2026 November

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**
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 BRISK WALK 8.30AM - 9.30AM	
LET'S PILOXING **(RSVP ONLY) [AH]** 9.45AM - 10.45AM	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	DRAGONBOAT TRAINING @ KALLANG BASIN **(RSVP ONLY)** 9.00AM - 11.00AM	
LET'S PICK UP CHINESE **(RSVP ONLY) [AH]** 11.00AM - 12.00PM	LET'S PICK UP ENGLISH **(RSVP ONLY) [AR]** 11.00AM - 12.00PM	STAY WELL SERIES: GROUP COACHING BY NHG (POST BE FIT, NOT FRAIL (BFF) SCREENING) **(CLOSED GROUP) [AR]** 9:00AM - 10:30AM **[ENGLISH]**			
LET'S YUM CHA TOGETHER **[AH]** 12.00PM - 1.00PM	CURRENT AFFAIRS U&ME **[AR]** 2:00PM - 3:00PM	STAY WELL SERIES: GROUP COACHING BY NHG (POST BE FIT, NOT FRAIL (BFF) SCREENING) **(CLOSED GROUP) [AR]** 10:30AM - 12:00PM **[MANDARIN]**	LET'S DO COTTON BUD ART **[AR]** 10.30AM - 11.30AM	STEADY LAH! (WEEK 6) **(CLOSED GROUP) [AH]** 9.30AM - 11.00AM	
LET'S SING TOGETHER WITH ANTHONY **[AH]** 1.00PM - 2.00PM	~~ICCP : BADMINTON @ BRADDELL HEIGHTS CC **(RSVP ONLY)**~~ ~~2:30PM - 3:30PM~~ CANCELLED	LET'S CELEBRATE BIRTHDAY **[AH]** 11.30AM - 12.30PM	TARGET TOGETHER **(MALE Xclusive) [AH]** 11.00AM - 12.00PM	~~LET'S CHAIR YOGA **[AH]**~~ ~~1.30PM - 2.30PM~~ CANCELLED	
LET'S KTV TOGETHER **[AH]** 2.00PM - 4.00PM	~~STRATEGISE WITH KAKIS: CHINESE CHESS **(Male Exclusive) [AH]**~~ ~~2.00PM - 4.00PM~~ CANCELLED	LET'S MAKAN TOGETHER **[AH]** 12.30PM - 1.30PM	LET'S YUM CHA TOGETHER **[AH]** 12.00PM - 1.00PM	STAY WELL SERIES - HEALTH TALK PROMOTING GOOD PRACTICES IN CHRONIC DISEASE MANAGEMENT (DIABETES) WORKSHOPS **[ENGLISH]** **(RSVP ONLY) [AH]** 2.30PM - 4.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O **[AH]** 2.00PM - 4.00PM	**CENTRE CLOSED** **[VOLUNTEER APPRECIATION DAY]**	LET'S KTV TOGETHER **[AH]** 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY **(RSVP ONLY) [AR]** 2.00PM - 4.00PM		
LET'S LIM KOPI **(MALE Xclusive) [AH]** 2.00PM - 4.00PM		STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O **[AH]** 2.00PM - 4.00PM			
~~LET'S PICKLEBALL **[MPH/ISH]**~~ ~~4.00PM - 5.15PM~~ CANCELLED		SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH **(RSVP ONLY) [CHP]** 2:00PM - 5:00PM	LET'S DRUM FIT LITE **(RSVP ONLY) [AH]** 3.00PM - 4.00PM	LET'S YUM CHA TOGETHER **[AH]** 4.00PM - 5.00PM	

Venue
AH: Activity Hall **AR: Activity Room** **426: Block 426 Void Deck** **AT: Atrium between Block 420 & 423** **FSC / MPH: Futsal Court / Multi Purpose Hall @ St Gabriel's Sec School**

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2026 November

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Centre Contact: 6715 6760 / 8938 4054



MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
CENTRE CLOSED [DEEPAVALI]	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 (BRISK WALK) 8.30AM - 9.30AM	
	LET'S STEEL COMBAT **(MALE Xclusive) [426]** 10.30AM - 11.30AM	STAY WELL SERIES: GROUP COACHING BY NHG (POST BE FIT, NOT FRAIL (BFF) SCREENING) **(CLOSED GROUP) [AR]** 9:00AM - 10:30AM [ENGLISH]	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) **(RSVP ONLY) [426]** 9:15AM - 10:15AM	STEADY LAH! (WEEK 7) **(CLOSED GROUP) [AH]** 9.30AM - 11.00AM	
	LET'S PICK UP ENGLISH **(RSVP ONLY) [AR]** 11.00AM - 12.00PM	STAY WELL SERIES: GROUP COACHING BY NHG (POST BE FIT, NOT FRAIL (BFF) SCREENING) **(CLOSED GROUP) [AR]** 10:30AM - 12:00PM [MANDARIN]	LET'S DO COTTON BUD ART **[AR]** 10.30AM - 11.30AM		
		LET'S Qi'DANCE **[426]** 10.00AM - 11.00AM		DRAGON BOAT COMPETITION @ WATER SPORTS CENTRE, 8 STADIUM WALK, SINGAPORE 397699 **(CLOSED GROUP)** 1.30PM - 4.00PM	
		LET'S LEARN TO COOK **(RSVP ONLY) [AH]** 10.00AM - 12.00PM	LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM		
	ICCP : BADMINTON @ BRADDELL HEIGHTS CC **(RSVP ONLY)** 2:30PM - 3:30PM	LET'S MAKAN TOGETHER **[AH]** 12.30PM - 1.30PM			
		LET'S KTV TOGETHER **[AH]** 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY **(RSVP ONLY) [AR]** 2.00PM - 4.00PM	LET'S CHAIR YOGA **(RSVP ONLY) [AH]** 1.30PM - 2.30PM	
		STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O **[AH]** 2.00PM - 4.00PM			
	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 LITE **(RSVP ONLY) [AH]** 3.00PM - 4.00PM	LET'S YUM CHA TOGETHER **[AH]** 4.00PM - 5.00PM	

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Centre Contact: 6715 6760 / 8938 4054



MON	TUE	WED	THU	FRI	SAT
16	**17**	**18**	**19**	**20**	**21 / 22**
LET'S BRISK WALK 8.30AM - 9.30AM	**CENTRE CLOSED [AAC SYMPOSIUM]**	LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	GROOVING DOWN MEMORY LANE (BRISK WALK) 8.30AM - 9.30AM	**[22 NOVEMBER 2026]** LET'S JOIN GRANDPARENTS' DAY CELEBRATIONS @ BLK 410 **(RSVP ONLY)** 9.00AM - 12.00PM
LET'S PILOXING **(RSVP ONLY) [AH]** 9.45AM - 10.45AM		STAY WELL SERIES: GROUP COACHING BY NHG (POST BE FIT, NOT FRAIL (BFF) SCREENING) **(CLOSED GROUP) [AR]** 9:00AM - 10:30AM **[ENGLISH]**	RESISTANCE BAND EXERCISE **(VIA HEALTHY 365) (RSVP ONLY) [426]** 9:15AM - 10:15AM	STEADY LAH! (WEEK 8) **(CLOSED GROUP) [AH]** 9.30AM - 11.00AM	
LET'S PICK UP CHINESE **(RSVP ONLY) [AH]** 11.00AM - 12.00PM		STAY WELL SERIES: GROUP COACHING BY NHG (POST BE FIT, NOT FRAIL (BFF) SCREENING) **(CLOSED GROUP) [AR]** 10:30AM - 12:00PM **[MANDARIN]**	LET'S DO COTTON BUD ART **[AR]** 10.30AM - 11.30AM	LET'S CHAIR YOGA **(RSVP ONLY) [AH]** 1.30PM - 2.30PM	
LET'S YUM CHA TOGETHER **[AH]** 12.00PM - 1.00PM		LET'S Qi'DANCE **[426]** 10.00AM - 11.00AM	TARGET TOGETHER **(MALE Xclusive) [AH]** 11.00AM - 12.00PM	STAY WELL SERIES - HEALTH TALK PROMOTING GOOD PRACTICES IN CHRONIC DISEASE MANAGEMENT (DIABETES) WORKSHOPS **[ENGLISH] (RSVP ONLY) [AH]** 2.30PM - 4.00PM	
LET'S SING TOGETHER WITH ANTHONY **[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 YUM CHA TOGETHER **[AH]** 12.00PM - 1.00PM		
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O **[AH]** 2.00PM - 4.00PM		LET'S KTV TOGETHER **[AH]** 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY **(RSVP ONLY) [AR]** 2.00PM - 4.00PM	**CENTRE CLOSED 【D&D】**	
LET'S LIM KOPI **(MALE Xclusive) [AH]** 2.00PM - 4.00PM		STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O **[AH]** 2.00PM - 4.00PM			
~~LET'S PICKLEBALL **[MPH/HSH]** 4.00PM – 5.15PM~~ CANCELLED		SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH **(RSVP ONLY) [CHP]** 2:00PM - 5:00PM	LET'S DRUM FIT LITE **(RSVP ONLY) [AH]** 3.00PM - 4.00PM		

