

2025 October

 **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 [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S DRUM FIT [SAC] (BOOKING REQUIRED) 1000 - 1130	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
		LINE DANCE - CLOSED -			
		LET'S JOIN AAC DAY @ TEMASEK POLY (BOOKING REQUIRED) 0900 - 1100	FUN WITH EXERGAME [SAC] (GROUP B LESSON 1) (BOOKING REQUIRED) 15 PAX 1400 - 1600	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
		LET'S JOIN AAC DAY RUMMY-O @ TEMASEK POLY (BOOKING REQUIRED) 1100 - 1200		STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
		AAC DAY LET'S MAKAN @ TEMASEK POLY (BOOKING REQUIRED) 1200-1300	LET'S MAKAN [SAC] (BOOKING REQUIRED) 1600 - 1700	LET'S JAM WITH BELLS [SAC] 1400 - 1530	
		ZENTANGLE - CLOSED -			

Venue 活动 场地	RN1: Block 415 Eunos Rd 5, Eunos Village RN Office	11HR: Blk 11 Haig Road	L2: Wisma Geylang Serai, Level 2 Space outside Conference Rm	
	V: Blk 2, Geylang Serai Road Level 7 Sriville RC	SAC: Block 5 Haig Road, #01-459	ST: Wisma Geylang Serai Level 1 Kitchen Studio	AH: Anjung Hall, Wisma Geylang Serai

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
LET'S STEEL COMBAT (Mens Xclusive) [11HR] 0930 - 1030	COMMUNITY HEALTH POST (CHP) [RN1] (WALK- IN WELCOME) 0930 - 1230	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S DRUM FIT [SAC] (BOOKING REQUIRED) 1000 - 1130	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
LET'S STEEL TONIC (MIXED) [11HR] 1045 - 1145	FUN WITH EXERGAME [SAC] (GROUP A LESSON 2) (RSVP 15 PAX MENS ONLY) 1000 - 1200	LET'S LINE DANCE [11HR] 1100-1200		STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
FUN WITH KAKIS - BINGO [SAC] 1000 - 1100		LET'S DO ZENTANGLE [SAC] 1400 - 1600	FUN WITH EXERGAME [SAC] (GROUP B LESSON 2) (BOOKING REQUIRED) 15 PAX) 1400 - 1600	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
LET'S SING-ALONG [SAC] 1100 - 1200	LET'S DO CALLIGRAPHY [SAC] (BOOKING REQUIRED) 1400 - 1600	LET'S GO GAI GAI - MID AUTUMN LANTERN WALK @EAST COAST LAGOON (BOOKING REQUIRED) 1730 - 1900		LET'S JAM WITH UKULELE WITH UKU ANGELS VOLUNTEERS [V] 1400 - 1530	
LET'S CELEBRATE BIRTHDAY [SAC] (BOOKING REQUIRED) 1200 - 1400	LET'S APPRECIATE MOONCAKES & TEA [SAC] (BOOKING REQUIRED) 1600 - 1700	LET'S MAKAN TOGETHER (BOOKING REQUIRED) 1900 - 2000	LET'S MAKAN TOGETHER [SAC] (BOOKING REQUIRED) 1600 - 1700	LET'S JAM WITH BELLS [SAC] 1400 - 1530	
Venue 活动 场地	RN1: Block 415 Eunos Rd 5, Eunos Village RN Office		L2: Wisma Geylang Serai, Level 2 Space outside Conference Rm		
	V: Blk 2, Geylang Serai Road Level 7 Sriville RC		SAC: Block 5 Haig Road, #01-459	ST: Wisma Geylang Serai Level 1 Kitchen Studio	AH: Anjung Hall, Wisma Geylang Serai

