

2025 November



Centre Name: AAC (Serangoon Central)



Centre Address: 424 Serangoon Central #01-324 S550424



Centre Contact: 6715 6760 / 8938 4054



ntuc Health

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
ACTIVE STEPS, SHARP MINDS 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) [426] 9.15AM - 10.15AM	HAPPY AGEING PROMOTION PROGRAMME FOR YOU (HAPPY) (RSVP ONLY) [AH] 10.30AM - 11.30AM	
LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM			
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	CURRENT AFFAIR U & ME WITH SPH [AH] 2:00PM - 3:00PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH (RSVP ONLY) [CHP] 2:00PM - 5:00PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	TARGET TOGETHER [AH] 12.00PM - 1.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM		LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM		
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 3.00PM - 4.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM	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 YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	LET'S UPCYCLE WITH GREEN BUDDIES: SELF-WATERING PLANT HOLDER [AH] 3.30PM - 5.00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM			
LET'S PICKLEBALL LEGENDS [ISH] 3.00PM - 4.30PM		LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	THE STEADY MEN (RSVP ONLY) (MALE Xclusive) [AH] 5.00PM - 6.00PM		

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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ntuc Health

MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
ACTIVE STEPS, SHARP MINDS 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) [426] 9.15AM - 10.15AM	HAPPY AGEING PROMOTION PROGRAMME FOR YOU (HAPPY) (RSVP ONLY) [AH] 10.30AM - 11.30AM	
CELEBRITY HAIRCUT SERVICES (RSVP ONLY) [AH] 10.00AM - 12.00PM	LET'S CELEBRATE BIRTHDAY [AH] 11.30AM - 12.30PM	LEAVE WELL SERIES: LEGACY PLANNING WORKSHOP BY SATA [AH] 11:30AM - 1:30PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	TARGET TOGETHER (MALE Xclusive) WITH NTUC HEALTH AAC (GEYLANG SERAI) (RSVP ONLY) [AH] 12.00PM - 1.00PM	
LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH NURSE (RSVP ONLY) [CHP] 2:00PM - 5:00PM		LET'S MAKAN TOGETHER (MALE Xclusive) WITH NTUC HEALTH AAC (GEYLANG SERAI) (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		STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S LEARN TECH @ FOREST WOODS CONDO (RSVP ONLY) 2:00PM - 4:00PM	
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 KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM		
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM	LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM			
LET'S PICKLEBALL LEGENDS [ISH] 3.00PM - 4.30PM					

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



MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
ACTIVE STEPS, SHARP MINDS 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	CENTRE CLOSED	
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) [426] 9.15AM - 10.15AM		
LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	FIRE DRILL 10:15AM - 11:15AM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM		
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	CURRENT AFFAIR U & ME WITH SPH [AH] 2:00PM - 3:00PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH [CHP] 2:00PM - 5:00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM		
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM					
LET'S PICK UP CHINESE (RSVP ONLY) [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 DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM		
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM	STRATEGISE WITH KAKIS: MAHJONG COMPETITION WITH SG MAHJONGTOGETHER (RSVP ONLY) [AH] 3.00PM - 5.00PM	THE STEADY MEN (RSVP ONLY) (MALE Xclusive) [AH] 5.00PM - 6.00PM		
LET'S PICKLEBALL LEGENDS [MPH] 3.00PM - 4.30PM	LET'S UPCYCLE WITH GREEN BUDDIES: FABRIC COASTER / CUSHIONS [AH] 3.30PM - 5.00PM	LET'S YUM CHA TOGETHER [AH] 5.00PM - 6.00PM			

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ntuc
Health

MON	TUE	WED	THU	FRI	SAT	
24	25	26	27	28	29	
ACTIVE STEPS, SHARP MINDS 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 GEN TOGETHER WITH MY FIRST SKOOL GRANDPARENTS' DAY (RSVP ONLY) [AH] 10.00AM - 12.00PM	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) [426] 9.15AM - 10.15AM	HAPPY AGEING PROMOTION PROGRAMME FOR YOU (HAPPY) (RSVP ONLY) [AH] 10.30AM - 11.30AM		
LET'S PILOXING 10.30AM - 11.30AM (RSVP ONLY) [426]	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	F4: LET'S EXERCISE TOGETHER [AH] 11.00AM - 12.00PM	LET'S GEN TOGETHER WITH HCI (RSVP ONLY) [AH] 10:30AM - 12:00PM			
LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM		F4: LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 12.00AM - 1.00PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	TARGET TOGETHER [AR] 12.00PM - 1.00PM		
STRATEGISE WITH KAKIS: MAHJONG COMPETITION WITH SG MAHJONGTOGETHER (RSVP ONLY) [AH] 3.00PM - 5.00PM	CENTRE CLOSED	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM			
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM		LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM				LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM
LET'S PICK UP CHINESE [AR] 3.00PM - 4.00PM		(ICCP) LET'S GO GAI GAI: LEARNING JOURNEY TO SMRT SINGAPORE RAIL DISCOVERY CENTRE WITH PCF SPARKLE CARE (RSVP ONLY) 2.30PM - 3:45PM	LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM			
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM		LET'S YUM CHA TOGETHER [AH] 5.00PM - 6.00PM	THE STEADY MEN (RSVP ONLY) (MALE Xclusive) [AH] 5.00PM - 6.00PM			
LET'S PICKLEBALL LEGENDS [MPH] 3.00PM - 4.30PM						