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Centre Contact: 6715 6760 / 8938 4054



MON	TUE	WED	THU	FRI	SAT
23	**24**	**25**	**26**	**27**	**28/29**
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 (BRISK WALK) 8.30AM - 9.30AM	
LET'S PILOXING **(RSVP ONLY) [AH]** 9.45AM - 10.45AM	LET'S DO LAUGHTHER YOGA WITH SINGAPORE WOMEN'S ASSOCIATION **[AH]** 9.30AM - 10.30AM	STAY WELL SERIES: GROUP COACHING BY NHG (POST BE FIT, NOT FRAIL (BFF) SCREENING) **(CLOSED GROUP) [AR]** 9:00AM - 10:30AM [ENGLISH]	RESISTANCE BAND EXERCISE **(VIA HEALTHY 365) (RSVP ONLY) [426]** 9:15AM - 10:15AM	STEADY LAH! (WEEK 9) **(CLOSED GROUP) [AH]** 9.30AM - 11.00AM	
LET'S PICK UP CHINESE **(RSVP ONLY) [AH]** 11.00AM - 12.00PM	LET'S STEEL COMBAT **(MALE Xclusive) [426]** 10.30AM - 11.30AM	STAY WELL SERIES: GROUP COACHING BY NHG (POST BE FIT, NOT FRAIL (BFF) SCREENING) **(CLOSED GROUP) [AR]** 10:30AM - 12:00PM [MANDARIN]	~~LET'S DO COTTON BUD ART **[AR]**~~ ~~10.30AM - 11.30AM~~ CANCELLED		
LET'S YUM CHA TOGETHER **[AH]** 12.00PM - 1.00PM		LET'S LEARN TO BAKE **(RSVP ONLY) [AH]** 10.00AM - 12.00PM	F4: LET'S EXERCISE TOGETHER [AH] 11.30AM - 12.00PM	LET'S CHAIR YOGA **(RSVP ONLY) [AH]** 1.30PM - 2.30PM	**[29 NOVEMBER 2026]** LET'S JOIN PULSE 2026 @ SINGAPORE NATIONAL STADIUM **(RSVP ONLY)** 8.30AM - 12.30PM
LET'S SING TOGETHER WITH ANTHONY **[AH]** 1.00PM - 2.00PM	LET'S PICK UP ENGLISH **(RSVP ONLY) [AR]** 11.00AM - 12.00PM	LET'S Qi'DANCE **[426]** 10.00AM - 11.00AM	F4: LET'S MAKAN TOGETHER **(RSVP ONLY) [AH]** 12.00PM - 1.00PM		
LET'S KTV TOGETHER **[AH]** 2.00PM - 4.00PM		LET'S MAKAN TOGETHER **[AH]** 12.30PM - 1.30PM	LET'S DO CALLIGRAPHY **(RSVP ONLY) [AR]** 2.00PM - 4.00PM		
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O **[AH]** 2.00PM - 4.00PM	ICCP : BADMINTON @ BRADDELL HEIGHTS CC **(RSVP ONLY)** 2:30PM - 3:30PM	LET'S KTV TOGETHER **[AH]** 2.00PM - 4.00PM		LET'S TALK ABOUT SBS ESCALATOR SAFETY SHARING **[AH]** 3.00PM - 4.00PM	
LET'S LIM KOPI **(MALE Xclusive) [AH]** 2.00PM - 4.00PM		STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O **[AH]** 2.00PM - 4.00PM	LET'S DRUM FIT LITE **(RSVP ONLY) [AH]** 3.00PM - 4.00PM		
~~LET'S PICKLEBALL **[MPH/ISH]**~~ ~~4.00PM - 5.15PM~~ CANCELLED	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 YUM CHA TOGETHER **[AH]** 4.00PM - 5.00PM	LET'S YUM CHA TOGETHER **[AH]** 4.00PM - 5.00PM	

