

2025 November

Centre Name: AACC (Wisma Geylang Serai)
 Centre Address: Block 5 Haig Road, #01-459 S430005
 Centre Contact: 9488 4575 / 8163 2140



3	4	5	6	7	8
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	MY GREEN FINGERS @ OASIS GEYLANG SERAI (BOOKING REQUIRED) PLANTING TOGETHER 0930 - 1100	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
LET'S STEEL TONIC (MIXED) [11HR] 1045 - 1145		LET'S LINE DANCE [11HR] 1100-1200	LET'S LEARN TO COOK WITH WILSON TANG [SAC] (MENS ONLY) BOOKING REQUIRED 1000 -1200	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 WITH YOUTH DIGITAL BUDDIES [SAC] (BOOKING REQUIRED) 1500 - 1600	LET'S MAKAN [SAC] (BOOKING REQUIRED) 1200 - 1300	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
LET'S SING-ALONG [SAC] 1100 - 1200		LET'S YUM CHA TOGETHER [SAC] 1600- 1700	LET'S DO ZENTANGLE-S [SAC] 1430 - 1630	LET'S GO GAI GAI - PERANAKAN MUSEUM (BOOKING REQUIRED) 1400 - 1600	
LET'S CELEBRATE BIRTHDAY [SAC] (BOOKING REQUIRED) 1200 - 1400	LET'S YUM CHA TOGETHER [SAC] 1600 - 1700	LET'S YUM CHA TOGETHER [SAC] 1600- 1700	LET'S DO ZENTANGLE-S [SAC] 1430 - 1630	LET'S MAKAN (BOOKING REQUIRED) 1600 - 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	
	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	
10		11		12		13		14		15	
LET'S STEEL COMBAT (MENS Xclusive) [11HR] 0930 - 1030		STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200		LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030		MY GREEN FINGERS @ OASIS GEYLANG SERAI (BOOKING REQUIRED) NURTURE & LEARN 0930 - 1100		LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030			
		STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200				WELLNESS TALK - HEALTHIER MINDS FOR HEALTHIER LIVES [SAC] BY NTU CONFUCIUS INSTITUTE (BOOKING REQUIRED) (MANDARIN) 1000 - 1130		LET'S GO GAI GAI ** ZOO TRIP FOR SIM AVENUE SENIORS 0830 - 1300			
		LET'S DO CALLIGRAPHY [SAC] (BOOKING REQUIRED) 1400 - 1600		LET'S LINE DANCE [11HR] 1100-1200				LET'S MAKAN (BOOKING REQUIRED) 1200 - 1300			
LET'S STEEL TONIC (MIXED) [11HR] 1045 - 1145				LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES (BOOKING REQUIRED) [SAC] 1500 - 1600		LET'S DO KNITTING ART [SAC] 1400 - 1600		TARGET TOGETHER AIR GUN SHOOTING [MENS ONLY] (BOOKING REQUIRED) 1200 - 1400			
		LET'S YUM CHA TOGETHER [SAC] 1600- 1700				LET'S MAKAN (BOOKING REQUIRED) [SAC] 1600 - 1700		LET'S JAM WITH UKULELE WITH PRISCILLA & FRIENDS [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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17		18		19		20		21		22	
LET'S STEEL COMBAT (MENS Xclusive) [11HR] 0930 - 1030		STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200		LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030		MY GREEN FINGERS @ OASIS GEYLANG SERAI (BOOKING REQUIRED) HARVEST & USE 0930 - 1100		LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030		CENTRE CLOSED [TOWNHALL]	
LET'S STEEL TONIC (MIXED) [11HR] 1045 - 1145		STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200		LET'S LINE DANCE [11HR] 1100-1200							
STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200		LET'S DO CALLIGRAPHY [SAC] (BOOKING REQUIRED) 1400 - 1600		LET'S DO ZENTANGLE-S [RN1] 1400 - 1600		LET'S DO KNITTING ART [SAC] 1400 - 1600					
STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200		LET'S YUM CHA TOGETHER [SAC] 1600- 1700		LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES (BOOKING REQUIRED) [SAC] 1500 - 1600							
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
24		25	26	27	28	29
LET'S STEEL COMBAT (MENS Xclusive) [11HR] 0930 - 1030		STRATEGISE WITH KAKIS: RUMMY-O [SAC] 0900 - 1100	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	STAY GREEN TOGETHER @ OASIS GEYLANG SERAI (BOOKING REQUIRED) CELEBRATE & SHARE 0930 - 1100	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
LET'S STEEL TONIC (MIXED) [11HR] 1045 - 1145		STRATEGISE WITH KAKIS: MAHJONG [SAC] 0900 - 1100	LET'S LINE DANCE [11HR] 1100-1200	LET'S GO GAI GAI OCEANARIUM NEW SIGN UPS SENIORS ONLY (BOOKING REQUIRED) 0900 - 1300	LET'S JAM WITH UKULELE WITH PRISCILLA & FRIENDS [V] 1400 - 1530	
STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200		CENTRE CLOSED [STAFF WORKSHOP PART 2]	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S MAKAN (BOOKING REQUIRED) 1200 - 1300	WELLNESS TALK - HEALTHIER MINDS FOR HEALTHIER LIVES [V] BY NTU CONFUCIUS INSTITUTE (BOOKING REQUIRED) (ENGLISH) 1530 - 1700	
STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200			LET'S LEARN TECH WITH YOUTH DIGITAL BUDDIES [SAC] (BOOKING REQUIRED) 1500 - 1600	LET'S DO ZENTANGLE-S [SAC] 1430 - 1630		
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 十一月

