

2026 October

 **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	3
			CENTRE CLOSED 【AAC DAY】	LET'S BRISK WALK 8.30AM - 9.30AM	
				LET'S DRAGONBOAT - TRAINING @ KALLANG BASIN (RSVP ONLY) 9.00AM - 11.00AM	
				STEADY LAH! (WEEK 1) (CLOSED GROUP) [AH] 9.30AM - 11.00AM	
				LET'S PICKLEBALL @ PUNGGOL CITY SPROUTS (TRAINING) (RSVP ONLY) 10.00AM - 12.00PM	
				LET'S SING TOGETHER WITH ANTHONY [AH] 12.30PM - 1.30PM	
			LET'S YUM CHA TOGETHER [AH] 3.00PM - 4.00PM	LET'S PERFORM (REHEARSAL) (CLOSED GROUP) [AH] 2.30PM - 3.30PM	
				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 FSC / MPH: Futsal Court / Multi Purpose 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。

2026 October

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10 / 11
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	[10 OCTOBER 2026] LET'S JOIN BRADDELL HEIGHTS ACTIVE AGERS' DAY @ NEX 10.30AM - 1.00PM
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	LET'S STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 11.30AM	LET’S DRAGONBOAT - TRAINING @ KALLANG BASIN (RSVP ONLY) 9.00AM - 10.30AM	LET’S RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	LET'S WALKING FOOTBALL (FINALS) @OUR TAMPINES HUB (TO BE CONFIRMED)	
LET'S PICK UP CHINESE (RSVP ONLY) [AH] 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 YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	LET'S TALK NEWS [AR] 2:00PM - 3:00PM	LET'S CELEBRATE BIRTHDAY [AH] 11.30AM - 12.30PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	STEADY LAH! (WEEK 2) (CLOSED GROUP) [AH] 9.30AM - 11.00AM	[10 OCTOBER 2026] LET'S VOLUNTEER TOGETHER 2.00PM - 3.00PM
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		[10 OCTOBER 2026] LET'S JOIN BRADDELL HEIGHTS ACTIVE AGERS' DAY @ NEX 3.00PM - 8.00PM
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S PERFORM (REHEARSAL) (CLOSED GROUP) [AH] 2.30PM - 3.30PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S SING TOGETHER WITH ANTHONY [AH] 12.30PM - 1.30PM	[11 OCTOBER 2026] LET'S JOIN BRADDELL HEIGHTS ACTIVE AGERS' DAY @ NEX 10.30AM - 2.00PM
	ICCP : LET’S BADMINTON @ BRADDELL HEIGHTS CC (RSVP) 2:30PM - 3:30PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM		LET'S CHAIR YOGA (RSVP ONLY) [AH] 1.30PM - 2.30PM	
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM	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] 3.00PM - 4.00PM
~~LET'S PICKLEBALL [FSC/ MPH] 4.00PM - 5.00PM (TO BE CONFIRMED)~~ 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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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
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) [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	LET’S RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	LET’S 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	LET'S LEARN TO BAKE (RSVP ONLY) [AH] 10.00AM - 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 TARGET TOGETHER (MALE Xclusive) [AH] 11.30AM - 12.30PM	COMMUNITY HEALTH POST - HEALTH NURSE (RSVP ONLY) [CHP] 1:00PM - 3:00PM	LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	STEADY LAH! (WEEK 3) (CLOSED GROUP) [AH] 9.30AM - 11.00AM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM		CENTRE CLOSED 【TOWNHALL】	DIGITAL FAB LAB SERIES: 3D PRINTING @KAMPUNG ADMIRALTY (RSVP ONLY) 10.00AM - 4.00PM	LET'S SING TOGETHER WITH ANTHONY [AH] 12.30PM - 1.30PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [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		
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM					
LET'S PICKLEBALL [MPH/ISH] 4.00PM - 5.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 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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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	(ICCP) 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	
DIGITAL FAB LAB SERIES: DIGITAL EMBROIDERY@KAMPUNG ADMIRALTY (RSVP ONLY) 10.00AM - 1.00PM	LET'S STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 11.30AM	CENTRE CLOSED 【TRAINING】	LET'S RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	LET'S DRAGONBOAT TRAINING @ KALLANG BASIN (RSVP ONLY) 9.00AM - 11.00AM	
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	~~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 PICKLEBALL TOURNAMENT @ CITYSPROUTS (RSVP ONLY) 9.00AM - 2.00PM	
LET'S PICK UP CHINESE (RSVP ONLY) [AH] 11.00AM - 12.00PM	F4: LET'S EXERCISE TOGETHER [AH] 11.00AM - 12.00PM		LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	STEADY LAH! (WEEK 4) (CLOSED GROUP) [AH] 9.30AM - 11.00AM	
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	F4: LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 12.00PM - 1.00PM		LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S SING TOGETHER WITH ANTHONY [AH] 12.30PM - 1.30PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S LUNCH WITH LO KUN (RSVP ONLY) [AH] 1.00PM - 2.00PM		LET'S DRUM FIT LITE (RSVP ONLY) [AH] 3.00PM - 4.00PM	LET'S CHAIR YOGA (RSVP ONLY) [AH] 1.30PM - 2.30PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S TALK NEWS [AH] 2:00PM - 3:00PM			LET'S YUM CHA TOGETHER [AH] 3.00PM - 4.00PM	
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	~~ICCP: BADMINTON @ BRADDELL HEIGHTS CC (RSVP) 2:30PM - 3:30PM~~				
LET'S PICKLEBALL [MPH/ISH] 4.00PM - 5.00PM	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 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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MON		TUE		WED		THU		FRI		SAT	
26		27		28		29		30		31	
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 【TRAINING】		GROOVING DOWN MEMORY LANE (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				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		LET'S TALK ABOUT SINGTEL DISCOUNTED SHARES (SDS) TO CDP/DESIGNATED SHARE ACCOUNTS (DSA) [AH] 11.00AM - 12.00PM (TO BE CONFIRMED)				STEADY LAH! (WEEK 5) (CLOSED GROUP) [AH] 9.30AM - 11.00AM			
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM		TARGET TOGETHER (MALE Xclusive) [AH] 11.30AM - 12.30PM		LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM				LET'S SING TOGETHER WITH ANTHONY [AH] 12.30PM - 1.30PM			
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM				LET'S KTV TOGETHER [AH] 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		STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM				~~LET'S CHAIR YOGA (RSVP ONLY) [AH] 1.30PM - 2.30PM~~			
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM				SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH NURSE (RSVP ONLY) [CHP] 2:00PM - 5:00PM				LET'S CELEBRATE HALLOWEEN [AH] 2.30PM - 4.00PM			
LET'S PICKLEBALL [MPH/ISH/FSC] 4.00PM - 5.00PM (TO BE CONFIRMED)		STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 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 十月

