

2026 JUNE

📍 **Centre Name:** AACC (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 5 6

**CENTRE CLOSED
PUBLIC HOLIDAY
VESAK DAY**

COMMUNITY HEALTH POST (CHP), [A] (WALK- IN WELCOME) 0930 - 1230	LET'S QIGONG [L2] (VIA HEALTHY 365) 0930 - 1030	LET'S JOIN SENIOR NATIONAL GAMES @ OCBC ARENA (BOOKING REQUIRED) 0900 - 1300	LET'S ZUMBA GOLD [L2] (VIA HEALTHY 365) 0930 - 1030	
LET'S ADAPTIVE SPORT: LADDER TOSS / BOCCIA [SAC] 1000 - 1130	LET'S GO GAI GAI - RIVER CRUISE (BOOKING REQUIRED) (CONDITIONS APPLIED) 0930 - 1230	LET'S DO WEAVING ART [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
LET'S DO CALLIGRAPHY [SAC] (BOOKING REQUIRED) 1400 - 1600	LET'S MAKAN TOGETHER (BOOKING REQUIRED) 1230 - 1400	LET'S DO WEAVING ART [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
LET'S YUM CHA TOGETHER [SAC] 1600 - 1700	LET'S LINE DANCE [8HR] 1100-1200	LET'S MAKAN [SAC] (BOOKING REQUIRED) 1600 - 1730	LET'S SING-ALONG [SAC] 1100 - 1200	
	LET'S DO ZENTANGLE-S [V] 1400 - 1600		LET'S JAM WITH UKULELE, MEILING UKU ANGELS [V] 1400 - 1530	

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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, Geylang Serai Level 7, Rooftop Sriville RC

RN1: Block 415 Eunos Rd 5, Eunos Village RN Office
 SAC: Block 5 Haig Road, #01-459
 8HR: Block 8 Haig Road Void Deck

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

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MON

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LET'S STEEL COMBAT (MENS Xclusive) [8HR] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S DRUM FIT (SEATED) [A] (BOOKING REQUIRED) 1000 - 1130	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030
LET'S WALKING FOOTBALL [TAMPINES HUB] (BOOKING REQUIRED) GROUP B 0945 - 1130	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200		LET'S TARGET TOGETHER - AIM & SHOOT [SAC] 1000 - 1100	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200
FAB LAB SERIES - DIGITAL EMBROIDERY WORKSHOP [NTUC HEALTH AAC KAMPUNG ADMIRALTY] (10 PAX ONLY) 1000 - 1300	LET'S LEARN TO REPAIR [NTUC HEALTH AAC KK] (BOOKING REQUIRED) 1000 - 1200		LET'S LINE DANCE [8HR] 1100-1200	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200
LET'S STEEL TONIC [8HR] 1045 - 1145	LET'S TALK NEWS -W.E.C [ST], [BOOKING REQUIRED] 1000 - 1130	LET'S LEARN CONVERSATIONAL ENGLISH [SAC] 1500-1600	LET'S DO WEAVING ART [SAC] 1400 - 1600	LET'S LEARN CONVERSATIONAL ARABIC [NTUC HEALTH AAC KK] (BOOKING REQUIRED) 1100 - 1200
LET'S SING-ALONG [SAC] 1000 - 1200	LET'S MAKAN TOGETHER [WGS STUDIO KITCHEN] (BOOKING REQUIRED) 1130 - 1300			LET'S SING-ALONG [SAC] 1400 - 1600
LET'S CELEBRATE BIRTHDAY [SAC] (BOOKING REQUIRED) 1200 - 1400	LET'S DO CALLIGRAPHY [SAC] (BOOKING REQUIRED) 1400 - 1600			LET'S MAKAN TOGETHER [SAC] (BOOKING REQUIRED) 1600 - 1730

