

2026 SEPTEMBER

 **Centre Name:** AACC (Geylang Serai)
 **Centre Address:** Block 11 Haig Road, #01-379
 **Centre Contact:** 9488 4575 / 8163 2140



MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	COMMUNITY HEALTH POST (CHP) [HV] 0930 - 1230	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S TARGET TOGETHER - AIM & SHOOT (BAY B) 1000 - 1100	LET'S PLAY BASKETBALL [BASKETBALL COURT] 0830 - 0930	
	LET'S DRAGON BOAT TRAINING 0900 - 1100	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (SAC) 1000 - 1200		LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365)	
	LET'S DO PAPER QUILLING (SAC) 1000 - 1200	LET'S LINE DANCE [8HR] 1100-1200		DIGITAL FUN!- SEW TECH LEARNING JOURNEY [PROJECT EXCLUSIVE] 1400 - 1600	
	LET'S DO CALLIGRAPHY (BOOKING REQUIRED) (SAC) 1400 - 1600	HIP HOP TRAINING [PROJECT EXCLUSIVE] 1200 - 1300	LET'S DO WEAVING ART (BAY A) 1400 - 1600	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	
		LET'S DO ZENTANGLE-S (SAC) 1400 - 1600			
	LET'S YUM CHA TOGETHER (SAC) 1600- 1700	LET'S SPEAK UP CONVERSATIONAL ENGLISH (SAC) 1500-1600	LET'S MAKAN TOGETHER (BAY A) (BOOKING REQUIRED) 1600 - 1730	I'M SOUL INC (BAY B) (BOOKING REQUIRED) 1400 - 1600	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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

BAY A : NTUC Health Active Ageing Centre (Care) Geylang Serai

BAY B : NTUC Health Active Ageing Centre (Care) Geylang Serai

RN1: Block 415 Eunos Rd 5,
 8HR: Block 8 Haig Road Void Deck
 L2: Space outside Conference Room

ST: Wisma Geylang Serai Level 1 Kitchen Studio
 AH: Anjung Hall, Wisma Geylang Serai
 V: Block 2, Geylang Serai Level 7, Rooftop Sriville RC

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
LET'S STEEL COMBAT (Strictly MENS Xclusive) (BAY B) 0930 - 1030	LET’S DRAGON BOAT TRAINING 0900 - 1100	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S DRUM FIT (SEATED) (BOOKING REQUIRED) [BAY B] 0930 - 1130	LET'S PLAY BASKETBALL [BASKETBALL COURT] 0830 - 0930	
LET'S WALKING FOOTBALL (BOOKING REQUIRED) GROUP B 0945 - 1130	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	LET'S LINE DANCE [BAY B] 1100-1200		LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	
LET'S STEEL TONIC (BAY B) 1045 - 1145	LET'S DO PAPER QUILLING (BAY A) 1000 - 1200	HIP HOP TRAINING [PROJECT EXCLUSIVE] 1200 - 1300	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	RUMMY-O COMPETITION SELECTION (BAY B) 1400 - 1700	
STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	DIGITAL FUN!- SEW TECH LEARNING JOURNEY [PROJECT EXCLUSIVE] 1400 - 1600	LET'S DO GOLF @ GREENBOX (BOOKING REQUIRED) 1400 - 1600	LET'S DO WEAVING ART (BAY A) 1400 - 1600		
LET'S SING TOGETHER (BAY A) 1400 - 1600	LET’S DO CALLIGRAPHY (BOOKING REQUIRED) (BAY B) 1400 - 1600	DIGITAL FUN!- SEW TECH LEARNING JOURNEY [PROJECT EXCLUSIVE] 1400 - 1600	LET'S TARGET TOGETHER - AIM & SHOOT (BAY B) 1400 - 1500		
	LET'S YUM CHA TOGETHER (BAY A) 1600- 1700	LET'S SPEAK UP CONVERSATIONAL ENGLISH (BAY B) 1500-1600	DIGITAL FUN!- SEW TECH LEARNING JOURNEY [PROJECT EXCLUSIVE] 1400 - 1600		

