

# 2025 October

 **Centre Name:** AAC (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	4/5
					LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	<b>4 OCT 2025:</b> LET'S JOIN SENIOR NATIONAL GAMES (FINALS) @ OUR TAMPINES HUB (OTH) <b>(RSVP ONLY)</b> 10:00AM -1:00PM  <b>5 OCT 2025:</b> LET'S JOIN NHG HEALTH FESTIVAL @ OCBC HUB <b>(RSVP ONLY)</b> 9:00AM - 5:30PM
					LET'S QI'DANCE <b>[426]</b> 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) <b>[426]</b> 9.15AM - 10.15AM	HAPPY AGEING PROMOTION PROGRAMME FOR YOU (HAPPY) <b>(RSVP ONLY) [AH]</b> 10.30AM - 11.30AM	
					LET'S GET TOGETHER: AAC DAY @ TEMASEK POLYTECHNIC (RSVP ONLY) 9:00AM - 2:00PM			
					SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH <b>(RSVP ONLY) [CHP]</b> 2:00PM - 5:00PM	LET'S ADAPTIVE SPORTS <b>(EI) [AH]</b> 11.00AM - 1.00PM	LET'S DO PAPER QUILLING <b>[AR]</b> 2.00PM - 4.00PM	
					STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O <b>[AH]</b> 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY <b>(RSVP ONLY) [AR]</b> 2.00PM - 4.00PM		
					LET'S KTV TOGETHER <b>[AH]</b> 2.00PM - 4.00PM	LET'S DRUM FIT <b>(RSVP ONLY) [AH]</b> 3.00PM - 4.00PM	LET'S ADAPTIVE SPORTS <b>(EI) [AH]</b> 2.00PM - 5.00PM	
					LET'S YUM CHA TOGETHER <b>[AH]</b> 4.00PM - 5.00PM	LET'S EXERCISE <b>(RSVP ONLY) [AH]</b> 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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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
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	
	STAY WELL SERIES: GROUP COACHING BY NHG (POST FRAILTY SCREENING) <b>(RSVP ONLY) [AR]</b> 9:00AM - 12:00PM [ENGLISH]	LET'S QI'DANCE <b>[426]</b> 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) <b>[426]</b> 9.15AM - 10.15AM	HAPPY AGEING PROMOTION PROGRAMME FOR YOU (HAPPY) <b>(RSVP ONLY) [AH]</b> 10.30AM - 11.30AM	
LET'S MAKAN TOGETHER <b>[AH]</b> 12.30PM - 1.30PM		NATURAL SCENT WELLNESS <b>[AH]</b> 11.15AM -12.15PM			
LET'S KTV TOGETHER <b>[AH]</b> 2.00PM - 4.00PM	LET'S STEEL COMBAT (MENS Xclusive) <b>[426] (RSVP ONLY)</b> 10.30AM - 11.30AM	LET'S MAKAN TOGETHER <b>[AH]</b> 12.30PM - 1.30PM	LET'S DO COTTON BUD ART <b>[AR]</b> 10.30AM - 11.30AM	TARGET TOGETHER <b>[AR]</b> 12.00PM - 1.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O <b>[AH]</b> 2.00PM - 4.00PM	LET'S PICK UP ENGLISH <b>(RSVP ONLY) [AR]</b> 11.00AM - 12.00PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- COMMUNITY NURSE <b>(RSVP ONLY) [CHP]</b> 2:00PM - 5:00PM	LET'S CELEBRATE BIRTHDAY <b>[AH]</b> 11.30AM - 12.30PM	LET'S DO PAPER QUILLING <b>[AR]</b> 2.00PM - 4.00PM	
LET'S PICK UP CHINESE <b>(RSVP ONLY) [AR]</b> 3.00PM - 4.00PM	STAY WELL SERIES: GROUP COACHING BY NHG (POST FRAILTY SCREENING) <b>(RSVP ONLY) [AR]</b> 1:30PM - 4:30PM [CHINESE]	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O <b>[AH]</b> 2.00PM - 4.00PM	LET'S MAKAN TOGETHER <b>[AH]</b> 12.30PM - 1.30PM		
LET'S YUM CHA TOGETHER <b>[AH]</b> 4.00PM - 5.00PM		LET'S KTV TOGETHER <b>[AH]</b> 2.00PM - 3.20PM	LET'S DO CALLIGRAPHY <b>(RSVP ONLY) [AR]</b> 2.00PM - 4.00PM	LET'S JAM WITH SENGKANG SECONDARY SCHOOL GUZHENG ENSEMBLE (RSVP ONLY) <b>[AH]</b> 3:00PM - 5:00PM	
LET'S PICKLEBALL LEGENDS <b>[ISH]</b> 4.00PM - 5.30PM	LET'S DO ZENTANGLE <b>[AR]</b> 2.00PM - 4.00PM	MUSIC MEETS LIFE VIRTUAL : VIRTUAL CONCERT <b>[AH]</b> 3.30PM - 4.15PM	LET'S DRUM FIT <b>(RSVP ONLY) [AH]</b> 3.00PM - 4.00PM		
		LET'S YUM CHA TOGETHER <b>[AH]</b> 4.00PM - 5.00PM	LET'S EXERCISE <b>(RSVP ONLY) [AH]</b> 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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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
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 MAKAN TOGETHER [AH] 12.30PM - 1.30PM	STAY WELL SERIES: GROUP COACHING BY NHG (POST FRAILTY SCREENING) (RSVP ONLY) [AR] 9:00AM - 12:00PM [ENGLISH]	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 KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S STEEL COMBAT (MENS Xclusive) [426] (RSVP ONLY) 10.30AM - 11.30AM	NATURAL SCENT WELLNESS [AH] 11.15AM -12.15PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	TARGET TOGETHER [AR] 12.00PM - 1.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S PICK UP ENGLISH [AR] 11.00AM - 12.00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	F4: LET'S EXERCISE TOGETHER [AH] 11.00AM - 12.00PM	LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 3.00PM - 4.00PM	STAY WELL SERIES: GROUP COACHING BY NHG (POST FRAILTY SCREENING) (RSVP ONLY) [AR] 1:30PM - 4:30PM [CHINESE]	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH (RSVP ONLY) [CHP] 2:00PM - 5:00PM	F4: LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 12.00AM - 1.00PM	LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: GOOGLE LENS [AH] 3.30PM - 5.00PM	
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	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 PICKLEBALL LEGENDS [ISH] 4.00PM - 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 EXERCISE (RSVP ONLY) [AH] 5.00PM - 6.00PM		

