

2025 May

 **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			
			CENTRE CLOSED PUBLIC HOLIDAY [LABOUR DAY]	LET'S ZUMBA GOLD (VIA HEALTHY 365) [AH] 0930 - 1030							
				LET'S JAM WITH BELLS [SAC] 1400 - 1530							
5		6		7		8		9		10	
CENTRE CLOSED	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				
			LET'S LINE DANCE [AH] 1100-1200								
	LET'S DO CALLIGRAPHY (RSVP ONLY) [SAC] 1400 - 1600		LET'S DO ART & CRAFT : CARDBOARD ART WITH ANJA [SAC] 1330 - 1500		LET'S DO PAPER ART [SAC] 1530 - 1730		LET'S JAM WITH UKULELE WITH UKU ANGELS SG [V] 1400 - 1530				
	LET'S LIM KOPI (MEN TALK) [SAC] 1500- 1700		LET'S DO ZENTANGLE-S [RN1] 1400 - 1600		LET'S MAKAN (RSVP ONLY) [SAC] 1730 - 1830						

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
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ST: Wisma Geylang Serai Level 1 Kitchen Studio
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12	13	14	15	16	17
CENTRE CLOSED PUBLIC HOLIDAY [VESAK DAY]	LET'S HAPPY FEET (RSVP ONLY) [SAC] 1000 - 1100	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S GEN TOGETHER WITH TAMPINES MERIDIAN JUNIOR COLLEGE (RSVP ONLY) 0900 - 1130	LET'S ZUMBA GOLD (VIA HEALTHY 365) [AH] 0930 - 1030	
		LET'S LINE DANCE [AH] 1100-1200	LET'S DRUM FIT (RSVP ONLY) [SAC] 1000 - 1130		
	LET'S SING-ALONG (RSVP ONLY) [SAC] 1100 - 1200	LEAVE WELL SERIES - WILL WRITING (RSVP ONLY) [SAC] 1030-1130	LET'S MAKAN (RSVP ONLY) 1130 - 1300	LET'S JOIN KEN: BIRDS PARADISE OUTING (RSVP ONLY) 0830 - 1030	
	LET'S CELEBRATE BIRTHDAY [SAC] 1200 - 1400	LET'S JOIN "INTERES-THINK" NETWORKING 2025 WITH SG CARES VC@GEYLANG SERAI 1.00PM - 4.00PM	LET'S DO PAPER ART [SAC] 1530 - 1730	LET'S MAKAN (RSVP ONLY) 1030 - 1230	
	LET'S DO CALLIGRAPHY (RSVP ONLY) [SAC] 1400 - 1600	ZENTANGLE CLOSED	LET'S MAKAN (RSVP ONLY) [SAC] 1700 - 1800	LET'S JAM WITH BELLS [SAC] 1400 - 1530	

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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	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	
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145		LET'S LINE DANCE [AH] 1100-1200			
	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 UKU ANGELS SG [V] 1400 - 1530	
			LET'S MAKAN (RSVP ONLY) [SAC] 1730 - 1830		
26	27	28	29	30	31
STAY GREEN TOGETHER @ APSN SCHOOL 0930 - 1130	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 DO ART@JURONG LAKE HULUSI WORKSHOP & PERFORMANCE (RSVP ONLY) 0830-1230 TO BE CONFIRMED	
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030		LET'S LINE DANCE [AH] 1100-1200	LET'S WATCH COOKING (RSVP ONLY) [ST] TO BE CONFIRMED	LET'S ZUMBA GOLD (VIA HEALTHY 365) [AH] 0930 - 1030	
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 BELLS[SAC] 1400 - 1530	
SCENT HEALING: MINDFUL MOMENTS [SAC] 1500 - 1600			LET'S MAKAN (RSVP ONLY) [SAC] 1730 - 1830	LET'S SPEAK UP! [SAC] 1530 - 1700	

Venue

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2025 五月

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			1	2	3
			中心关闭 公众假期 [劳动节]	一起跳尊巴 (VIA HEALTHY 365) [AH] 0930 - 1030	
				一起敲响铃铛 [SAC] 1400 - 1530	
5	6	7	8	9	10
中心关闭	服务 - 社区保健站 (CHP) (RSVP ONLY) [RN1] 0930 - 1230	一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030	一起做DrumFit (RSVP ONLY) [SAC] 1000 - 1130	一起跳尊巴 (VIA HEALTHY 365) [AH] 0930 - 1030	
		一起跳排舞[AH] 1100-1200			
	一起写书法 (RSVP ONLY) [SAC] 1400 - 1600	一起做纸艺 [SAC] 1330 - 1500	一起做纸艺 [SAC] 1530 - 1730	一起玩乌克兰丽丽 [V] 1400 - 1530	
	一起喝咖啡(只限男性) [SAC] 1500 - 1700	一起做再循环工艺 [SAC] 1330 - 1500	一起来makan (RSVP ONLY) [SAC] 1730 - 1830		

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12	13	14	15	16	17
中心关闭 公众假期 [卫塞节]	电子游戏时间 [SAC] 1000 - 1100	一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030	一起与淡滨尼美瑞迪安 中学代际交流 (RSVP ONLY) 0900 - 1130	一起跳尊巴 (VIA HEALTHY 365) [AH] 0930 - 1030	
		一起跳排舞[AH] 1100-1200	一起做DrumFit (RSVP ONLY) [SAC] 1000 - 1130		
	一起来唱歌 [SAC] 1100 - 1200	走得自在系列 - 持久授权书! (RSVP ONLY) [SAC] 1030-1130	一起来makan (RSVP ONLY) 1130 - 1300	一起去新加坡飞禽公园 鸟郊游 (RSVP ONLY) 0830 - 1030	
	一起来庆生 [SAC] 1200 - 1400	参与 SG Cares 志愿中心@ 芽笼士乃 “Interes-Think” 的2025交流会吧! 1.00PM - 4.00PM	一起做纸艺 [SAC] 1530 - 1730	一起来MAKAN (RSVP ONLY) 1030 - 1230	
	一起写书法 (RSVP ONLY) [SAC] 1400 - 1600	禅绕画课程已取消	一起来MAKAN [SAC] (RSVP ONLY) 1700 - 1800	一起敲响铃铛 [SAC] 1400 - 1530	

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19	20	21	22	23	24
一起做钢铁拳击(只限男性) [AH] 0930 - 1030	游戏时间 [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	
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	一起做纸艺 [SAC] 1530 - 1730		
	一起写书法 (RSVP ONLY) [SAC] 1400 - 1600	一起做禅绕画 [RN1] 1400 - 1600	一起来 makan (RSVP ONLY) [SAC] 1730 - 1830	一起玩乌克兰丽丽 [V] 1400 - 1530	
26	27	28	29	30	31
一去做园艺@APSN 学校 0930 - 1130	游戏时间 [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	
一起做钢铁拳击(只限男性) [AH] 0930 - 1030			一起学烹饪 (RSVP ONLY) [ST] 待确认	一起敲响铃铛 [SAC] 1400 - 1530	
一起做Steel Tonic X 阻力带锻炼 (混合性别) [AH] 1045 - 1145	一起写书法 (RSVP ONLY) [SAC] 1400 - 1600	一起跳排舞 [AH] 1100-1200	一起做纸艺 [SAC] 1530 - 1730		
心灵系列 - 芳香疗愈 [SAC] 1500 - 1600		一起做禅绕画 [RN1] 1400 - 1600	一起来 MAKAN (RSVP ONLY) [SAC] 1730 - 1830	一起敢敢讲! [SAC] 1530 - 1700	

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