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
LET'S STEEL COMBAT (Strictly MENS Xclusive) (BAY B) 0930 - 1030	LET'S DRAGON BOAT TRAINING 0900 - 1100	LET'S QIGONG [AH] (VIA HEALTHY 365) 0930 - 1030	LET'S DRUM FIT (SEATED) (BOOKING REQUIRED) [BAY B] 0930 - 1130	LET'S ZUMBA GOLD [AH] (VIA HEALTHY 365) 0930 - 1030	CENTRE CLOSED FOR TEAM BUILDING
LET'S WALKING FOOTBALL (BOOKING REQUIRED) GROUP A & GROUP B 0945 - 1130	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200			
LET'S STEEL TONIC (BAY B) 1045 - 1145	LET'S DO PAPER QUILLING (BAY A) 1000 - 1200	LET'S LINE DANCE [BAY B] 1100-1200	STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY A) 1000 - 1200		
LET'S PLAY BINGO (BAY A) 1000 - 1200	LET'S DO CALLIGRAPHY (BOOKING REQUIRED) (BAY B) 1400 - 1600	HIP HOP TRAINING [PROJECT EXCLUSIVE] 1200 - 1300	LET'S DO WEAVING ART (BAY A) 1400 - 1600		
LET'S CELEBRATE BIRTHDAY (BOOKING REQUIRED) (BAY A) 1200 - 1400		LET'S SPEAK UP CONVERSATIONAL ENGLISH (BAY B) 1500-1600	LET'S TARGET TOGETHER - AIM & SHOOT (BAY B) 1400 - 1500		
STRATEGISE WITH KAKIS: RUMMY-O / MAHJONG (BAY B) 1400 - 1700	LET'S YUM CHA TOGETHER (BAY A) 1600- 1700		DIGITAL FUN!- SEW TECH LEARNING JOURNEY [PROJECT EXCLUSIVE] 1400 - 1600		

