

2026 September

 **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

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	GROOVING DOWN MEMORY LANE 8.30AM - 10.00AM	
	LEGACY PLANNING WORKSHOP - ADVANCED CARE PLANNING (CLOSED GROUP SESSION) [AR] 9.00AM - 5.00PM	LEGACY PLANNING WORKSHOP - ADVANCED CARE PLANNING (CLOSED GROUP SESSION) [AR] 9.00AM - 5.00PM	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 - 10.30AM	
	LET'S STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 11.30AM	LET'S Qi'DANCE [426] 10.00AM - 11.00AM		COMMUNITY FALL TO FIT ASSESSMENT (WEEK 9) [AR & CHP] (RSVP ONLY) 9.15AM - 11.15AM	
	LET'S PICK UP ENGLISH (RSVP ONLY) [AH] 11.00AM - 12.00PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	COMMUNITY FALL TO FIT ASSESSMENT (WEEK 9) [AR & CHP] (RSVP ONLY) 12.30PM - 2.30PM	
	FOSTERING POSITIVE MEDICATION HABITS (CHINESE) (RSVP ONLY) 1.30PM - 4.30PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	MENTAL HEALTH WORKSHOP: COPING WITH ANXIETY (CLOSED GROUP) [AR] 10.30AM-12.00PM	LET'S SING TOGETHER WITH ANTHONY [AH] 12.30PM - 1.30PM	
		STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	COMMUNITY FALL TO FIT ASSESSMENT (WEEK 9) [AR & CHP] (RSVP ONLY) 2.30PM - 4.30PM	
	ICCP : LET'S BADMINTON @ BRADDELL HEIGHTS CC (RSVP ONLY) 2:30PM - 3:30PM	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 CELEBRATE BIRTHDAY [AH] 2.30PM - 3.30PM	
	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM		LET'S DRUM FIT LITE (RSVP ONLY) [AH] 3.00PM - 4.00PM	LET'S MAKAN TOGETHER [AH] 3.30PM - 4.30PM	

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

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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 September

 **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
7	8	9	10	11	12
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 8.30AM - 10.00AM	FUNCTIONAL SCREENING (RSVP ONLY) 9.00AM - 12.00PM
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	LET’S WALKING FOOTBALL @ BLK 419 BASKETBALL COURT (RSVP ONLY) 10:00AM - 11:30AM	FIRE DRILL 10:30AM - 11:30AM	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 - 10.30AM	
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 Qi'DANCE [426] 10.00AM - 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 DO COTTON BUD ART [AR] 10.30AM - 11.30AM	LET'S PICKLEBALL @ CITY SPROUTS (RSVP ONLY) 10.00AM - 12.00PM	LET'S SUPPORT BE FIT, NOT FRAIL! (BFF) PROGRAMME (RSVP ONLY) 12.00PM - 1.00PM
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM		LET'S SING TOGETHER WITH ANTHONY 12.30PM - 1.30PM	
DIGITAL FAB LAB SERIES: DIGITAL EMBROIDERY@KAMPUNG ADMIRALTY (RSVP ONLY) 10.00AM - 1.00PM	LET'S TALK NEWS [AH] 2:00PM - 3:00PM		LET'S DO CALLIGRAPHY (RSVP ONLY) 2.00PM - 4.00PM	LEGACY PLANNING WORKSHOP WITH CPF (RSVP ONLY) 3.00PM - 5.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM		STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM		LET'S DRUM FIT LITE (RSVP ONLY) 3.00PM - 4.00PM	LET'S YUM CHA TOGETHER [AH] 2.00PM - 3.00PM
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	ICCP : LET’S BADMINTON @ BRADDELL HEIGHTS CC (RSVP ONLY) 2:30PM - 3:30PM	COMMUNITY HEALTH POST - HEALTH NURSE (RSVP ONLY) [CHP] 2:00PM - 5:00PM			
LET'S PICKLEBALL (RSVP ONLY) 4.30PM - 5.30PM (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

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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 September

 **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

14

15

16

17

18

19

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 WALKING FOOTBALL
(CLUSTER QUALIFIERS) @
WOODLANDS SPORTS PAVILLION
(RSVP ONLY)
10:00AM - 11:30AM