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
LET'S STEEL COMBAT (MENS Xclusive) [11HR] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 0930 - 1200	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S DRUM FIT [SAC] (BOOKING REQUIRED) 1000 - 1130	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
LET'S STEEL TONIC (MIXED) [11HR] 1045 - 1145	STRATEGISE WITH KAKIS: MAHJONG [SAC] 0930 - 1200		FUN WITH EXERGAME [SAC] (GROUP C LESSON C) (BOOKING REQUIRED) 15 PAX 1400 - 1600	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
STAY WELL SERIES BY FRIENDS OF THE THIRD AGE [SAC] (BOOKING REQUIRED) 0930 - 1130	FUN WITH EXERGAME [SAC] (GROUP C LESSON 1) (BOOKING REQUIRED) 15 PAX 1000 - 1200	LET'S LINE DANCE [11HR] 1100-1200		STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
LET'S MAKAN [SAC] (BOOKING REQUIRED) 1130 - 1230	LET'S YUM CHA TOGETHER [SAC] 1600- 1700	LET'S DO ZENTANGLE [RN1] 1400 - 1600	LET'S MAKAN TOGETHER [SAC] (BOOKING REQUIRED) 1600 - 1700	LET'S JAM WITH UKULELE WITH UKU ANGELS VOLUNTEERS [V] 1400 - 1530	
Venue活动 场地	RN1: Block 415 Eunos Rd 5, Eunos Village RN Office		11HR: Blk 11 Haig Road		L2: Wisma Geylang Serai, Level 2 Space outside Conference Rm
	V: Blk 2, Geylang Serai Road Level 7 Sriville RC		SAC: Block 5 Haig Road, #01-459		ST: Wisma Geylang Serai Level 1 Kitchen Studio AH: Anjung Hall, Wisma Geylang Serai

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MON

TUE

WED

THU

FRI

SAT

20

21

22

23

24

25

**CENTRE
CLOSED
(DEEPAVALI)**

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

STRATEGISE WITH KAKIS:
MAHJONG [SAC]
1000 - 1200

LET'S DO CALLIGRAPHY
[SAC]
(BOOKING REQUIRED)
1400 - 1600

LET'S YUM CHA [SAC]
1600- 1700

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

LET'S LINE DANCE [11HR]
1100-1200

LET'S DO ZENTANGLE
[SAC]
1400 - 1600

LET'S DRUM FIT [SAC]
(BOOKING REQUIRED)
1000 - 1130

LET'S GO GAI GAI IKEA
TAMPINES
(BOOKING REQUIRED)
1030 - 1130

LET'S MAKAN TOGETHER
@IKEA TAMPINES
(BOOKING REQUIRED)
1130 - 1230

LET'S DO PAPER ART [SAC]
1530 - 1730

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

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

STRATEGISE WITH KAKIS:
MAHJONG [SAC]
1000 - 1200

LET'S JAM WITH BELLS
[SAC]
1400 - 1530

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

LETS OUTREACH WITH
YOUTH CORPS
@SIMS AVE
0930 - 1230

Venue
活动
场地

RN1: Block 415 Eunos Rd 5, Eunos Village RN Office

V: Blk 2, Geylang Serai Road Level 7 Sriville RC

11HR: Blk 11 Haig Road

SAC: Block 5 Haig Road, #01-459

L2: Wisma Geylang Serai, Level 2 Space outside Conference Rm

ST: Wisma Geylang Serai Level 1 Kitchen Studio

AH: Anjung Hall, Wisma Geylang Serai

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MON		TUE		WED		THU		FRI		SAT	
27		28		29		30		31			
LET'S STEEL COMBAT (MENS Xclusive) [11HR] 0930 - 1030		STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200		LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030		LET'S DRUM FIT [SAC] (BOOKING REQUIRED) 1000 - 1130		LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030			
LET'S STEEL TONIC (MIXED) [11HR] 1045 - 1145		STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200		LET'S LINE DANCE [11HR] 1100-1200		LET'S JOIN BINGO WITH FRIENDS OF THE THIRD AGE [SAC] (BOOKING REQUIRED) 1400 - 1600		LET'S COMPETE RUMMY-O CONVENTION@ TAMPINES HUB (BOOKING REQUIRED) 0900 - 1230			
STAY WELL SERIES BY FRIENDS OF THE THIRD AGE [SAC] (BOOKING REQUIRED) 0930 - 1130		LET'S ENGAGE- PROJECT CITIZENS PROGRAMME WITH GEYLANG SERAI CC [AH] 1000 - 1200						EXERGAMING 'SILVER SHOWDOWN' TOURNAMENT @ SUNTEC (BOOKING REQUIRED) 0930 - 1730			
LET'S DO CALLIGRAPHY (BOOKING REQUIRED) [SAC] 1400 - 1600		LET'S YUM CHA TOGETHER [SAC] 1600- 1700		LET'S DO ZENTANGLE-S [RN1] 1400 - 1600		LET'S MAKAN [SAC] (BOOKING REQUIRED) 1730 - 1830					
LET'S MAKAN [SAC] (BOOKING REQUIRED) 1130 - 1230											
Venue 活动 场地		RN1: Block 415 Eunos Rd 5, Eunos Village RN Office V: Blk 2, Geylang Serai Road Level 7 Sriville RC			11HR: Blk 11 Haig Road SAC: Block 5 Haig Road, #01-459		L2: Wisma Geylang Serai, Level 2 Space outside Conference Rm ST: Wisma Geylang Serai Level 1 Kitchen Studio			AH: Anjung Hall, Wisma Geylang Serai	

