

2025 September

 **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	4	5	6
LET'S STEEL COMBAT (MENS Xclusive) [WGS LEVEL 2] 0930 - 1030	COMMUNITY HEALTH POST (CHP) (BOOKING REQUIRED) [RN1] 0930 - 1230	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S DRUM FIT (BOOKING REQUIRED) [SAC] 1000 - 1130	LET'S ZUMBA GOLD (VIA HEALTHY 365) [AH] 0930 - 1030	
LET'S STEEL TONIC (MIXED) [WGS LEVEL 2] 1045 - 1145		LET'S LINE DANCE [AH] 1100-1200	TO BE CONFIRM - LET'S JOIN KEN GO GO GAI GAI TO GOAT FARM (BOOKING REQUIRED) 0800 - 1200	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S DO CALLIGRAPHY (BOOKING REQUIRED) [SAC] 1400 - 1600		LET'S MAKAN (BOOKING REQUIRED) [SAC] 1100-1200	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	LET'S MAKAN (BOOKING REQUIRED) [SAC] 1600 - 1700	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S DO PAPER ART [SAC] 1530 - 1730	LET'S JAM WITH UKULELE WITH CASLIN [V] 1400 - 1530	
			LET'S YUM CHA TOGETHER [SAC] 1600- 1800		

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

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

ST: Wisma Geylang Serai Level 1 Kitchen Studio
L2: Space outside Conference Room

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8	9	10	11	12	13
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	SENIOR NATIONAL GAMES @ SPORTS HUB (BOOKING REQUIRED) 0900 - 1300	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S DRUM FIT (BOOKING REQUIRED) [SAC] 1000 - 1130	LET'S ZUMBA GOLD (VIA HEALTHY 365) [AH] 0930 - 1030	(POSTPONED) LET'S TALK NEWS FESTIVAL LAUNCH WITH SPH @ ONE PUNGGOL (BOOKING REQUIRED) 1000 - 1400
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145		LET'S LINE DANCE [AH] 1100-1200	LET'S DO PAPER ART [SAC] 1530 - 1730	CENTRE CLOSED	
STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S DO CALLIGRAPHY (BOOKING REQUIRED) [SAC] 1400 - 1600	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S GO GAI GAI - CANTONESE OPERA SAMSUI WOMEN @ MEDIACORP THEATRE 1800 - 2200 TRANSPORT: \$6		
STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	LET'S MAKAN (BOOKING REQUIRED) 1600 - 1700				

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SAT

15	16	17	18	19	20
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O[SAC] 1000 - 1200	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S DRUM FIT (BOOKING REQUIRED) [SAC] 1000 - 1130	TO BE CONFIRM - LET'S JOIN KEN GO GAI GAI TO PERANAKAN MUSEUM (BOOKING REQUIRED)(FOR WHEELCHAIR-BOUND SENIORS ONLY) 0900 - 1200	
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	LET'S LINE DANCE [AH] 1100-1200			
FUN WITH KAKIS- BINGO [SAC] 1000 - 1100	LET'S DO CALLIGRAPHY (BOOKING REQUIRED) [SAC] 1400 - 1600	RUMMI O CONVENTION PRE-TRAINING BY HOUSE OF JOY (BOOKING REQUIRED) [SAC] 1000 - 1200	LET'S DO PAPER ART [SAC] 1530 - 1730	LET'S ZUMBA GOLD (VIA HEALTHY 365) [AH] 0930 - 1030	
LET'S SING-ALONG [SAC] 1100 - 1200					
LET'S CELEBRATE BIRTHDAY (BOOKING REQUIRED) [SAC] 1200 - 1400	LET'S YUM CHA TOGETHER [SAC] 1600- 1800	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S MAKAN (BOOKING REQUIRED) [SAC] 1730 - 1830	LET'S JAM WITH UKULELE WITH CASLIN [V] 1400 - 1530	