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星期六

3	4	5	6	7	8
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	园艺课程 @OASIS 芽笼士乃 (必须报名) PLANTING TOGETHER 0930 - 1100	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		一起跳排舞 [11HR] 1100-1200	一起与 WILSON TANG 学煮饭 [SAC] (只限男性) (必须报名) 1000 -1200	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"	与青年团一起学习科技 (必须报名) [SAC] 1500 - 1600	一起来 MAKAN [SAC] (必须报名) 1200 - 1300	游戏时间: 麻将 [SAC] 1000 - 1200	
一起来唱歌 [SAC] 1100 - 1200				一起去 GAI GAI-PERANAKAN MUSEUM (必须报名) 1400 - 1600	
一起来庆生日 (必须报名)[SAC] 1200 - 1400	一起饮茶 [SAC] 1600- 1700	一起饮茶 [SAC] 1600- 1700	一起做禅绕画 [SAC] 1430 - 1630	一起来 MAKAN [SAC] (必须报名) 1200 - 1300	
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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10	11	12	13	14	15
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	园艺课程 @OASIS芽笼士 乃 NURTURE & LEARN 0930 - 1100	一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030	
	游戏时间: 麻将 [SAC] 1000 - 1200		健康讲座 - 心灵健康, 人生更健康——南洋理工大学孔子学院 [SAC] (华文) 1000 - 1130	一起去 GAI GAI- 动物园 ** 此行程只需 Sim Avenue 居民 0830 - 1300	
	一起写书法 [SAC] (必须报名) 1400 - 1600			一起来 MAKAN [SAC] (必须报名) 1200 - 1300	
一起做 STEEL TONIC (男女混合班) [11HR] 1045 - 1145	一起饮茶 [SAC] 1600- 1700	一起跳排舞 [11HR] 1100-1200	一起做针织 [SAC] 1400 - 1600	一起去气枪射击 [只限男性] [AH] (必须报名) 1200 - 1400	
			与青年团一起学习科技 (必须报名) [SAC] 1500 - 1600	一起来 MAKAN [SAC] (必须报名) 1600 - 1700	
			一起来 MAKAN [SAC] (必须报名) 1600 - 1700	一起与 PRISCILLA 和朋友 玩乌克兰丽丽 [V] 1400 - 1530	

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17		18		19		20		21		22	
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		园艺课程 @OASIS 芽笼士乃(必须报名) HARVEST & USE 0930 - 1100		一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030		中心关闭 [TOWNHALL]	
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							
游戏时间: RUMMY-O [SAC] 1000 - 1200		一起写书法 [SAC] (必须报名) 1400 - 1600"		一起做禅绕画 [RN1] 1400 - 1600		一起来编织艺术 [SAC] 1400 - 1600					
游戏时间: 麻将 [SAC] 1000 - 1200				与青年团一起学习科技 (必须报名) [SAC] 1500 - 1600							
		一起饮茶 [SAC] 1600- 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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24		25	26	27	28	29
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	园艺课程 @OASIS 芽笼士乃(必须报名) CELEBRATE & SHARE 0930 - 1100	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	一起跳排舞 [11HR] 1100-1200	一起去 GAI GAI OCEANARIUM 仅限新注册 (必须报名) 0900 - 1300	一起与 PRISCILLA 和朋友 玩乌克兰丽丽 [V] 1400 - 1530	
游戏时间: RUMMY-O [SAC] 1000 - 1200		中心关闭 [STAFF WORKSHOP PART 2]	一起做禅绕画 [RN1] 1400 - 1600	一起来 MAKAN [SAC] (必须报名) 1730 - 1830	健康讲座 - 更健康的头脑带来更健康的生活由 南洋理工大学孔子学院 (必须报名) [SAC] [V] 1530 - 1700	
游戏时间: 麻将 [SAC] 1000 - 1200			与青年团一起学习科技 (必须报名) [SAC] 1500 - 1600	一起做禅绕画 [SAC] 1430 - 1630		
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		

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