Venue

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2025 十一月

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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
走走动动脑 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) [426] (只限男性) 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	推广健康老龄化计划 (HAPPY) (敬请回复) [AH] 10.30AM - 11:30AM	
一起来MAKAN [AH] 12.30PM - 1.30PM	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			
一起来K歌 [AH] 2.00PM - 4.00PM	时事新闻你和我 与新加坡报 业控股 [AH] 2:00PM - 3:00PM	服务 - 社区保健站 - 健康教练 (敬请回复) [CHP] 2:00PM - 5:00PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	共同目标 [AH] 12.00PM - 1.00PM	
游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM	游戏时间 (象棋) (只限男性) 2.00PM - 4.00PM		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	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	
一起饮茶 [AH] 4.00PM - 5.00PM	一起升级改造废弃物: 自制自 浇水花盆 [AH] 3.30PM - 5.00PM	一起来K歌 [AH] 2.00PM - 4.00PM			
一起打匹克球传奇 (敬请回 复) [ISH] 3.00PM - 4.30PM		一起饮茶 [AH] 4.00PM - 5.00PM	稳健男士 (只限男性) [AH] (敬请回复) 5.00PM - 6.00PM		

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
走走动动脑 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	推广健康老龄化计划 (HAPPY) (敬请回复) [AH] 10.30AM - 11:30AM	
名人服务 - 理发 (敬请回复) [AH] 10.00AM - 12.00PM	一起做钢铁拳击(精简版) [426] (只限男性) 10.30AM - 11.30AM	走得自在系列 -遗产与遗嘱规划 由 SATA关怀健康 (敬请回 复) [AH] 11:30AM - 1:30PM		共同目标 (只限男性) 与职总 保健活跃乐龄中心 (芽笼士乃) (敬请回复) [AR] 12.00PM - 1.00PM	
一起来MAKAN [AH] 12.30PM - 1.30PM	一起来庆生 [AH] 11.30AM - 12.30PM	服务 - 社区保健站：健康护士 (敬请回复) [CHP] 2:00PM - 5:00PM	一起做棉花棒 艺术 [AR] 10.30AM - 11.30AM	一起来MAKAN (只限男性) 与 职总保健活跃乐龄中心 (芽笼士乃) (敬请回复) [AH] 1:00PM - 2:00PM	
一起来K歌 [AH] 2.00PM - 4.00PM	一起来MAKAN [AH] 12.30PM - 1.30PM		一起学科技 @ 森涛苑 (敬请回 复)		
游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM	游戏时间 (象棋) (只限男性) [AH] 2.00PM - 4.00PM	游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM	2:00PM - 4:00PM	一起做衍纸 [AR] 2.00PM - 4.00PM	
一起饮茶 [AH] 4.00PM - 5.00PM	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	一起学科技 与 青年志愿团 数 码伙伴: 防诈骗讲座与Kahoot 问答比赛 [AH] 3.30PM - 5.00PM	
一起打匹克球传奇 [ISH] 3.00PM - 4.30PM	一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM	一起饮茶 [AH] 4.00PM - 5.00PM			

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MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
走走动动脑 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	中心关闭	
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	一起做钢铁拳击(精简版) [426] (只限男性) 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		
一起来MAKAN [AH] 12.30PM - 1.30PM	一起学英语-初级 (敬请回复) [AR] 11.00AM - 12.00PM	消防演习 10:15AM - 11:15AM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM		
一起来K歌 [AH] 2.00PM - 4.00PM	时事新闻你和我 与新加坡报 业控股 [AH] 2:00PM - 3:00PM	服务 - 社区保健站 - 健康教练 (敬请回复) [CHP] 2:00PM - 5:00PM			
游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM	游戏时间 (象棋) (只限男性) 2.00PM - 4.00PM		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			
一起饮茶 [AH] 4.00PM - 5.00PM	一起升级改造废弃物: 布杯垫 / 靠垫制作 [AH] 3.30PM - 5.00PM	游戏时间: 与 SG 麻将一起进行 麻将比赛 (敬请回复) [AH] 3.00PM - 5.00PM	一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM		
一起打匹克球传奇 [MPH] 3.00PM - 4.30PM		一起饮茶 [AH] 5.00PM - 6.00PM	稳健男士 (只限男性) [AH] (敬请回复) 5.00PM - 6.00PM		

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

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24	25	26	27	28	29
走走动动脑 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	
代际交流 - 幼儿园 与My First Skool一起庆祝祖父母节 (敬请回复) [AH] 10.00AM - 12.00PM	一起做钢铁拳击(精简版) [426] (只限男性) 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	推广健康老龄化计划 (HAPPY) (敬请回复) [AH] 10.30AM - 11:30AM	
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	F4: 一起做运动 [AH] 11.00AM - 12.00PM	代际交流 - 大专学府 与华侨中学 [AH] 10:30AM - 12:00PM	共同目标 [AR] 12.00PM - 1.00PM	
一起来MAKAN [AH] 12.30PM - 1.30PM		F4: 一起来MAKAN (敬请回复) [AH] 12.00PM - 1.00PM			
游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM	中心关闭	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] 2.00PM - 4.00PM	
游戏时间: 与 SG 麻将一起进行 麻将比赛 (敬请回复) [AH] 3.00PM - 5.00PM		(ICCP)一起和 PCF SPARKLE CARE 去Gai Gai @ 学习之旅: SMRT新加坡铁路探索中心 (敬请回复) 2.30PM - 3:45PM	一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM		
一起饮茶 [AH] 4.00PM - 5.00PM		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	一起学科技 与 青年志愿团 数码伙伴: GRAB [AH] 3.30PM - 5.00PM	
一起学华语-初级 (敬请回复) [AR] 3.00PM - 4.00PM			稳健男士 (只限男性) [AH] (敬请回复) 5.00PM - 6.00PM		
一起打匹克球传奇 [MPH] 3.00PM - 4.30PM			一起饮茶 [AH] 4.00PM - 5.00PM		

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

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