

2025 February

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



MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	COMMUNITY HEALTH POST (CHP) (RSVP ONLY) [A] 0930 - 1230	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S DRUM FIT (RSVP ONLY) [A] 1000 - 1100	LET'S ZUMBA (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S JOIN KEN: CNY LO HEI @ BLK 32A EUNOS CRESCENT (RSVP ONLY) 1100 - 1300
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145					
LET'S JAM WITH UKULELE [A] 1500 - 1700	LET'S DO PAPER ART [A] 1400 - 1600	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S DO PAPER ART [RN2] 1530 - 1730	LET'S GET TOGETHER FOR LO HEI WITH DBS @ BEDOK HEARTBEAT (RSVP ONLY) 1400 - 1600	LET'S MAKAN (RSVP ONLY) 1300 - 1400
	LET'S DO CALLIGRAPHY (RSVP ONLY) [A] 1400 - 1600	WALKING FOOTBALL @ BEDOK 1600 - 1730	LET'S MAKAN (RSVP ONLY) [RN2] 1730 - 1830	LET'S LEARN TECH WITH YOUTH CORPS [V] 1530 - 1700	
10	11	12	13	14	15
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	LET'S DO PAPER ART [A] 1400 - 1600	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S DRUM FIT (RSVP ONLY) [A] 1000 - 1100	LET'S ZUMBA (VIA HEALTHY 365) [AH] 0930 - 1030	
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145					
LET'S HAPPY FEET [A] 1000 - 1100	LET'S DO CALLIGRAPHY (RSVP ONLY) [A] 1400 - 1600	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S DRUM FIT (RSVP ONLY) [A] 1130 - 1230	LET'S SHARE SHARE @ DBS POP UP MARKET (RSVP ONLY) [A] 1000 - 1200	
LET'S SING-ALONG [A] 1100 - 1200					
LET'S CELEBRATE BIRTHDAY [A] 1200 - 1400	LET'S DO CALLIGRAPHY (RSVP ONLY) [A] 1400 - 1600	WALKING FOOTBALL @ BEDOK 1600 - 1730	LET'S DO PAPER ART [RN2] 1530 - 1730	LET'S MAKAN (RSVP ONLY) [A] 1300 - 1400	
LET'S JAM WITH UKULELE [A] 1430 - 1600					
			LET'S YUM CHA TOGETHER (RSVP ONLY) [RN2] 1730 - 1830	LET'S LEARN TECH WITH YOUTH CORPS [V] 1530 - 1700	

Venue




A: Wisma Geylang Serai, Level 3, Activity Room 1
 AH: Anjung Hall, Wisma Geylang Serai
 CS: Culinary Studio

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

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030		LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S DRUM FIT (RSVP ONLY) [A] 1000 - 1100	LET'S ZUMBA (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S JOIN KEN: VOLUNTEER APPRECIATION DAY 2025 (RSVP ONLY) 0900 - 1200
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145		LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S DRUM FIT (RSVP ONLY) [A] 1130 - 1230	LET'S VOLUNTEER TOGETHER @ HAIG ROAD FOOD CENTRE (RSVP ONLY) 1100 - 1200	
LET'S JAM WITH UKULELE [A] 1500 - 1700	LET'S DO PAPER ART [A] 1400 - 1600		WALKING FOOTBALL @ BEDOK 1600 - 1730	LET'S DO PAPER ART [RN2] 1530 - 1730	LET'S MAKAN @ HAIG ROAD FOOD CENTRE (RSVP ONLY) 1200 - 1300
	LET'S DO CALLIGRAPHY (RSVP ONLY) [A] 1400 - 1600	LET'S YUM CHA TOGETHER (RSVP ONLY) [RN2] 1730 - 1830		LET'S LEARN TECH WITH YOUTH CORPS [V] 1530 - 1700	
24	25	26	27	28	
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030		LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S DRUM FIT (RSVP ONLY) [A] 1000 - 1100	LET'S ZUMBA (VIA HEALTHY 365) [AH] 0930 - 1030	
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145		LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S DRUM FIT (RSVP ONLY) [A] 1130 - 1230	LET'S SPEAK UP! [V] 1530 - 1700	
LET'S STAY GREEN TOGETHER [AP] 0930 - 1130	LET'S DO PAPER ART [A] 1400 - 1600		LET'S DO PAPER ART [RN2] 1530 - 1730		
LET'S MAKAN (RSVP ONLY) 1130 - 1300	LET'S DO CALLIGRAPHY (RSVP ONLY) [A] 1400 - 1600	WALKING FOOTBALL @ BEDOK 1600 - 1730	LET'S YUM CHA TOGETHER (RSVP ONLY) [RN2] 1730 - 1830		
LET'S JAM WITH UKULELE [A] 1500 - 1700					

