

2026 March

📍 **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	
LET'S STEEL TONIC (MIXED GENDER) [11HR] 1045 - 1145	LET'S ADAPTIVE SPORT: CUP STACKING [SAC] 1000 - 1030	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	
LET'S TALK NEWS WITH MUHAMMADIYAH (BOOKING REQUIRED) 1800 - 1900	LET'S ADAPTIVE SPORT: LADDER TOSS [SAC] 1030 - 1100	SINGAPORE POLICE FORCE SCAM TALK (PROJECT PRAISE) (RN1) 1500 - 1630	LET'S DO KNITTING [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
LET'S MAKAN TOGETHER - (ICCP) BREAKFAST WITH MUHAMMADIYAH (BOOKING REQUIRED) 1900 - 2000	LET'S DO CALLIGRAPHY [SAC] (BOOKING REQUIRED) 1400 - 1600	STAY WELL SERIES (SAC) HEALTHY MINDS FOR HEALTHY LIVES WITH C3A AGEMAP (MANDARIN / ENGLISH) 1500 - 1600	LET'S MAKAN [SAC] (BOOKING REQUIRED) 1600 - 1730	LET'S DO SEWING [KK AAC] (BOOKING REQUIRED) 1400 - 1700	
	LET'S YUM CHA TOGETHER [SAC] 1600 - 1700				

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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
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	CENTRE CLOSED [TRAINING]	LET'S QIGONG [L2] (VIA HEALTHY 365) 0930 - 1030	LET'S SING-ALONG [SAC] 1030 - 1200	LET'S ZUMBA GOLD [L2] (VIA HEALTHY 365) 0930 - 1030	
LET'S STEEL TONIC (MIXED GENDER) [11HR] 1045 - 1145		LET'S LINE DANCE [11HR] 1100-1200			
FUN WITH KAKIS- BINGO [SAC] 1000 - 1100		LEAVE WELL SERIES [SAC] LPA AND LEGACY PLANNING WITH EN COMMUNITY SERVICES SOCIETY (MANDARIN) 1500 - 1600	LET'S DO KNITTING [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
LET'S SING-ALONG [SAC] 1100 - 1200		LET'S MAKAN [SAC] (BOOKING REQUIRED) 1600 - 1730		STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
LET'S CELEBRATE BIRTHDAY [SAC] (BOOKING REQUIRED) 1200 - 1400		LET'S MAKAN [SAC] (BOOKING REQUIRED) 1600 - 1730	LET'S JAM WITH UKULELE [V] 1400 - 1530		

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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	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	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	
LET'S STEEL TONIC (MIXED GENDER) [11HR] 1045 - 1145	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	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	
DO GOOD THIS RAYA [SAC] MINORITY FOCUSED (BOOKING REQUIRED) 0930 -1200	LET'S DO CALLIGRAPHY [SAC] (BOOKING REQUIRED) 1400 - 1600	STAY WELL SERIES (SAC) FALL PREVENTION & FUNCTIONAL IMPROVEMENT WITH C3A AGEMAP (MANDARIN/ENGLISH) 1500 - 1600	LET'S DO ZENTANGLE-S [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
SHARING OF VOLUNTEER OPPORTUNITIES [SAC] MINORITY FOCUSED 1200 - 1245	LET'S DO SEWING [KK AAC] (BOOKING REQUIRED) 1400 - 1700			LET'S DO SEWING [KK AAC] (BOOKING REQUIRED) 1400 - 1700	
STAY WELL SERIES [SAC] BY NTU CONFUCIUS INSTITUTE (MANDARIN) 1500 - 1630		LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S YUM CHA TOGETHER [SAC] 1600 - 1700		

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MON

TUE

WED

THU

FRI

SAT

23

24

25

26

27

28

CENTRE CLOSED-
PUBLIC HOLIDAY



HARI RAYA

LET'S ADAPTIVE SPORT:
LADDER TOSS
[SAC]
1030 - 1100

LET'S ADAPTIVE SPORT:
DISC GOLF
[SAC]
1100 - 1130

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

LET'S YUM CHA
TOGETHER [SAC]
1600 - 1700

LET'S QIGONG [L2]
(VIA HEALTHY 365)
0930 - 1030

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

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

LET'S DO ZENTANGLE-S
[RN1]
1400 - 1600

LET'S SHARE SHARE AT
CEYLON ROAD
0930 -1100

LET'S LEARN TO TECH AT
CEYLON ROAD
1100 - 1200

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

LET'S YUM CHA TOGETHER
[SAC]
1600 - 1700

LET'S ZUMBA GOLD [L2]
(VIA HEALTHY 365)
0930 - 1030

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

STRATEGISE WITH KAKIS:
MAHJONG [SAC]
1000 - 1200

LET'S JAM WITH UKULELE
[V]
1400 - 1530

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MON

TUE

WED

THU

FRI

SAT

30		31	
LET'S STEEL COMBAT (MENS Xclusive) [11HR] 0930 - 1030	LET'S ADAPTIVE SPORT: CUP STACKING [SAC] 1000 - 1030		
LET'S STEEL TONIC (MIXED GENDER) [11HR] 1045 - 1145	LET'S ADAPTIVE SPORT: LADDER TOSS [SAC] 1030 - 1100		
STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S ADAPTIVE SPORT: DISC GOLF [SAC] 1100 - 1130		
STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	LET'S SING-ALONG [SAC] 1430 - 1630		
LET'S TALK NEWS [SAC] 1530 - 1630			

