

2024 October

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

5

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

HPB BALIK KAMPONG (VIA HEALTHY 365) [A]
1030 - 1130

LET'S STEEL COMBAT (MENS Xclusive) [AH]
1300 - 1400

LET'S DRUM FIT (RSVP ONLY) [A]
1130 - 1230

LET'S DO PAPER ART [A]
1400 - 1600

LET'S DO ZENTANGLE-S [RN1]
1400 - 1600

LET'S MAKAN [RN2]
1330 - 1500

LET'S JAM WITH UKULELE [V]
1530 - 1700

LET'S DO PAPER ART [RN2]
1500 - 1700

7

8

9

10

11

12

LET'S HAPPY FEET [V]
1000 - 1100

STAY WELL SERIES: HEALTHIER MINDS,
HEALTHIER LIVES! [A]
1100 - 1200

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

LET'S DRUM FIT (RSVP ONLY) [A]
1000 - 1100

LET'S GO GAI GAI AT BIRD PARADISE (RSVP ONLY)
0830 - 1300

LET'S SING-ALONG [V]
1100 - 1200

LET'S MAKAN [A]
1200 - 1330

LET'S STEEL COMBAT (MENS Xclusive) [AH]
1300 - 1400

LET'S DRUM FIT (RSVP ONLY) [A]
1130 - 1230

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

LET'S CELEBRATE BIRTHDAY [V]
1200 - 1400

LET'S DO PAPER ART [A]
1400 - 1600

LET'S DO ZENTANGLE-S [RN1]
1400 - 1600

LET'S MAKAN [RN2]
1330 - 1500

LET'S LEARN TECH [V]
1530 - 1700

MY GREEN FINGERS (TERRARIUM) [RN2]
1500 - 1700

14

15

16

17

18

19

NATIONAL CELEBRATION OF SENIORS (NCOS):
SENIOR SPORTS CHALLENGE (RSVP ONLY)
0900 - 1200

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 ZUMBA (VIA HEALTHY 365) [AH]
0930 - 1030

LET'S MAKAN @ BEDOK (RSVP ONLY)
1200 - 1400

LET'S STEEL COMBAT (MENS Xclusive) [AH]
1300 - 1400

LET'S DRUM FIT (RSVP ONLY) [A]
1130 - 1230

LET'S DO PAPER ART [A]
1400 - 1600

LET'S DO ZENTANGLE-S [RN1]
1400 - 1600

LET'S MAKAN [RN2]
1330 - 1500

LET'S JAM WITH UKULELE [V]
1530 - 1700

LET'S DO PAPER ART [RN2]
1500 - 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.

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。

2024 October

📍 **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
21	22	23	24	25	26
DIGITAL- FUN! SEW TECH LEARNING JOURNEY (RSVP ONLY) 1000 - 1300	LET'S TALK CURRENT AFFAIRS (RSVP ONLY) [CS] 1030 - 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	
	MINDFUL MOMENTS WITH AROMATHERAPY (RSVP ONLY) [CS] 1130 - 1230	LET'S STEEL COMBAT (MENS Xclusive) [AH] 1300 - 1400	LET'S DRUM FIT (RSVP ONLY) [A] 1130 - 1230		
	LET'S MAKAN (RSVP ONLY) [CS] 1230 - 1330	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600	LET'S MAKAN [RN2] 1330 - 1500	LET'S SPEAK UP! [V] 1530 - 1700	
	LET'S DO PAPER ART [A] 1400 - 1600		LET'S DO PAPER ART [RN2] 1500 - 1700		
28	29	30	31		
LET'S STAY GREEN TOGETHER [AP] 0930 - 1130	LET'S MAKAN [A] 1300 - 1400	LET'S QIGONG (VIA HEALTHY 365) [AH] 0930 - 1030	CENTRE CLOSED DEEPAVALI		
LET'S MAKAN 1130 - 1300		LET'S STEEL COMBAT (MENS Xclusive) [AH] 1300 - 1400			
	LET'S GET TOGETHER FOR HALLOWEEN & DO SPOOKY ART [A] 1400 - 1700	LET'S DO ZENTANGLE-S [RN1] 1400 - 1600			

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.
 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。