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22	23	24	25	26	27
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	FUNCTIONAL SCREENING @ WGS PERSADA BUDAYA (BOOKING REQUIRED) 0900 - 1300	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S DRUM FIT (BOOKING REQUIRED) [SAC] 1000 - 1130	LET'S ZUMBA GOLD (VIA HEALTHY 365) [AH] 0930 - 1030	
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145	LET'S GET TOGETHER FOR SENIORS PERFORMANCE 1000-1200			STRATEGISE WITH KAKIS: RUMMY-O[SAC] 1000 - 1200	
STAY WELL SERIES BY FRIENDS OF THE THIRD AGE (BOOKING REQUIRED) [SAC] 0930 - 1130	LET'S DO CALLIGRAPHY (BOOKING REQUIRED) [SAC] 1400 - 1600	LET'S LINE DANCE [AH] 1100-1200	LET'S DO PAPER ART [SAC] 1530 - 1730	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
LET'S MAKAN (BOOKING REQUIRED) 1130 - 1230		LET'S DO ZENTANGLE-S [RN1] 1400 - 1600		LET'S JAM WITH BELLS [SAC] 1400 - 1530	
TO BE CONFIRM - LET'S GO GAI GAI @ GBTB MID AUTUMN FESTIVAL (BOOKING REQUIRED) 1700 - 2130	LET'S YUM CHA TOGETHER [SAC] 1600- 1800		LET'S MAKAN (BOOKING REQUIRED) [SAC] 1730 - 1830	LET'S SPEAK UP! [SAC] 1530 - 1700	

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29	30				
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O[SAC] 1000 - 1200				
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200				
STAY WELL SERIES BY FRIENDS OF THE THIRD AGE (BOOKING REQUIRED) [SAC] 0930 - 1130	FUN WITH EXERGAME (GROUP A LESSON 1) (BOOKING REQUIRED 15 PAX ONLY) [SAC] 1400 - 1600				
LET'S MAKAN (BOOKING REQUIRED) 1130 - 1230	LET'S YUM CHA TOGETHER [SAC] 1600- 1800				

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1	2	3	4	5	6
一起做钢铁拳击(精简版) (只限男性) [WGS LEVEL 2] 0930 - 1030	服务 - 社区保健站 (CHP) (必须报名) [RN1] 0930 - 1230	一起练气功 (通过 HEALTHY 365) [AH] 0930 - 1030	一起做 DRUM FIT (必须报名) [SAC] 1000 - 1130	一起跳尊巴(乐龄版) (通过 HEALTHY 365) [AH] 0930 - 1030	
一起做 STEEL TONIC (男女混合班) [WGS LEVEL 2] 1045 - 1145		一起跳排舞 [AH] 1100-1200	有待确认 - 与KEN一起去 GAI GAI TO 羊农场 (必须报名) 0800 - 1200	游戏时间: RUMMY-O [SAC] 1000 - 1200	
游戏时间: RUMMY-O [SAC] 1000 - 1200	一起来 MAKAN (必须报名) 1100 -1200		游戏时间: 麻将 [SAC] 1000 - 1200		
游戏时间: 麻将 [SAC] 1000 - 1200	一起来 MAKAN (必须报名) [SAC] 1600 - 1700	一起做禅绕画 [RN1] 1400 - 1600	一起做纸艺 [SAC] 1530 - 1730	一起与UKU ANGELS 玩乌克兰丽丽 [V] 1400 - 1530	
			一起饮茶 [SAC] 1600- 1800		

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8	9	10	11	12	13
一起做钢铁拳击(精简版) (只限男性) [AH] 0930 - 1030	全国乐龄运动会 @ SPORTS HUB (必须报名) 0900 - 1300	一起练气功 (通过 HEALTHY 365) [AH] 0930 - 1030	一起做 DRUM FIT (必须报名) [SAC] 1000 - 1130	一起跳尊巴(乐龄版) (通过 HEALTHY 365) [AH] 0930 - 1030	(延期) “新闻畅谈节”开幕 WITH SPH @ ONE PUNGGOL (必须报名) 1000 - 1400
一起做 STEEL TONIC (男女混合班) [AH] 1045 - 1145		一起跳排舞 [AH] 1100-1200	一起做纸艺 [SAC] 1530 - 1730	中心关闭	
游戏时间: RUMMY-O [SAC] 1000 - 1200	一起写书法 (必须报名) [SAC] 1400 - 1600	一起做禅绕画 [RN1] 1400 - 1600	一起去GAI GAI Mediacorp 剧院举办的粤剧 《红棉花女工》之夜 1800 - 2200 交通费: (\$6)		
游戏时间: 麻将 [SAC] 1000 - 1200	一起来 MAKAN (必须报名) [SAC] 1600 - 1700				

