

2025 September

 **Centre Name:** Active Ageing Centre (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	6
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 SUPPORT DUKE-NUS & NHB ON IMPACT OF REFRESH & RECONNECT @NATIONAL MUSEUM WITH PCF SPARKLE CARE (RSVP ONLY) 10.00AM - 12.00PM	LET'S STEEL COMBAT (MENS Xclusive) [426] 10.30AM - 11.30AM	F4: 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 ADAPTIVE SPORTS (EI) [426] (FLOORBALL & BOCCIA) 12.00PM - 2.00PM	LET'S ADAPTIVE SPORTS (EI) 11.30AM - 12.30PM	CELEBRITY HAIRCUT SERVICES (RSVP ONLY) [AH] 10.00AM - 12.00PM	LET'S ADAPTIVE SPORTS (EI) [426] (FLOORBALL & BOCCIA) 12.00PM - 2.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM		LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM		
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	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		
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	LET'S ADAPTIVE SPORTS (EI) [AH] (LADDER TOSS, DISC GOLF, SPORT STACKING) 2.00PM - 4.00PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORTS (EI) 11.30AM - 12.30PM	LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM	
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 3.00PM - 4.00PM		LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORTS (EI) [AH] (LADDER TOSS, DISC GOLF, SPORT STACKING) 2.00PM - 4.00PM	
LET'S PICKLEBALL LEGENDS (RSVP ONLY) [MPH] 4.00PM - 5.30PM	LET'S DO ZENTANGLE [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 EXERCISE (RSVP ONLY) [AH] 4.00PM - 5.00PM		

Venue

AH: Activity Hall AR: Activity Room 426: Block 426 Void Deck AT: Atrium between Block 420 & 423 MPH: Multipurpose 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。

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MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
GROOVING DOWN THE MEMORY LANE 8.30AM - 10.00AM	LET'S BRISK WALK 8.30AM - 09.30AM	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 PCF SPARKLETOTS: SG60 FAMILY DAY CARNIVAL (RSVP ONLY) 11.00AM - 1.00PM
LET'S SUPPORT DUKE-NUS & NHB ON IMPACT OF REFRESH & RECONNECT @NATIONAL MUSEUM WITH PCF SPARKLE CARE (RSVP ONLY) 10.00AM - 12.00PM					
LET'S PILOXING 10.30AM - 11.30AM (RSVP ONLY) [426]					
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORTS (EI) (HEATS) @ SPORTS HUB 9.00AM - 1.00PM	F4: LET'S Qi'DANCE [426] 10.00AM - 11.00AM	LET'S SUPPORT TTSH FOR ADL2.0+ RESEARCH (RSVP ONLY) [AR & CHP] 9.00AM - 1:30PM	LET'S SUPPORT TTSH FOR ADL2.0+ RESEARCH (RSVP ONLY) [AR & CHP] 9.00AM - 5:30PM	
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S STEEL COMBAT (MENS Xclusive) [426] 10.30AM - 11.30AM	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	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 YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S DO COTTON BUD ART [AH] 10.30AM - 11.30AM		
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 DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM	LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM	
LET'S PICKLEBALL LEGENDS (RSVP ONLY) [MPH] 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] 4.00PM - 5.00PM		

Venue

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

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 **Centre Contact:** 6715 6760 / 8938 4054



MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
ACTIVE STEPS, SHARP MINDS 8.30AM - 10.00AM	LET'S BRISK WALK 8.30AM - 09.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	
LET'S SUPPORT DUKE-NUS & NHB ON IMPACT OF REFRESH & RECONNECT @NATIONAL MUSEUM WITH PCF SPARKLE CARE (RSVP ONLY) 10.00AM - 12.00PM					
LET'S PILOXING 10.30AM - 11.30AM (RSVP ONLY) [426]	LET'S SUPPORT TTSH FOR ADL2.0+ RESEARCH (RSVP ONLY) [AR & CHP] 9.00AM - 5:30PM	F4: LET'S QI'DANCE [426] 10.00AM - 11.00AM	LET'S APPRECIATE ART: NAFA CLASS OF 1975 ART EXHIBITION [AH] 9:00AM - 6:00PM	LET'S APPRECIATE ART: NAFA CLASS OF 1975 ART EXHIBITION [AH] 9:00AM - 6:00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S ADAPTIVE SPORTS (EI) [AH] 9.00AM - 10.00AM	LET'S APPRECIATE ART: NAFA CLASS OF 1975 ART EXHIBITION [AH] 2:00PM - 5:00PM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) [426] 9.15AM - 10.15AM		
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	LET'S STEEL COMBAT (MENS Xclusive) [426] 10.30AM - 11.30AM		GROOVING DOWN MEMORY LANE: FOUNDERS' MEMORIAL (RSVP ONLY) [AH] 10.00AM - 12.00PM	HAPPY AGEING PROMOTION PROGRAMME FOR YOU (HAPPY) (RSVP ONLY) [AH] 10.30AM - 11.30AM	
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM		
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 3.00PM - 4.00PM	LET'S CELEBRATE BIRTHDAY [AH] 11.30AM - 12.30PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH COACH (RSVP ONLY) [CHP] 2:00PM - 5:00PM	(ICCP) LET'S GO GAI GAI: LEARNING JOURNEY TO NEW WATER PLANT AT MARINA WITH PCF SPARKLE CARE (RSVP ONLY) 2:00PM - 4:00PM	LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM	
	LET'S MAKAN TOGETHER [AH] 12.30PM - 1.30PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM <div>CANCELLED</div>	LET'S DO CALLIGRAPHY (RSVP ONLY) [AR] 2.00PM - 4.00PM		
LET'S PICKLEBALL LEGENDS (RSVP ONLY) [MPH] 4.00PM - 5.30PM	LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM	LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM <div>CANCELLED</div>	LET'S DRUM FIT (RSVP ONLY) [AH] 3.00PM - 4.00PM		
			LET'S EXERCISE (RSVP ONLY) [AH] 4.00PM - 5.00PM		

Venue

AH: Activity Hall

AR: Activity Room

426: Block 426 Void Deck

AT: Atrium between Block 420 & 423

MPH: Multipurpose Hall @ St Gabriel's Sec School

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MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
ACTIVE STEPS, SHARP MINDS 8.30AM - 10.00AM	LET'S BRISK WALK 8.30AM - 09.30AM	LET'S BRISK WALK 8.30AM - 9.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	LET'S BRISK WALK 8.30AM - 09.30AM	LET'S LEARN TECH @ PAYA LEBAR CHINESE METHODIST CHURCH 10.00AM - 12.00PM
LET'S SUPPORT DUKE-NUS & NHB ON IMPACT OF REFRESH & RECONNECT @NATIONAL MUSEUM WITH PCF SPARKLE CARE (RSVP ONLY) 10.00AM - 12.00PM					
LET'S PILOXING 10.30AM - 11.30AM (RSVP ONLY) [426]	LET'S ADAPTIVE SPORTS (EI) [AH] 9.00AM - 10.00AM	F4: LET'S Qi'DANCE [426] 10.00AM - 11.00AM	RESISTANCE BAND EXERCISE (VIA HEALTHY 365) [426] 9.15AM - 10.15AM	LET'S GO GAI GAI @ GARDENS BY THE BAY WITH WINGTAI ASIA 9.00AM - 1.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM	LET'S STEEL COMBAT (MENS Xclusive) [426] 10.30AM - 11.30AM		GROOVING DOWN MEMORY LANE: FOUNDERS' MEMORIAL (RSVP ONLY) [AH] 10.00AM - 12.00PM		
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM	F4: LET'S MAKAN TOGETHER [AH] 12.00AM - 1.00PM	SERVICE WELLNESS: COMMUNITY HEALTH POST- HEALTH NURSE (RSVP ONLY) [CHP] 2:00PM - 5:00PM	LET'S DO COTTON BUD ART [AR] 10.30AM - 11.30AM	HAPPY AGEING PROMOTION PROGRAMME FOR YOU (HAPPY) (RSVP ONLY) [AH] 10.30AM - 11.30AM	
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM	LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM	STRATEGISE WITH KAKIS: RUMMY-O [AH] 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		LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM		LET'S DO PAPER QUILLING [AR] 2.00PM - 4.00PM	
LET'S PICKLEBALL LEGENDS (RSVP ONLY) [MPH] 4.00PM - 5.30PM	LET'S DO ZENTANGLE [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 VOLUNTEER TOGETHER @ PAYA LEBAR CHINESE METHODIST CHURCH 12.00PM - 1.00PM
			LET'S EXERCISE (RSVP ONLY) [AH] 4.00PM - 5.00PM		