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
LET'S STEEL COMBAT (MENS Xclusive) [8HR] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S DRUM FIT (SEATED) [A] (BOOKING REQUIRED) 1000 - 1130	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
LET'S GO GAI GAI - DUCK TOUR (BOOKING REQUIRED) (CONDITIONS APPLIED) 0900 - 1100	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	LET'S GEN TOGETHER WITH MY FIRST SKOOL (BOOKING REQUIRED) 1000 - 1200	LET'S TARGET TOGETHER - AIM & SHOOT [SAC] 1000 - 1100	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
LET'S WALKING FOOTBALL [TAMPINES HUB] (BOOKING REQUIRED) GROUP A 0945 - 1130	LET'S LEARN TO REPAIR [NTUC HEALTH AAC KK] (BOOKING REQUIRED) 1000 - 1200	LET'S LINE DANCE [8HR] 1100-1200	FAB LAB SERIES - 3D PRINTING WORKSHOP [NTUC HEALTH AAC KAMPUNG ADMIRALTY] (10 PAX ONLY) 1000 - 1600	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
LET'S MAKAN TOGETHER (BOOKING REQUIRED) 1100 - 1230	LET'S DO CALLIGRAPHY [SAC] (BOOKING REQUIRED) 1400 - 1600	LET'S LEARN CONVERSATIONAL ENGLISH [SAC] 1500-1600	LET'S DO ZENTANGLE-S [SAC] 1400 - 1600	LET'S LEARN CONVERSATIONAL ARABIC [NTUC HEALTH AAC KK] (BOOKING REQUIRED) 1100 - 1200	
LET'S STEEL TONIC [8HR] 1045 - 1145			LET'S MAKAN TOGETHER [SAC] (BOOKING REQUIRED) 1600 - 1730		
LET'S SING-ALONG [SAC] 1400 - 1600	LET'S YUM CHA TOGETHER [SAC] 1600- 1700	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1600-1730		LET'S SING-ALONG [SAC] 1400 - 1600	

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MON

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LET'S STEEL COMBAT (MENS Xclusive) [8HR] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S DRUM FIT (SEATED) [A] (BOOKING REQUIRED) 1000 - 1130	LET'S ZUMBA GOLD [L2] (VIA HEALTHY 365) 0930 - 1030	
LET'S WALKING FOOTBALL [TAMPINES HUB] (BOOKING REQUIRED) GROUP B 0945 - 1130	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200		LET'S TARGET TOGETHER - AIM & SHOOT [SAC] 1000 - 1100	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
LET'S STEEL TONIC [8HR] 1045 - 1145	LET'S LEARN TO REPAIR [NTUC HEALTH AAC KK] (BOOKING REQUIRED) 1000 - 1200	LET'S LINE DANCE [8HR] 1100-1200	LET'S DO ZENTANGLE-S [SAC] 1400 - 1600	LET'S LEARN CONVERSATIONAL ARABIC [NTUC HEALTH AAC KK] (BOOKING REQUIRED) 1100 - 1200	
STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	LET'S DO CALLIGRAPHY [SAC] (BOOKING REQUIRED) 1400 - 1600			LET'S DO SEWING [NTUC HEALTH AAC KK] (BOOKING REQUIRED) 1400 - 1700	
LET'S LEARN TO COOK WITH NARZIAH [KG UBI CC] (BOOKING REQUIRED) 1100 - 1300		LET'S YUM CHA TOGETHER [SAC] 1600- 1700	LET'S LEARN CONVERSATIONAL ENGLISH [SAC] 1500-1600	LET'S YUM CHA TOGETHER [SAC] 1600- 1700	LET'S JAM WITH UKULELE , MEILING UKU ANGELS [V] 1400 - 1530"
LET'S SING-ALONG [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1600-1730		LET'S TALK NEWS [SAC] 1500 - 1600		

