

2026 AUGUST

 **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
3	4	5	6	7	8
LET'S STEEL COMBAT (MENS Xclusive) [8HR] 0930 - 1030	COMMUNITY HEALTH POST (CHP) [HV] 0930 - 1230	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S JAM WITH UKULELE , MEILING UKU ANGELS [SAC] 1000 - 1130	LET'S ZUMBA GOLD (VIA HEALTHY 365) [AH] 0930 - 1030	
LET'S STEEL TONIC [8HR] 1045 - 1145	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG [SAC] 1000 - 1200	LET'S LINE DANCE [8HR] 1100-1200		LET'S DO WEAVING ART [SAC] 1400 - 1600	
	LET'S DO PAPER QUILLING [SAC] 1000 - 1130	WSQ FOOD SAFETY COURSE IN MANDARIN [SAC] (BOOKING REQUIRED) 0900-1800	LET'S DO SEWING (BOOKING REQUIRED) (NTUC HEALTH AAC KK) 1400 - 1700		
STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG [SAC] 1000 - 1200	STRATEGISE WITH KAKIS : RUMMY-O RULES & TRAINING [SAC] 1400 - 1600	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600		LET'S MAKAN TOGETHER [SAC] (BOOKING REQUIRED) 1600 - 1730	
	MOVIE TIME (BOOKING REQUIRED) 1800 - 2100	LET'S SPEAK UP CONVERSATIONAL ENGLISH [SAC] 1500-1600			

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, Geylang Serai Level 7, Rooftop 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	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
CENTRE CLOSED PUBLIC HOLIDAY IN LIEU NATIONAL DAY	LET'S PLAY BASKETBALL [BASKETBALL COURT] 0830 - 0930	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S TARGET TOGETHER - AIM & SHOOT [SAC] 1000 - 1100	LET'S ZUMBA GOLD (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S CELEBRATE NATIONAL DAY & POPIAH PARTY (BOOKING REQUIRED) [WGS MPH LEVEL 4] 1000 - 1230
	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG [SAC] 1000 - 1200	LET'S LINE DANCE [8HR] 1100-1200		LET'S CELEBRATE NATIONAL DAY (BOOKING REQUIRED) [SAC] 1000 - 1200	
	LET'S DO PAPER QUILING [SAC] 1000 - 1130	LET'S DO GOLF @ GREENBOX (BOOKING REQUIRED) 1400 - 1600	CENTRE CLOSED [TOWNHALL]	LET'S JAM WITH UKULELE, MEILING UKU ANGELS [WGS MPH LEVEL 4] 1400 - 1530	
	LET'S SING-ALONG [SAC] 1400 - 1600	LET'S SPEAK UP CONVERSATIONAL ENGLISH [SAC] 1500-1600			

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
LET'S STEEL COMBAT (MENS Xclusive) [8HR] 0930 - 1030	LET'S SEATED EXERCISE @ PARADISE PALMS [PRIVATE EVENT] 0930 - 1030	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S TARGET TOGETHER - AIM & SHOOT [SAC] 1000 - 1100	LET'S ZUMBA GOLD (VIA HEALTHY 365) [AH] 0930 - 1030	
LET'S WALKING FOOTBALL [TAMPINES HUB] (BOOKING REQUIRED) GROUP A 0945 - 1130	LET'S DRAGON BOAT TRAINING [10 STADIUM LANE] 0900 - 1100	LET'S LINE DANCE [8HR] 1100-1200			
LET'S STEEL TONIC [8HR] 1045 - 1145	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG [SAC] 1000 - 1200	LET'S GOLF CLINIC @ GREENBOX (BOOKING REQUIRED) 1000 - 1130	LET'S GEN TOGETHER WITH BARTLEY SECONDARY (BOOKING REQUIRED) 1530 - 1800	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG [SAC] 1000 - 1200	
LET'S SING-ALONG [SAC] 1000 - 1200	LET'S DO PAPER QUILING [SAC] 1000 - 1130			LET'S SING-ALONG [SAC] 1400 - 1600	
LET'S CELEBRATE BIRTHDAY (BOOKING REQUIRED) [SAC] 1200 - 1400	FUN WITH KAKIS : BINGO [SAC] 1400 - 1600	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S DO WEAVING ART [SAC] 1400 - 1600		
STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG [SAC] 1400 - 1700		LET'S SPEAK UP CONVERSATIONAL ENGLISH [SAC] 1500-1600	LET'S MAKAN TOGETHER [SAC] (BOOKING REQUIRED) 1600 - 1730	LET'S DO SEWING (BOOKING REQUIRED) [NTUC HEALTH AAC KK] 1400 - 1700	