LET'S LEARN TO COOK
(RSVP ONLY)
10.00AM - 12.00PM

LET'S RESISTANCE BAND
EXERCISE **(VIA HEALTHY 365)**
(RSVP ONLY) [426]
9:15AM - 10:15AM

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 Qi'DANCE **[426]**
10.00AM - 11.00AM

LET'S DO COTTON BUD ART **[AR]**
10.30AM - 11.30AM

LET'S YUM CHA TOGETHER **[AH]**
12.00PM - 1.00PM

LET'S PICK UP ENGLISH
(RSVP ONLY) [AR]
11.00AM - 12.00PM

LET'S MAKAN TOGETHER **[AH]**
12.30PM - 1.30PM

LET'S CELEBRATE MID AUTUMN
FESTIVAL WITH
MFS@WOODLEIGH **(RSVP ONLY)**
[AH]
10.00AM - 11.00AM

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 : LET'S BADMINTON @
BRADDELL HEIGHTS CC
(RSVP ONLY)
2:30PM - 3:30PM

STRATEGISE WITH KAKIS:
MAHJONG & RUMMY-O **[AH]**
2.00PM - 4.00PM

LET'S DO CALLIGRAPHY **(RSVP
ONLY) [AR]**
2.00PM - 4.00PM

LET'S LIM KOPI **(MALE Xclusive)**
[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 PICKLEBALL **[FSC/ MPH]**
4.30PM - 5.30PM
(TO BE CONFIRMED)

STRATEGISE WITH KAKIS: CHINESE
CHESS
(Male Exclusive) [AH]
2.00PM - 4.00PM

**CENTRE CLOSED
【TEAM BUILDING】**

Venue

AH: Activity Hall

AR: Activity Room

426: Block 426 Void Deck

AT: Atrium between Block 420 & 423

ISH / MPH: Futsal Court / Multi Purpose Hall @ St Gabriel's Sec School

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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 September

 **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
21	22	23	24	25	26
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 - 10.00AM	
LET'S PILOXING (RSVP ONLY) [426] 10.30AM - 11.30AM	CELEBRITY HAIRCUT SERVICES: LIU LING LING & FRIENDS (RSVP ONLY) [AH] 10.00AM - 12.00PM	LET'S Qi'DANCE [426] 10.00AM - 11.00AM	DIABETIC SCREENING (CLOSED GROUP) [AR & CHP] 9.00AM - 5.30PM	LET'S DRAGONBOAT - TRAINING @ KALLANG BASIN (RSVP ONLY) 9.00AM - 10.30AM	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S WALKING FOOTBALL (CLUSTER QUALIFIERS) @ WOODLANDS SPORTS PAVILLION (RSVP ONLY) 10:00AM - 11:30AM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM		STEADY LAH! REGISTRATION DAY (ASSESSMENT WEEK 0) (RSVP ONLY) [AH] 9.00AM - 11.00AM	
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	LET'S STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 11.30AM	ICCP : BADMINTON @ INSTITUTE OF TECHNICAL EDUCATION (ITE) (RSVP ONLY) 1:00PM - 4:00PM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) (RSVP ONLY) [426] 9:15AM - 10:15AM	LET'S PICKLEBALL @ CITY SPROUTS (TRAINING) (RSVP ONLY) 10.00AM - 12.00PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM		LET'S DO GOLF TON-BUD ART [AR] 10.30AM - 11.30AM	F4: LET'S EXERCISE TOGETHER [AH] 11.00AM - 12.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S TALK NEWS [AH] 2:00PM - 3:00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	F4: LET'S MAKAN TOGETHER (RSVP ONLY) [AH] 12.00AM - 1.00PM	
			LET'S DRUM FIT LIFE (RSVP ONLY) [AH] 3.00PM - 4.00PM	LET'S SING TOGETHER WITH ANTHONY [AH] 12.30PM - 1.30PM	
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	ICCP : LET'S BADMINTON @ BRADDELL HEIGHTS CC (RSVP ONLY) 2:30PM - 3:30PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DO TISSUE FLOWER WITH PLMC (RSVP ONLY) 2.00PM - 3.30PM	LET'S CELEBRATE MID AUTUMN FESTIVAL WITH DBS (RSVP ONLY) 12.30PM - 5.00PM	
LET'S PICKLEBALL [FSC/ MPH] (TO BE CONFIRMED) 4.30PM - 5.30PM	STRATEGISE WITH KAKIS: CHINESE CHESS (Male Exclusive) [AH] 2.00PM - 4.00PM	COMMUNITY HEALTH POST- HEALTH NURSE (RSVP ONLY) [CHP] 2.00PM - 5:00PM	LET'S CELEBRATE MOONCAKE FESTIVAL WITH PLMC (RSVP ONLY) 3.30PM - 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