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
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	LET'S BRISK WALK 8.30AM - 9.30AM	
	STAY WELL SERIES: GROUP COACHING BY NHG (POST FRAILTY SCREENING) <b>(RSVP ONLY) [AR]</b> 9:00AM - 12:00PM <b>[ENGLISH]</b>	LET'S Qi'DANCE <b>[426]</b> 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) <b>[426]</b> 9.15AM - 10.15AM	HAPPY AGEING PROMOTION PROGRAMME FOR YOU (HAPPY) <b>(RSVP ONLY) [AH]</b> 10.30AM - 11.30AM	
	LET'S STEEL COMBAT (MENS Xclusive) <b>[426] (RSVP ONLY)</b> 10.30AM - 11.30AM		LET'S DO COTTON BUD ART <b>[AR]</b> 10.30AM - 11.30AM		
	LET'S PICK UP ENGLISH <b>[AR]</b> 11.00AM - 12.00PM	LET'S MAKAN TOGETHER <b>[AH]</b> 12.30PM - 1.30PM		TARGET TOGETHER <b>[AR]</b> 12.00PM - 1.00PM	
	STAY WELL SERIES: GROUP COACHING BY NHG (POST FRAILTY SCREENING) <b>(RSVP ONLY) [AR]</b> 1:30PM - 4:30PM <b>[CHINESE]</b>	SERVICE WELLNESS: COMMUNITY HEALTH POST- COMMUNITY NURSE <b>(RSVP ONLY) [CHP]</b> 2:00PM - 5:00PM	LET'S DO CALLIGRAPHY <b>(RSVP ONLY) [AR]</b> 2.00PM - 4.00PM	LET'S DO PAPER QUILLING <b>[AR]</b> 2.00PM - 4.00PM	
		STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O <b>[AH]</b> 2.00PM - 4.00PM		LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: GOOGLE LENS <b>[AH]</b> 3.30PM - 5.00PM	
	LET'S DO ZENTANGLE <b>[AR]</b> 2.00PM - 4.00PM	LET'S KTV TOGETHER <b>[AH]</b> 2.00PM - 4.00PM	LET'S DRUM FIT <b>(RSVP ONLY) [AH]</b> 3.00PM - 4.00PM		
		LET'S YUM CHA TOGETHER <b>[AH]</b> 4.00PM - 5.00PM	LET'S EXERCISE <b>(RSVP ONLY) [AH]</b> 5.00PM - 6.00PM		