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2025 十月

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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] (通过 HEALTHY 365) 0930 - 1030		一起做 DRUM FIT [SAC] (必须报名) 1000 - 1130		一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030			
				一起跳排舞 -关闭 -							
				乐龄活动中心日@淡马锡理工学院 (必须报名) 0900 - 1100		电子游戏时间 [SAC] (GROUP B LESSON 1) (必须报名) 15 PAX) 1400 - 1600		游戏时间: RUMMY-O [SAC] 1000 - 1200			
				乐龄活动中心日 RUMMY-O @淡马锡理工学院 (必须报名) 1100 - 1200				游戏时间: 麻将 [SAC] 1000 - 1200			
				乐龄活动中心日 一起来 MAKAN @淡马锡理工学院 (必须报名) 1200-1300		一起来 MAKAN [SAC] (必须报名) 1600-1700		一起玩音乐 敲响铃铛 [SAC] 1400 - 1530			
				一起做禅绕画 -关闭 -							
Venue 活动 场地		RN1: Block 415 Eunos Rd 5, Eunos Village RN Office		11HR: Blk 11 Haig Road		L2: Wisma Geylang Serai, Level 2 Space outside Conference Rm					
		V: Blk 2, Geylang Serai Road Level 7 Sriville RC		SAC: Block 5 Haig Road, #01-459		ST: Wisma Geylang Serai Level 1 Kitchen Studio			AH: Anjung Hall, Wisma Geylang Serai		

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ntuc Health

星期一

星期二

星期三

星期四

星期五

星期六

6	7	8	9	10	11
一起做钢铁拳击(精简版) (只限男性) [11HR] 0930 - 1030	服务 - 社区保健站 (CHP) (必须报名) [RN1] 0930 - 1230	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	一起做 DRUM FIT [SAC] (必须报名) 1000 - 1130	一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030	
一起做 STEEL TONIC (男女混合班) [11HR] 1045 - 1145	电子游戏时间 [SAC] (GROUP B LESSON 1) (必须报名 15 PAX) 1000 - 1200	一起跳排舞 [11HR] 1100-1200		游戏时间: RUMMY-O [SAC] 1000 - 1200	
游戏时间- 宾果游戏 [SAC] 1000 - 1100		一起做禅绕画 [SAC] 1400 - 1600	电子游戏时间 [SAC] (GROUP B LESSON 2) (必须报名 15 PAX) 1400 - 1600	游戏时间: 麻将 [SAC] 1000 - 1200	
一起来唱歌 [SAC] 1100 - 1200	一起写书法 [SAC] (必须报名) 1400 - 1600"	一起和KEN 去GAI GAI MID 东海岸潟湖中秋提 灯漫步 (必须报名) 1730 - 1900		一起与UKU ANGELS 玩乌克兰丽丽 [V] 1400 - 1530	
一起来庆生日 (必须报名)[SAC] 1200 - 1400	一起鉴赏月饼和茶[SAC] (必须报名) 1600 - 1700	一起来 MAKAN (必须报名) 1900 - 2000	一起来 MAKAN [SAC] (必须报名) 1600-1700	一起玩音乐 敲响铃铛 [SAC] 1400 - 1530	

Venue 活动 场地	RN1: Block 415 Eunos Rd 5, Eunos Village RN Office	11HR: Blk 11 Haig Road	L2: Wisma Geylang Serai, Level 2 Space outside Conference Rm	
	V: Blk 2, Geylang Serai Road Level 7 Sriville RC	SAC: Block 5 Haig Road, #01-459	ST: Wisma Geylang Serai Level 1 Kitchen Studio	AH: Anjung Hall, Wisma Geylang Serai