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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 September

 **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
28	29	30			
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 DO LAUGHTER YOGA WITH SINGAPORE WOMEN'S ASSOCIATION [AH] 9.30AM - 10.30AM	LET'S WALKING FOOTBALL (QUALIFIERS) @ OUR TAMPINES HUB (RSVP ONLY) 4.00PM - 5.30PM			
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S WALKING FOOTBALL (CLUSTER QUALIFIERS) @ WOODLANDS SPORTS PAVILLION (RSVP ONLY) 10:00AM - 11:30AM				
LET'S YUM CHA TOGETHER [AH] 12.00PM - 1.00PM	LET'S STEEL COMBAT (MALE Xclusive) [426] 10.30AM - 11.30AM	LET'S QI'DANCE [426] 10.00AM - 11.00AM			
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S TARGET TOGETHER (MALE Xclusive) [AH] 11.30AM - 12.30PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM			
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM			
LET'S LIM KOPI (MALE Xclusive) [AH] 2.00PM - 4.00PM	ICCP : LET'S BADMINTON @ BRADDELL HEIGHTS CC (RSVP ONLY) 2:30PM - 3:30PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM			
LET'S PICKLEBALL [FSC/ MPH] 4.30PM - 5.30PM (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

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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 九月

 **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
	1	2	3	4	5
	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	
	走得自在系列 - 遗产与遗嘱规划 - 预先护理计划 (指定组别) [AR] 9.00AM - 5.00PM	走得自在系列 - 遗产与遗嘱规划 - 预先护理计划 (指定组别) [AR] 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	龙舟训练 @加冷河盆地 (敬请回复) 9.00AM - 10.30AM	
	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		大肌大力 - 社区运动计划 : 评估 (第9周) (敬请回复) [AR & CHP] 9.15AM - 11.15AM	
	一起学英语 -初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起来MAKAN - 中心内 [AH] 12.00PM - 1.00PM	一起做棉花棒 艺术 [AR] 10.30AM - 11.30AM	大肌大力 - 社区运动计划 : 评估 (第9周) (敬请回复) [AR & CHP] 12.30PM - 2.30PM	
	保健系列 - NHG健康讲座 培养良好的用药习惯 (中文) (敬请回复) [AH] 1.30PM - 4.30PM	一起来K歌 [AH] 2.00PM - 4.00PM	心理健康工作坊: 应对焦虑 (指定组别) [AR] 10.30AM-12.00PM	大肌大力 - 社区运动计划 : 评估 (第9周) (敬请回复) [AR & CHP] 2.30PM - 4.30PM	
		游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起饮茶 [AH] 12.00PM - 1.00PM	一起来庆生 [AH] 2.30PM - 3.30PM	
	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	一起饮茶 [AH] 3.30PM - 4.30PM	
	游戏时间 : 象棋 (只限男性) [AH] 2.00PM - 4.00PM		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

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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 九月

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



MON 7	TUE 8	WED 9	THU 10	FRI 11	SAT 12
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 - 10.00AM	健康检查 (敬请回复) 9.00AM - 12.00PM
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	一起来踢球 @ 第419座组屋篮球场 (敬请回复) 10:00AM - 11:30AM	消防演习 10:30AM - 11:30AM	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 - 10.30AM	
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	一起跳气功舞 [426] 10.00AM - 11.00AM			
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MAKAN [AH] 12.00PM - 1.00PM	一起做棉花棒艺术 [AR] 10.30AM - 11.30AM	一起打匹克球 @ CITY SPROUTS (训练) (敬请回复) 10.00AM - 12.00PM	一起参与研究计划 - 保持健康, 预防衰弱 (敬请回复) 12.00PM - 1.00PM
一起来K歌 [AH] 2.00PM - 4.00PM	一起学英语 -初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起来K歌 [AH] 2.00PM - 4.00PM			
数码刺绣工作坊 @海军部村庄 (敬请回复) 10.00AM - 1.00PM	一起聊新闻 [AH] 2:00PM - 3:00PM		游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起当义工 1.00PM - 2.00PM	
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			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					
一起打匹克球 [FSC/ MPH] 4.30PM - 5.30PM (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

