

# 2026 JULY

📍 **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  
**(VIA HEALTHY 365)**  
**[AH]**  
 0930 - 1030

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

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

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

LET'S DRUM FIT (SEATED)  
**(BOOKING REQUIRED)**  
**[A]**  
 1000 - 1130

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

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

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 SING-ALONG  
**[SAC]**  
 1400 - 1600

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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

6

7

8

9

10

11

LET'S STEEL COMBAT <b>(MENS Xclusive)</b> <b>[8HR]</b> 0930 - 1030	COMMUNITY HEALTH POST (CHP) <b>[HV]</b> 0930 - 1230	LET'S QIGONG <b>(VIA HEALTHY 365)</b> <b>[AH]</b> 0930 - 1030	LET'S DRUM FIT (SEATED) <b>(BOOKING REQUIRED)</b> <b>[A]</b> 1000 - 1130	LET'S ZUMBA GOLD <b>(VIA HEALTHY 365)</b> <b>[AH]</b> 0930 - 1030	
LET'S WALKING FOOTBALL <b>[TAMPINES HUB]</b> <b>(BOOKING REQUIRED)</b> <b>GROUP B</b> 0945 - 1130	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG <b>[SAC]</b> 1000 - 1200	LET'S LINE DANCE <b>[8HR]</b> 1100-1200	LET'S TARGET TOGETHER - AIM & SHOOT <b>[SAC]</b> 1000 - 1100	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG <b>[SAC]</b> 1000 - 1200	
LET'S STEEL TONIC <b>[8HR]</b> 1045 - 1145	LET'S DO CALLIGRAPHY <b>(BOOKING REQUIRED)</b> <b>[SAC]</b> 1400 - 1600	LET'S SPEAK UP CONVERSATIONAL ENGLISH <b>[SAC]</b> 1500-1600	LET'S DO WEAVING ART <b>[SAC]</b> 1400 - 1600	LET'S JAM WITH UKULELE, MEILING UKU ANGELS <b>[SAC]</b> 1400 - 1530	
LET'S SING-ALONG <b>[SAC]</b> 1400 - 1600	LET'S YUM CHA TOGETHER <b>[SAC]</b> 1600- 1700	LET'S MAKAN TOGETHER <b>[SAC]</b> <b>(BOOKING REQUIRED)</b> 1600 - 1730	LET'S MAKAN TOGETHER <b>[SAC]</b> <b>(BOOKING REQUIRED)</b> 1600 - 1730	LET'S DO SEWING <b>(BOOKING REQUIRED)</b> <b>[NTUC HEALTH AAC KK]</b> 1400 - 1700	

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
LET'S STEEL COMBAT <b>(MENS Xclusive)</b> [8HR] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S QIGONG <b>(VIA HEALTHY 365)</b> [AH] 0930 - 1030	LET'S TARGET TOGETHER - AIM & SHOOT [SAC] 1000 - 1100	LET'S ZUMBA GOLD <b>(VIA HEALTHY 365)</b> [AH] 0930 - 1030	
LET'S GO GAI GAI - QUAIL FARM <b>(SPECIAL CONDITIONS APPLIED)</b> 0900 - 1100	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	LET'S LINE DANCE [8HR] 1100-1200		STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
LET'S WALKING FOOTBALL <b>(TAMPINES HUB)</b> <b>(BOOKING REQUIRED)</b> <b>GROUP A</b> 0945 - 1130	LET'S DO CALLIGRAPHY <b>(BOOKING REQUIRED)</b> [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S DO ZENTANGLE-S [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
LET'S STEEL TONIC [8HR] 1045 - 1145		STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200		LET'S CELEBRATE RACIAL HARMONY [SAC] 1400 - 1600	
LET'S SING-ALONG [SAC] 1000 - 1200	LET'S YUM CHA TOGETHER [SAC] 1600- 1700	LET'S SPEAK UP CONVERSATIONAL ENGLISH [SAC] 1500-1600	LET'S MAKAN TOGETHER <b>(BOOKING REQUIRED)</b> [SAC] 1600 - 1730	LET'S YUM CHA TOGETHER [SAC] 1600- 1700	
LET'S CELEBRATE BIRTHDAY <b>(BOOKING REQUIRED)</b> [SAC] 1200 - 1400					




