

2025 April

📍 **Centre Name:** Active Ageing Centre (Care) (Wisma Geylang Serai)
 🏠 **Centre Address:** 1 Engku Aman, #03-04 Singapore 408528
 📞 **Centre Contact:** 9488 4575 / 8163 2140



ntuc Health

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	COMMUNITY HEALTH POST (CHP) (RSVP ONLY) [RN1] 0930 - 1230	LET'S QIGONG (VIA HEALTHY 365) [L2] 0930 - 1030		LET'S ZUMBA GOLD (VIA HEALTHY 365) [L2] 0930 - 1030	LET'S GET TOGETHER (OPEN HOUSE NTUC HEALTH Kampung Kembangan) (RSVP ONLY) 0900-1100
	LET'S DO CALLIGRAPHY (RSVP ONLY) RESUME ONLY IN MAY	LET'S SPEAK / DRUMFIT REHEARSAL AT NTUC HEALTH Kampung Kembangan 1500-1700 WALKING FOOTBALL @ BEDOK 1600 - 1730	LET'S SPEAK / DRUMFIT REHEARSAL AT NTUC HEALTH Kampung Kembangan 1600-1800		LET'S SPEAK / DRUMFIT PERFORMANCES (OPEN HOUSE NTUC HEALTH Kampung Kembangan) (RSVP ONLY) 1100-1230
7	8	9	10	11	12
LET'S STEEL COMBAT (MENS Xclusive) [L2] 0930 - 1030		LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S DRUM FIT (RSVP ONLY) [SAC] 1000 - 1130	LET'S ZUMBA GOLD (VIA HEALTHY 365) [AH] 0930 - 1030	
LET'S STEEL TONIC (MIXED) [L2] 1045 - 1145		LET'S DO ZENTANGLE-S [RN1] 1400 - 1600 WALKING FOOTBALL @ BEDOK 1600 - 1730	LET'S DO PAPER ART [RN2] 1530 - 1730 LET'S MAKAN (RSVP ONLY) 1730 - 1830	LET'S JAM WITH UKULELE [V] 1400 - 1530	
	LET'S DO CALLIGRAPHY (RSVP ONLY) RESUME ONLY IN MAY				

Venue

A: Wisma Geylang Serai, Level 3, Activity Room 1
 AH: Anjung Hall, Wisma Geylang Serai
 L2: Space outside Conference Room

AP: APSN 11 Jalan Ubi
 PB: Persada Budaya, Wisma Geylang Serai
 DC: Wisma Geylang Serai, NTUC Health Level 3

RN1: Block 415 Eunos Crescent, Eunos Village RN Office
 RN2: Block 5 Haig Road, Geylang Serai RN Office
 V: Block 2, Level 7 Sriville RC

ST: Wisma Geylang Serai Level 1 Kitchen Studio
 SAC: blk 5 Haig Road

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

14

15

16

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19

LET'S STEEL COMBAT (**MENS**
Xclusive) [AH]
0930 - 1030

LET'S TALK CURRENT AFFAIRS
(**RSVP ONLY**) [ST]
1030 - 1130

LET'S QIGONG (**VIA HEALTHY**
365) [AH]
0930 - 1030

LET'S DRUM FIT (**RSVP ONLY**)
[SAC]
1000 - 1130

LET'S STEEL TONIC (MIXED) [AH]
1045 - 1145

LET'S LINE DANCE [AH]
1100-1200

LET'S HAPPY FEET [SAC]
1000 - 1100

LET'S HAPPY FEET (**RSVP ONLY**)
[ST]
1130 - 1230

LET'S SING-ALONG [SAC]
1100 - 1200

LET'S DO ZENTANGLE-S [RN1]
1400 - 1600

LET'S DO PAPER ART [RN2]
1530 - 1730

LET'S CELEBRATE BIRTHDAY [SAC]
1200 - 1400

LET'S MAKAN (**RSVP ONLY**) [ST]
1230 - 1330

LET'S MAKAN (**RSVP ONLY**)
1700 - 1800

LET'S DO CALLIGRAPHY (**RSVP**
ONLY)
RESUME ONLY IN MAY

WALKING FOOTBALL @ BEDOK
1600 - 1730

LET'S JOIN KEN: MOVIE NIGHT
(**RSVP ONLY**)
1800 - 2100

CENTRE CLOSED
PUBLIC HOLIDAY

EASTER DAY

Venue

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	LET'S GO GAI GAI: FOOTBALL MATCH FINALS JALAN BESAR STADIUM (RSVP ONLY) 0930 - 11.30	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S DRUM FIT (RSVP ONLY) [RN2]] 1000 - 1130	LET'S ZUMBA GOLD (VIA HEALTHY 365) [AH] 0930 - 1030	
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145		LET'S LINE DANCE [AH] 1100-1200		LET'S JAM WITH UKULELE [V] 1400 - 1530	
	LET'S DO CALLIGRAPHY (RSVP ONLY) RESUME ONLY IN MAY	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S DO PAPER ART [RN2] 1530 - 1730	LET'S SPEAK UP! [V] 1530 - 1700	
			LET'S MAKAN (RSVP ONLY) [RN2] 1730 - 1830		
28	29	30			
LET'S GARDENING @APSN SCHOOL 0930 - 1130	LET'S JOIN KEN: GAI GAI: PERANAKAN MUSEUM (RSVP ONLY)	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030			
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	LET'S MAKAN (RSVP ONLY)	CENTRE CLOSED			
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145	LET'S DO CALLIGRAPHY (RSVP ONLY)				
	RESUME ONLY IN MAY				