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MON		TUE		WED		THU		FRI		SAT	
29				30							
GROOVING DOWN THE MEMORY LANE 8.30AM - 10.00AM				LET'S BRISK WALK 8.30AM - 9.30AM							
LET'S PILOXING 10.30AM - 11.30AM (RSVP ONLY) [426]				LET'S ADAPTIVE SPORTS (EI) [AH] 9.00AM - 10.00AM							
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O [AH] 2.00PM - 4.00PM				LET'S STEEL COMBAT (MENS Xclusive) [426] 10.30AM - 11.30AM							
LET'S KTV TOGETHER [AH] 2.00PM - 4.00PM				LET'S PICK UP ENGLISH (RSVP ONLY) [AR] 11.00AM - 12.00PM							
LET'S YUM CHA TOGETHER [AH] 4.00PM - 5.00PM											
LET'S PICK UP CHINESE (RSVP ONLY) [AR] 3.00PM - 4.00PM				LET'S DO ZENTANGLE [AR] 2.00PM - 4.00PM							
LET'S PICKLEBALL LEGENDS (RSVP ONLY) [MPH] 4.00PM - 5.30PM											

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2025 九月

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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
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	
一起参与研究计划 - @国家博物馆与 PCF SPARKLE CARE (敬请回复) 10.00AM - 12.00PM	一起做钢铁拳击(精简版) [426] (只限男性) 10.30AM - 11.30AM	F4: 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 10.30AM - 11.30AM (敬请回复) [426]	一起做运动 (EI) [426] (FLOORBALL & BOCCIA) 12.00PM - 2.00PM	一起做运动 (EI) 11.30AM - 12.30PM	名人服务 - 理发 (敬请回复) [AH] 10.00AM - 12.00PM		
游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM		一起来MAKAN [AH] 12.00AM - 1.00PM	一起来MAKAN [AH] 12.00AM - 1.00PM	一起做运动 (EI) [426] (FLOORBALL & BOCCIA) 12.00PM - 2.00PM	
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	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		
一起饮茶 [AH] 4.00PM - 5.00PM	一起做运动 (EI) [AH] (LADDER TOSS, DISC GOLF, SPORT STACKING) 2.00PM - 4.00PM	游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM	一起做运动 (EI) 11.30AM - 12.30PM	一起做衍纸 [AR] 2.00PM - 4.00PM	
一起学华语-初级 (敬请回复) [AR] 3.00PM - 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	一起做运动 (EI) [AH] (LADDER TOSS, DISC GOLF, SPORT STACKING) 2.00PM - 4.00PM	
一起打匹克球传奇 (敬请回复) [MPH] 4.00PM - 5.30PM	一起做禅绕画 [AR] 2.00PM - 4.00PM	一起饮茶 [AH] 4.00PM - 5.00PM	一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM		
			一起做运动 (敬请回复) [AH] 4.00PM - 5.00PM		

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MON		TUE		WED		THU		FRI		SAT	
8		9		10		11		12		13	
律动回忆之旅 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 : 与星儿乐乐: 新加坡60周年家庭日嘉年华 (敬请回复) 11.00AM - 1.00PM	
一起参与研究 计划 - @国家博物馆与 PCF SPARKLE CARE (敬请回复) 10.00AM - 12.00PM											
一起做 PILOXING 10.30AM - 11.30AM (敬请回复) [426]		一起做运动 (EI) (HEATS) @ SPORTS HUB 9.00AM - 1.00PM		F4: 一起跳气功舞 [426] 10.00AM - 11.00AM		一起参与研究 计划 - 陈笃生医院的 ADL2.0+ 研究项 (敬请回复) [AR & CHP] 9.00AM - 1:30PM		一起参与研究 计划 - 陈笃生医院的 ADL2.0+ 研究项目 (敬请回复) [AR & CHP] 9.00AM - 5:30PM			
游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM		一起做钢铁拳击(精简版) [426] (只限男性) 10.30AM - 11.30AM		一起来 MAKAN [AH] 12.00AM - 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		服务 - 社区保健站 : 健康护士 (敬请回复) [CHP] 2:00PM - 5:00PM		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		一起做棉花棒 艺术 [AR] 10.30AM - 11.30AM					
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		一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM		一起做衍纸 [AR] 2.00PM - 4.00PM			
一起打匹克球 传奇 (敬请回复) [MPH] 4.00PM - 5.30PM				一起饮茶 [AH] 4.00PM - 5.00PM		一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM					
						一起做运动 (敬请回复) [AH] 4.00PM - 5.00PM					