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Centre Contact: 6715 6760 / 8938 4054



MON	TUE	WED	THU	FRI	SAT
			1	2	3
			中心关闭 【活跃中心日】	一起快步走 8.30AM - 9.30AM	
				龙舟训练 @加冷河盆地 (敬请回复) 9.00AM - 11.00AM	
				Steady Lah! (第1周) (指定组别)[AH] 9.30AM - 11.00AM	
				一起打匹克球 @ 榜鹅 CITY SPROUTS (训练) (敬请回复) 10.00AM - 12.00PM	
				与 ANTHONY 一起来唱歌 [AH] 12.30PM - 1.30PM	
				一起来表演 (彩排) (指定组别) [AH] 2.30PM - 3.30PM	
				一起饮茶 [AH] 3.00PM - 4.00PM	

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10 / 11
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	[10月10日2026年] 一起参加乐龄活力日 @ NEX 10.30AM - 1.00PM
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	龙舟训练 @加冷河盆地 (敬请回复) 9.00AM - 11.00AM	一起做弹力带拉筋操 (VIA HEALTHY 365) (敬请回复) [426] 9.15AM - 10.15AM	一起来踢球 (大决赛) @ 淡滨尼天地 时间 - 等待确认	
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	一起跳气功舞 [426] 10.00AM - 11.00AM			
一起饮茶 [AH] 12.00PM - 1.00PM	一起聊新闻 [AH] 2:00PM - 3:00PM	一起来庆生 [AH] 11.30AM - 12.30PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	Steady Lah! (第2周) (指定组别)[AH] 9.30AM - 11.00AM	[10月10日2026年] 一起当义工 2.00PM - 3.00PM
一起来K歌 [AH] 2.00PM - 4.00PM		一起来MAKAN [AH] 12.30PM - 1.30PM	一起饮茶 [AH] 12.00PM - 1.00PM		[10月10日2026年] 一起参加乐龄活力日 @ NEX 3.00PM - 8.00PM
游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起来表演 (彩排) (指定组别) [AH] 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	与 ANTHONY 一起来唱歌 [AH] 12.30PM - 1.30PM	[10月11日2026年] 一起参加乐龄活力日 @ NEX 10.30AM - 2.00PM
	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		一起做坐式瑜伽 (敬请回复) [AH] 1.30PM - 2.30PM	
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	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] 3.00PM - 4.00PM	[10月11日2026年] 一起当义工 2.00PM - 3.00PM
~~一起打匹克球 [FSC/ MPH] 4.00PM - 5.00PM (待确认)~~					[10月11日2026年] 一起参加乐龄活力日 @ NEX 3.00PM - 8.00PM

