



2026 April

 **Centre Name:** AACC (Wisma Geylang Serai)
 **Centre Address:** Block 5 Haig Road, #01-459 S430005
 **Centre Contact:** 9488 4575 / 8163 2140



MON

TUE

WED

THU

FRI

SAT

		1	2	3	4
		LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S DRUM FIT (SEATED) [SAC] (10 PAX ONLY) (BOOKING REQUIRED) 1000 - 1045	CENTRE CLOSED PUBLIC HOLIDAY GOOD FRIDAY	
		LET'S LINE DANCE [8HR] 1100-1200	LET'S DRUM FIT (SEATED) [SAC] (10 PAX ONLY) (BOOKING REQUIRED) 1100 - 1145		
		LET'S LEARN TECH [SAC] 1430 - 1630	LET'S DO WEAVING ART [SAC] 1400 - 1600 LET'S YUM CHA TOGETHER [SAC] 1600 - 1700		

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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。

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
 8HR: Block 8 Haig Road Void Deck

ST: Wisma Geylang Serai Level 1 Kitchen Studio
 L2: Space outside Conference Room

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MON 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11
LET'S STEEL COMBAT [8HR] (MENS Xclusive) 0930 - 1030	COMMUNITY HEALTH POST (CHP) [RN1] (WALK- IN WELCOME) 0930 - 1230	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	MY GREEN FINGERS @ OASIS GEYLANG SERAI (BOOKING REQUIRED) PLANTING TOGETHER 0930 - 1100	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
LET'S WALKING FOOTBALL [TAMPINES HUB] (BOOKING REQUIRED) GROUP A 0945 - 1130				LET'S DO SEWING (BOOKING REQUIRED) 0930- 1230	
LET'S STEEL TONIC [8HR] (MIXED GENDER) 1045 - 1145	LET'S SPEAK UP CONVERSATIONAL ENGLISH [SAC] 1000 - 1100	LET'S LINE DANCE [8HR] 1100-1200	LET'S TARGET TOGETHER [SAC] (MEN'S Xclusive) 1000 - 1100	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
FUN WITH KAKIS- BINGO [SAC] 1000 - 1100				STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
LET'S SING-ALONG [SAC] 1100 - 1200	LET'S DO SEWING [KK AAC] (BOOKING REQUIRED) 1400 - 1700	LET'S LEARN TECH [SAC] 1430 - 1630	LET'S DO WEAVING ART [SAC] 1400 - 1600	LET'S JAM WITH UKULELE [V] 1400 - 1530	
LET'S CELEBRATE BIRTHDAY [SAC] (BOOKING REQUIRED) 1200 - 1400			LET'S MAKAN [SAC] (BOOKING REQUIRED) 1600 - 1730		

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13	14	15	16	17	18
LET'S GO GAI GAI CROCODILE FARM (BOOKING REQUIRED) 0930- 1200	LET'S SPEAK UP CONVERSATIONAL ENGLISH [SAC] 1000 - 1100	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	MY GREEN FINGERS @ OASIS GEYLANG SERAI (BOOKING REQUIRED) NURTURE & LEARN 0930 - 1100	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
LET'S MAKAN (BOOKING REQUIRED) 1200 - 1300					
LET'S STEEL COMBAT [8HR](MENS Xclusive) 0930 - 1030	LET'S ADAPTIVE SPORT: CUP STACKING [SAC] 1430 - 1500	LET'S LINE DANCE [8HR] 1100-1200	LET'S DRUM FIT (SEATED) [SAC] (10 PAX ONLY) (BOOKING REQUIRED) 1000 - 1045		
LET'S WALKING FOOTBALL [TAMPINES HUB] (BOOKING REQUIRED) GROUP B 0945 - 1130			LET'S DRUM FIT (SEATED) [SAC] (10 PAX ONLY) (BOOKING REQUIRED) 1100 - 1145		
LET'S STEEL TONIC [8HR] (MIXED GENDER) 1045 - 1145	LET'S ADAPTIVE SPORT: LADDER TOSS [SAC] 1500 - 1530	LET'S LEARN TECH [SAC] 1430 - 1630	LET'S DO ZENTANGLE-S [SAC] 1400 - 1600	19 CENTRE CLOSED TRAINING 1300 - 1800	
				LET'S JOIN GEYLANG SERAI TASKFORCE CARE PACK DISTRIBUTION [SAC] (BY INVITATION ONLY) 1800 - 2100	

