

2024 December

📍 **Centre Name:** Active Ageing Centre (Care) (Wisma Geylang Serai)
 🏠 **Centre Address:** 1 Engku Aman, #03-04 Singapore 408528
 📞 **Centre Contact:** 9488 4575 / 8163 2140



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	COMMUNITY HEALTH POST (CHP) (RSVP ONLY) [A] 0930 - 1230	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S DRUM FIT (RSVP ONLY) [A] 1000 - 1100	LET'S ZUMBA (VIA HEALTHY 365) [AH] 0930 - 1030	
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145	HPB BALIK KAMPONG (VIA HEALTHY 365) [A] 1030 - 1130		LET'S DRUM FIT (RSVP ONLY) [A] 1130 - 1230		
CENTRE CLOSED	LET'S DO PAPER ART [A] 1400 - 1600		LET'S GO GAI GAI WITH EDIBLE GARDEN CITY (RSVP ONLY) 1530 - 1730		
	LET'S DO CALLIGRAPHY (RSVP ONLY) [A] 1400 - 1600	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S MAKAN (RSVP ONLY) [RN1] 1700 - 1745	LET'S LEARN TECH WITH NUS DIGITAL COMPASSION CREW [V] 1530 - 1700	
			KEN: LET'S GO GAI GAI @GBTB CHRISTMAS WONDERLAND & ORCHARD ROAD (RSVP ONLY) 1745 - 2045		
9	10	11	12	13	14
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030		LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S DRUM FIT (RSVP ONLY) [A] 1000 - 1100	LET'S ZUMBA (VIA HEALTHY 365) [AH] 0930 - 1030	
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145			LET'S DRUM FIT (RSVP ONLY) [A] 1130 - 1230		
LET'S HAPPY FEET [A] 1000 - 1100	LET'S DO PAPER ART [A] 1400 - 1600	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S CELEBRATE CHRISTMAS WITH DRUMFITTERS (RSVP ONLY) [A] 1230 - 1400		
LET'S SING-ALONG [A] 1100 - 1200			LET'S DO PAPER ART [RN2] 1530 - 1730	LET'S LEARN TECH WITH NUS DIGITAL COMPASSION CREW [V] 1530 - 1700	
LET'S CELEBRATE BIRTHDAY [A] 1200 - 1400	LET'S DO CALLIGRAPHY (RSVP ONLY) [A] 1400 - 1600	WALKING FOOTBALL @ BEDOK 1600 - 1730	LET'S YUM CHA TOGETHER (RSVP ONLY) [RN2] 1730 - 1830		

A: Wisma Geylang Serai, Level 3, Activity Room 1
 AH: Anjung Hall, Wisma Geylang Serai
 CS: Culinary Studio

AP: APSN 11 Jalan Ubi
 PB: Persada Budaya, Wisma Geylang Serai
 DC: Wisma Geylang Serai, NTUC Health Level 3

RN1: Block 415 Eunos Crescent, Eunos Village RN Office
 RN2: Block 5 Haig Road, Geylang Serai RN Office
 V: Block 2, Level 7 Sriville RC

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.
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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	MINDFUL WALK @ LEARNING FOREST (RSVP ONLY) 0800 - 0930	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	LET'S DRUM FIT (RSVP ONLY) [A] 1000 - 1100	LET'S ZUMBA (VIA HEALTHY 365) [AH] 0930 - 1030	
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145			LET'S DRUM FIT (RSVP ONLY) [A] 1130 - 1230		
LET'S TALK ABOUT DIGITAL [DC] 1400 - 1600	LET'S DO PAPER ART [A] 1400 - 1600	LET'S GET TOGETHER FOR CHRISTMAS AFTERNOON-TEA (RSVP ONLY) 1430 - 1700	MENTAL WELLNESS TALK ON FINDING MYSELF [RN2] 1600 - 1730	LET'S LEARN TECH WITH NUS DIGITAL COMPASSION CREW [V] 1530 - 1700	
	LET'S DO CALLIGRAPHY (RSVP ONLY) [A] 1400 - 1600	LET'S APPRECIATE OUR VOLUNTEER (RSVP ONLY) 1700-1800	LET'S YUM CHA TOGETHER (RSVP ONLY) [RN2] 1730 - 1830		
		WALKING FOOTBALL @ BEDOK 1600 - 1730			
23	24	25	26	27	
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	LET'S DO ZENTANGLE-S [A] 1000 - 1200	CENTRE CLOSED CHRISTMAS	LET'S DRUM FIT (RSVP ONLY) [A] 1000 - 1100	LET'S ZUMBA (VIA HEALTHY 365) [AH] 0930 - 1030	
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145			LET'S DRUM FIT (RSVP ONLY) [A] 1130 - 1230		
LET'S TALK ABOUT DIGITAL [DC] 1400 - 1600	CENTRE CLOSED CHRISTMAS EVE 1300 - 1800		LET'S DO ART & MUSIC [RN2] 1530 - 1730	LET'S UPCYCLE & MAKE XMAS KEYCHAINS WITH TAMPINES MERIDIAN JUNIOR COLLEGE [V] 1530 - 1700	
			LET'S YUM CHA TOGETHER (RSVP ONLY) [RN2] 1730 - 1830		

Venue

A: Wisma Geylang Serai, Level 3, Activity Room 1
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 NTUC Health