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2026 三月

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星期一	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	
一起做 STEEL TONIC (男女混合班) [11HR] 1045 - 1145	一起玩竞技叠杯 [SAC] 1000 - 1030	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	
与穆罕默迪亚 一起聊新闻 (必须报名) 1800 - 1900	一起玩梯式投球 [SAC] 1030 - 1100	与新加坡警察 部队防诈骗讲座 [RN1] 1500 - 1630	一起做针织 [SAC] 1400 - 1600	游戏时间: 麻将 [SAC] 1000 - 1200	
一起来MAKAN - (ICCP) 与 穆罕默迪亚开斋 (必须报名) 1900 - 2000	一起写书法 [SAC] (必须报名) 1400 - 1600	保健系列 [SAC] 健康心灵, 健康生活 (华话/英语) 1500 - 1600	一起来 MAKAN [SAC] (必须报名) 1600 - 1730	一起缝纫 [KK AAC] (BOOKING REQUIRED) 1400 - 1700	
	一起饮茶 [SAC] 1600 - 1700				

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星期二

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星期六

9	10	11	12	13	14
一起做钢铁拳击(精简版) (只限男性) [11HR] 0930 - 1030	中心关闭 [回训课程]	一起练气功 [L2] (通过 HEALTHY 365) 0930 - 1030	一起来唱歌 [SAC] 1030 - 1200	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		一起跳排舞 [11HR] 1100 - 1200			
游戏时间- 宾果游戏 [SAC] 1000 - 1100		走得自在系列 [SAC] 人生休止符与恩群社区 服务 (华话) 1500 - 1600	一起做针织 [SAC] 1400 - 1600	游戏时间: RUMMY-O [SAC] 1000 - 1200	
一起来唱歌 [SAC] 1100 - 1200		一起来 MAKAN [SAC] (必须报名) 1600 - 1730	一起来 MAKAN [SAC] (必须报名) 1600 - 1730	游戏时间: 麻将 [SAC] 1000 - 1200	
一起来庆祝生日 [SAC] (必须报名) 1200 - 1400				一起玩乌克兰丽丽 [V] 1400 - 1530	

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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	游戏时间: RUMMY-O [SAC] 1000 - 1200	一起做练气功 [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	
一起做 STEEL TONIC (男女混合班) [11HR] 1045 - 1145	游戏时间: 麻将 [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) 1100 - 1145	游戏时间: RUMMY-O [SAC] 1000 - 1200	
星展银行与WGS 活跃乐龄中心 [SAC] MINORITY FOCUSED (必须报名) 0930 -1200	一起写书法 [SAC] (必须报名) 1400 - 1600	保健系列 (SAC) 防跌运动 以及功能提升 与C3A AGEMAP (华话/英语) 1500 - 1600	一起做禅绕画 [SAC] 1400 - 1600	游戏时间: 麻将 [SAC] 1000 - 1200	
义工服务机会分享 [SAC] MINORITY FOCUSED 1200 - 1245	一起缝纫 [KK AAC] (必须报名) 1400 - 1700		一起做禅绕画 [RN1] 1400 - 1600	一起饮茶 [SAC] 1600 - 1700	一起缝纫 [KK AAC] (必须报名) 1400 - 1700
保健系列 - 南洋理工大学孔子学院 [SAC] 1500 - 1630					

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星期一

星期二

星期三

星期四

星期五

星期六

23	24	25	26	27	28	
中心关闭: 公共假日 🌙 · 🕌 开斋节 🕌 · 🍀	一起玩梯式投球 [SAC] 1030 - 1100	一起练气功 [L2] (通过 HEALTHY 365) 0930 - 1030	一起来分享在 CEYLON ROAD 0930 - 1100	一起跳尊巴(乐龄版) [L2] (通过 HEALTHY 365) 0930 - 1030		
	一起玩飞盘高尔夫 [SAC] 1100 - 1130	一起跳排舞 [11HR] 1100 - 1200	一起学科技在 CEYLON ROAD 1100 - 1200	游戏时间: RUMMY-O [SAC] 1000 - 1200		
	一起写书法 [SAC] (必须报名) 1400 - 1600	游戏时间: RUMMY-O [SAC] 1000 - 1200	一起做禅绕画 [SAC] 1400 - 1600	游戏时间: 麻将 [SAC] 1000 - 1200		
	一起饮茶 [SAC] 1600 - 1700	一起做针织 [RN1] 1400 - 1600	一起饮茶 [SAC] 1600 - 1700	一起玩乌克兰丽丽 [V] 1400 - 1530		

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星期二

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星期四

星期五

星期六

30

31

一起做钢铁拳击
(精简版)
[只限男性] [11HR]
0930 - 1030

一起玩竞技叠杯
[SAC]
1000 - 1030

一起做 STEEL TONIC
[男女混合班]
[11HR]
1045 - 1145

一起玩梯式投球
[SAC]
1030 - 1100

游戏时间: RUMMY-O
[SAC] 1000 - 1200

一起玩飞盘高尔夫
[SAC]
1100 - 1130

游戏时间: 麻将
[SAC] 1000 - 1200

一起来唱歌
[SAC]
1430 - 1630

一起聊新闻
[SAC]
1530 - 1630

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