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MON

TUE

WED

THU

FRI

SAT

21

22

23

24

25

26

LET'S STEEL COMBAT
 (Strictly MENS Xclusive)
(BAY B)
 0930 - 1030

LET'S DRAGON BOAT
 TRAINING
 0900 - 1100

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

LET'S DRUM FIT (SEATED)
 (BOOKING REQUIRED)
 [BAY B]
 0930 - 1130

LET'S PLAY BASKETBALL
[BASKETBALL COURT]
 0830 - 0930

LET'S WALKING FOOTBALL
(BOOKING REQUIRED)
GROUP A & GROUP B
 0945 - 1130

STRATEGISE WITH KAKIS:
 RUMMY-O / MAHJONG
(BAY A)
 1000 - 1200

STRATEGISE WITH KAKIS:
 RUMMY-O / MAHJONG
(BAY A)
 1000 - 1200

STRATEGISE WITH KAKIS:
 RUMMY-O / MAHJONG
 (BAY A)
 1000 - 1200

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

LET'S STEEL TONIC
(BAY B)
 1045 - 1145

ICCP: LET'S GO GAI GAI
 SINGAPORE FLYER
(BOOKING REQUIRED)
 0900 - 1200

LET'S LINE DANCE
[BAY B]
 1100-1200

LET'S DO WEAVING ART
(BAY A)
 1400 - 1600

STRATEGISE WITH KAKIS:
 RUMMY-O / MAHJONG
(BAY A)
 1000 - 1200

27

STRATEGISE WITH KAKIS:
 RUMMY-O / MAHJONG
(BAY A)
 1000 - 1200

LET'S MAKAN
(BOOKING REQUIRED)
 1200 - 1300

HIP HOP TRAINING
[PROJECT EXCLUSIVE]
 1200 - 1300

LET'S TARGET TOGETHER -
 AIM & SHOOT
(BAY B)
 1400 - 1500

LET'S JAM WITH UKULELE ,
 MEILING UKU ANGELS
(BAY B)
 1400 - 1530

MID-AUTUMN FESTIVAL -
 MOONCAKE MAKING
(BOOKING REQUIRED)
(CONDITIONS APPLIED)
 1000 - 1200

LET'S DO CALLIGRAPHY
(BOOKING REQUIRED)
(BAY B)
 1400 - 1600

LET'S SPEAK UP
 CONVERSATIONAL ENGLISH
(BAY B)
 1500-1600

DIGITAL FUN!- SEW TECH
 LEARNING JOURNEY
[PROJECT EXCLUSIVE]
 1400 - 1600

WGS OPEN HOUSE
 1000 - 1200

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MON

TUE

WED

THU

FRI

SAT

28

29

30

LET'S STEEL COMBAT
(Strictly MENS Xclusive)
(BAY B)
0930 - 1030

LET'S DRAGON BOAT
TRAINING
0900 - 1100

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

LET'S WALKING FOOTBALL
(BOOKING REQUIRED)
GROUP A & GROUP B
0945 - 1130

LET'S DO SEATED EXERCISE
(BAY B)
0930 - 1030

STRATEGISE WITH KAKIS:
RUMMY-O / MAHJONG
(BAY A)
1000 - 1200

LET'S STEEL TONIC
(BAY B)
1045 - 1145

STRATEGISE WITH KAKIS:
RUMMY-O / MAHJONG
(BAY A)
1000 - 1200

LET'S LINE DANCE
[BAY B]
1100-1200

STRATEGISE WITH KAKIS:
RUMMY-O / MAHJONG
(BAY A)
1000 - 1200

LET'S DO PAPER QUILLING
(BAY A)
1000 - 1200

LET'S SPEAK UP
CONVERSATIONAL
ENGLISH
(BAY B)
1500-1600

LET'S SING TOGETHER
(BAY A)
1400 - 1600

LET'S TALK NEWS
(BAY B)
1500 - 1600

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2026 九月

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	服务 - 社区保健站 (CHP) [HV] 0930 - 1230	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	一起瞄准目标 (BAY B) 1000 - 1100	一起来打篮球吧! [篮球场] 0830 - 0930	
	龙舟训练 0900 - 1100	游戏时间: RUMMY-O / 麻将 (SAC) 1000 - 1200		一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030	
	一起做纸艺 (SAC) 1000 - 1200	一起跳排舞 [8HR] 1100 - 1200	缝纫与科技之旅 [项目独家] 1400 - 1600		
	一起写书法 (SAC) (必须报名) 1400 - 1600	嘻哈舞蹈训练 [项目独家] 1200 - 1300	一起做织布 (BAY A) 1400 - 1600	游戏时间: RUMMY-O / 麻将 (BAY A) 1000 - 1200	
		一起做禅绕画 (SAC) 1400 - 1600			
	一起饮茶 (BAY A) 1600 - 1700	一起学英语会话 (SAC) 1500 - 1600	一起来 MAKAN (BAY A) (必须报名) 1600 - 1730	I'M SOUL INC (BAY B) (必须报名) 1600 - 1730	

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2026 九月

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
一起做钢铁拳击(精简版) (BAY B) (只限男性) 0930 - 1030	龙舟训练 0900 - 1100	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	一起做 DRUM FIT (坐姿运动) [BAY B] (必须报名) 0930 - 1130	一起来打篮球吧！ [篮球场] 0830 - 0930	
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: RUMMY-O / 麻将 (BAY A) 1000 - 1200	一起跳排舞 [BAY B] 1100 - 1200		一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030	
一起做 STEEL TONIC (BAY B) (男女混合班) 1045 - 1145	一起做纸艺 (BAY A) 1000 - 1200	嘻哈舞蹈训练 [项目独家] 1200 -1300	游戏时间: RUMMY-O / 麻将 (BAY A) 1000 - 1200	RUMMY-O 竞赛选拔 (BAY B) [项目独家] 1400 - 1700	
游戏时间: RUMMY-O / 麻将 (BAY A) 1000 - 1200	缝纫与科技之旅 [项目独家] 1400 - 1600	一起打高尔夫 @ GREENBOX (必须报名) 1400 - 1600	一起做织布 (BAY A) 1400 - 1600		
一起来唱歌 (BAY B) 1400 - 1600	一起写书法 (BAY B) (必须报名) 1400 - 1600	缝纫与科技之旅 [项目独家] 1400 - 1600	一起瞄准目标 (BAY B) 1400 - 1500	一起玩乌克兰丽丽 (BAY A) 1400 - 1530	
	一起饮茶 (BAY A) 1600 - 1700	一起学英语会话 (BAY B) 1500 - 1600	缝纫与科技之旅 [项目独家] 1400 - 1600		