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15	16	17	18	19	20
一起做钢铁拳击(精简版) (只限男性) [AH] 0930 - 1030	游戏时间: RUMMY-O [SAC] 1000 - 1200	一起练气功 (通过 HEALTHY 365) [AH] 0930 - 1030	一起做 DRUM FIT (必须报名) [SAC] 1000 - 1130	有待确认 - 与KEN 一起 去GAI GAI 娘惹博物馆 (必须报名)(仅供轮椅长者) 0900 - 1200	
一起做 STEEL TONIC (男女混合班) [AH] 1045 - 1145	游戏时间: 麻将 [SAC] 1000 - 1200	一起跳排舞 [AH] 1100-1200			
游戏时间- 宾果游戏 [SAC] 1000 - 1100	一起写书法 (必须报名) [SAC] 1400 - 1600	RUMMY O 大会前培训课程 BY HOUSE OF JOY (必须报名) [SAC] 1000 - 1200	一起做纸艺 [SAC] 1530 - 1730	一起跳尊巴(乐龄版) (通过 HEALTHY 365) [AH] 0930 - 1030	
一起来唱歌 [SAC] 1100 - 1200					
一起来庆生日 (必须报名)[SAC] 1200 - 1400	一起饮茶 [SAC] 1600- 1800	一起做禅绕画 [RN1] 1400 - 1600	一起来 MAKAN (必须报名) [SAC] 1730 - 1830	一起与UKU ANGELS 玩乌克兰丽丽 [V] 1400 - 1530	

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22	23	24	25	26	27
一起做钢铁拳击(精简版) (只限男性) [AH] 0930 - 1030	功能性健康筛查 @ WGS PERSADA BUDAYA (必须报名) 0900 - 1300	一起练气功 (通过 HEALTHY 365) [AH] 0930 - 1030	一起做 DRUM FIT (必须报名) [SAC] 1000 - 1130	一起跳尊巴(乐龄版) (通过 HEALTHY 365) [AH] 0930 - 1030	
一起做 STEEL TONIC (男女混合班) [AH] 1045 - 1145	乐龄表演, 相聚一堂 1000-1200			游戏时间: RUMMY-O [SAC] 1000 - 1200	
保持健康讲座由 松年之友 (必须报名) [SAC] 0930 - 1130	一起写书法 (必须报名) [SAC] 1400 - 1600	一起跳排舞 [AH] 1100-1200	一起做纸艺 [SAC] 1530 - 1730	游戏时间: 麻将 [SAC] 1000 - 1200	
一起来 MAKAN (必须报名) [SAC] 1130 - 1230				一起玩音乐 敲响铃铛 [SAC] 1400 - 1530	
有待确认 - 一起去GAI GAI @滨海湾花园中秋节 (必须报名) 1700 - 2130	一起饮茶 [SAC] 1600- 1800	一起做禅绕画 [RN1] 1400 - 1600	一起来 MAKAN (必须报名) [SAC] 1730 - 1800	一起敢敢讲! [SAC] 1530 - 1700	

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一起做钢铁拳击(精简版) (只限男性) [AH] 0930 - 1030	游戏时间: RUMMY-O [SAC] 1000 - 1200				
一起做 STEEL TONIC (男女混合班) [AH] 1045 - 1145	游戏时间: 麻将 [SAC] 1000 - 1200				
保持健康讲座由松年之友 (必须报名) [SAC] 0930 - 1130	电子游戏时间 (A组 第一课) (必须报名 15 PAX ONLY) [SAC] 1400 - 1600				
一起来 MAKAN (必须报名) [SAC] 1130 - 1230	一起饮茶 [SAC] 1600- 1800				

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