

2025 July

 **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	3	4	5
	COMMUNITY HEALTH POST (CHP) (RSVP ONLY) [RN1] 0930 - 1230	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	
	NATURAL SCENT OF WELLNESS BY JON (RSVP ONLY) [SAC] 1000 - 1100	LET'S LINE DANCE [AH] 1100-1200		KARAOKE & GAMES WITH MASTERCARD (RSVP ONLY) [SAC] 0930 - 1130	
	LET'S DO CALLIGRAPHY (RSVP ONLY) [SAC] 1400 - 1600	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S DO PAPER ART [SAC] 1530 - 1730		
	LET'S YUM CHA TOGETHER [SAC] 1600- 1700	LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES (RSVP ONLY) [SAC] 1500 - 1630	LET'S MAKAN (RSVP ONLY) [SAC] 1730 - 1830	LET'S JAM WITH UKULELE WITH CASLIN [V] 1400 - 1530	

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
 SAC: Block 5 Haig Road, #01-459
 V: Block 2, Level 7 Sriville RC

ST: Wisma Geylang Serai Level 1 Kitchen Studio

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7	8	9	10	11	12
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	NATURAL SCENT OF WELLNESS BY JON (RSVP ONLY) [SAC] 1000 - 1100	LET'S GO GAI GAI WITH NICA (RSVP ONLY) [NTUC CENTRE - 1 MARINA BLVD] 0900 - 1200	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 QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030			
FUN WITH KAKIS- BINGO [SAC] 1000 - 1100	LET'S GO GAI GAI TO SIAN CHAY MEDICAL INSTITUTION (RSVP ONLY) 1330 - 1430	LET'S LINE DANCE [AH] 1100-1200		LET'S DO PAPER ART [SAC] 1530 - 1730	
LET'S SING-ALONG [SAC] 1100 - 1200	TCM RELATED HEALTH TALK (RSVP ONLY) 1430 - 1630	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600			
LET'S CELEBRATE BIRTHDAY [SAC] 1200 - 1400	LET'S MAKAN (RSVP ONLY) 1630 - 1730	LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES (RSVP ONLY) [SAC] 1500 - 1630	LET'S MAKAN (RSVP ONLY) [SAC] 1730 - 1830		

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14	15	16	17	18	19
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 0930 - 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	
	STRATEGISE WITH KAKIS: MAHJONG [SAC] 0930 - 1200	LET'S LINE DANCE [AH] 1100-1200			
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145	LET'S DO CALLIGRAPHY (RSVP ONLY) [SAC] 1400 - 1600	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S DO PAPER ART [SAC] 1530 - 1730	LET'S JAM WITH UKULELE WITH CASLIN [V] 1400 - 1530	
	LET'S YUM CHA TOGETHER [SAC] 1600- 1700	LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES (RSVP ONLY) [SAC] 1500 - 1630	LET'S MAKAN (RSVP ONLY) 1700 - 1800	SPF PROJECT PRAISE ANTI-SCAM TALK (BILINGUAL) [SAC] 1400 - 1530	

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21	22	23	24	25	26
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 0930 - 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	STRATEGISE WITH KAKIS: MAHJONG [SAC] 0930 - 1200	LET'S LINE DANCE [AH] 1100-1200		WORLD AQUATICS COMPETITION (RSVP ONLY) 1300 - 1700	
STAY WELL SERIES BY FRIENDS OF THE THIRD AGE (RSVP ONLY) [SAC] 0930 - 1130	LET'S DO CALLIGRAPHY (RSVP ONLY) [SAC] 1400 - 1600	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S DO PAPER ART [SAC] 1530 - 1730	LET'S JAM WITH BELLS [SAC] 1400 - 1530	
LET'S MAKAN (RSVP ONLY) [SAC] 1130 - 1230	LET'S YUM CHA TOGETHER [SAC] 1600- 1700	LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES (RSVP ONLY) [SAC] 1500 - 1630	LET'S MAKAN (RSVP ONLY) [SAC] 1730 - 1830	LET'S SPEAK UP! [SAC] 1530 - 1700	

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MON

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SAT

28	29	30			
STRATEGISE WITH KAKIS: RUMMY-O [SAC] 0930 - 1200	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 0930 - 1200	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030			
STRATEGISE WITH KAKIS: MAHJONG [SAC] 0930 - 1200					
STAY WELL SERIES BY FRIENDS OF THE THIRD AGE (RSVP ONLY) [SAC] 0930 - 1130	STRATEGISE WITH KAKIS: MAHJONG [SAC] 0930 - 1200	LET'S LINE DANCE [AH] 1100-1200			
LET'S MAKAN (RSVP ONLY) [SAC] 1130 - 1230					
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	LET'S DO CALLIGRAPHY (RSVP ONLY) [SAC] 1400 - 1600	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600			
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145	LET'S YUM CHA TOGETHER [SAC] 1600- 1700	LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES (RSVP ONLY) [SAC] 1500 - 1630			