Venue
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Centre Contact: 6715 6760 / 8938 4054



MON	TUE	WED	THU	FRI	SAT
30					
LET'S BRISK WALK 8.30AM - 9.30AM					
LET'S PILOXING **(RSVP ONLY) [AH]** 9.45AM - 10.45AM					
LET'S PICK UP CHINESE **(RSVP ONLY) [AH]** 11.00AM - 12.00PM					
LET'S YUM CHA TOGETHER **[AH]** 12.00PM - 1.00PM					
LET'S SING TOGETHER WITH ANTHONY **[AH]** 1.00PM - 2.00PM					
LET'S KTV TOGETHER **[AH]** 2.00PM - 4.00PM					
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O **[AH]** 2.00PM - 4.00PM					
LET'S LIM KOPI **(MALE Xclusive) [AH]** 2.00PM - 4.00PM					
~~LET'S PICKLEBALL **[MPH/ISH]**~~ ~~4.00PM - 5.15PM~~ CANCELLED					

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2026 十一月

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Centre Contact: 6715 6760 / 8938 4054



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
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	一起快步走 8.30AM - 9.30AM	
一起做 PILOXING **(敬请回复) [426]** 9.45AM - 10.45AM	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	龙舟训练 @加冷河盆地 **(敬请回复)** 9.00AM - 11.00AM	
一起学华语 - 初级 **(敬请回复) [AH]** 11.00AM - 12.00PM	一起学英语 -初级 **(敬请回复) [AR]** 11.00AM - 12.00PM	保健系列 - 健康讲座: NHG 团体辅导 (保持健康，预防衰弱筛查后) **(指定组别) [AR]** 9:00AM - 10:30AM **[英语]**		Steady Lah!（第6周）**(指定组别)[AH]** 9.30AM - 11.00AM	
一起饮茶 **[AH]** 12.00PM - 1.00PM	时事新闻你和我 **[AH]** 2:00PM - 3:00PM	保健系列 - 健康讲座: NHG 团体辅导 (保持健康，预防衰弱筛查后) **(指定组别) [AR]** 10.30AM - 12.00PM **[华语]**	一起做棉花棒 艺术 **[AR]** 10.30AM - 11.30AM	~~一起做坐式瑜伽 (敬请回复) [AH]~~ ~~1.30PM - 2.30PM~~ CANCELLED	
与 ANTHONY 一起来唱歌 **[AH]** 1.00PM - 2.00PM	~~ICCP : 羽毛球 @ 布莱德岭民众俱乐部 (敬请回复)~~ ~~2:30PM - 3:30PM~~ CANCELLED	一起来庆生 **[AH]** 11.30AM - 12.30PM	一起玩射击 **(只限男性) [AH]** 11.00AM - 12.00PM		
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~~ CANCELLED	一起来MAKAN **[AH]** 12.30PM - 1.30PM	一起饮茶 **[AH]** 12.00PM - 1.00PM	保健系列 - 健康讲座 - 提倡慢性疾病管理的良好 习惯（糖尿病） **（英语）(敬请回复) [AH]** 2.30PM - 4.00PM	
游戏时间: 麻将 & 拉密牌 **[AH]** 2.00PM - 4.00PM	中心关闭 【志愿者感谢日】	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			
~~一起打匹克球 [FSC/ MPH]~~ ~~4.00PM - 5.15PM (待确认)~~ CANCELLED		服务 - 社区保健站 - 健康教练 **(敬请回复) [CHP]** 2:00PM - 5:00PM	一起做DRUMFIT LITE **(敬请回复) [AH]** 3.00PM - 4.00PM	一起饮茶 **[AH]** 4.00PM - 5.00PM	