MON

TUE

WED

THU

FRI

SAT

30

31

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

LET'S DO ZENTANGLE-S [A]
1000 - 1200

LET'S STEEL TONIC (MIXED)
[AH]
1045 - 1145

LET'S STAY GREEN TOGETHER
[AP]
0930 - 1130

LET'S MAKAN (RSVP ONLY)
1130 - 1300

**CENTRE CLOSED
NEW YEAR'S EVE
1300 - 1800**

Venue

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2024 十二月

📍 **Centre Name:** Active Ageing Centre (Care) (Wisma Geylang Serai)
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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起做钢铁拳击(只限男性) [AH] 0930 - 1030	服务 - 社区保健站 (CHP) (RSVP ONLY) [A] 0930 - 1230	一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030	一起做DrumFit (RSVP ONLY) [A] 1000 - 1100	一起跳尊巴 (VIA HEALTHY 365) [AH] 0930 - 1030	
一起做Steel Tonic X 阻力带锻炼 (混合性别) [AH] 1045 - 1145	HPB 回到甘榜 (VIA HEALTHY 365) [A] 1030 - 1130		一起做DrumFit (RSVP ONLY) [A] 1130 - 1230		
本中心暂时休业 1300 - 1800	一起做纸艺 [A] 1400 - 1600		一起去Gai Gai花园农场 (RSVP ONLY) 1530 - 1730	与 NUS 数字关怀团队一起学习技术 (仅限英语) [V] 1530 - 1700	
	一起写书法 (RSVP ONLY) [A] 1400 - 1600	一起做禅绕画 [RN1] 1400 - 1600	一起来 makan (RSVP ONLY) [RN1] 1700 - 1745 KEN: LET'S GO GAI GAI @GBTB CHRISTMAS WONDERLAND & ORCHARD ROAD (RSVP ONLY) 1745 - 2045		
9	10	11	12	13	14
一起做钢铁拳击(只限男性) [AH] 0930 - 1030		一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030	一起做DrumFit (RSVP ONLY) [A] 1000 - 1100	一起跳尊巴 (VIA HEALTHY 365) [AH] 0930 - 1030	
一起做Steel Tonic X 阻力带锻炼 (混合性别) [AH] 1045 - 1145			一起做DrumFit (RSVP ONLY) [A] 1130 - 1230		
电子游戏时间 [A] 1000 - 1100	一起做纸艺 [A] 1400 - 1600	一起做禅绕画 [RN1] 1400 - 1600	当我们 Drumfit'ers 同在一起圣诞节! (RSVP ONLY) [A] 1230 - 1400	与 NUS 数字关怀团队一起学习技术 (仅限英语) [V] 1530 - 1700	
一起来K歌 [A] 1100 - 1200		步行足球 @勿洛 1600 - 1730	一起做纸艺 [RN2] 1530 - 1730		
一起来庆生 [A] 1200 - 1400	一起写书法 (RSVP ONLY) [A] 1400 - 1600		一起饮茶 (RSVP ONLY) [RN2] 1730 - 1830		

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
一起做钢铁拳击(只限男性) [AH] 0930 - 1030	一起在大自然中进行正念散步 (RSVP ONLY) 0800 - 0930	一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030	一起做DrumFit (RSVP ONLY) [A] 1000 - 1100	一起跳尊巴 (VIA HEALTHY 365) [AH] 0930 - 1030	
一起做Steel Tonic X 阻力带锻炼 (混合性别) [AH] 1045 - 1145			一起做DrumFit (RSVP ONLY) [A] 1130 - 1230		
一起来谈数码 [DC] 1400 - 1600	一起做纸艺 [A] 1400 - 1600	一起庆祝圣诞节喝下午茶! (RSVP ONLY) 1430 - 1700	保健系列 - 健康讲座: 心理健康讲座, 寻找自我 [RN2] 1600 - 1700	与 NUS 数字关怀团队一起学习技术 (仅限英语) [V] 1530 - 1700	
	一起写书法 (RSVP ONLY) [A] 1400 - 1600	让我们感谢我们的志愿者 1700 - 1800	一起饮茶 (RSVP ONLY) [RN2] 1730 - 1830		
		步行足球@勿洛 1600 - 1730			
23	24	25	26	27	28
一起做钢铁拳击(只限男性) [AH] 0930 - 1030	一起做禅绕画 [A] 1000 - 1200	本中心暂时休业 圣诞节	一起做DrumFit (RSVP ONLY) [A] 1000 - 1100	一起跳尊巴 (VIA HEALTHY 365) [AH] 0930 - 1030	
一起做Steel Tonic X 阻力带锻炼 (混合性别) [AH] 1045 - 1145			一起做DrumFit (RSVP ONLY) [A] 1130 - 1230		
一起来谈数码 [DC] 1400 - 1600	本中心暂时休业 圣诞节前夕 1300 - 1800		一起来听曲作画 [RN2] 1530 - 1730	一起进行再利用与浚滨尼美瑞迪安中学一起制作 圣诞钥匙扣! [V] 1530 - 1700	
			一起饮茶 (RSVP ONLY) [RN2] 1730 - 1830		
30	31				
一起做钢铁拳击(只限男性)[AH] 0930 - 1030					
一起做Steel Tonic X 阻力带锻炼 (混合性别) [AH] 1045 - 1145					
园艺课程 [AP] 0930 - 1130	本中心暂时休业 年除夕 1300 - 1800				
一起来makan (RSVP ONLY) 1130 - 1300					

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