




2024 May

 **Centre Name:** Active Ageing Centre (Care) (Wisma Geylang Serai)
 **Centre Address:** 1 ENGGU AMAN, WISMA GEYLANG SERAI, LEVEL 3
 **Centre Contact:** 9488 4575



 ntuc Health

MON

TUE

WED

THU

FRI

SAT

| | | 1 | 2 | 3 | 4 |
|---|--|-------------------------|------------------------------------|--|----|
| | | LABOUR DAY | DRUM FIT 1000-1200 | ZUMBA GOLD 0930-1030 | |
| | | PUBLIC HOLIDAY | | SAILING PROGRAMME 1530 - 1800 (FULLY BOOKED) | |
| 6 | 7 | 8 | 9 | 10 | 11 |
| | | QIGONG 0930 - 1030 | DRUM FIT 1000-1200 | ZUMBA GOLD 0930-1030 | |
| MONTHLY BIRTHDAY CELEBRATION 1500 - 1700 | ART & CRAFTS 1400 - 1600 (CREATE A VIDEO) | ZENTANGLE-S 1400 - 1600 | | MOTHER'S DAY X NAVY SPONSORED BY MUTIARA SEAFOOD 1200 - 1500 (BY INVITE ONLY) | |
| 13 | 14 | 15 | 16 | 17 | 18 |
| | | QIGONG 0930 - 1030 | DRUM FIT 1000-1200 | PROGRAMME CLOSED [T'HALL] | |
| PM PROGRAMME CLOSED | ART & CRAFTS 1400 - 1600 (CREATE A VIDEO) | ZENTANGLE-S 1400 - 1600 | COFFEE CONVERSATION 1400 - 1600 | | |
| 20 | 21 | 22 | 23 | 24 | 25 |
| | | VESAK DAY | DRUM FIT 1000-1200 | ZUMBA GOLD 0930-1030 | |
| BOWLING ACTIVITY 1300-1500 (BOOKING REQUIRED) | ART & CRAFTS 1400 - 1600 | PUBLIC HOLIDAY | | OUTING POLICE HERITAGE 0930 - 1200 (BOOKING REQUIRED) | |
| 27 | 28 | 29 | 30 | 31 | |
| DIGITAL VIDEO CREATION 1000 - 1100 | | QIGONG 0930 - 1030 | DRUM FIT 1000-1200 | ZUMBA GOLD 0930-1030 | |
| | ART & CRAFTS 1400 - 1600 | ZENTANGLE-S 1400 - 1600 | PM PROGRAMME CLOSED | | |