

2025 August

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



ntuc Health

MON

TUE

WED

THU

FRI

SAT

1

2

LET'S ZUMBA GOLD
(VIA HEALTHY 365) [AH]
0930 - 1030

STRATEGISE WITH KAKIS:
RUMMY-O[SAC] 1000 - 1200

STRATEGISE WITH KAKIS:
MAHJONG [SAC] 1000 - 1200

LET'S JAM UKULELE
WITH UKU ANGELS
JANICE/CASLIN [V] 1400 - 1530

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

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 August

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



 NTUC Health

MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	COMMUNITY HEALTH POST (CHP) (RSVP ONLY) [RN1] 0930 - 1230	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S GEN TOGETHER WITH BARTLEY SECONDARY SCHOOL (RSVP ONLY) 0900 - 1130	LET'S ZUMBA GOLD (VIA HEALTHY 365) [AH] 0930 - 1030	
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S LINE DANCE [AH] 1100 - 1200			
LET'S HAPPY FEET [SAC] 1000 - 1100	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	LET'S DO ZENTANGLE-S [SAC] 1400 - 1600	LET'S MAKAN TOGETHER WITH BARTLEY SECONDARY SCHOOL (RSVP ONLY) 1130 - 1300	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
LET'S SING-ALONG [SAC] 1100 - 1200	LET'S DO COLLABORATIVE ART TO AAC SERANGOON CENTRAL [SAC] 1400 - 1600	LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES (RSVP ONLY) [SAC] 1500 - 1630	LET'S DRUM FIT (RSVP ONLY) [SAC] 1000 - 1130	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
LET'S CELEBRATE BIRTHDAY [RSVP ONLY] [SAC] 1200 - 1400	LET'S TALK ABOUT DENGUE PREVENTION WITH NEA TALK + GAMES (SAC) (RSVP ONLY) 1400 - 1500		LET'S DO PAPER ART [SAC] 1530 - 1730		

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

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 August

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
CENTRE CLOSED PUBLIC HOLIDAY NATIONAL DAY (Off-in-lieu)	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1100	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 CELEBRATE NATIONAL DAY WITH PERFORMANCE FROM UKU ANGELS [SAC] 1100 - 1200	LET'S LINE DANCE [AH] 1100-1200	LET'S DO PAPER ART [SAC] 1530 - 1730	CENTRE CLOSED	
	LET'S MAKAN (RSVP ONLY) [SAC] 1200 - 1300	LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES (RSVP ONLY) [SAC] 1500 - 1630	LET'S YUM CHA TOGETHER (RSVP ONLY) [SAC] 1530 - 1730		

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

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 August

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



 **ntuc Health**

MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	LET'S TALK CURRENT AFFAIRS W.E.C & FRIENDS (RSVP ONLY) [ST] 1030 - 1130	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	MOVIE TIME (SAC) - COMEDY MOVIE 1300 - 1500	LET'S ZUMBA GOLD (VIA HEALTHY 365) [AH] 0930 - 1030	
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145				SG SCAMWISE SUPPORTED BY GOOGLE (RSVP ONLY) (SAC) 1000-1200	
STAY WELL SERIES BY FRIENDS OF THE THIRD AGE (RSVP ONLY) [SAC] 0930 - 1130	LET'S HAPPY FEET (RSVP ONLY) [ST] 1130 - 1230	LET'S LINE DANCE [AH] 1100-1200		LET'S MAKAN (RSVP ONLY) [SAC] 1200 - 1300	
LET'S MAKAN (RSVP ONLY) 1230 - 1330					
STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S MAKAN (RSVP ONLY) [ST] 1230 - 1330	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S YUM CHA TOGETHER [SAC] 1500-1600	SG SCAMWISE SUPPORTED BY GOOGLE (RSVP ONLY) (SAC) 1300 -1500	
STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200		LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES (RSVP ONLY) [SAC] 1500 - 1630			

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。

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

2025 August

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



 NTUC Health

MON

TUE

WED

THU

FRI

SAT

25	26	27	28	29	30
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	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) [AH] 1045 - 1145		LET'S LINE DANCE [AH] 1100-1200			
STAY WELL SERIES BY FRIENDS OF THE THIRD AGE (RSVP ONLY) [SAC] 0930 - 1130	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S DO PAPER ART [SAC] 1530 - 1730	LET'S JAM UKULELE WITH UKU ANGELS JANICE/CASLIN [V] 1400 - 1530	
LET'S MAKAN (RSVP ONLY) 1230 - 1330		LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES (RSVP ONLY) [SAC] 1500 - 1630	LET'S YUM CHA TOGETHER [SAC] 1600 - 1800		

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

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 八月

📍 **Centre Name:** Active Ageing Centre (Care) (Wisma Geylang Serai)
 🏠 **Centre Address:** Block 5 Haig Road, #01-459 Singapore 430005
 📞 **Centre Contact:** 9488 4575 / 8163 2140