2024 十月

📍 **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	5
	服务 - 社区保健站(CHP) (RSVP ONLY) [A] 0930 - 1230 HPB 回到甘榜 (VIA HEALTHY 365) [A] 1030 - 1130 一起做纸艺 [A] 1400 - 1600	一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030 一起做钢铁拳击 (男士专属) [AH] 1300 - 1400 一起做禅绕画 [RN1] 1400 - 1600	一起做DrumFit [A] (RSVP ONLY) 1000 - 1100 一起做DrumFit [A] (RSVP ONLY) 1130 - 1230 一起来makan [RN2] 1330 - 1500 一起做纸艺 [RN2] 1500 - 1700	一起跳尊巴 (VIA HEALTHY 365) [AH] 0930 - 1030 一起玩乌克兰丽 [V] 1530 - 1700	
7	8	9	10	11	12
电子游戏时间 [V] 1000 - 1100 一起来K歌 [V] 1100 - 1200 一起来庆生 [V] 1200 - 1400	保健系列 - 健康讲座: 心灵更健康, 生活更健康! [A] 1100 - 1200 一起来makan [A] 1200 - 1330 一起做纸艺 [A] 1400 - 1600	一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030 一起做钢铁拳击 (男士专属) [AH] 1300 - 1400 一起做禅绕画 [RN1] 1400 - 1600	一起做DrumFit [A] (RSVP ONLY) 1000 - 1100 一起做DrumFit [A] (RSVP ONLY) 1130 - 1230 一起来makan [RN2] 1330 - 1500 园艺课程 (玻璃内植物设计) [RN2] 1500 - 1700	一起去Gai Gai 飞禽公园 (RSVP ONLY) 0830 - 1300 一起跳尊巴 (VIA HEALTHY 365) [AH] 0930 - 1030 一起学科技 [V] 1530 - 1700	
14	15	16	17	18	19
一起参加: 老年运动挑战赛 (RSVP ONLY) 0900 - 1200 一起来makan @ BEDOK (RSVP ONLY) 1200 - 1400	园艺课程 0830 - 1030 (RSVP ONLY) 一起做纸艺 [A] 1400 - 1600	一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030 一起做钢铁拳击 (男士专属) [AH] 1300 - 1400 一起做禅绕画 [RN1] 1400 - 1600	一起做DrumFit [A] (RSVP ONLY) 1000 - 1100 一起做DrumFit [A] (RSVP ONLY) 1130 - 1230 一起来makan [RN2] 1330 - 1500 一起做纸艺 [RN2] 1500 - 1700	一起跳尊巴 (VIA HEALTHY 365) [AH] 0930 - 1030 一起玩乌克兰丽 [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.
 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。

2024 十月

📍 **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	
21	22	23	24	25	26	
缝纫与科技之旅 (FOR RSVP ONLY) 1000 - 1300	时事新闻你和我 (RSVP ONLY) [CS] 1030 - 1130	一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030	一起做DrumFit [A] (RSVP ONLY) 1000 - 1100	一起跳草巴 (VIA HEALTHY 365) [AH] 0930 - 1030		
	心灵系列- 芳香疗愈 (RSVP ONLY) [CS] 1130 - 1230	一起做钢铁拳击 (男士专属) [AH] 1300 - 1400	一起做DrumFit [A] (RSVP ONLY) 1130 - 1230			
	一起来makan [CS] 1230 - 1330 (FOR RSVP ONLY)	一起做禅绕画 [RN1] 1400 - 1600	一起来makan [RN2] 1330 - 1500	一起敢敢讲! [V] 1530 - 1700		
	一起做纸艺 [A] 1400 - 1600		一起做纸艺 [RN2] 1500 - 1700			
28	29	30	31			
园艺课程 [AP] 0930 - 1130		一起练气功 (VIA HEALTHY 365) [AH] 0930 - 1030	CENTRE CLOSED DEEPAVALI			
一起来makan 1130 - 1300		一起做钢铁拳击 (男士专属) [AH] 1300 - 1400				
一起来makan [A] 1300 - 1400		一起做禅绕画 [RN1] 1400 - 1600				
	当我们同在一起庆祝万圣节和恐怖艺术 [A] 1400 - 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.
 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。