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
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 MAKAN TOGETHER [AH] 12.30PM - 1.30PM	STAY WELL SERIES: GROUP COACHING BY NHG (POST FRAILTY SCREENING) <b>(RSVP ONLY) [AR]</b> 9:00AM - 12:00PM <b>[ENGLISH]</b>	LET'S Qi'DANCE <b>[426]</b> 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) <b>[426]</b> 9.15AM - 10.15AM	HAPPY AGEING PROMOTION PROGRAMME FOR YOU (HAPPY) <b>(RSVP ONLY) [AH]</b> 10.30AM - 11.30AM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM		NATURAL SCENT WELLNESS <b>[AH]</b> 11.15AM -12.15PM	LET'S GO GAI GAI @ YACHT TO LAZARUS WITH AIK CHUAN YACHT CHARTERS <b>(RSVP ONLY)</b> 9.00AM - 12.30PM	(ICCP) LET'S GO GAI GAI: LEARNING JOURNEY TO YAKULT FACTORY WITH PCF SPARKLE CARE <b>(RSVP ONLY)</b> 10:00AM - 11:30AM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O <b>[AH]</b> 2.00PM - 4.00PM	LET'S STEEL COMBAT (MENS Xclusive) <b>[426] (RSVP ONLY)</b> 10.30AM - 11.30AM	LET'S MAKAN TOGETHER <b>[AH]</b> 12.30PM - 1.30PM	LET'S MAKAN TOGETHER @ LAZARUS ISLAND] 12.30PM - 1.30PM	LET'S CELERBRATE HALLOWEEN <b>[AH]</b> 11.30AM - 12.30PM	
LET'S PICK UP CHINESE <b>(RSVP ONLY) [AR]</b> 3.00PM - 4.00PM	LET'S PICK UP ENGLISH <b>[AR]</b> 11.00AM - 12.00PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O <b>[AH]</b> 2.00PM - 4.00PM	LET'S DO COTTON BUD ART <b>[AR]</b> 10.30AM - 11.30AM	LET'S MAKAN TOGETHER <b>[AH]</b> 12.30PM - 1.30PM	
LET'S YUM CHA TOGETHER <b>[AH]</b> 4.00PM - 5.00PM	STAY WELL SERIES: GROUP COACHING BY NHG (POST FRAILTY SCREENING) <b>(RSVP ONLY) [AR]</b> 1:30PM - 4:30PM <b>[CHINESE]</b>		LET'S DO CALLIGRAPHY <b>(RSVP ONLY) [AR]</b> 2.00PM - 4.00PM	LET'S LEARN TECH WITH YOUTH CORPS DIGITAL BUDDIES: HEALTHY 365 REVAMP <b>[AH]</b> 3.30PM - 5.00PM	
LET'S PICKLEBALL LEGENDS <b>[ISH]</b> 4.00PM - 5.30PM	LET'S DO ZENTANGLE <b>[AR]</b> 2.00PM - 4.00PM	LET'S KTV TOGETHER <b>[AH]</b> 2.00PM - 4.00PM	LET'S DRUM FIT <b>(RSVP ONLY) [AH]</b> 3.00PM - 4.00PM		
	LET'S TALK ABOUT OUR AVIAN NEIGHBOURS <b>[AH]</b> 3:00PM - 5:00PM <b>[BILINGUAL]</b>	LET'S YUM CHA TOGETHER <b>[AH]</b> 4.00PM - 5.00PM	LET'S EXERCISE <b>(RSVP ONLY) [AH]</b> 5.00PM - 6.00PM		

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