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
LET'S STEEL COMBAT [8HR] (MENS Xclusive) 0930 - 1030	LET'S SPEAK UP CONVERSATIONAL ENGLISH [SAC] 1000 - 1100	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	MY GREEN FINGERS @ OASIS GEYLANG SERAI (BOOKING REQUIRED) HARVEST & USE 0930 - 1100	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
LET'S WALKING FOOTBALL [TAMPINES HUB] (BOOKING REQUIRED) GROUP A 0945 - 1130	LET'S ADAPTIVE SPORT: CUP STACKING [SAC] 1100 - 1130	LET'S LINE DANCE [8HR] 1100-1200	LET'S TARGET TOGETHER [SAC] (MENS Xclusive) 1000 - 1100	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
LET'S STEEL TONIC [8HR] (MIXED GENDER) 1045 - 1145	LET'S ADAPTIVE SPORT: LADDER TOSS [SAC] 1130 - 1200	LET'S LEARN TECH [SAC] 1430 - 1630	LET'S DO ZENTANGLE-S [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	IN-HOUSE SEMINAR TALK ABOUT DOMESTIC HELPERS [SAC] 1430 - 1630	LET'S YUM CHA TOGETHER [SAC] 1600 - 1700	LET'S JAM WITH UKULELE [V] 1400 - 1530		
STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200					

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27	28	29	30		
LET'S STEEL COMBAT [8HR] (MENS Xclusive) 0930 - 1030	LET'S SPEAK UP CONVERSATIONAL ENGLISH [SAC] 1000 - 1100	LET'S GO GAI GAI BOLLYWOOD FARM [BOOKING REQUIRED] 1000 - 1200	MY GREEN FINGERS @ OASIS GEYLANG SERAI (BOOKING REQUIRED) CELEBRATE & SHARE 0930 - 1100		
LET'S WALKING FOOTBALL [TAMPINES HUB] (BOOKING REQUIRED) GROUP B 0945 - 1130		LET'S MAKAN (BOOKING REQUIRED) 1200 - 1300	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200		
LET'S STEEL TONIC [8HR] (MIXED GENDER) 1045 - 1145		LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200		
STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S DO SEWING [KK AAC] (BOOKING REQUIRED) 1400 - 1700	LET'S LINE DANCE [8HR] 1100-1200	LET'S DO ZENTANGLE-S [SAC] 1400 - 1600		
STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200		LET'S LEARN TECH [SAC] 1430 - 1630	LET'S YUM CHA TOGETHER [SAC] 1600 - 1700		

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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
		一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	一起做 DRUM FIT (坐姿运动) [SAC] (仅限10人,必须报名) 1000 - 1045	中心关闭: 公共假日 耶稣受难日	
		一起跳排舞 [8HR] 1100 - 1200	一起做 DRUM FIT (坐姿运动) [SAC] (仅限10人,必须报名) 1100 - 1145		
		一起学习科技 [SAC] 1430 - 1630	一起做织布 [SAC] 1400 - 1600		
			一起饮茶 [SAC] 1600 - 1700		

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星期一 6	星期二 7	星期三 8	星期四 9	星期五 10	星期六 11
一起做钢铁拳击(精简版) [8HR] (只限男性) 0930 - 1030	服务 - 社区保健站 (CHP) [RN1] (可直接光临,无需预约) 0930 - 1230	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	园艺课程 @OASIS 芽笼士乃 (必须报名) PLANTING TOGETHER 0930 - 1100	一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030	
一起来踢步行足球! [淡滨尼中心] (必须报名) A 组 0945 - 1130				一起缝纫 (必须报名) 0930 - 1230	
一起做 STEEL TONIC [8HR] (男女混合班) 1045 - 1145	一起学英语会话 [SAC] 1000 - 1100	一起跳排舞 [8HR] 1100 - 1200	一起瞄准目标 (只限男性) [SAC] 1000 - 1100	游戏时间: RUMMY-O [SAC] 1000 - 1200	
游戏时间- 宾果游戏 [SAC] 1000 - 1100				游戏时间: 麻将 [SAC] 1000 - 1200	
一起来唱歌 [SAC] 1100 - 1200	一起缝纫 [KK AAC] (必须报名) 1400 - 1700	一起学习科技 [SAC] 1430 - 1630	一起做织布 [SAC] 1400 - 1600	一起玩乌克丽丽 [V] 1400 - 1530	
一起来庆祝生日 [SAC] (必须报名) 1200 - 1400					

