

2026 February

 **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
2	3	4	5	6	7
LET'S STEEL COMBAT (MENS Xclusive) [11HR] 0930 - 1030	COMMUNITY HEALTH POST (CHP) [RN1] (WALK- IN WELCOME) 0930 - 1230	LET'S QIGONG [L2] (VIA HEALTHY 365) 0930 - 1030	LET'S DRUM FIT (SEATED) [SAC] (10 PAX ONLY, BOOKING REQUIRED) 1000 - 1045	LET'S ZUMBA GOLD [L2] (VIA HEALTHY 365) 0930 - 1030	(GEYLANG SERAI TASKFORCE) LET'S CELEBRATE CHINESE NEW YEAR [SAC] (BY INVITATION ONLY) 1000 - 1130
LET'S STEEL TONIC (MIXED) [11HR] 1045 - 1145		LET'S LINE DANCE [11HR] 1100-1200	LET'S DRUM FIT (SEATED) [SAC] (10 PAX ONLY, BOOKING REQUIRED) 1100 - 1145	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
FUN WITH KAKIS - BINGO [SAC] 1000 - 1100	LET'S DO CALLIGRAPHY [SAC] (BOOKING REQUIRED) 1400 - 1600	LET'S LEARN TECH [SAC] 1430 - 1630	LET'S DO KNITTING [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	(GEYLANG SERAI TASKFORCE) LET'S LOH HEI [SAC] (BY INVITATION ONLY) 1130 - 1300
LET'S SING TOGETHER [SAC] 1100 - 1200				LET'S JAM WITH UKULELE [V] 1400 - 1530	
LET'S CELEBRATE BIRTHDAY [SAC] (BOOKING REQUIRED) 1200 - 1400	LET'S YUM CHA TOGETHER [SAC] 1600 - 1700	LET'S DO KNITTING [RN1] 1400 - 1600	LET'S MAKAN [SAC] (BOOKING REQUIRED) 1600 - 1730		

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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
 11HR: Block 11 Haig Road Void Deck

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

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9	10	11	12	13	14
LET'S STEEL COMBAT (MENS Xclusive) [11HR] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S QIGONG [L2] (VIA HEALTHY 365) 0930 - 1030	LET'S GO GAI GAI SHOP FOR FLOWERS & PLANTS (BOOKING REQUIRED) 0900 - 1300	LET'S ZUMBA GOLD [L2] (VIA HEALTHY 365) 0930 - 1030	
	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	LET'S LINE DANCE [11HR] 1100-1200		CENTRE CLOSED [TRAINING]	
LET'S STEEL TONIC (MIXED) [11HR] 1045 - 1145	LET'S DO CALLIGRAPHY [SAC] (BOOKING REQUIRED) 1400 - 1600	LET'S LEARN TECH [SAC] 1430 - 1630	LET'S DO KNITTING [SAC] 1500-1700		
	LET'S YUM CHA TOGETHER [SAC] 1600 - 1700	LET'S DO KNITTING [RN1] 1400 - 1600	LET'S MAKAN [SAC] (BOOKING REQUIRED) 1600 - 1730		

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MON

TUE

WED

THU

FRI

SAT

16

17

18

19

20

21

LET'S STEEL COMBAT
(MENS Xclusive)
[11HR]
0930 - 1030

LET'S STEEL TONIC
(MIXED) [11HR]
1045 - 1145

CENTRE CLOSED
PUBLIC HOLIDAY

  CHINESE NEW YEAR  

CENTRE CLOSED
 CHINESE NEW YEAR
EVE 

SCENT WELLNESS -
FOOT SPA [SAC]
**(10 PAX ONLY, BOOKING
REQUIRED)**
1000 - 1100

LET'S YUM CHA
TOGETHER [SAC]
1100 - 1200

LET'S DO ZENTANGLE-S
[SAC]
1400 - 1600

LET'S MAKAN [SAC]
(BOOKING REQUIRED)
1600 - 1730

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

STRATEGISE WITH KAKIS:
MAHJONG [SAC]
1000 - 1200

LET'S TALK NEWS [V]
1500 - 1600

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
LET'S STEEL COMBAT (MENS Xclusive) [11HR] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S LINE DANCE [11HR] 1100-1200	LET'S DRUM FIT (SEATED) [SAC] (10 PAX ONLY, BOOKING REQUIRED) 1000 - 1045	LET'S ZUMBA GOLD [L2] (VIA HEALTHY 365) 0930 - 1030	
LET'S STEEL TONIC (MIXED) [11HR] 1045 - 1145	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200		LET'S DRUM FIT (SEATED) [SAC] (10 PAX ONLY, BOOKING REQUIRED) 1100 - 1145	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
SCENT WELLNESS - FOOT SPA [SAC] (10 PAX ONLY, BOOKING REQUIRED) 1530 - 1630	LET'S DO CALLIGRAPHY [SAC] (BOOKING REQUIRED) 1400 - 1600	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S DO ZENTANGLE-S [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
LET'S YUM CHA TOGETHER [SAC] 1630 - 1730			LET'S MAKAN [SAC] (BOOKING REQUIRED) 1600 - 1730	LET'S JAM WITH UKULELE [V] 1400 - 1530	