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MON 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25
LET'S STEEL COMBAT <b>(MENS Xclusive)</b> [8HR] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S QIGONG <b>(VIA HEALTHY 365)</b> [AH] 0930 - 1030	LET'S TARGET TOGETHER - AIM & SHOOT [SAC] 1000 - 1100	LET'S ZUMBA GOLD <b>(VIA HEALTHY 365)</b> [AH] 0930 - 1030	
LET'S WALKING FOOTBALL <b>(TAMPINES HUB)</b> <b>(BOOKING REQUIRED)</b> <b>GROUP B</b> 0945 - 1130	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	LET'S LINE DANCE [8HR] 1100-1200		STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG [SAC] 1000 - 1200	
LET'S STEEL TONIC [8HR] 1045 - 1145	LET'S DO CALLIGRAPHY <b>(BOOKING REQUIRED)</b> [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG [SAC] 1000 - 1200	LET'S DO WEAVING ART [SAC] 1400 - 1600	LET'S JAM WITH UKULELE, MEILING UKU ANGELS [SAC] 1400 - 1530	
STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG [SAC] 1000 - 1200		LET'S SPEAK UP CONVERSATIONAL ENGLISH [SAC] 1500-1600			
STROKE AWARENESS TALK <b>(MANDARIN)</b> [SAC] 1430 - 1600	LET'S YUM CHA TOGETHER [SAC] 1600- 1700				

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
LET'S STEEL COMBAT <b>(MENS Xclusive)</b> [8HR] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG [SAC] 1000 - 1200	LET'S QIGONG <b>(VIA HEALTHY 365)</b> [AH] 0930 - 1030	LET'S TARGET TOGETHER - AIM & SHOOT [SAC] 1000 - 1100	LET'S ZUMBA GOLD <b>(VIA HEALTHY 365)</b> [AH] 0930 - 1030	
LET'S WALKING FOOTBALL <b>[TAMPINES HUB]</b> <b>(BOOKING REQUIRED)</b> <b>GROUP A</b> 0945 - 1130	LET'S GEN TOGETHER WITH MY WORLD @ BOON KENG <b>(BOOKING REQUIRED)</b> <b>12 PAX ONLY</b> 1400 - 1700	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 DO WEAVING ART [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG [SAC] 1000 - 1200
STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG [SAC] 1000 - 1200	LET'S DO CALLIGRAPHY <b>(BOOKING REQUIRED)</b> [SAC] 1400 - 1600	LET'S SPEAK UP CONVERSATIONAL ENGLISH [SAC] 1500-1600			LET'S TALK NEWS [SAC] 1500 - 1600
LET'S SING-ALONG [SAC] 1400 - 1600	LET'S YUM CHA TOGETHER [SAC] 1600- 1700			LET'S MAKAN TOGETHER <b>(BOOKING REQUIRED)</b> [SAC] 1600 - 1730	

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# 2026 七月

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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] <b>(通过 HEALTHY 365)</b> 0930 - 1030	一起做 DRUM FIT (坐姿运动) [A] <b>(必须报名)</b> 1000 - 1130	一起跳尊巴(乐龄版) [AH] <b>(通过 HEALTHY 365)</b> 0930 - 1030	
		一起跳排舞 [8HR] 1100 - 1200		游戏时间: RUMMY-O [SAC] 1000 - 1200	
		游戏时间: RUMMY-O / 麻将 [SAC] 1000 - 1200	一起做织布 [SAC] 1400 - 1600	游戏时间: 麻将 [SAC] 1000 - 1200	
		一起学英语会话 [SAC] 1500 - 1600	一起来 MAKAN [SAC] <b>(必须报名)</b> 1600 - 1730	一起来唱歌 [SAC] 1400 - 1600	

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星期二

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6	7	8	9	10	11
一起做钢铁拳击(精简版) [8HR] <b>(只限男性)</b> 0930 - 1030	服务 - 社区保健站 (CHP) [HV] 0930 - 1230	一起练气功 [AH] <b>(通过 HEALTHY 365)</b> 0930 - 1030	一起做 DRUM FIT (坐姿运动) [A] <b>(必须报名)</b> 1000 - 1130	一起跳尊巴(乐龄版) [AH] <b>(通过 HEALTHY 365)</b> 0930 - 1030	
一起来踢步行足球! <b>[淡滨尼中心]</b> <b>(必须报名) B组</b> 0945 - 1130	游戏时间: RUMMY-O / 麻将 [SAC] 1000 - 1200	一起跳排舞 [8HR] 1100 - 1200	一起瞄准目标 [SAC] 1000 - 1100	游戏时间: RUMMY-O / 麻将 [SAC] 1000 - 1200	
一起做 STEEL TONIC [8HR] <b>(男女混合班)</b> 1045 - 1145	一起写书法 [SAC] <b>(必须报名)</b> 1400 - 1600	一起学英语会话 [SAC] 1500 - 1600	一起做织布 [SAC] 1400 - 1600	一起玩乌克兰丽丽 [SAC] 1400 - 1530	
一起来唱歌 [SAC] 1400 - 1600	一起饮茶 [SAC] 1600 - 1700	一起来 MAKAN [SAC] <b>(必须报名)</b> 1600 - 1730	一起来 MAKAN [SAC] <b>(必须报名)</b> 1600 - 1730	一起缝纫 <b>[NTUC HEALTH AAC KK]</b> <b>(必须报名)</b> 1400 - 1700	

