

2026 MAY

 **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

1

2

3

**CENTRE CLOSED
 PUBLIC HOLIDAY
 LABOUR DAY**

LET'S JOIN GEYLANG
 SERAI TASKFORCE CARE
 PACK DISTRIBUTION @
 GEYLANG UNITED TEMPLE
(BY INVITATION ONLY)
 1800 - 2100

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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

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MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
LET'S STEEL COMBAT (MENS Xclusive) [8HR] 0930 - 1030	COMMUNITY HEALTH POST (CHP) [WGS LEVEL 3] (WALK- IN WELCOME) 0930 - 1230	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S TARGET TOGETHER [SAC] 1000 - 1100	CENTRE CLOSED [TOWNHALL]	
LET'S WALKING FOOTBALL [TAMPINES HUB] (BOOKING REQUIRED) GROUP A 0945 - 1130		LET'S LINE DANCE [8HR] 1100-1200			
LET'S STEEL TONIC [8HR] 1045 - 1145	LET'S DO CALLIGRAPHY [SAC] (BOOKING REQUIRED) 1400 - 1600	LET'S DO ZENTANGLE-S [V] 1400 - 1600	LET'S DO WEAVING ART [SAC] 1400 - 1600		
LET'S ADAPTIVE SPORT: LADDER TOSS / BOCCIA [SAC] 1000 - 1130	LET'S YUM CHA TOGETHER [SAC] 1600 - 1700		LET'S MAKAN TOGETHER [SAC] (BOOKING REQUIRED) 1600 - 1730		

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MON 11	TUE 12	WED 13	THU 14	FRI 15	SAT 16
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 TARGET TOGETHER [SAC] 1000 - 1100	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 GO GAI GAI - GOAT FARM (BOOKING REQUIRED) (CONDITIONS APPLIED) 0900 - 1200	
LET'S STEEL TONIC [8HR] 1045 - 1145	LET'S DO CALLIGRAPHY [SAC] (BOOKING REQUIRED) 1400 - 1600	LET'S LINE DANCE [8HR] 1100-1200	LET'S DO WEAVING ART [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
FUN WITH KAKIS- BINGO [SAC] 1000 - 1100		LET'S DO SEWING [KK AAC] (BOOKING REQUIRED) 1400 - 1700			
LET'S SING-ALONG [SAC] 1100 - 1200		LET'S YUM CHA TOGETHER [SAC] 1600- 1700	MY LEGACY TALK BY SATA COMMHEALTH [SAC] 1400 - 1600		
LET'S CELEBRATE BIRTHDAY [SAC] (BOOKING REQUIRED) 1200 - 1400		LET'S JAM WITH UKULELE [SAC] 1400 - 1530	LET'S MAKAN [SAC] (BOOKING REQUIRED) 1600 - 1730		

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18	19	20	21	22	23
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 ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
LET'S WALKING FOOTBALL [TAMPINES HUB] (BOOKING REQUIRED) GROUP A 0945 - 1130	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	LET'S GEN TOGETHER WITH MY FIRST SKOOL (BOOKING REQUIRED) 1000 - 1200	LET'S TARGET TOGETHER [SAC] 1000 - 1100	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	
LET'S STEEL TONIC [8HR] 1045 - 1145	LET'S DO CALLIGRAPHY [SAC] (BOOKING REQUIRED) 1400 - 1600		LET'S DO ZENTANGLE-S [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
LET'S ADAPTIVE SPORT: LADDER TOSS / BOCCIA [SAC] 1000 - 1130		LET'S LINE DANCE [8HR] 1100-1200	LET'S MAKAN [SAC] (BOOKING REQUIRED) 1600 - 1730	LET'S JAM WITH UKULELE [V] 1400 - 1530	
LET'S SING-ALONG [SAC] 1400 - 1600	LET'S YUM CHA TOGETHER [SAC] 1600- 1700				

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25	26	27	28	29	30
LET'S STEEL COMBAT (MENS Xclusive) [8HR] 0930 - 1030	STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200	CENTRE CLOSED PUBLIC HOLIDAY HARI RAYA HAJI	LET'S TARGET TOGETHER [SAC] 1000 - 1100	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
LET'S STEEL TONIC [8HR] 1045 - 1145	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200		STRATEGISE WITH KAKIS: RUMMY-O [SAC] 1000 - 1200		
LET'S ADAPTIVE SPORT: LADDER TOSS / BOCCIA [SAC] 1000 - 1130	LET'S DO CALLIGRAPHY [SAC] (BOOKING REQUIRED) 1400 - 1600		LET'S DO ZENTANGLE-S [SAC] 1400 - 1600	STRATEGISE WITH KAKIS: MAHJONG [SAC] 1000 - 1200	
LET'S SING-ALONG [SAC] 1400 - 1600	LET'S YUM CHA TOGETHER [SAC] 1600- 1700		LET'S MAKAN [SAC] (BOOKING REQUIRED) 1600 - 1730	LET'S DO SEWING [KK AAC] (BOOKING REQUIRED) 1400 - 1700	LET'S TALK NEWS [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