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MON

TUE

WED

THU

FRI

SAT

24

25

26

27

28

29

LET'S STEEL COMBAT
(MENS Xclusive)
[8HR]
0930 - 1030

LET'S PLAY BASKETBALL
[BASKETBALL COURT]
0830 - 0930

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

LET'S TARGET TOGETHER -
AIM & SHOOT
[SAC]
1000 - 1100

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

LET'S WALKING FOOTBALL
[TAMPINES HUB]
(BOOKING REQUIRED)
GROUP B
0945 - 1130

LET'S DRAGON BOAT
TRAINING
[10 STADIUM LANE]
0900 - 1100

LET'S JOIN SENIOR
OLYMPICS @ CPF NOVENA
(BOOKING REQUIRED)
1000-1630

LET'S STEEL TONIC
[8HR]
1045 - 1145

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

LET'S DO WEAVING ART
[SAC]
1400 - 1600

STRATEGISE WITH KAKIS:
MAHJONG
[SAC]
1000 - 1200

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

LET'S SING-ALONG
[SAC]
1400 - 1600

LET'S LINE DANCE
[8HR]
1100-1200

LET'S JAM WITH UKULELE,
MEILING UKU ANGELS
[SAC]
1400 - 1530

LET'S TALK ABOUT
STROKE AWARENESS
(MALAY) [SAC]
1430 - 1600

LET'S SPEAK UP
CONVERSATIONAL ENGLISH
[SAC]
1500-1600

LET'S MAKAN TOGETHER
[SAC]
(BOOKING REQUIRED)
1600 - 1730

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MON

TUE

WED

THU

FRI

SAT

31

LET'S STEEL COMBAT

(MENS Xclusive)

[8HR]

0930 - 1030

LET'S WALKING FOOTBALL

[TAMPINES HUB]

(BOOKING REQUIRED)

GROUP A

0945 - 1130

LET'S STEEL TONIC

[8HR]

1045 - 1145

STRATEGISE WITH KAKIS:

RUMMY-O / MAHJONG

[SAC]

1000 - 1200

LET'S SING-ALONG

[SAC]

1400 - 1600

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星期一

星期二

星期三

星期四

星期五

星期六

3	4	5	6	7	8
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) [HV] 0930 - 1230	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	一起玩乌克兰丽丽 [SAC] 1000 - 1130	一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030	
一起做 STEEL TONIC [8HR] (男女混合班) 1045 - 1145	游戏时间: RUMMY-O / 麻将 [SAC] 1000 - 1200	一起跳排舞 [8HR] 1100 - 1200		一起做织布 [SAC] 1400 - 1600	
	一起做纸艺 [SAC] 1000 - 1130	WSQ食品安全课程 (中文) [SAC] (必须报名) 0900 - 1800	一起缝纫 (NTUC HEALTH AAC KK) (必须报名) 1400 - 1700		
游戏时间: RUMMY-O / 麻将 [SAC] 1000 - 1200	RUMMY O 规则与培训 [SAC] 1400 - 1600	一起做禅绕画 [RN1] 1400 - 1600		一起来 MAKAN [SAC] (必须报名) 1600 - 1730	
	观影时间 (必须报名) 1800 - 2100	一起学英语会话 [SAC] 1500 - 1600			