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星期二

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星期六

13

14

15

16

17

18

一起做钢铁拳击(精简版)  
**(只限男性) [8HR]**  
 0930 - 1030

游戏时间: RUMMY-O  
**[SAC]**  
 1000 - 1200

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

一起去 GAI GAI -  
 鹤鹤农场  
**(必须报名)**  
**(附加特殊条件)**  
 0900 - 1100

游戏时间: 麻将  
**[SAC]**  
 1000 - 1200

一起跳排舞  
**[8HR]**  
 1100 - 1200

游戏时间: RUMMY-O  
**[SAC]**  
 1000 - 1200

一起来踢步行足球!  
**[淡滨尼中心]**  
**(必须报名) A组]**  
 0945 - 1130

一起写书法  
**[SAC]**  
**(必须报名)**  
 1400 - 1600

游戏时间: RUMMY-O /  
 麻将  
**[SAC]**  
 1000 - 1200

一起做禅绕画  
**[SAC]**  
 1400 - 1600

游戏时间: 麻将  
**[SAC]**  
 1000 - 1200

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

游戏时间: 麻将  
**[SAC]**  
 1000 - 1200

一起庆祝种族和谐  
**[SAC]**  
 1400 - 1600

一起来唱歌  
**[SAC]**  
 1000 - 1200

一起饮茶  
**[SAC]**  
 1600 - 1700

一起学英语会话  
**[SAC]**  
 1500 - 1600

一起来 MAKAN  
**[SAC]**  
**(必须报名)**  
 1600 - 1730

一起来庆祝生日  
**[SAC]**  
**(必须报名)**  
 1200 - 1400

一起饮茶  
**[SAC]**  
 1600 - 1700

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23

24

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一起做钢铁拳击(精简版)  
**[8HR]**  
**(只限男性)**  
 0930 - 1030

游戏时间: RUMMY-O  
**[SAC]**  
 1000 - 1200

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

游戏时间: 麻将  
**[SAC]**  
 1000 - 1200

一起跳排舞  
**[8HR]**  
 1100 - 1200

游戏时间: RUMMY-O /  
 麻将  
**[SAC]**  
 1000 - 1200

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

一起写书法  
**[SAC]**  
**(必须报名)**  
 1400 - 1600

游戏时间: RUMMY-O /  
 麻将  
**[SAC]**  
 1000 - 1200

一起做织布  
**[SAC]**  
 1400 - 1600

一起玩乌克兰丽丽  
**[SAC]**  
 1400 - 1530

游戏时间: RUMMY-O /  
 麻将  
**[SAC]**  
 1000 - 1200

一起学英语会话  
**[SAC]**  
 1500 - 1600

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

中风意识讲座(中文)  
**[SAC]**  
 1430 - 1600

一起饮茶  
**[SAC]**  
 1600 - 1700

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27

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一起做钢铁拳击(精简版) [8HR] (只限男性) 0930 - 1030	游戏时间: RUMMY-O / 麻将 [SAC] 1000 - 1200	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030		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	代际交流 - MY WORLD @ BOON KENG (仅限12人,必须报名) 1400 - 1700	一起跳排舞 [8HR] 1100 - 1200	一起瞄准目标 [SAC] 1000 - 1100	
一起做 STEEL TONIC [8HR] (男女混合班) 1045 - 1145		游戏时间: RUMMY-O / 麻将 [SAC] 1000 - 1200	一起做织布 [SAC] 1400 - 1600	游戏时间: RUMMY-O / 麻将 [SAC] 1000 - 1200
游戏时间: RUMMY-O / 麻 将 [SAC] 1000 - 1200	一起写书法 [SAC] (必须报名) 1400 - 1600	一起学英语会话 [SAC] 1500 - 1600		一起聊新闻 [SAC] 1500 - 1600
一起来唱歌 [SAC] 1400 - 1600	一起饮茶 [SAC] 1600 - 1700		一起来 MAKAN [SAC] (必须报名) 1600 - 1730	

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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