				1	2
				中心关闭: 公众假期 劳动节	
					3
					芽笼士乃工作组 一起 分发关爱包 @ GEYLANG UNITED TEMPLE (仅限邀请) 1800 - 2100

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4	5	6	7	8	9
一起做钢铁拳击(精简版) (只限男性) [8HR] 0930 - 1030	服务 - 社区保健站 (CHP) [WGS LEVEL 3] (可直接光临,无需预约) 0930 - 1230	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	一起瞄准目标 [SAC] 1000 - 1100	一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030 中心关闭 [市政厅会议]	
一起来踢步行足球! [淡滨尼中心] (必须报名) A组 0945 - 1130		一起跳排舞 [8HR] 1100 - 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	一起做禅绕画 [V] 1400 - 1600	一起做织布 [SAC] 1400 - 1600		
一起玩梯式投球 / 地板滚球 [SAC] 1000 - 1130			一起来 MAKAN [SAC] (必须报名) 1600 - 1730		
一起来唱歌 [SAC] 1400 - 1600	一起饮茶 [SAC] 1600 - 1700				

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11	12	13	14	15	16
一起做钢铁拳击(精简版) [8HR] (只限男性) 0930 - 1030	游戏时间: RUMMY-O [SAC] 1000 - 1200	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	一起瞄准目标 [SAC] 1000 - 1100	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			一起去 GAI GAI 羊场 (必须报名) (附加条件) 0900 - 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	一起跳排舞 [8HR] 1100 - 1200	一起做织布 [SAC] 1400 - 1600	游戏时间: RUMMY-O [SAC] 1000 - 1200	
游戏时间- 宾果游戏 [SAC] 1000 - 1100				游戏时间: 麻将 [SAC] 1000 - 1200	
一起来唱歌 [SAC] 1100 - 1200	一起饮茶 [SAC] 1600 - 1700	一起玩乌克兰丽丽 [SAC] 1400 - 1530	一起来 MAKAN [SAC] (必须报名) 1600 - 1730	一起缝纫 [KK AAC] (必须报名) 1400 - 1700	
一起来庆祝生日 [SAC] (必须报名) 1200 - 1400				我的法律谈话 (SATA COMMHEALTH) [SAC] 1400 - 1600	

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一起做钢铁拳击(精简版) [8HR] (只限男性) 0930 - 1030	游戏时间: RUMMY-O [SAC] 1000 - 1200	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	一起瞄准目标 [SAC] 1000 - 1100	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) A组 0945 - 1130	游戏时间: 麻将 [SAC] 1000 - 1200	代际交流 - MY FIRST SKOOL (必须报名) 1000 - 1200		游戏时间: RUMMY-O [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		一起做禅绕画 [SAC] 1400 - 1600	游戏时间: 麻将 [SAC] 1000 - 1200	
一起玩梯式投球 [SAC] 1000 - 1130		一起跳排舞 [8HR] 1100 - 1200		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		一起来 MAKAN [SAC] (必须报名) 1600 - 1730		

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25

26

27

28

29

30

一起做钢铁拳击(精简版)
[8HR]
(只限男性)
 0930 - 1030

游戏时间: RUMMY-O
[SAC]
 1000 - 1200

一起做 STEEL TONIC
[8HR]
(男女混合班)
 1045 - 1145

游戏时间: 麻将
[SAC]
 1000 - 1200

一起玩梯式投球
[SAC]
 1000 - 1130

一起写书法
[SAC]
(必须报名)
 1400 - 1600

一起来唱歌
[SAC]
 1400 - 1600

一起饮茶
[SAC]
 1600 - 1700

中心关闭: 公众假期
 开斋节哈芝

一起瞄准目标
[SAC]
 1000 - 1100

一起跳尊巴(乐龄版)
[AH]
(通过 HEALTHY 365)
 0930 - 1030

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

一起缝纫
[KK AAC]
(必须报名)
 1400 - 1700

一起来 MAKAN
[SAC]
(必须报名)
 1600 - 1730

一起聊新闻
[SAC]
 1500 - 1600

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