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星期一	星期二	星期三	星期四	星期五	星期六
13	14	15	16	17	18
我们一起去 Gai Gai 鳄鱼农场 (必须报名) 0930 - 1200	一起来学英语会话 [SAC] 1000 - 1100	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	园艺课程 @OASIS 芽笼士乃 (必须报名) NURTURE & LEARN 0930 - 1100	一起来跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030	
一起来 MAKAN (必须报名) 1200 - 1300		一起做钢铁拳击(精简版) [8HR] (只限男性) 0930 - 1030	一起做跳排舞 [8HR] 1100 - 1200	一起做 DRUM FIT (坐姿运动) [SAC] (仅限10人,必须报名) 1000 - 1045	
一起来踢步行足球! [淡滨尼中心] (必须报名) B 组 0945 - 1130	一起玩竞技叠杯 [SAC] 1430 - 1500	一起做 DRUM FIT (坐姿运动) [SAC] (仅限10人,必须报名) 1100 - 1145		中心关闭 [回训课程] 1300 - 1800	19 (芽笼士乃工作组) 一起分发关爱包 [SAC] (仅限邀请) 1800 - 2100
一起做 STEEL TONIC [8HR] (男女混合班) 1045 - 1145	一起玩梯式投球 [SAC] 1500 - 1530	一起学习科技 [SAC] 1430 - 1630	一起做禅绕画 [SAC] 1400 - 1600		

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星期一 20	星期二 21	星期三 22	星期四 23	星期五 24	星期六 25
一起做钢铁拳击(精简版) [8HR] (只限男性) 0930 - 1030	一起学英语会话 [SAC] 1000 - 1100	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	园艺课程 @OASIS 芽笼士乃 (必须报名) HARVEST & USE 0930 - 1100	一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030	
一起来踢步行足球! [淡滨尼中心] (必须报名) A 组 0945 - 1130	一起玩竞技叠杯 [SAC] 1100 - 1130		一起瞄准目标 (只限男性) [SAC] 1000 - 1100	游戏时间: RUMMY-O [SAC] 1000 - 1200	
一起做 STEEL TONIC [8HR] (男女混合班) 1045 - 1145	一起玩梯式投球 [SAC] 1130 - 1200	一起跳排舞 [8HR] 1100 - 1200		游戏时间: 麻将 [SAC] 1000 - 1200	
游戏时间: RUMMY-O [SAC] 1000 - 1200	内部研讨会讲座 - 关于家庭佣工 [SAC] 1430 - 1630	一起学习科技 [SAC] 1430 - 1630	一起做禅绕画 [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	一起玩乌克兰丽丽 [V] 1400 - 1530	

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27	28	29	30		
一起做钢铁拳击(精简版) [8HR] (只限男性) 0930 - 1030	一起学英语会话 [SAC] 1000 - 1100	一起去 Gai Gai 宝莱坞农场! (必须报名) 1000 - 1200	园艺课程 @OASIS 芽笼士乃 (必须报名) CELEBRATE & SHARE 0930 - 1100		
一起来踢步行足球! [淡滨尼中心] (必须报名) B组 0945 - 1130		一起来 MAKAN (必须报名) 1200 - 1300	游戏时间: RUMMY-O [SAC] 1000 - 1200		
一起做 STEEL TONIC [8HR] (男女混合班) 1045 - 1145		一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	游戏时间: 麻将 [SAC] 1000 - 1200		
游戏时间: RUMMY-O [SAC] 1000 - 1200	一起缝纫 [KK AAC] (必须报名) 1400 - 1700	一起跳排舞 [8HR] 1100 - 1200	一起做禅绕画 [SAC] 1400 - 1600		
游戏时间: 麻将 [SAC] 1000 - 1200		一起学习科技 [SAC] 1430 - 1630	一起饮茶 [SAC] 1600 - 1700		

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