

2025 December

 **Centre Name:** AACC (Wisma Geylang Serai)
 **Centre Address:** Block 5 Haig Road, #01-459 Singapore 430005
 **Centre Contact:** 9488 4575 / 8163 2140



MON

TUE

WED

THU

FRI

SAT

1	2	3	4	5	6
LET'S STEEL COMBAT (MENS Xclusive) [11HR] 0930 - 1030	COMMUNITY HEALTH POST (CHP) [RN1] (WALK- IN WELCOME) 0930 - 1230	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S DRUM FIT (SEATED) [SAC] (BOOKING REQUIRED) 1000 - 1130	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	CSR WITH LVALUA x DO GOOD AT WGS AACC [SAC] 1000-1200
LET'S STEEL TONIC (MIXED) [11HR] 1045 - 1145		LET'S LINE DANCE [11HR] 1100-1200		STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
MOVIE TIME WITH SIAN CHAY 1100 - 1600	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES [SAC] (BOOKING REQUIRED) 1500 - 1600	LET'S DO ZENTANGLE-S [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200		LET'S MAKAN [SAC] (BOOKING REQUIRED) 1600 - 1730	LET'S JAM WITH UKULELE WITH PRISCILLA & FRIENDS [V] 1400 - 1530	
STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	LET'S APPRECIATE OUR VOLUNTEERS (BOOKING REQUIRED) 1730 - 2130				

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Venue

A: Wisma Geylang Serai, Level 3, Activity Room 1

AH: Anjung Hall, Wisma Geylang Serai

PB: Persada Budaya, Wisma Geylang Serai

V: Block 2, Level 7 Sriville RC

RN1: Block 415 Eunos Rd 5, Eunos Village RN Office

SAC: Block 5 Haig Road, #01-459

ST: Wisma Geylang Serai Level 1 Kitchen Studio

L2: Space outside Conference Room

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8	9	10	11	12	13
LET'S STEEL COMBAT (MENS Xclusive) [11HR] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S DRUM FIT (SEATED) [SAC] (BOOKING REQUIRED) 1000 - 1130	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S JOIN GEYLANG SERAI RN CHRISTMAS FUNIVAL [BLK 5 RN] (BOOKING REQUIRED) 1000 - 1500
LET'S STEEL TONIC (MIXED) [11HR] 1045 - 1145	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	LET'S LINE DANCE [11HR] 1100-1200		CENTRE CLOSED (TEAM BONDING DAY)	
FUN WITH KAKIS- BINGO [SAC] 1000 - 1100	A-GO-GO TEA PARTY @ HEARTBEAT BEDOK (BOOKING REQUIRED) 1400 - 1700	LET'S UPCYCLE COFFEE GROUNDS BODY SCRUB WORKSHOP [SAC] (BOOKING REQUIRED) 1100 - 1145	LET'S GEN TOGETHER - PAPER ART (ORIGAMI & GIFT WRAPPING) [SAC] 1400 - 1600		
LET'S SING-ALONG [SAC] 1100 - 1200	LET'S MAKAN (BOOKING REQUIRED) 1600 - 1700	LET'S LEARN STRING ART [RN1] 1400 - 1600			
LET'S CELEBRATE BIRTHDAY [SAC] 1200 - 1400	CENTRE CLOSED 1400 - 1800	LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES [SAC] (BOOKING REQUIRED) 1500 - 1600	LET'S MAKAN [SAC] (BOOKING REQUIRED) 1600 - 1730		

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
LET'S STEEL COMBAT (MENS Xclusive) [11HR] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S DRUM FIT (SEATED) [SAC] (BOOKING REQUIRED) 1000 - 1130	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
LET'S STEEL TONIC (MIXED) [11HR] 1045 - 1145	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	LET'S LINE DANCE [11HR] 1100-1200	LET'S GEN TOGETHER - PAPER ART (ORIGAMI & GIFT WRAPPING) [RN1] 1400 - 1600	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S TALK NEWS [SAC] 1500 - 1600	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	HEALTHY BODY, HAPPY MIND TALK- NANYANG POLY [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	LET'S YUM CHA TOGETHER [SAC] 1600- 1700		LET'S MAKAN (BOOKING REQUIRED) 1600 - 1700	LET'S JAM WITH UKULELE WITH PRISCILLA & FRIENDS [V] 1400 - 1530	

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22	23	24	25	26	27	
LET'S STEEL COMBAT (MENS Xclusive) [11HR] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	CENTRE CLOSED CHRISTMAS DAY	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030		
LET'S STEEL TONIC (MIXED) [11HR] 1045 - 1145		LET'S LINE DANCE [11HR] 1100-1200		STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200		
STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	CENTRE CLOSED CHRISTMAS EVE		LET'S PARTY & MAKAN - CHRISTMAS CELBRATIONS [SAC] (BOOKING REQUIRED) 1200 - 1400		
STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200				LET'S JAM WITH BELLS [SAC] 1400 - 1530		

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SAT

29	30	31			
LET'S STEEL COMBAT (MENS Xclusive) [11HR] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030			
LET'S STEEL TONIC (MIXED) [11HR] 1045 - 1145	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	LET'S LINE DANCE [11HR] 1100-1200			
STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S TALK NEWS [SAC] 1500 - 1600	CENTRE CLOSED NEW YEARS EVE			
STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	LET'S YUM CHA TOGETHER [SAC] 1600- 1700				