Venue

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	服务 - 社区保健站 (CHP) (RSVP ONLY) [RN1] 0930 - 1230	一起练气功 (VIA HEALTHY 365) [L2] 0930 - 1030		一起跳尊巴(VIA HEALTHY 365) [L2] 0930 - 1030	当我们同在一起 (NTUC Health 活跃乐龄中心-景万安开放日) (RSVP ONLY) 0900-1100
	一起写书法 (RSVP ONLY) 5月恢复	一起敢敢讲 / DRUMFIT 表演排练 NTUC Health 活跃乐龄中心-景万安 1500-1700	一起敢敢讲 / DRUMFIT 表演排练 (NTUC Health 活跃乐龄中心-景万安 1600-1800		一起敢敢讲/DRUMFIT 表演 (NTUC Health 活跃乐龄中心-景万安开放日) (RSVP ONLY) 1100-1230
7	8	9	10	11	12
一起做钢铁拳击(只限男性) [L2] 0930 - 1030		一起练气功 (VIA HEALTHY 365) [L2] 0930 - 1030	一起做DrumFit (RSVP ONLY) [SAC] 1000 - 1130	一起跳尊巴(VIA HEALTHY 365) [L2] 0930 - 1030	
一起做Steel Tonic X 阻力带锻炼 (混合性别) [L2] 1045 - 1145	一起写书法 (RSVP ONLY) 5月恢复	一起做禅绕画 [RN1] 1400 - 1600	一起做纸艺 [RN2] 1530 - 1730	一起玩乌克兰丽丽 [V] 1400 - 1530	
		步行足球@勿洛 1600 - 1730	一起饮茶 (RSVP ONLY) 1730 - 1830		

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一起做钢铁拳击(只限男性) [AH]
0930 - 1030

一起做Steel Tonic X 阻力带锻炼
(混合性别) [AH]
1045 - 1145

电子游戏时间 [SAC]
1000 - 1100

一起来唱歌 [SAC]
1100 - 1200

一起来庆生 [SAC]
1200 - 1400

一起谈谈时事新闻
(RSVP ONLY) [ST]
1030 - 1130

电子游戏时间 (RSVP ONLY) [ST]
1130 - 1230

一起饮茶 [ST] 1230 - 1330

一起写书法 (RSVP ONLY) 5月恢复

一起练气功
(VIA HEALTHY 365) [AH]
0930 - 1030

一起跳排舞 [AH]
1100 - 1200

一起做禅绕画 [RN1]
1400 - 1600

步行足球@勿洛 1600 - 1730

一起做 DRUM FIT (RSVP ONLY)
[SAC]
1000 - 1130

一起做纸艺 [RN2]
1530 - 1730

一起饮茶 (RSVP ONLY) 1700 -
1800

一起去电影之夜吧
(RSVP ONLY) 1800-2100

中心关闭
公众假期
复活节

Venue

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21	22	23	24	25	26
一起做钢铁拳击(只限男性) [AH] 0930 - 1030	一起写书法 (RSVP ONLY) 5月恢复	一起练气功 (VIA HEALTHY 365) (AH) 0930 - 1030	一起做DrumFit (RSVP ONLY) [RN2] 1000 - 1130	一起跳尊巴(VIA HEALTHY 365) [AH] 0930 -1030	
一起做Steel Tonic X 阻力带锻炼 (混合性别) [AH] 1045 - 1145		一起跳排舞 [AH] 1100 -1200		一起玩乌克兰丽丽 [V] 1400 - 1530	
		一起做禅绕画 [RN1] 1400 - 1600	一起做纸艺 [RN2] 1530 - 1730 一起饮茶(RSVP ONLY)[RN2] 1730 - 1830	一起敢敢讲! [V]1530 - 1700	
28	29	30			
一去做园艺@APSN 学校 0930 - 1130	一起去走走- 土生文化馆 (RSVP ONLY)	一起练气功 (VIA HEALTHY 365) (AH) 0930 - 1030			
一起做钢铁拳击(只限男性) [AH] 0930 - 1030	一起饮茶 (RSVP ONLY)	本中心暂时休业			
一起做Steel Tonic X 阻力带锻炼 (混合性别) [AH] 1045 - 1145	一起写书法 (RSVP ONLY) 5月恢复				

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