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MON

TUE

WED

THU

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SAT

29

30

LET'S STEEL COMBAT
(MENS Xclusive)
[8HR]
 0930 - 1030

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

LET'S WALKING FOOTBALL
[TAMPINES HUB]
(BOOKING REQUIRED)
GROUP A
 0945 - 1130

STRATEGISE WITH KAKIS:
 MAHJONG
[SAC]
 1000 - 1200

LET'S STEEL TONIC
[8HR]
 1045 - 1145

LET'S LEARN TO REPAIR
[NTUC HEALTH AAC KK]
[BOOKING REQUIRED]
 1000 - 1200

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

FAB LAB SERIES - LASER
 CUTTING WORKSHOP
**[NTUC HEALTH AAC
 KAMPUNG ADMIRALTY]**
(10 PAX ONLY)
 1000 - 1300

LET'S SING-ALONG
[SAC]
 1400 - 1600

LET'S JOIN VOLUNTEER
 APPRECIATION LUNCHEON
[RSVP]
 1200 - 1430

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2026 六月

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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	5	6
中心关闭: 公众假期 卫塞节	服务 - 社区保健站 (CHP), [A] (可直接光临, 无需预约) 0930 - 1230	一起练气功 [L2] (通过 HEALTHY 365) 0930 - 1030	全国乐龄运动会 @ OCBC ARENA (必须报名) 0900 - 1300	一起跳尊巴(乐龄版) [L2] (通过 HEALTHY 365) 0930 - 1030	
	一起玩梯式投球 / 地板滚球 [SAC] 1000 - 1130	一起去 Gai Gai - 河游船之旅 (必须报名) (附加条件) 0900 - 1230		游戏时间: RUMMY-O [SAC] 1000 - 1200	
	一起写书法 [SAC] (必须报名) 1400 - 1600	一起来 MAKAN (必须报名) 1230 - 1400	一起做织布 [SAC] 1400 - 1600	游戏时间: 麻将 [SAC] 1000 - 1200	
	一起饮茶 [SAC] 1600 - 1700	一起跳排舞 [8HR] 1100 - 1200	一起来 MAKAN [SAC] (必须报名) 1600 - 1730	一起来唱歌 [SAC] 1100 - 1200	
	一起做禅绕画 [V] 1400 - 1600	一起玩乌克丽丽 [V] 1400 - 1530			

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星期一 8	星期二 9	星期三 10	星期四 11	星期五 12	星期六 13
一起做钢铁拳击(精简版) (只限男性) [8HR] 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 (坐姿运动) [A], (必须报名) 1000 - 1130	一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030	
一起来踢步行足球! [淡滨尼中心] (必须报名) B组 0945 - 1130	游戏时间: 麻将 [SAC] 1000 - 1200		一起瞄准目标 [SAC] 1000 - 1100	游戏时间: RUMMY-O [SAC] 1000 - 1200	
数码刺绣工作坊 [NTUC HEALTH AAC KAMPUNG ADMIRALTY] (仅限10人) 1000 - 1300	一起学习维修 [NTUC HEALTH AAC KK] (必须报名) 1000 - 1200		一起做织布 [SAC] 1400 - 1600	游戏时间: 麻将 [SAC] 1000 - 1200	
一起做 STEEL TONIC [8HR] (男女混合班) 1045 - 1145	一起聊聊新闻和 W.E.C [WGS STUDIO KITCHEN] (必须报名) 1000 - 1130	一起跳排舞 [8HR] 1100 - 1200	一起做阿拉伯语会话 [NTUC HEALTH AAC KK] (必须报名) 1100 - 1200		
一起来唱歌 [SAC] 1000 - 1200	一起来 MAKAN [WGS STUDIO KITCHEN] (必须报名) 1130 - 1300	一起学英语会话 [SAC] 1500 - 1600	一起来唱歌 [SAC] 1400 - 1600		
一起来庆祝生日 [SAC] (必须报名) 1200 - 1400	一起写书法 [SAC] (必须报名) 1400 - 1600		一起来 MAKAN [SAC] (必须报名) 1600 - 1730	一起缝纫 [NTUC HEALTH AAC KK] (必须报名) 1400 - 1700	