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星期一

星期二

星期三

星期四

星期五

星期六

10

11

12

13

14

15

一起来打篮球吧！
[篮球场]
0830 - 0930

游戏时间: RUMMY-O /
麻将
[SAC]
1000 - 1200

一起做纸艺 [SAC]
1000 - 1130

一起来唱歌
[SAC]
1400 - 1600

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

一起跳排舞
[8HR]
1100 - 1200

一起打高尔夫 @
GREENBOX
(必须报名)
1400 - 1600

一起学英语会话
[SAC]
1500 - 1600

一起瞄准目标
[SAC]
1000 - 1100

中心关闭
[市政厅会议]

一起跳尊巴(乐龄版)
[AH]
(通过 HEALTHY 365)
0930 - 1030

让我们庆祝国庆节
(必须报名)
[SAC]
1000 - 1200

一起玩乌克兰丽
[WGS MPH LEVEL 4]
1400 - 1530

国庆日薄饼派对
(必须报名)
[WGS MPH LEVEL 4]
1000 - 1230

中心关闭: 公众假期
国庆日

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星期一

星期二

星期三

星期四

星期五

星期六

17	18	19	20	21	22
一起做钢铁拳击(精简版) [8HR] (只限男性) 0930 - 1030	坐姿运动 @ PARADISE PALMS (私人活动) 0930 - 1030	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	一起瞄准目标 [SAC] 1000 - 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	龙舟训练 [10 STADIUM LANE] 0900 - 1100	一起跳排舞 [8HR] 1100 - 1200			
一起做 STEEL TONIC [8HR] (男女混合班) 1045 - 1145	游戏时间: RUMMY-O / 麻将 [SAC] 1000 - 1200	高尔夫培训课 @ GREENBOX (必须报名) 1000 - 1130	代际交流 - 巴特礼中学 (必须报名) 1530 - 1800	游戏时间: RUMMY-O / 麻将 [SAC] 1000 - 1200	
一起来唱歌 [SAC] 1000 - 1200	一起做纸艺 [SAC] 1000 - 1130			一起来唱歌 [SAC] 1400 - 1600	
一起来庆祝生日 [SAC] (必须报名) 1200 - 1400	一起玩BINGO游戏吧! [SAC] 1400 - 1600		一起做织布 [SAC] 1400 - 1600		
游戏时间: RUMMY-O / 麻将 [SAC] 1400 - 1700			一起来 MAKAN [SAC] (必须报名) 1600 - 1730	一起缝纫 [NTUC HEALTH AAC KK] (必须报名) 1400 - 1700	
		一起学英语会话 [SAC] 1500 - 1600			

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2026 八月

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星期一

星期二

星期三

星期四

星期五

星期六

24

25

26

27

28

29

一起做钢铁拳击(精简版)
[8HR]
(只限男性)
0930 - 1030

一起来打篮球吧!
[篮球场]
0830 - 0930

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

一起瞄准目标
[SAC]
1000 - 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) B组
0945 - 1130

龙舟训练
[10 STADIUM LANE]
0900 - 1100

乐龄奥林匹克
@ CPF NOVENA
(必须报名)
1000 - 1630

一起做织布
[SAC]
1400 - 1600

游戏时间: RUMMY-O /
麻将
[SAC]
1000 - 1200

一起做 STEEL TONIC
[8HR]
(男女混合班)
1045 - 1145

游戏时间: RUMMY-O /
麻将
[SAC]
1000 - 1200

游戏时间: RUMMY-O /
麻将
[SAC]
1000 - 1200

一起来唱歌
[SAC]
1400 - 1600

一起跳排舞
[8HR]
1100 - 1200

一起玩乌克兰丽丽
[SAC]
1400 - 1530

中风意识讲座 (马来语)
[SAC]
1430 - 1600

一起学英语会话
[SAC]
1500 - 1600

一起来 MAKAN
[SAC]
(必须报名)
1600 - 1730

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星期一

星期二

星期三

星期四

星期五

星期六

31

一起做钢铁拳击(精简版) [8HR] (只限男性) 0930 - 1030					
一起来踢步行足球! [淡滨尼中心] (必须报名) A组 0945 - 1130					
一起做 STEEL TONIC [8HR] (男女混合班) 1045 - 1145					
游戏时间: RUMMY-O / 麻将 [SAC] 1000 - 1200					
一起来唱歌 [SAC] 1400 - 1600					

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