ntuc Health

星期一

星期二

星期三

星期四

星期五

星期六

				1	2
				一起跳尊巴(乐龄版) (通过 HEALTHY 365) [AH] 0930 - 1030	
				游戏时间: RUMMY-O [SAC] 1000 - 1200	
				游戏时间: 麻将 [SAC] 1000 - 1200	
				一起与UKU ANGELS 玩乌克兰丽丽 [V] 1400 - 1530	
4	5	6	7	8	9
一起做钢铁拳击(精简版) (只限男性) [AH] 0930 - 1030	服务 - 社区保健站(CHP) (必须报名) [RN1] 0930 - 1230	一起练气功 (通过 HEALTHY 365) [AH] 0930 - 1030	一起与巴特礼中学代际交流! (必须报名) 0900 - 1130	一起跳尊巴(乐龄版) (通过 HEALTHY 365) [AH] 0930 - 1030	
一起做 STEEL TONIC (男女混合班) [AH] 1045 - 1145	游戏时间: RUMMY-O [SAC] 1000 - 1200	一起跳排舞 [AH] 1100-1200			
电子游戏时间 [SAC] 1000 - 1100	游戏时间: 麻将 [SAC] 1000 - 1200	一起做禅绕画 [SAC] 1400 - 1600	一起与巴特礼中学学生饮食 (必须报名) 1130 - 1300	游戏时间: RUMMY-O [SAC] 1000 - 1200	
一起来唱歌 [SAC] 1100 - 1200	一起合创艺术在实龙岗职总保 健乐龄活动中心 [SAC] 1400 - 1600	与青年团一起学习科技 (必须报名) [SAC] 1500 - 1630	一起做 DRUM FIT (必须报名) [SAC] 1000 - 1130	游戏时间: 麻将 [SAC] 1000 - 1200	
一起来庆生日 (必须报名)[SAC] 1200 - 1400	一起来听听国家环境局讲座- 如何防范骨痛热症 + 一起玩游戏 (必须报名) [SAC] 1400 - 1500		一起做纸艺 [SAC] 1530 - 1730		

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。

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

2025 八月

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





星期一

星期二

星期三

星期四

星期五

星期六

11	12	13	14	15	16
中心关闭 国庆日假期(补休)	游戏时间: RUMMY-O [SAC] 1000 - 1100	一起练气功 (通过 HEALTHY 365) [AH] 0930 - 1030	一起做 DRUM FIT (必须报名) [SAC] 1000 - 1130	一起跳尊巴(乐龄版) (通过 HEALTHY 365) [AH] 0930 - 1030	
	一起来庆祝国庆日 [SAC] 1100 - 1200	一起跳排舞[AH] 1100-1200	一起做纸艺 [SAC] 1530 - 1730	中心关闭	
	一起来 MAKAN (必须报名) [SAC] 1200 - 1300	与青年团一起学习科技 (必须报名) [SAC] 1500 - 1630	一起饮茶 [SAC] 1530 - 1730		

Venue
A: Wisma Geylang Serai, Level 3, Activity Room 1 PB: Persada Budaya, Wisma Geylang Serai RN1: Block 415 Eunos Rd 5, Eunos Village RN Office ST: Wisma Geylang Serai Level 1 Kitchen Studio
AH: Anjung Hall, Wisma Geylang Serai V: Block 2, Level 7 Sriville RC SAC: Block 5 Haig Road, #01-459 L2: Space outside Conference Room

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 八月

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



 NTUC Health

星期一	星期二	星期三	星期四	星期五	星期六
18	19	20	21	22	23
一起做钢铁拳击(精简版) (只限男性) [AH] 0930 - 1030	一起谈谈时事新闻 [ST] 1030 - 1130	一起练气功 (通过 HEALTHY 365) [AH] 0930 - 1030	电影时间 - 喜剧 (SAC) 1300 - 1500	一起跳尊巴(乐龄版) (通过 HEALTHY 365) [AH] 0930 - 1030	
一起做 STEEL TONIC (男女混合班) [AH] 1045 - 1145		一起跳排舞 [AH] 1100-1200		防诈骗认证课程 (与谷歌合作) (必须报名) [SAC] 1000-1200	
保持健康讲座由 松年之友 (必须报名) [SAC] 0930 - 1130	电子游戏时间 [ST] 1130 - 1230		一起来 MAKAN (必须报名) [SAC] 1130 - 1230		
一起来 MAKAN (必须报名) [SAC] 1130 - 1230		一起做禅绕画 [RN1] 1400 - 1600		一起来 MAKAN (必须报名) [SAC] 1200 - 1300	
游戏时间: RUMMY-O [SAC] 1000 - 1200	一起来 MAKAN (必须报名) [ST] 1230 - 1330		一起饮茶 [SAC] 1500- 1600		
游戏时间: 麻将 [SAC] 1000 - 1200		与青年团一起学习科技 (必须报名) [SAC] 1500 - 1630			

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。

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

2025 八月

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





星期一

星期二

星期三

星期四

星期五

星期六

25	26	27	28	29	30
保持健康讲座由 松年之友 (必须报名) [SAC] 0930 - 1130	游戏时间: RUMMY-O [SAC] 1000 - 1200	一起练气功 (通过 HEALTHY 365) [AH] 0930 - 1030	一起做 DRUM FIT (必须报名) [SAC] 1000 - 1130	一起跳尊巴(乐龄版) (通过 HEALTHY 365) [AH] 0930 - 1030	
一起来 MAKAN (必须报名) [SAC] 1130 - 1230		一起跳排舞 [AH] 1100-1200			
一起做钢铁拳击(精简版) (只限男性) [AH] 0930 - 1030	游戏时间: 麻将 [SAC] 1000 - 1200	一起做禅绕画 [RN1] 1400 - 1600	一起做纸艺 [SAC] 1530 - 1730	一起与 UKU ANGELS 玩乌克兰丽丽 [V] 1400 - 1530	
一起做 STEEL TONIC (男女混合班) [AH] 1045 - 1145		与青年团一起学习科技 (必须报名) [SAC] 1500 - 1630	一起饮茶 [SAC] 1600- 1800		

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。

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