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2026 九月

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
一起做钢铁拳击(精简版) (BAY B) (只限男性) 0930 - 1030	龙舟训练 0900 - 1100	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	一起做 DRUM FIT (坐姿运动) [BAY B] (必须报名) 0930 - 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) A 和 B组 0945 - 1130	游戏时间: RUMMY-O / 麻将 (BAY A) 1000 - 1200	游戏时间: RUMMY-O / 麻将 (BAY A) 1000 - 1200		中心关闭 团队建设	
一起做 STEEL TONIC (BAY B) (男女混合班) 1045 - 1145	一起做纸艺 (BAY A) 1000 - 1200	一起跳排舞 [BAY B] 1100 - 1200	游戏时间: RUMMY-O / 麻将 (BAY B) 1400 - 1600		
一起玩BINGO游戏吧! (BAY A) 1000 - 1200	一起写书法 (BAY B) (必须报名) 1400 - 1600	嘻哈舞蹈训练 [项目独家] 1200 -1300	一起做织布 (BAY A) 1400 - 1600		
一起来庆祝生日 (BAY A) (必须报名) 1200 - 1400		一起学英语会话 (BAY B) 1500 - 1600	一起瞄准目标 (BAY B) 1400 - 1500		
游戏时间: RUMMY-O / 麻将 (BAY B) 1400 - 1700	一起饮茶 (BAY A) 1600 - 1700		缝纫与科技之旅 [项目独家] 1400 - 1600		

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
一起做钢铁拳击(精简版) (BAY B) (只限男性) 0930 - 1030	龙舟训练 0900 - 1100	一起练气功 [AH] (通过 HEALTHY 365) 0930 - 1030	一起做 DRUM FIT (坐姿运动) [BAY B] (必须报名) 0930 - 1130	一起来打篮球吧! [篮球场] 0830 - 0930	
一起来踢步行足球! [淡滨尼中心] (必须报名) A 和 B组 0945 - 1130	游戏时间: RUMMY-O / 麻将 (BAY A) 1000 - 1200	游戏时间: RUMMY-O / 麻将 (BAY B) 1000 - 1200	游戏时间: RUMMY-O / 麻将 (BAY B) 1400 - 1600	一起跳尊巴(乐龄版) [AH] (通过 HEALTHY 365) 0930 - 1030	
一起做 STEEL TONIC (BAY B) (男女混合班) 1045 - 1145	ICCP: 一起去 GAI GAI 新加坡摩天观景轮 (必须报名) 0900 - 1200	一起跳排舞 [BAY B] 1100 - 1200	一起做织布 (BAY A) 1400 - 1600	游戏时间: RUMMY-O / 麻将 (BAY A) 1000 - 1200	
游戏时间: RUMMY-O / 麻将 (BAY A) 1000 - 1200	一起来 MAKAN (必须报名) 1200 - 1300	嘻哈舞蹈训练 [项目独家] 1200 - 1300	一起瞄准目标 (BAY B) 1400 - 1500	一起玩乌克兰丽丽 (BAY B) 1400 - 1530	
中秋节——制作月饼 (必须报名) (附加特殊条件) 1000 - 1200	一起写书法 (BAY B) (必须报名) 1400 - 1600	一起学英语会话 (BAY B) 1500 - 1600	缝纫与科技之旅 [项目独家] 1400 - 1600		
					27
					开放参观 1000 - 1200

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MON

TUE

WED

THU

FRI

SAT

28

29

30

一起做钢铁拳击(精简版)
(BAY B)
(只限男性)
 0930 - 1030

龙舟训练
 0900 - 1100

一起练气功
[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 和 B组
 0945 - 1130

坐姿运动
(BAY B)
 0930 - 1030

游戏时间: RUMMY-O /
 麻将
(BAY A)
 1000 - 1200

一起做 STEEL TONIC
(BAY B)
(男女混合班)
 1045 - 1145

游戏时间: RUMMY-O / 麻
 将
(BAY A)
 1000 - 1200

一起跳排舞
[BAY B]
 1100 - 1200

游戏时间: RUMMY-O / 麻将
(BAY A)
 1000 - 1200

一起做纸艺 **(BAY A)**
 1000 - 1200

一起学英语会话
(BAY B)
 1500 - 1600

一起来唱歌
(BAY A)
 1400 - 1600

一起聊新闻
(BAY B)
 1500 - 1600

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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
 BAY A : NTUC Health Active Ageing Centre (Care) Geylang Serai
 BAY B : NTUC Health Active Ageing Centre (Care) Geylang Serai

RN1: Block 415 Eunos Rd 5,
 8HR: Block 8 Haig Road Void Deck
 L2: Space outside Conference Room

ST: Wisma Geylang Serai Level 1 Kitchen Studio
 AH: Anjung Hall, Wisma Geylang Serai
 V: Block 2, Geylang Serai Level 7, Rooftop Sriville RC