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
中心关闭 **【屠妖节】**	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 - 9.30AM	
	一起做钢铁拳击 (精简版) **(只限男性) [426]** 10.30AM - 11.30AM	保健系列 - 健康讲座: NHG 团体辅导 (保持健康，预防衰弱筛查后) **(指定组别) [AR]** 9:00AM - 10:30AM **[英语]**	一起做弹力带拉筋操 **(VIA HEALTHY 365) (敬请回复) [426]** 9.15AM - 10.15AM	Steady Lah!（第7周) **(指定组别)[AH]** 9.30AM - 11.00AM	
	一起学英语 -初级 **(敬请回复) [AR]** 11.00AM - 12.00PM	保健系列 - 健康讲座: NHG 团体辅导 (保持健康，预防衰弱筛查后) **(指定组别) [AR]** 10.30AM - 12.00PM **[华语]**			
		一起跳气功舞 **[426]** 10.00AM - 11.00AM	一起做棉花棒艺术 **[AR]** 10.30AM - 11.30AM	龙舟比赛 @水上运动中心，新加坡体育场步行道8号，邮编 397699 **(指定组别)** 1.30PM - 4.00PM	
	ICCP : 羽毛球 @ 布莱德岭民众俱乐部 **(敬请回复)** 2:30PM - 3:30PM	一起学烹饪 **(敬请回复)** 10.00AM - 12.00PM			
		一起来MAKAN **[AH]** 12.30PM - 1.30PM	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	一起写书法 **(敬请回复) [AR]** 2.00PM - 4.00PM	一起做坐式瑜伽 **(敬请回复) [AH]** 1.30PM - 2.30PM	
		游戏时间: 麻将 & 拉密牌 **[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 LITE **(敬请回复) [AH]** 3.00PM - 4.00PM	一起饮茶 **[AH]** 4.00PM - 5.00PM	

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MON	TUE	WED	THU	FRI	SAT
16	**17**	**18**	**19**	**20**	**21 / 22**
一起快步走 8.30AM - 9.30AM	**中心关闭 【员工大会】**	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 - 9.30AM	**[2026年11月29日]** 一起参加祖父母节 @ 大牌 410 **(敬请回复)** 8.30AM - 12.30PM
一起做 PILOXING **(敬请回复) [AH]** 9.45AM - 10.45AM		保健系列 - 健康讲座: NHG 团体辅导 (保持健康，预防衰弱筛查后) **(指定组别) [AR]** 9:00AM - 10:30AM **[英语]**	一起做弹力带拉筋操 **(VIA HEALTHY 365) (敬请回复) [426]** 9.15AM - 10.15AM	Steady Lah!（第8周) **(指定组别)[AH]** 9.30AM - 11.00AM	
一起学华语 - 初级 **(敬请回复) [AH]** 11.00AM - 12.00PM		保健系列 - 健康讲座: NHG 团体辅导 (保持健康，预防衰弱筛查后) **(指定组别) [AR]** 10.30AM - 12.00PM **[华语]**	一起做棉花棒艺术 **[AR]** 10.30AM - 11.30AM	一起做坐式瑜伽 **(敬请回复)** [AH] 1.30PM - 2.30PM	
一起饮茶 **[AH]** 12.00PM - 1.00PM		一起跳气功舞 **[426]** 10.00AM - 11.00AM	一起玩射击 **(只限男性) [AH]** 11.00AM - 12.00PM	保健系列 - 健康讲座 - 提倡慢性疾病管理的良好习惯（糖尿病） **（华语）(敬请回复) [AH]** 2.30PM - 4.00PM	
与 ANTHONY 一起来唱歌 **[AH]** 1.00PM - 2.00PM					
一起来K歌 **[AH]** 2.00PM - 4.00PM		一起来MAKAN **[AH]** 12.30PM - 1.30PM	一起饮茶 **[AH]** 12.00PM - 1.00PM	**中心关闭 【晚宴舞会】**	
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			
~~一起打匹克球 **[FSC/ MPH]** 4.00PM - 5.15PM (待确认)~~ CANCELLED		服务 - 社区保健站 - 健康教练 **(敬请回复) [CHP]** 2:00PM - 5:00PM	一起做DRUMFIT LITE **(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** **FSC / MPH: Futsal Court / Multi Purpose Hall @ St Gabriel's Sec School**

