PM - 4.30PM			一起做 DrumFit (敬请回复) [AH] 3.00PM - 4.00PM	

Venue

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2026 五月

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



MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23
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	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	行走吧 百科全食 [中文版] (敬请回复) [AH] 10.00AM - 12.00PM	
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		一起做棉花糖艺术 [AR] 10.30AM - 11.30AM		
一起饮茶 [AH] 12.00PM - 1.00PM	一起聊新闻[AH] 2:00PM - 3:00PM	一起来MAKAN [AH] 12.30PM - 1.30PM	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] 1.00PM - 2.00PM	
一起来K歌 [AH] 2.00PM - 4.00PM	一起做禅绕画 [AR] 2.00PM - 4.00PM	一起来K歌 [AH] 2.00PM - 4.00PM	一起玩飞盘高尔夫[AH] 11.00AM - 11.30AM		
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: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起玩 硬地滚球 [AH] 11.30AM - 12.00PM	一起做 衍纸 [AR] 2.00PM - 4.00PM
	游戏时间: 象棋 (只限男性) [AH] 2.00PM - 4.00PM	代际交流 - 中学: 新加坡美国学校 聊天互动) (敬请回复) [AR] 12:30PM - 2:00PM			
一起喝咖啡 (只限男性) [AH] 2.00PM - 4:00PM	一起玩竞技叠杯 [AH] 3.30PM - 4.00PM		一起饮茶 [AH] 2.00PM - 3.00PM	一起学科技 与 青年志愿团 数码伙伴: Google地图导航 (步行前往目的地) [AH] 3.30PM - 5.00PM	
一起打匹克球 [MPH/ISH] 4.00PM - 5.30PM	一起玩 地板球 [AH] 4.00PM - 4.30PM	服务 - 社区保健站 - 健康教练 (敬请回复) [CHP] 2:00PM - 5:00PM	一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM		
			一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM		




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2026 五月

 **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
25	26	27	28	29	30
一起快步走 8.30AM - 9.30AM	一起快步走 8.30AM - 9.30AM	中心关闭 [哈芝节(宰牲节)]	一起快步走 8.30AM - 9.30AM	律动回忆之旅 8.30AM - 10.00AM	布莱德岭民众俱乐部 50周年庆典 [BLOCK 415 AND 416] 9.30AM - 12.30PM
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		一起做弹力带拉筋操 (VIA HEALTHY 365) (敬请回复) [426] 9.15AM - 10.15AM	行走吧 百科全食 [中文版] (敬请回复) [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		一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	一起玩射击 [AH] 11.30AM - 12.30PM	
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		F4: 一起做运动 [AH] 11.30AM - 12.00PM	国立健保集团嘉年华 @ 武吉坎贝拉 12.00PM - 9.00PM	
一起来K歌 [AH] 2.00PM - 4.00PM	一起做禅绕画 [AR] 2.00PM - 4.00PM		F4: 一起来MAKAN (敬请回复) [AH] 12.00PM - 1.00PM	一起做 衍纸 [AR] 2.00PM - 4.00PM	
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		与专家共进午餐 (敬请回复) [AH] 有待 确认 1.00PM - 2.00PM	一起做运动: 稳健男士 (只限男性) [AR] 1.00PM - 2.00PM CANCELLED	
一起喝咖啡 (只限男性) [AH] 2.00PM - 4.00PM	游戏时间: 象棋 (只限男性) [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] 4.00PM - 5.30PM	一起玩 地板球 [AH] 4.00PM - 4.30PM		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: 手机屏幕使用与健康数 码使用 [AH] 3.30PM - 5.00PM	

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