



2024 November

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



ntuc Health

MON

TUE

WED

THU

FRI

SAT

			1			2											
			LET'S ZUMBA (VIA HEALTHY 365) [AH] 0930 - 1030														
			MINDFULNESS TASTER (RSVP ONLY) [MPH] 0930 - 1030														
			RESTORATIVE YOGA + SOUND BATH (RSVP ONLY) [MPH] 1100 - 1200														
			LET'S MAKAN (RSVP ONLY) [MPH] 1200 - 1300														
			RECYCLE RIGHT + CLIMATE VOUCHERS TALK (BILINGUAL) [V] 1530 - 1700														
4			5			6			7			8			9		
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 GO GAI GAI AT RIVER SAFARI (RSVP ONLY) 0930 - 1230			LET'S ZUMBA (VIA HEALTHY 365) [AH] 0930 - 1030			LET'S GO GAI GAI: INDIAN HERITAGE CENTRE (RSVP ONLY) 0900 - 1030		
LET'S STEEL TONIC X RESISTANCE BAND (MIXED) [AH] 1045 - 1145			HPB BALIK KAMPONG (VIA HEALTHY 365) [A] 1030 - 1130			LET'S DO ZENTANGLE-S [RN1] 1400 - 1600						LET'S MAKAN (RSVP ONLY) 1030 - 1130					
LET'S TALK ABOUT DIGITAL [DC] 1400 - 1600			LET'S DO PAPER ART [A] 1400 - 1600			LET'S DO ART FOR GRANDPARENTS DAY [RN1] 1600 - 1800			MY GREEN FINGERS: EDIBLE GARDEN CITY [RN2] 1530 - 1730			LET'S JAM WITH UKULELE [V] 1530 - 1700					

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

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

11

12

13

14

15

16

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

0930 - 1030

LET'S STEEL TONIC X RESISTANCE BAND
(MIXED) [AH]

1045 - 1145

LET'S HAPPY FEET [V]

1000 - 1100

LET'S SING-ALONG [V]

1100 - 1200

LET'S CELEBRATE BIRTHDAY [V]

1200 - 1400

LET'S STAY GREEN TOGETHER (RSVP
ONLY)

0830 - 1030

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

0930 - 1030

LET'S DRUM FIT (RSVP ONLY) [A]

1000 - 1100

LET'S DRUM FIT (RSVP ONLY) [A]

1130 - 1230

MY GREEN FINGERS: EDIBLE GARDEN
CITY [RN2]

1500 - 1700

MINDFULNESS TASTER (RSVP ONLY) [MPH]

0930 - 1030

RESTORATIVE YOGA + SOUND BATH (RSVP
ONLY) [MPH]

1100 - 1200

LET'S MAKAN (RSVP ONLY) [MPH]

1200 - 1300

LET'S DO PAPER ART [A]

1400 - 1600

LET'S DO ZENTANGLE-S [RN1]

1400 - 1600

MY GREEN FINGERS: EDIBLE GARDEN
CITY [RN2]

1500 - 1700

CENTRE CLOSED

18

19

20

21

22

23

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

0930 - 1030

LET'S STEEL TONIC X RESISTANCE BAND
(MIXED) [AH]

1045 - 1145

LET'S TALK ABOUT DIGITAL [DC]

1400 - 1600

LET'S YUM CHA TOGETHER (RSVP
ONLY) [A]

1200 - 1400

LET'S DO PAPER ART [A]

1400 - 1600

LET'S DO CALLIGRAPHY [A]

1400 - 1600

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

0930 - 1030

LET'S DO ZENTANGLE-S [RN1]

1400 - 1600

LET'S DRUM FIT (RSVP ONLY) [A]

1000 - 1100

LET'S DRUM FIT (RSVP ONLY) [A]

1130 - 1230

MY GREEN FINGERS: EDIBLE GARDEN
CITY [RN2]

1500 - 1700

LET'S ZUMBA (VIA HEALTHY 365) [AH]

0930 - 1030

MINDFULNESS TASTER (RSVP ONLY) [MPH]

0930 - 1030

RESTORATIVE YOGA + SOUND BATH (RSVP
ONLY) [MPH]

1100 - 1200

LET'S MAKAN (RSVP ONLY) [MPH]

1200 - 1300

LET'S JAM WITH UKULELE [V]

1530 - 1700

Venue

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
LET'S STAY GREEN TOGETHER [AP] 0930 - 1130		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 COMBAT (MENS Xclusive) [AH] 0930 - 1030			LET'S DRUM FIT (RSVP ONLY) [A] 1130 - 1230		
LET'S STEEL TONIC X RESISTANCE BAND (MIXED) [AH] 1045 - 1145	LET'S DO PAPER ART [A] 1400 - 1600	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S YUM CHA TOGETHER (RSVP ONLY) [RN2] 1300 - 1500	LET'S SPEAK UP! [V] 1530 - 1700	
	LET'S DO CALLIGRAPHY [A] 1400 - 1600		LET'S DO PAPER ART [RN2] 1500 - 1700		

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