

# 2025 January

📍 **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

1

2

3

4

**CENTRE CLOSED  
NEW YEAR DAY**

LET'S DRUM FIT (RSVP ONLY) [A]  
1000 - 1100  
 LET'S DRUM FIT (RSVP ONLY) [A]  
1130 - 1230  
 LET'S CELEBRATE NEW YEAR 2025  
(RSVP ONLY) [RN2]  
1500 - 1600  
 LET'S DO PAPER ART [RN2]  
1600 - 1730

LET'S ZUMBA (VIA HEALTHY 365)  
[AH]  
0930 - 1030  
 LET'S LEARN TECH WITH YOUTH  
CORPS [V]  
1530 - 1700

6

7

8

9

10

11

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 STEEL TONIC (MIXED) [AH]  
1045 - 1145

HPB BALIK KAMPONG (VIA  
HEALTHY 365) [A]  
1030 - 1130

LET'S DRUM FIT (RSVP ONLY) [A]  
1130 - 1230

LET'S GO GAI GAI FOR CNY GOODS  
@ VICTORIA WHOLESALE CENTRE  
(RSVP ONLY)  
0900 - 1200

LET'S SHARE SHARE @ DBS  
POP UP MARKET (RSVP  
ONLY) [AH]  
1030 - 1100

LET'S JAM WITH UKULELE [A]  
1500 - 1700

LET'S DO PAPER ART [A]  
1400 - 1600  
 LET'S DO CALLIGRAPHY (RSVP  
ONLY) [A]  
1400 - 1600

LET'S DO ZENTANGLE-S [RN1]  
1400 - 1600  
 WALKING FOOTBALL @ BEDOK  
1600 - 1730

LET'S DO PAPER ART [RN2]  
1530 - 1730  
 LET'S MAKAN (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

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.  
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 **ntuc Health**

MON

TUE

WED

THU

FRI

SAT

27

28

29

30

31

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

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LET'S STEEL TONIC (MIXED) [AH]  
1045 - 1145

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DANCING TOWARDS A PERFORMANCE [A]  
1200 - 1330

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LET'S JAM WITH UKULELE [A]  
1430 - 1600

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LET'S SING TOGETHER [A]  
1600 - 1800

**CENTRE CLOSED  
CHINESE NEW YEAR EVE  
1300 - 1800**

**CENTRE CLOSED  
CHINESE NEW YEAR DAY 1**

**CENTRE CLOSED  
CHINESE NEW YEAR DAY 2**

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

LET'S SPEAK UP! [V]  
1530 - 1700

Venue

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		本中心暂时休业 元旦节	一起做DrumFit (RSVP ONLY) [A] 1000 - 1100	一起跳尊巴(VIA HEALTHY 365) [AH] 0930 - 1030	
	一起做DrumFit (RSVP ONLY) [A] 1130 - 1230				
	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) [RN2] 1730 - 1830				
6	7	8	9	10	11
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	一起来分享在DBS快闪市场 (RSVP ONLY) [AH] 时间待确认
一起做Steel Tonic X 阻力带锻炼 (混合性别) [AH] 1045 - 1145	HPB 回到甘榜(VIA HEALTHY 365) [A] 1030 - 1130		一起做DrumFit (RSVP ONLY) [A] 1130 - 1230	一起去Gai Gai 在维多利亚批发中心采购春节商品 (RSVP ONLY) 待确认 0900 - 1200	
一起玩乌克兰丽丽 [A] 1500 - 1700	一起做纸艺 [A] 1400 - 1600 一起写书法 (RSVP ONLY) [A] 1400 - 1600	一起做禅绕画 [RN1] 1400 - 1600 步行足球@勿洛 1600 - 1730	一起做纸艺 [RN2] 1530 - 1730 一起来makan (RSVP ONLY) [RN2] 1730 - 1830	与青年团一起学习科技! [V] 1530 - 1700	

**Venue**

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
一起做钢铁拳击(只限男性) [AH] 0930 - 1030	一起去Gai Gai 手工蜡染工作坊 @ 国家文化遗产局 (RSVP ONLY) 0930 - 1200	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DrumFit (RSVP ONLY) [A] 1130 - 1230		
电子游戏时间 [A] 1000 - 1100	一起做纸艺 [A] 1400 - 1600	一起做禅绕画 [RN1] 1400 - 1600	保健系列: 保持最佳状态, 保持敏锐 [RN2] 1600 - 1730	与 NUS 数字关怀团队一起学习技术 [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 [A] 1430 - 1600	一起写书法 (RSVP ONLY) [A] 1400 - 1600	步行足球@勿洛 1600 - 1730	一起饮茶 (RSVP ONLY) [RN2] 1730 - 1830		
20	21	22	23	24	25
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		一起跳尊巴 (VIA HEALTHY 365) [AH] 0930 - 1030	一起来分享鸡饭 (RSVP ONLY) [RN2] 1000 - 1200
一起做Steel Tonic X 阻力带锻炼(混合性别) [AH] 1045 - 1145				一起来分享在 DBS快闪市场 (RSVP ONLY) [A] 1000 - 1200	
一起学科技 [DC] 1000 - 1100		舞出表演 [A] 1200 - 1330	一起去做义工 (RSVP ONLY) [DC] 1045 - 1145	与 NUS 数字关怀团队一起学习技术 [V] 1530 - 1700	
一起玩乌克兰丽 [A] 1430 - 1600			一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030		一起做纸艺 [RN2] 1530 - 1730
一起学唱歌 [A] 1600 - 1800		步行足球@勿洛 1600 - 1730	一起饮茶 (RSVP ONLY) [RN2] 1730 - 1830		

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27	28	29	30	31	
一起做钢铁拳击(只限男性) [AH] 0930 - 1030	本中心暂时休业 除夕 1300 - 1800	本中心暂时休业 初一	本中心暂时休业 初二	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				一起敢敢讲! [V] 1530 - 1700	
舞出表演 [A] 1200 - 1330					
一起玩乌克兰丽丽 [A] 1430 - 1600					
一起学唱歌 [A] 1600 - 1800					

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