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
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	
一起参与研究计划 - @国家博物馆与 PCF SPARKLE CARE (敬请回复) 10.00AM - 12.00PM					
一起做 PILOXING 10.30AM - 11.30AM (RSVP ONLY) [426]	一起参与研究计划 - 陈笃生医院的 ADL2.0+ 研究项目 (敬请回复) [AR & CHP] 9.00AM - 5:30PM	F4: 一起跳气功舞 [426] 10.00AM - 11.00AM	一起鉴赏: 南洋艺术学院1975届毕业生 艺术展[AH] 9:00AM - 6:00PM	一起鉴赏: 南洋艺术学院1975届毕业生 艺术展 [AH] 9:00AM - 6:00PM	
游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM	一起做运动 (EI) [AH] 9.00AM - 10.00AM	一起鉴赏: 南洋艺术学院1975届毕业生艺 术展 [AH] 2:00PM - 5:00PM	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K歌 [AH] 2.00PM - 4.00PM	一起做钢铁拳击(精简版) [426] (只限男性) 10.30AM - 11.30AM		律动回忆之旅: 建国先贤纪念园 (敬请回复) [AH] 10.00AM - 12.00PM		
一起饮茶 [AH] 4.00PM - 5.00PM	一起学英语-初级 (敬请回复) [AR] 11.00AM - 12.00PM	一起饮茶 [AH] 4.00PM - 5.00PM	一起做棉花棒 艺术 [AR] 10.30AM - 11.30AM		
一起学华语-初级 (敬请回复) [AR] 3.00PM - 4.00PM	一起庆祝生日 [AH] 11.30AM - 12.30PM	服务 - 社区保健站 - 健康教练 (敬请回复) [CHP] 2:00PM - 5:00PM	(ICCP) 一起和 PCF SPARKLE CARE 去Gai Gai @ 码头新水厂 (敬请回复) 2:00PM - 4:00PM	一起做衍纸 [AR] 2.00PM - 4.00PM	
	一起来MAKAN [AH] 12.00AM - 1.00PM	游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM	一起写书法 (敬请回复) [AR] 2.00PM - 4.00PM		
一起打匹克球 传奇 (敬请回复) [MPH] 4.00PM - 5.30PM	一起做禅绕画 [AR] 2.00PM - 4.00PM	一起来K歌 [AH] 2.00PM - 4.00PM	一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM		
			一起做运动 (敬请回复) [AH] 4.00PM - 5.00PM		

Venue
AH: Activity Hall AR: Activity Room 426: Block 426 Void Deck AT: Atrium between Block 420 & 423 MPH: Multipurpose 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。

2025 九月

Centre Name: Active Ageing Centre (Serangoon Central)
Centre Address: 424 Serangoon Central #01-324 Singapore 550424
Centre Contact: 6715 6760 / 8938 4054



MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
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	一起学科技 @ 巴耶黎峇卫理公会 10.00AM - 12.00PM
一起参与研究 计划 - @国家博物馆与 PCF SPARKLE CARE (敬请回复) 10.00AM - 12.00PM					
一起做 PILOXING 10.30AM - 11.30AM (敬请回复) [426]	一起做运动 (EI) [AH] 9.00AM - 10.00AM	F4: 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	一起和 永泰亚洲 去Gai Gai@ 滨海湾花园 9.00AM - 1.00PM	
游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM	一起做钢铁拳击(精简版) [426] (只限男性) 10.30AM - 11.30AM		律动回忆之旅: 建国先贤纪念园 (敬请回复) [AH] 10.00AM - 12.00PM		
一起来K歌 [AH] 2.00PM - 4.00PM	一起来 MAKAN - F4 [AH] 12.00AM - 1.00PM	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	推广健康老 龄化计划 (HAPPY) (敬请回复) [AH] 10.30AM - 11:30AM	
一起饮茶 [AH] 4.00PM - 5.00PM	一起学英语-初级 (敬请回复) [AR] 11.00AM - 12.00PM	游戏时间 (拉米牌和麻将) [AH] 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		一起来K歌 [AH] 2.00PM - 4.00PM		一起做衍纸 [AR] 2.00PM - 4.00PM	
一起打匹克球 传奇 (敬请回复) [MPH] 4.00PM - 5.30PM	一起做禅绕画 [AR] 2.00PM - 4.00PM	一起饮茶 [AH] 4.00PM - 5.00PM	一起做DrumFit (敬请回复) [AH] 3.00PM - 4.00PM		一起当义工 @ 巴耶黎峇卫理公会 12.00PM - 1.00PM
			一起做运动 (敬请回复) [AH] 4.00PM - 5.00PM		

Venue
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MON	TUE	WED	THU	FRI	SAT
29	30				
律动回忆之旅 8.30AM - 10.00AM	一起快步走 8.30AM - 9.30AM				
一起做 PILOXING 10.30AM - 11.30AM (敬请回复) [426]	一起做运动 (EI) [AH] 9.00AM - 10.00AM				
游戏时间 (拉米牌和麻将) [AH] 2.00PM - 4.00PM	一起做钢铁拳击(精简版) [426] (只限男性) 10.30AM - 11.30AM				
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				
一起饮茶 [AH] 4.00PM - 5.00PM					
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				
一起打匹克球传奇 (敬请回复) [MPH] 4.00PM - 5.30PM					

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

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