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星期一 15	星期二 16	星期三 17	星期四 18	星期五 19	星期六 20
一起做钢铁拳击(精简版) (只限男性) [8HR] 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 (坐姿运动) [A], (必须报名) 1000 - 1130	一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030	
一起去 GAI GAI - 鸭子船 (必须报名) (附加条件) 0900 - 1100	游戏时间: 麻将 [SAC] 1000 - 1200	代际交流 - MY FIRST SKOOL (必须报名) 1000 - 1200	一起瞄准目标 [SAC] 1000 - 1100	游戏时间: RUMMY-O [SAC] 1000 - 1200	
一起来踢步行足球! [淡滨尼中心] (必须报名) A组 0945 - 1130	一起学习维修 [NTUC HEALTH AAC KK] (必须报名) 1000 - 1200	一起跳排舞 [8HR] 1100 - 1200	3D 打印工作坊 [NTUC HEALTH AAC KAMPUNG ADMIRALTY] (仅限10人) 1000 - 1600	游戏时间: 麻将 [SAC] 1000 - 1200	
一起做 STEEL TONIC [8HR] (男女混合班) 1045 - 1145	一起写书法 [SAC] (必须报名) 1400 - 1600	一起学英语会话 [SAC] 1500 - 1600	一起做禅绕画 [SAC] 1400 - 1600	一起学阿拉伯语会话 [NTUC HEALTH AAC KK] (必须报名) 1100 - 1200	
一起来唱歌 [SAC] 1400 - 1600	一起饮茶 [SAC] 1600 - 1700	游戏时间: RUMMY-O [SAC] 1600 - 1730	一起来 MAKAN [SAC] (必须报名) 1600 - 1730	一起来唱歌 [SAC] 1400 - 1600	

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星期一

星期二

星期三

星期四

星期五

星期六

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一起做钢铁拳击(精简版) (只限男性) [8HR] 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 (坐姿运动) [A], (必须报名) 1000 - 1130	一起跳尊巴(乐龄版) [L2] (通过 HEALTHY 365) 0930 - 1030	
一起来踢步行足球 [淡滨尼中心] (必须报名) B组 0945 - 1130	游戏时间: 麻将 [SAC] 1000 - 1200		一起瞄准目标 [SAC] 1000 - 1100	游戏时间: RUMMY-O [SAC] 1000 - 1200	
一起做 STEEL TONIC [8HR] (男女混合班) 1045 - 1145	一起学习维修 [NTUC HEALTH AAC KK] (必须报名) 1000 - 1200	一起跳排舞 [8HR] 1100 - 1200	一起做禅绕画 [SAC] 1400 - 1600	一起学阿拉伯语会话 [NTUC HEALTH AAC KK] (必须报名) 1100 - 1200	
游戏时间: RUMMY-O [SAC] 1000 - 1200	一起写书法 [SAC] (必须报名) 1400 - 1600			一起缝纫 [NTUC HEALTH AAC KK] (必须报名) 1400 - 1700	
一起学烹饪 [KG UBI CC] (必须报名) 1100-1300		一起学英语会话 [SAC] 1500 - 1600	一起喝茶 [SAC] 1600 - 1700	一起玩乌克兰丽丽 [V] 1400 - 1530	
一起来唱歌 [SAC] 1400 - 1600	一起饮茶 [SAC] 1600 - 1700		游戏时间: RUMMY-O [SAC] 1600 - 1730	一起聊新闻 [SAC] 1500 - 1600	

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星期一

星期二

星期三

星期四

星期五

星期六

29	30
一起做钢铁拳击(精简版) (只限男性) [8HR] 0930 - 1030	游戏时间: RUMMY-O [SAC] 1000 - 1200
一起来踢步行足球! [淡滨尼中心] (必须报名) A组 0945 - 1130	游戏时间: 麻将 [SAC] 1000 - 1200
一起做 STEEL TONIC [8HR] (男女混合班) 1045 - 1145	一起学习维修 [NTUC HEALTH AAC KK] (必须报名) 1000 - 1200
游戏时间: RUMMY-O [SAC] 1000 - 1200	激光切割工作坊 [NTUC HEALTH AAC KAMPUNG ADMIRALTY] (仅限10人) 1000 - 1300
一起来唱歌 [SAC] 1400 - 1600	义工感谢午餐会 [RSVP] 1200 - 1430

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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
 8HR: Block 8 Haig Road Void Deck

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