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ntuc Health

星期一

星期二

星期三

星期四

星期五

星期六

13	14	15	16	17	18
一起做钢铁拳击(精简版) (只限男性) [11HR] 0930 - 1030	游戏时间: RUMMY-O [SAC] 1000 - 1200	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	一起做 DRUM FIT [SAC] (必须报名) 1000 - 1130	一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030	
一起做 STEEL TONIC (男女混合班) [11HR] 1045 - 1145	游戏时间: 麻将 [SAC] 1000 - 1200		电子游戏时间 [SAC] (GROUP C LESSON C) (必须报名 15 PAX) 1400 - 1600		
保持健康讲座 由 松年之友 (必须报名) [SAC] 0930 - 1130	FUN WITH EXERGAME [SAC] (GROUP C LESSON 1) (必须报名 15PAX) 1000 - 1200	一起跳排舞 [11HR] 1100-1200		游戏时间: RUMMY-O [SAC] 1000 - 1200	
一起来唱歌 [SAC] 1100 - 1200	一起写书法 (必须报名) [SAC] 1400 - 1600	一起做禅绕画 [RN1] 1400 - 1600	一起来 MAKAN [SAC] (必须报名) 1600 - 1700	游戏时间: 麻将 [SAC] 1000 - 1200	
	一起饮茶 [SAC] 1600- 1800			一起与UKU ANGELS 玩乌克兰丽 [V] 1400 - 1530	

Venue 活动 场地	RN1: Block 415 Eunos Rd 5, Eunos Village RN Office	11HR: Blk 11 Haig Road	L2: Wisma Geylang Serai, Level 2 Space outside Conference Rm	
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星期一

星期二

星期三

星期四

星期五

星期六

20	21	22	23	24	25
中心关闭	游戏时间: RUMMY-O [SAC] 1000 - 1200	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	一起做 DRUM FIT [SAC] (必须报名) 1000 - 1130	一起跳尊巴(乐龄版) (通过 HEALTHY 365) [AH] 0930 - 1030	让我们和青年团一起走入社区 @SIMS AVE 0930 - 1230
	游戏时间: 麻将 [SAC] 1000 - 1200		一起去GAI GAI IKEA TAMPINES (必须报名) 1030 - 1130	游戏时间: RUMMY-O [SAC] 1000 - 1200	
	一起写书法 (必须报名) [SAC] 1400 - 1600	一起跳排舞 [11HR] 1100-1200		游戏时间: 麻将 [SAC] 1000 - 1200	
	一起饮茶 [SAC] 1600- 1800	一起做禅绕画 [SAC] 1400 - 1600	一起来 MAKAN (必须报名) IKEA TAMPINES (必须报名) 1130 - 1230	一起玩音乐 敲响铃铛 [SAC] 1400 - 1530	
			一起做纸艺 [SAC] 1530 - 1730	一起敢敢讲! [SAC] 1530 - 1700	

Venue 活动 场地	RN1: Block 415 Eunos Rd 5, Eunos Village RN Office	11HR: Blk 11 Haig Road	L2: Wisma Geylang Serai, Level 2 Space outside Conference Rm	
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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, Level 7 Sriville RC

RN1: Block 415 Eunos Rd 5, Eunos Village RN Office
SAC: Block 5 Haig Road, #01-459
ST: Wisma Geylang Serai Level 1 Kitchen Studio
L2: Space outside Conference Room

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星期一

星期二

星期三

星期四

星期五

星期六

27	28	29	30	31
一起做钢铁拳击(精简版) [11HR] (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	一起做 DRUM FIT [SAC] (必须报名) 1000 - 1130	一起跳尊巴(乐龄版) (通过 HEALTHY 365) [AH] 0930 - 1030
一起做 STEEL TONIC [11HR] (男女混合班) 1045 - 1145	游戏时间: 麻将 [SAC] 1000 - 1200	一起跳排舞 [11HR] 1100-1200		Rummy-O 大赛@ TAMPINES HUB (必须报名) 0900 - 1230
保持健康讲座由 松年之友 (必须报名) [SAC] 0930 - 1130	携手芽笼士乃民众俱乐部, 共同参与“公民计划” [AH] 1000 - 1200		一起玩和松年之友玩宾果[SAC] (必须报名) 1400 - 1600	
	一起写书法 (必须报名) [SAC] 1400 - 1600	一起做禅绕画 [RN1] 1400 - 1600		电子游戏时间 大赛@新达城 (必须报名) 0930 - 1730
一起来 MAKAN (必须报名) [SAC] 1130 - 1230	一起饮茶 [SAC] 1600- 1800		一起来 MAKAN [SAC] (必须报名) 1600 - 1700	

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