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MON		TUE		WED		THU		FRI		SAT	
12		13		14		15		16		17	
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) [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		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		一起学烘培 (敬请回复) [AH] 10.00AM - 12.00PM		一起做棉花棒艺术 [AR] 10.30AM - 11.30AM					
一起饮茶 [AH] 12.00PM - 1.00PM		一起玩射击 (只限男性) [AH] 11.30AM - 12.30PM		服务 - 社区保健站 : 健康护士 (敬请回复) [CHP] 1:00PM - 3:00PM		一起饮茶 [AH] 12.00PM - 1.00PM		Steady Lah! (第3周) (指定组别)[AH] 9.30AM - 11.00AM			
一起来K歌 [AH] 2.00PM - 4.00PM				中心关闭 【员工大会】		3D 打印工作坊 @海军部村庄 (敬请回复) 10.00AM - 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				与 ANTHONY 一起来唱歌 [AH] 12.30PM - 1.30PM					
一起喝咖啡(只限男性) [AH] 2.00PM - 4:00PM		一起做DRUMFIT LITE (敬请回复) [AH] 3.00PM - 4.00PM				一起做坐式瑜伽 (敬请回复) [AH] 1.30PM - 2.30PM					
一起打匹克球[FSC/MPH/ISH] 4.00PM - 5.00PM (待确认)						一起饮茶 [AH] 3.00PM - 4.00PM					
		游戏时间 : 象棋 (只限男性) [AH] 2.00PM - 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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MON		TUE		WED		THU		FRI		SAT	
19		20		21		22		23		24	
一起快步走 8.30AM - 9.30AM		一起快步走 8.30AM - 9.30AM		ICCP : 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			
数码刺绣工作坊 @海军部村庄 (敬请回复) 10.00AM - 1.00PM		一起做钢铁拳击 (精简版) (只限男性) [426] 10.30AM - 11.30AM		中心关闭 【员工培训】		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~~				一起做棉花棒艺术 [AR] 10.30AM - 11.30AM		一起打匹克球 @ 榜鹅 CITY SPROUTS (训练) (敬请回复) 10.00AM - 12.00PM			
一起学华语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM		F4: 一起做运动 [AH] 11.00AM - 12.00PM				一起饮茶 [AH] 12.00PM - 1.00PM		Steady Lah! (第4周) (指定组别)[AH] 9.30AM - 11.00AM			
一起饮茶 [AH] 12.00PM - 1.00PM		F4: 一起来MAKAN (敬请回复)[AH] 12.00PM - 1.00PM				一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM		与 ANTHONY 一起来唱歌 [AH] 12.30PM - 1.30PM			
一起来K歌 [AH] 2.00PM - 4.00PM		Lo Kun 来了 (敬请回复) [AH] 1.00PM - 2.00PM				一起做DRUMFIT LITE (敬请回复) [AH] 3.00PM - 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		一起聊新闻 [AH] 2:00PM - 3:00PM						一起饮茶 [AH] 3.00PM - 4.00PM			
一起喝咖啡 (只限男性) [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~~									
一起打匹克球[FSC/MPH/ISH] 4.00PM - 5.00PM (待确认)		游戏时间 : 象棋 (只限男性) [AH] 2.00PM - 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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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。

2026 十月

 **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
26	27	28	29	30	31
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 【员工培训】	律动回忆之旅 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		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) [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			
一起饮茶 [AH] 12.00PM - 1.00PM	一起玩射击 (只限男性) [AH] 11.30AM - 12.30PM	一起来K歌 [AH] 2.00PM - 4.00PM		Steady Lah! (第5周) (指定组别)[AH] 9.30AM - 11.00AM	
一起来K歌 [AH] 2.00PM - 4.00PM		游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM		与 ANTHONY 一起来唱歌 [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			服务 - 社区保健站 : 健康护士 (敬请回复) [CHP] 2:00PM - 5:00PM	
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			
一起打匹克球 [FSC/MPH/ISH] 4.00PM - 5.00PM (待确认)				一起来庆祝万圣节 [AH] 2.30PM - 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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