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2026 十一月

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 / 29**
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 - 9.30AM	
一起做 PILOXING **(敬请回复) [AH]** 9.45AM - 10.45AM	与新加坡妇女协会一起欢笑瑜伽 [AH] 9.30AM - 10.30AM	保健系列 - 健康讲座: NHG 团体辅导 (保持健康，预防衰弱筛查后）**(指定组别) [AR]** 9:00AM - 10:30AM **[英语]**	一起做弹力带拉筋操 **(VIA HEALTHY 365) (敬请回复) [426]** 9.15AM - 10.15AM	Steady Lah!（第9周） **(指定组别)[AH]** 9.30AM - 11.00AM	
一起学华语 - 初级 **(敬请回复) [AH]** 11.00AM - 12.00PM	一起做钢铁拳击 **(精简版) (只限男性) [426]** 10.30AM - 11.30AM	保健系列 - 健康讲座: NHG 团体辅导 (保持健康，预防衰弱筛查后）**(指定组别) [AR]** 10.30AM - 12.00PM **[华语]**	~~一起做棉花棒艺术 [AR]~~ ~~10.30AM - 11.30AM~~ CANCELLED		
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	一起学烘培 **(敬请回复) [AH]** 10.00AM - 12.00PM	F4: 一起做运动 **[AH]** 11.30AM - 12.00PM	一起做坐式瑜伽 (**敬请回复**) [AH] 1.30PM - 2.30PM	**[2026年11月29日]** 一起來参加 PULSE 2026@ 新加坡国家体育场 **(敬请回复)** 8.30AM - 12.30PM
与 ANTHONY 一起来唱歌 **[AH]** 1.00PM - 2.00PM		一起跳气功舞 **[426]** 10.00AM - 11.00AM	F4: 一起来MAKAN **(敬请回复)[AH]** 12.00PM - 1.00PM		
一起来K歌 **[AH]** 2.00PM - 4.00PM		一起来MAKAN **[AH]** 12.30PM - 1.30PM			
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	一起写书法 **(敬请回复) [AR]** 2.00PM - 4.00PM	一起来谈新捷运乘梯安全分享 **[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 LITE **(敬请回复) [AH]** 3.00PM - 4.00PM		
~~一起打匹克球 [FSC/ MPH]~~ ~~4.00PM - 5.15PM (待确认)~~ CANCELLED	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	一起饮茶 **[AH]** 4.00PM - 5.00PM	一起饮茶 **[AH]** 4.00PM - 5.00PM	

Venue
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2026 十一月

Centre Name: AAC (Serangoon Central)
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MON	TUE	WED	THU	FRI	SAT
30					
一起快步走 8.30AM - 9.30AM					
一起做 PILOXING **(敬请回复) [AH]** 9.45AM - 10.45AM					
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与 ANTHONY 一起来唱歌 **[AH]** 1.00PM - 2.00PM					
一起来K歌 **[AH]** 2.00PM - 4.00PM					
游戏时间: 麻将 & 拉密牌 **[AH]** 2.00PM - 4.00PM					
一起喝咖啡(**只限男性**) **[AH]** 2.00PM - 4:00PM					
~~一起打匹克球 **[FSC/ MPH]**~~ ~~4.00PM - 5.15PM **(待确认)**~~ CANCELLED					

Venue
AH: Activity Hall **AR: Activity Room** **426: Block 426 Void Deck** **AT: Atrium between Block 420 & 423** **FSC / MPH: Futsal Court / Multi Purpose Hall @ St Gabriel's Sec School**

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