

# 2025 January

📍 **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

1

2

3

4

**CENTRE CLOSED  
NEW YEAR DAY**

LET'S DRUM FIT (RSVP ONLY) [A]  
1000 - 1100  
 LET'S DRUM FIT (RSVP ONLY) [A]  
1130 - 1230  
 LET'S CELEBRATE NEW YEAR 2025  
(RSVP ONLY) [RN2]  
1500 - 1600  
 LET'S DO PAPER ART [RN2]  
1600 - 1730

LET'S ZUMBA (VIA HEALTHY 365)  
[AH]  
0930 - 1030  
 LET'S LEARN TECH WITH YOUTH  
CORPS [V]  
1530 - 1700

6

7

8

9

10

11

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

LET'S GO GAI GAI FOR CNY GOODS  
@ VICTORIA WHOLESALE CENTRE  
(RSVP ONLY) To Be Confirmed  
0900 - 1200

LET'S SHARE SHARE @ DBS  
POP UP MARKET (RSVP  
ONLY) [AH]

LET'S JAM WITH UKULELE [A]  
1500 - 1700

LET'S DO PAPER ART [A]  
1400 - 1600  
 LET'S DO CALLIGRAPHY (RSVP  
ONLY) [A]  
1400 - 1600

LET'S DO ZENTANGLE-S [RN1]  
1400 - 1600  
 WALKING FOOTBALL @ BEDOK  
1600 - 1730

LET'S DO PAPER ART [RN2]  
1530 - 1730  
 LET'S MAKAN (RSVP ONLY) [RN2]  
1730 - 1830

LET'S LEARN TECH WITH YOUTH  
CORPS [V]  
1530 - 1700

TIMING TO BE CONFIRMED

**Venue**

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

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	LET'S GO GAI GAI FOR BATIK TULIS WORKSHOP @ NATIONAL HERITAGE BOARD (RSVP ONLY) To Be Confirmed 0930 - 1200	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	MENTAL WELLNESS TALK: STAY PRIME, STAY SHARP [RN2] 1600 - 1730	LET'S LEARN TECH WITH NUS DIGITAL COMPASSION CREW [V] 1530 - 1700	
LET'S SING-ALONG [A] 1100 - 1200					
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		
LET'S JAM WITH UKULELE [A] 1430 - 1600					
20	21	22	23	24	25
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	LET'S YUM CHA TOGETHER FOR CHINESE NEW YEAR [A] 1100 - 1300	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 MAKAN (RSVP ONLY) [A] 1300 - 1400		LET'S DRUM FIT (RSVP ONLY) [A] 1130 - 1230		
LET'S JAM WITH UKULELE [A] 1430 - 1600	LET'S DO PAPER ART [A] 1400 - 1600	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S DO PAPER ART [RN2] 1530 - 1730	LET'S LEARN TECH WITH NUS DIGITAL COMPASSION CREW [V] 1530 - 1700	
	LET'S DO CALLIGRAPHY (RSVP ONLY) [A] 1400 - 1600	WALKING FOOTBALL @ BEDOK 1600 - 1730	LET'S YUM CHA TOGETHER (RSVP ONLY) [RN2] 1730 - 1830		

**Venue**

**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

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 NTUC Health

MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
LET'S STEEL COMBAT (MENS Xclusive) [AH] 0930 - 1030	CENTRE CLOSED CHINESE NEW YEAR EVE 1300 - 1800	CENTRE CLOSED CHINESE NEW YEAR DAY 1	CENTRE CLOSED CHINESE NEW YEAR DAY 2	LET'S ZUMBA (VIA HEALTHY 365) [AH] 0930 - 1030	
LET'S STEEL TONIC (MIXED) [AH] 1045 - 1145				LET'S SPEAK UP! [V] 1530 - 1700	
LET'S STAY GREEN TOGETHER [AP] 0930 - 1130					
LET'S MAKAN (RSVP ONLY) 1130 - 1300					
LET'S JAM WITH UKULELE [A] 1500 - 1700					

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# 2025 一月

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		本中心暂时休业 元旦节	一起做DrumFit (RSVP ONLY) [A] 1000 - 1100	一起跳尊巴(VIA HEALTHY 365) [AH] 0930 - 1030	
	一起做DrumFit (RSVP ONLY) [A] 1130 - 1230				
	一起做纸艺 [RN2] 1530 - 1730		与青年团一起学习科技！ [V] 1530 - 1700		
	一起来makan (RSVP ONLY) [RN2] 1730 - 1830				
6	7	8	9	10	11
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	一起来分享在DBS快闪市场 (RSVP ONLY) [AH] 时间待确认
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	一起去Gai Gai 在维多利亚批发中心采购春节商品 (RSVP ONLY) 待确认 0900 - 1200	
一起玩乌克兰丽丽 [A] 1500 - 1700	一起做纸艺 [A] 1400 - 1600 一起写书法 (RSVP ONLY) [A] 1400 - 1600	一起做禅绕画 [RN1] 1400 - 1600 步行足球@勿洛 1600 - 1730	一起做纸艺 [RN2] 1530 - 1730 一起来makan (RSVP ONLY) [RN2] 1730 - 1830	与青年团一起学习科技！ [V] 1530 - 1700	

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13	14	15	16	17	18
一起做钢铁拳击(只限男性) [AH] 0930 - 1030	一起去Gai Gai 手工蜡染工作坊 @ 国家文化遗产局 (RSVP ONLY) To Be Confirmed 0930 - 1200	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					
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	一起做DrumFit (RSVP ONLY) [A] 1130 - 1230	与 NUS 数字关怀团队一起学习技术 [V] 1530 - 1700	
一起来K歌 [A] 1100 - 1200					
一起来庆生 [A] 1200 - 1400	一起写书法 (RSVP ONLY) [A] 1400 - 1600	步行足球@勿洛 1600 - 1730	保健系列: 保持最佳状态, 保持敏锐 [RN2] 1600 - 1730		
一起玩乌克兰丽丽 [A] 1430 - 1600					
19	20	21	22	23	24
一起做钢铁拳击(只限男性) [AH] 0930 - 1030	一起喝茶庆祝新年快乐 [A] 1100 - 1300	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	一起来makan (RSVP ONLY) [A] 1300 - 1400				
一起玩乌克兰丽丽 [A] 1430 - 1600	一起做纸艺 [A] 1400 - 1600	一起做禅绕画 [RN1] 1400 - 1600	一起做纸艺 [RN2] 1530 - 1730	与 NUS 数字关怀团队一起学习技术 [V] 1530 - 1700	
	一起写书法 (RSVP ONLY) [A] 1400 - 1600	步行足球@勿洛 1600 - 1730	一起喝茶 (RSVP ONLY) [RN2] 1730 - 1830		
25	26	27	28	29	30

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27	28	29	30	31	
一起做钢铁拳击(只限男性) [AH] 0930 - 1030	本中心暂时休业 除夕 1300 - 1800	本中心暂时休业 初一	本中心暂时休业 初二	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				一起敢敢讲! [V] 1530 - 1700	
园艺课程 [AP] 0930 - 1130					
一起来makan (RSVP ONLY) 1130 - 1300					
一起玩乌克兰丽丽 [A] 1500 - 1700					

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