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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 九月

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



MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19
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	中心关闭 【团队建设活动】	
一起做 PILOXING (敬请回复) [426] 10.30AM - 11.30AM	一起来踢球 (小组资格赛) @ 兀 兰体育馆 (敬请回复) 10:00AM - 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	一起学烹饪 (敬请回复) 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	一起学英语 -初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起来MAKAN [AH] 12.00PM - 1.00PM	与 MFS@Woodleigh 共庆中秋节 (敬请回复) [AH] 10.00AM - 11.00AM		
一起来K歌 [AH] 2.00PM - 4.00PM		一起来K歌 [AH] 2.00PM - 4.00PM			
游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	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		服务 - 社区保健站 - 健康教练 (敬请回复) [CHP] 2:00PM - 5:00PM			
一起打匹克球 [FSC/ MPH] 4.30PM - 5.30PM (待确认)	游戏时间 : 象棋 (只限男性) [AH] 2.00PM - 4.00PM	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

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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 九月

 **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
21	22	23	24	25	26
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	名人服务 - 理发: 刘玲玲与好友们 (敬请回复) [AH] 10.00AM - 12.00PM	一起跳气功舞[426] 10.00AM - 11.00AM	糖尿病筛查 (指定组别) [AR & CHP] 9.00AM - 5.30PM	龙舟训练 @加冷河盆地 (敬请回复) 9.00AM - 10.30AM	
一起学华语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起来踢球(小组资格赛) @ 兀兰 体育馆 (敬请回复) 10:00AM - 11:30AM	一起来MAKAN [AH] 12.00PM - 1.00PM		Steady Lah! 报名日(第0周评估) (敬请回复)[AH] 9.00AM - 11.00AM	
一起饮茶 [AH] 12.00PM - 1.00PM	一起做钢铁拳击 (精简版) (只限男性) [426] 10.30AM - 11.30AM	ICCP : 羽毛球 @ 工艺教育学院 (ITE) (敬请回复) 1:00PM - 4:00PM	一起做弹力带拉筋操 (VIA HEALTHY 365) (敬请回复) [426] 9.15AM - 10.15AM	一起打匹克球 @ CITY SPROUTS (训练) (敬请回复) 10.00AM - 12.00PM	
一起来K歌 [AH] 2.00PM - 4.00PM	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	F4: 一起做运动 [AH] 11.00AM - 12.00PM	
游戏时间: 麻将 & 拉密牌 [AH] 2.00PM - 4.00PM	一起聊新闻 [AH] 2:00PM - 3:00PM	一起来K歌 [AH] 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2:00PM - 4:00PM	F4: 一起来MAKAN (敬请回复)[AH] 12.00AM - 1.00PM	
		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	与星展银行(DBS)共庆中秋节 (敬 请回复) 12.30PM - 5.00PM	
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	服务 - 社区保健站: 健康护士 (敬请回复) [CHP] 2:00PM - 5:00PM	与 PLMC 一起做纸巾花 (敬请回复) 2.00PM - 3.30PM		
一起打匹克球 [FSC/ MPH] 4.30PM - 5.30PM (待确认)	游戏时间 : 象棋 (只限男性) [AH] 2.00PM - 4.00PM		与 PLMC 一起来庆祝中秋节 (敬请回复) 3.30PM - 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

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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 九月

 **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
28	29	30			
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	与新加坡妇女协会一起欢笑瑜伽 [AH] 9.30AM - 10.30AM	一起来踢球 (小组资格赛) @ 淡滨尼天地 (Our Tampines Hub) (敬请回复) 4.00PM - 5.30PM			
一起学华语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起来踢球 (小组资格赛) @ 兀兰体育馆 (敬请回复) 10:00AM - 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	一起学英语 - 初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起来MAKAN [AH] 12.00PM - 1.00PM			
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	一起来K歌 [AH] 2.00PM - 4.00PM			
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			
一起打匹克球 [FSC/ MPH] 4.30PM - 5.30PM (待确认)	一起当义工 : PA 邻里伙伴简报会 [AH] 3.00PM - 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

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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。