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星期二

星期三

星期四

星期五

星期六

2	3	4	5	6	7
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) [RN1] (必须报名) 0930 - 1230	一起练气功 [L2] (通过 HEALTHY 365) 0930 - 1030	一起做 DRUM FIT (坐姿运动) [SAC] (仅限10人,必须报名) 1000 - 1045	一起跳尊巴(乐龄版) [L2] (通过 HEALTHY 365) 0930 - 1030	(芽笼士乃工作组) 一起欢庆农历新年! [SAC] (仅限邀请) 1000 - 1130
一起做 STEEL TONIC (男女混合班) [11HR] 1045 - 1145		一起跳排舞 [11HR] 1100 - 1200	一起做 DRUM FIT (坐姿运动) [SAC] (仅限10人,必须报名) 1100 - 1145	游戏时间: RUMMY-O [SAC] 1000 - 1200	
游戏时间- 宾果游戏 [SAC] 1000 - 1100	一起写书法 [SAC] (必须报名) 1400 - 1600	一起学习科技 [SAC] 1430 - 1630	一起做针织 [SAC] 1400 - 1600	游戏时间: 麻将 [SAC] 1000 - 1200	(芽笼士乃工作组) 一起捞鱼生 [SAC] (仅限邀请) 1130 - 1300
一起来唱歌 [SAC] 1100 - 1200				一起玩乌克兰丽丽 [V] 1400 - 1530	
一起来庆祝新年和生日 [SAC] (必须报名) 1200 - 1400	一起饮茶 [SAC] 1600 - 1700	一起做针织 [RN1] 1400 - 1600	一起来 MAKAN [SAC] (必须报名) 1600 - 1730		

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星期五

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9	10	11	12	13	14
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 [L2] (通过 HEALTHY 365) 0930 - 1030	一起去逛街购买花和植物吧！ (必须报名) 0900 - 1300	一起跳尊巴(乐龄版) [L2] (通过 HEALTHY 365) 0930 - 1030	
	游戏时间: 麻将 [SAC] 1000 - 1200	一起跳排舞 [11HR] 1100 - 1200			
一起做 STEEL TONIC (男女混合班) [11HR] 1045 - 1145	一起写书法 [SAC] (必须报名) 1400 - 1600	一起学习科技 [SAC] 1430 - 1630	一起做针织 [SAC] 1400 - 1600	中心关闭 [回训课程]	
	一起饮茶 [SAC] 1600 - 1700	一起做针织 [RN1] 1400 - 1600	一起来 MAKAN [SAC] (必须报名) 1600 - 1730		

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16	17	18	19	20	21
一起做钢铁拳击(精简版) (只限男性) [11HR] 0930 - 1030	中心关闭- 公共假日 🍊🧧 农历新年 🧨🧨	中心关闭	香氛养生 - 足疗 [SAC] (仅限10人,必须报名) 1000 - 1100	游戏时间: RUMMY-O [SAC] 1000 - 1200	
一起做 STEEL TONIC (男女混合班) [11HR] 1045 - 1145			一起饮茶 [SAC] 1100 - 1200		
中心关闭			一起做禅绕画 [SAC] 1400 - 1600	游戏时间: 麻将 [SAC] 1000 - 1200	
			一起来 MAKAN [SAC] (必须报名) 1600 - 1730	一起聊新闻 [V] 1500 - 1600	

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23	24	25	26	27	28
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	一起跳排舞 [11HR] 1100 - 1200	一起做 DRUM FIT (坐姿运动) [SAC] (仅限10人,必须报名) 1000 - 1045	一起跳尊巴(乐龄版) [L2] (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		一起做 DRUM FIT (坐姿运动) [SAC] (仅限10人,必须报名) 1100 - 1145	游戏时间: RUMMY-O [SAC] 1000 - 1200	
香氛养生 - 足疗 [SAC] (仅限10人,必须报名) 1530 - 1630	一起写书法 [SAC] (必须报名) 1400 - 1600	一起做禅绕画 [SAC] 1400 - 1600	一起做禅绕画 [SAC] 1400 - 1600	游戏时间: 麻将 [SAC] 1000 - 1200	
一起饮茶 [SAC] 1630 - 1730			一起来 MAKAN [SAC] (必须报名) 1600 - 1730	一起玩乌克兰丽丽 [V] 1400 - 1530	

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