Venue

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2025 二月

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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
一起做钢铁拳击(只限男性) [AH] 0930 - 1030	服务 - 社区保健站 (CHP) (RSVP ONLY) [A] 0930 - 1230	一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030	一起做DrumFit (RSVP ONLY) [A] 1000 - 1100	一起跳尊巴 (VIA HEALTHY 365) [AH] 0930 - 1030	与甘榜裕农网络: 新年快乐捞起 @ 裕农弯32A座 (RSVP ONLY) 1100 - 1300
一起做Steel Tonic X 阻力带锻炼 (混合性别) [AH] 1045 - 1145					
一起玩乌克兰丽丽 [A] 1500 - 1700	一起做纸艺 [A] 1400 - 1600	一起做禅绕画 [RN1] 1400 - 1600	一起做纸艺[RN2] 1530 - 1730	与星展银行一起捞起 @ Bedok Heartbeat (RSVP ONLY) 1400 - 1630	一起来makan (RSVP ONLY) 1300 - 1400
	一起写书法 (RSVP ONLY) [A] 1400 - 1600	步行足球@勿洛 1600 - 1730	一起来makan (RSVP ONLY) [RN2] 1730 - 1830	与青年团一起学习科技! [V] 1530 - 1700	
10	11	12	13	14	15
一起做钢铁拳击(只限男性) [AH] 0930 - 1030	一起做纸艺 [A] 1400 - 1600	一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030	一起做DrumFit (RSVP ONLY) [A] 1000 - 1100	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					
电子游戏时间 [A] 1000 - 1100	一起写书法 (RSVP ONLY) [A] 1400 - 1600	一起做禅绕画 [RN1] 1400 - 1600	一起做纸艺 [RN2] 1530 - 1730	与青年团一起学习科技! [V] 1530 - 1700	
一起来K歌 [A] 1100 - 1200					
一起来庆生 [A] 1200 - 1400					
一起玩乌克兰丽丽 [A] 1430 - 1600		步行足球@勿洛 1600 - 1730	一起饮茶 (RSVP ONLY) [RN2] 1730 - 1830		

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一起做钢铁拳击(只限男性) [AH] 0930 - 1030		一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030	一起做DrumFit (RSVP ONLY) [A] 1000 - 1100	一起跳尊巴 (VIA HEALTHY 365) [AH] 0930 - 1030	与甘榜裕农网络: 志愿者感谢日 2025 (RSVP ONLY) 0900 - 1200
一起做Steel Tonic X 阻力带锻炼 (混合性别) [AH] 1045 - 1145		一起做禅绕画 [RN1] 1400 - 1600	一起做DrumFit (RSVP ONLY) [A] 1130 - 1230		
一起玩乌克兰丽丽 [A] 1500 - 1700	一起做纸艺 [A] 1400 - 1600	步行足球@勿洛 1600 - 1730	一起做纸艺 [RN2] 1530 - 1730	与青年团一起学习科技! [V] 1530 - 1700	一起来makan (RSVP ONLY) 1200 - 1300
	一起写书法 (RSVP ONLY) [A] 1400 - 1600		一起饮茶 (RSVP ONLY) [RN2] 1730 - 1830		
24	25	26	27	28	
一起做钢铁拳击(只限男性) [AH] 0930 - 1030		一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030	一起做DrumFit (RSVP ONLY) [A] 1000 - 1100	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		一起做禅绕画 [RN1] 1400 - 1600	一起做DrumFit (RSVP ONLY) [A] 1130 - 1230		
园艺课程 [AP] 0930 - 1130	一起做纸艺 [A] 1400 - 1600		一起做纸艺 [RN2] 1530 - 1730	一起敢敢讲! [V] 1530 - 1700	
一起来makan (RSVP ONLY) 1130 - 1300		步行足球@勿洛 1600 - 1730	一起饮茶 (RSVP ONLY) [RN2] 1730 - 1830		
一起玩乌克兰丽丽 [A] 1500 - 1700	一起写书法 (RSVP ONLY) [A] 1400 - 1600				

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