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1	2	3	4	5
	服务 - 社区保健站 (CHP) (必须报名) [RN1] 0930 - 1230	一起练气功(IL) (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
		一起跳排舞(IL) [AH] 1100-1200		
	由JON心灵系列 - 芳香疗愈 (必须报名) [SAC] 1000 - 1100	一起做禅绕画 [RN1] 1400 - 1600		
	一起写书法 (必须报名) [SAC] 1400 - 1600	由JON心灵系列 - 芳香疗愈 (必须报名) [SAC] 1400 - 1500		
	一起饮茶 [SAC] 1600- 1700	与青年团一起学习科技 (必须报名) [SAC] 1500 - 1630	一起来 MAKAN (必须报名) [SAC] 1130 - 1230	
			一起与CASLIN UKUANGELS 玩乌克兰丽 [V] 1400 - 1530	

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7	8	9	10	11	12
一起做钢铁拳击(精简版) (只限男性) [AH] 0930 - 1030	由JON心灵系列 - 芳香疗愈 (必须报名) [SAC] 1000 - 1100	一起和 NICA 去 GAI GAI (必须报名) [NTUC CENTRE - 1 MARINA BLVD] 0900 - 1200	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	
一起做 STEEL TONIC (男女混合班) [AH] 1045 - 1145		一起练气功(IL) (通过 HEALTHY 365) [AH] 0930 - 1030			
游戏时间- 宾果游戏 [SAC] 1000 - 1100	一起到善济慈善中心去Gai Gai (RSVP ONLY) 1330 - 1430	一起跳排舞(IL) [AH] 1100-1200		一起玩音乐 敲响铃铛 [SAC] 1400 - 1530	
一起来唱歌 [SAC] 1100 - 1200	中医健康讲座 (RSVP ONLY) 1430 - 1630	一起做禅绕画 [RN1] 1400 - 1600	一起做纸艺 [SAC] 1530 - 1730		
一起来庆生 [SAC] 1200 - 1400	一起来 MAKAN (必须报名) 1630 - 1730	与青年团一起学习科技 (必须报名) [SAC] 1500 - 1630	一起来 MAKAN (必须报名) [SAC] 1730 - 1830		

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14	15	16	17	18	19
一起做钢铁拳击(精简版) (只限男性) [AH] 0930 - 1030	游戏时间: RUMMY-O [SAC] 0930 - 1200	一起练气功(IL) (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	
	游戏时间: 麻将 [SAC] 0930 - 1200	一起跳排舞(IL) [AH] 1100-1200			
一起做 STEEL TONIC (男女混合班) [AH] 1045 - 1145	一起写书法 (必须报名) [SAC] 1400 - 1600	一起做禅绕画 [RN1] 1400 - 1600	一起做纸艺 [SAC] 1530 - 1730	一起与CASLIN UKUANGELS 玩乌克兰丽丽 [V] 1400 - 1530	
	一起饮茶 [SAC] 1600- 1700	与青年团一起学习科技 (必须报名) [SAC] 1500 - 1630	一起来 MAKAN (必须报名) [SAC] 1700 - 1800	新加坡警察部队 项目:反诈骗讲座 (双语) [SAC] 1400 - 1530	

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21	22	23	24	25	26
一起做钢铁拳击(精简版) (只限男性) [AH] 0930 - 1030	游戏时间: RUMMY-O [SAC] 0930 - 1200	一起练气功(IL) (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	
一起做 STEEL TONIC (男女混合班) [AH] 1045 - 1145	游戏时间: 麻将 [SAC] 0930 - 1200	一起跳排舞(IL) [AH] 1100-1200			
保持健康讲座由 松年之友 (必须报名) [SAC] 0930 - 1130	一起写书法 (必须报名) [SAC] 1400 - 1600	一起做禅绕画 [RN1] 1400 - 1600	一起做纸艺 [SAC] 1530 - 1730	一起玩音乐 敲响铃铛 [SAC] 1400 - 1530	
一起来 MAKAN (必须报名) [SAC] 1130 - 1230	一起饮茶[SAC] 1600- 1700	与青年团一起学习科技 (必须报名) [SAC] 1500 - 1630	一起来 MAKAN (必须报名) [SAC] 1730 - 1830	一起敢敢讲! [SAC] 1530 - 1700	

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28	29	30			
游戏时间: RUMMY-O [SAC] 0930 - 1200	游戏时间: RUMMY-O [SAC] 0930 - 1200	一起练气功(IL) (通过 HEALTHY 365) [AH] 0930 - 1030			
游戏时间: 麻将 [SAC] 0930 - 1200					
保持健康讲座由 松年之友 (必须报名) [SAC] 0930 - 1130	游戏时间: 麻将 [SAC] 0930 - 1200	一起跳排舞(IL) [AH] 1100-1200			
一起来 MAKAN (必须报名) [SAC] 1130 - 1230		一起做禅绕画 [RN1] 1400 - 1600			
一起做钢铁拳击(精简版) (只限男性) [AH] 0930 - 1030	一起写书法 (必须报名) [SAC] 1400 - 1600	与青年团一起学习科技 (必须报名) [SAC] 1500 - 1630			
一起做 STEEL TONIC (男女混合班) [AH] 1045 - 1145	一起饮茶 [SAC] 1600- 1700				

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