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2025 十二月

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星期一

星期二

星期三

星期四

星期五

星期六

1	2	3	4	5	6	
一起做钢铁拳击(精简版) (只限男性) [11HR] 0930 - 1030	服务 - 社区保健站 (CHP) [RN1] (必须报名) 0930 - 1230	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	一起做 DRUM FIT (坐姿运动) [SAC] (必须报名) 1000 - 1130	一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030	企业社会责任 x Ivalua 与 WGS 活跃乐龄 中心同乐 [SAC] 1000-1200	
一起做 STEEL TONIC (男女混合班) [11HR] 1045 - 1145		一起跳排舞 [11HR] 1100 - 1200		游戏时间: RUMMY-O [SAC] 1000 - 1200		
一起与善济看电影 1100 - 1600	游戏时间: RUMMY-O [SAC] 1000 - 1200	与青年团一起学习科技 (必须报名) [SAC] 1500 - 1600	一起做禅绕画 [SAC] 1400 - 1600	游戏时间: 麻将 [SAC] 1000 - 1200		
游戏时间: RUMMY-O [SAC] 1000 - 1200	游戏时间: 麻将 [SAC] 1000 - 1200		一起来 MAKAN [SAC] (必须报名) 1600 - 1700	一起与 PRISCILLA 和朋友 玩乌克兰丽丽 [V] 1400 - 1530		
游戏时间: 麻将 [SAC] 1000 - 1200	让我们感谢我们的 志愿者 (必须报名) 1730 - 2130					

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8	9	10	11	12	13
一起做钢铁拳击(精简版) (只限男性) [11HR] 0930 - 1030	游戏时间: RUMMY-O [SAC] 1000 - 1200	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	一起做 DRUM FIT (坐姿运动) [SAC] (必须报名) 1000 - 1130	一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030	一起参加圣诞嘉 FUNIVAL [BLK 5 RN] (必须报名) 1000 - 1500
一起做 STEEL TONIC (男女混合班) [11HR] 1045 - 1145	游戏时间: 麻将 [SAC] 1000 - 1200	一起跳排舞 [11HR] 1100 - 1200			
游戏时间- 宾果游戏 [SAC] 1000 - 1100	A-GO-GO 派对 @ HEARTBEAT BEDOK (必须报名) 1400 - 1700	咖啡渣身体磨砂膏工作 坊 1100-1145 [SAC] (必须报名) 1100 - 1145	一起创作纸艺 (折纸和礼品包装) [SAC] 1400 - 1600	中心关闭 团队建设日	
一起来唱歌 [SAC] 1100 - 1200	一起饮茶 [SAC] (必须报名) 1600 - 1700	让我们来学习绳艺吧！ [RN1] 1400 - 1600			
一起来庆生日 [SAC] (必须报名) 1200 - 1400	中心关闭 1400 - 1800	与青年团一起学习科技 [SAC] (必须报名) 1500 - 1600			

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15	16	17	18	19	20
一起做钢铁拳击(精简版) (只限男性) [11HR] 0930 - 1030	游戏时间: RUMMY-O [SAC] 1000 - 1200	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	一起做 DRUM FIT (坐姿运动) [SAC] (必须报名) 1000 - 1130	一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030	
一起做 STEEL TONIC (男女混合班) [11HR] 1045 - 1145	游戏时间: 麻将 [SAC] 1000 - 1200	一起跳排舞 [11HR] 1100 - 1200	一起创作纸艺(折纸和礼品包装) [RN1] 1400 - 1600	游戏时间: RUMMY-O [SAC] 1000 - 1200	
游戏时间: RUMMY-O [SAC] 1000 - 1200	一起聊新闻 [SAC] 1500 - 1600		健康的身体, 快乐的心灵 南洋理工学院讲座 [SAC] 1400 - 1600	游戏时间: 麻将 [SAC] 1000 - 1200	
游戏时间: 麻将 [SAC] 1000 - 1200	一起饮茶 [SAC] 1600 - 1700	一起做禅绕画 [RN1] 1400 - 1600	一起来 MAKAN [SAC] (必须报名) 1600 - 1700	一起与 PRISCILLA 和朋友 玩乌克兰丽丽 [V] 1400 - 1530	

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22	23	24	25	26	27	
一起做钢铁拳击(精简版) (只限男性) [11HR] 0930 - 1030	游戏时间: RUMMY-O [SAC] 1000 - 1200	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	中心关闭 圣诞节	一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030		
一起做 STEEL TONIC (男女混合班) [11HR] 1045 - 1145		一起跳排舞 [11HR] 1100 - 1200		游戏时间: 麻将 [SAC] 1000 - 1200		
游戏时间: RUMMY-O [SAC] 1000 - 1200	游戏时间: 麻将 [SAC] 1000 - 1200	中心关闭 圣诞节前夕		一起狂欢吃喝玩乐—圣诞 庆祝活动 [SAC] 1200 - 1400		
游戏时间: 麻将 [SAC] 1000 - 1200				一起玩音乐 敲响铃铛 [SAC] 1400 - 1530		

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29	30	31			
一起做钢铁拳击(精简版) (只限男性) [11HR] 0930 - 1030	游戏时间: RUMMY-O [SAC] 1000 - 1200	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030			
一起做 STEEL TONIC (男女混合班) [11HR] 1045 - 1145	游戏时间: 麻将 [SAC] 1000 - 1200	一起跳排舞 [11HR] 1100 - 1200			
游戏时间: RUMMY-O [SAC] 1000 - 1200	一起聊新闻 [SAC] 1500 - 1600	中心关闭 新年前夕			
游戏时间: 麻将 [SAC] 1000 - 1200	一起饮茶 [SAC] 1600 - 1700				

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