

2025 June

 **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



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
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 GO GAI GAI: BIRD PARADISE (RSVP ONLY) [SAC] 0800 - 1200	LET'S ZUMBA GOLD (VIA HEALTHY 365) [AH] 0930 - 1030	PH Hari Raya Haji
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145		LET'S LINE DANCE [AH] 1100-1200	LET'S DRUM FIT (RSVP ONLY) [SAC] 1000 - 1130	LET'S JAM WITH UKULELE WITH UKU ANGELS SG [V] 1400 - 1530	
	LET'S DO CALLIGRAPHY (RSVP ONLY) [SAC] 1400 - 1600	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S DO PAPER ART [SAC] 1500 - 1700		
		LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES (RSVP ONLY) [SAC] 1500 - 1630			

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
 RN2: Block 5 Haig Road, Geylang Serai RN Office
 V: Block 2, Level 7 Sriville RC

ST: Wisma Geylang Serai Level 1 Kitchen Studio
 SAC: blk 5 Haig Road

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
CENTRE CLOSED PUBLIC HOLIDAY Hari Raya Haji (OFF IN-LIEU)	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 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	
	FUN WITH KAKIS- BINGO [SAC] 1000 - 1100	LET'S LINE DANCE [AH] 1100-1200		LET'S LIM KOPI (MEN'S TALK) [SAC] 1030 - 1130	
	LET'S SING-ALONG (RSVP ONLY) [SAC] 1100 - 1200		LET'S DO PAPER ART [RN2] 1500 - 1700	LET'S JAM WITH BELLS [SAC] 1400 - 1530	
	LET'S CELEBRATE JUNE BIRTHDAYS & FATHER'S DAY [SAC] 1200 - 1400	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600			
	LET'S DO CALLIGRAPHY (RSVP ONLY) [SAC] 1400 - 1600	LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES (RSVP ONLY) [SAC] 1500 - 1630			

Venue

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
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		LET'S DO PAPER ART [RN2] 1500 - 1700	
CPF CARES WITH CPF (RSVP ONLY) [SAC] 1400- 1600		LET'S DO ZENTANGLE-S [RN1] 1400 - 1600			
LET'S MAKAN TOGETHER (RSVP ONLY) [SAC] 1600-1730	LET'S DO CALLIGRAPHY (RSVP ONLY) [SAC] 1400 - 1600	LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES (RSVP ONLY) [SAC] 1500 - 1630			
23	24	25	26	27	28
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		LET'S DO PAPER ART [RN2] 1500 - 1700	
STAY WELL SERIES- WELLNESS ENTHUSIAST NASSER MANSOR [SAC] 1400- 1600		LET'S DO ZENTANGLE-S [RN1] 1400 - 1600			
LET'S MAKAN TOGETHER (RSVP ONLY) [SAC] 1600-1730	LET'S DO CALLIGRAPHY (RSVP ONLY) [SAC] 1400 - 1600	LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES (RSVP ONLY) [SAC] 1500 - 1630	LET'S MAKAN TOGETHER (RSVP ONLY) [SAC] 1600-1730		

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MON	TUE	WED	THU	FRI	SAT
30					
STRATEGISE WITH KAKIS: RUMMY-O [SAC] 0930 - 1200					
STRATEGISE WITH KAKIS: MAHJONG [SAC] 0930 - 1200					
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030					

Venue

A: Wisma Geylang Serai, Level 3, Activity Room 1
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2025 六月

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2	3	4	5	6	7
一起做钢铁拳击(只限男性) [AH] 0930 - 1030	服务 - 社区保健站 (CHP) (RSVP ONLY) [RN1] 0930 - 1230	一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030	一起去GAI GAI : 新加坡飞禽公园 (RSVP ONLY) 0800 - 1200	一起跳尊巴 (VIA HEALTHY 365) [AH] 0930 - 1030	哈芝节公共假期
一起做Steel Tonic X 阻力带锻炼 (混合性别) [AH] 1045 - 1145		一起跳排舞[AH] 1100-1200			
	一起写书法 (RSVP ONLY) [SAC] 1400 - 1600	一起做禅绕画 [RN1] 1400 - 1600	一起做DrumFit (RSVP ONLY) [SAC] 1000 - 1130	一起玩乌克兰丽丽 [V] 1400 - 1530	
		与青年团一起学习科技! (RSVP ONLY) [SAC] 1500 - 1630	一起做纸艺 [SAC] 1500 - 1700		

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MON	TUE	WED	THU	FRI	SAT	
9	10	11	12	13	14	
中心关闭。哈芝节公众假期(补休)	游戏时间: RUMMY-O [SAC] 1000 - 1230	一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030	一起做DrumFit (RSVP ONLY) [SAC] 1000 - 1130	一起跳尊巴 (VIA HEALTHY 365) [AH] 0930 - 1030		
	游戏时间- BINGO [SAC] 1000 - 1100	一起跳排舞[AH] 1100-1200		一起喝咖啡(只限男性) [SAC] 1030 - 1130		
	一起来唱歌 (RSVP ONLY) [SAC] 1100 - 1200		一起来庆祝六月的生日和父亲节[SAC] 1200 - 1400	一起做禅绕画 [RN1] 1400 - 1600		一起做纸艺 [RN2] 1500 - 1700
	一起写书法 (RSVP ONLY) [SAC] 1400 - 1600	与青年团一起学习科技！(RSVP ONLY) [SAC] 1500 - 1630				

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
一起做钢铁拳击(只限男性) [AH] 0930 - 1030	游戏时间: RUMMY-O" [SAC] 0930 - 1200	一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030	一起做DrumFit (RSVP ONLY) [SAC] 1000 - 1130	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	游戏时间: MAHJONG [SAC] 0930 - 1200	一起跳排舞[AH] 1100-1200			
公积金关怀 (RSVP ONLY) [SAC] 1400 - 1600		一起做禅绕画 [RN1] 1400 - 1600	一起做纸艺 [RN1] 1500 - 1700	一起玩乌克兰丽丽 [V] 1400 - 1530	
一起来makan (RSVP ONLY) [SAC] 1600-1730	一起写书法 (RSVP ONLY) [SAC] 1400 - 1600	与青年团一起学习科技! (RSVP ONLY) [SAC] 1500 - 1630			
23	24	25	26	27	28
一起做钢铁拳击(只限男性) [AH] 0930 - 1030	游戏时间: RUMMY-O" [SAC] 0930 - 1200	一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030	一起做DrumFit (RSVP ONLY) [SAC] 1000 - 1130	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	游戏时间: MAHJONG [SAC] 0930 - 1200	一起跳排舞[AH] 1100-1200			
保健系列 - [SAC] 1400- 1600	一起写书法 (RSVP ONLY) [SAC] 1400 - 1600	一起做禅绕画 [RN1] 1400 - 1600	一起做纸艺 [RN1] 1500 - 1700	中心关闭	
		与青年团一起学习科技! (RSVP ONLY) [SAC] 1500 - 1630	一起饮茶 (RSVP ONLY) [SAC] 1700 - 1830		

Venue

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MON	TUE	WED	THU	FRI	SAT
30					
游戏时间: RUMMY-O" [SAC] 0930 - 1200					
游戏时间: MAHJONG [SAC] 0930 - 1200					
一起做钢铁拳击(只限男性) [AH] 0930 - 1030					
一起做Steel Tonic X 阻力带锻炼 (混合性别) [AH] 1045 - 1145					

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