

## Calendar of Events at Adventist Active Centre (AAC) @ Golden Peony

NAME OF PROGRAMME/ ACTIVITY	ORGANISERS/PARTNERS
Morning Exercise -Meridien Flapping	Adventist Active Centre
HPB Chair Zumba	Health Promotion Board
Happy Interest Group	Adventist Active Centre
Chair Exercise- Toning Exercise	Adventist Active Centre
Chair Exercise - Music & Movement	Adventist Active Centre
Chinese Painting Class	Senior Volunteer
Karaokes	Adventist Active Centre
Wills & Estate Administration Seminar	Wan Kwong Weng (Chairman) and Tan Sheng Kiat (Kin and Kith Law Firm)
Rummy_O	Adventist Active Centre
Conversational English Lesson	Senior Volunteer
Calligraphy Interest Group	Mr Joseph Tham
BINGO and Games	Adventist Active Centre
Easter Day Celebration	Cornerstones Church
Happy Easy Art Interest Group	Senior Volunteer
Desert Day	Adventist Active Centre
Monthly Birthday Party	Adventist Active Centre
Chinatown Art Walking Tour	Infocomm Media Development Authority
Volunteer Leader Recruitment Session for Hari Raya Celebration	Adventist Active Centre
Hari Raya Celebration	Adventist Active Centre
Staying Balanced-Fall Prevention Exercises for Seniors (Chinese)	Tsao Foundation
Staying Balanced-Fall Prevention Exercises for Seniors (English )	Tsao Foundation
Blocks "Makan"	Adventist Active Centre
Mother's Day concert	Esplanade - Theatres on the Bay
Social Dining/ Coffee Kakis (small group)	Adventist Active Centre
Desert Cooking Demo	Senior Volunteers
Healthy Vegan Cooking Demo	Seventh-Day Adventist Church Jurong
My Life, My Care, My Wishes (Chinese)	Tsao Foundation
Brain Games	Adventist Active Centre
Tai Chi	SG Cares - Tasek Academy and Social Services Limited
Durian Party	Seventh-Day Adventist Church Jurong
Durian Party for mainly vulnerable seniors	Audrey Leong and volunteers
Brisk Walk for Men	Adventist Active Centre
Anti-Scam Talk	Infocomm Media Development Authority
Line Dance	Senior Volunteer
Workout Outing at Satay by the bay	Biologic Technik
National Day Celebration	Jurong Spring CC and Jurong Spring Active Aging Committee
International - Singapore Intergenerational National Games (I-SING)	NTU @ ARISE (Ageing Research Institute for Society and Education)
I-SING Trial session	NTU @ ARISE (Ageing Research Institute for Society and Education)
HAPPY	Health Promotion Board
Senior Health Curriculum	Health Promotion Board
Falls + Bone Health	National University Health System (NUHS)
Digital for Life: Learn Digital @ Adventist Active Centre (Mandarin)	Infocomm Media Development Authority
Digital for Life: Learn Digital @ Adventist Active Centre (Malay)	Infocomm Media Development Authority
Table Tennis Interest Group	Adventist Active Centre
Kpop Lite workout	Health Promotion Board
Morning Exercise	Adventist Active Centre
Healthy Cooking Demo	Senior Volunteers
Intergenerational Program - PCF @ Blk 528	PCF @ Blk 528
Mid-Autumn Festival Celebration	My First Skool @ JW4
Intergenerational Seated Games	Singapore Institute of Technology
Outings to Gardens by the Bay under Gift of Gardens Programme with SP students	SG Cares - Tasek Academy and Social Services Limited
Guided Farm Tour & Shopping at the farm	Kok Fah Farm
Relive Kampong Days	Adventist Active Centre
Men Club Durian Party	Jurong Spring CC and Jurong Spring Active Aging Committee
Durian Party	Wan Kwong Weng (Chairman)
Johor Bahru (JB) 1 Day Tour	Adventist Active Centre
Open House cum Happy Hours	Adventist Active Centre
Malay Karaokes	Adventist Active Centre
Webinar: Volunteering Opportunities in AIC	Agency for Integrated Care
Volunteers Recruitment Talk	Adventist Active Centre
Free Breakfast & News Sharing	Adventist Active Centre
Various intergenerational activities conducted by NUS students	National University of Singapore
Deepavali celebration with NUS students	National University of Singapore
Visit to the Jewel and Changi Airport	Seventh-Day Adventist Church Jurong
National Celebration of Seniors: Sport Challenge	Agency for Integrated Care
Guided Walk to Mapletree Business City Art Trail	Mapletree Business City
Yakult Factory Tour	Yakult (S) Pte Ltd
Coffee Morning & Afternoon Tea Concert	Esplanade - Theatres on the Bay
Christmas and New Year Celebration	Monfort YAH!
Pilates	Seventh-Day Adventist Church Jurong
Smartphone Photography	Bloom IT

CNY 2025 Celebration	Adventist Active Centre
Visit to the Mandai Zoo with SP students	SG Cares - Tasek Academy and Social Services Limited
Anti-Scam Talk during breakfast time	Bamboo Builders
Fun EXERGAME	Adventist Active Centre
Dementia Health Talk	National University Health System (NUHS)
Talk on self-care for health and well-being	Seniors Volunteer
Chair Exercise- Ball Exercises	Adventist Active Centre
Resistance Band Workout	Adventist Active Centre
Chair Exercises	Adventist Active Centre
Digital Art	Make the Change
I-SING Championship Celebration Gathering	Adventist Active Centre
I-SING Finals Competition and Event at Suntec	NTU @ ARISE (Ageing Research Institute for Society and Education)
CNY Lantern Making Interest Group	Senior Volunteer
World of colouring	Senior Volunteer
Smartphone Videography	Bloom IT
Drum & Fitness	Adventist Active Centre
The Sheng Siong Show	Mediacorp TV (S) Pte Ltd
Dessert Day with News Sharing	Senior Volunteer
Monthly Fun Walk & Win Prize	Adventist Active Centre
Adaptive Sports Day with MI students	SG Cares - Tasek Academy and Social Services Limited
Exclusive Online Screening session: Excerpts of Getai in Retrospect	Esplanade - Theatres on the Bay
SG60 CableCar + Sensoryscape tour	Mount Faber Leisure Group
Free Breakfast and monthly program sharing	Adventist Active Centre
My First Skool CNY lo-hei	My First Skool @ JW4
Men's Club committee recruitment meeting	Adventist Active Centre
AIC Befriending Training Course	Agency for Integrated Care
Communal Dining at Chinatown Complex Hawker Centre	Infocomm Media Development Authority
Breakfast at Hawker Centre	Adventist Active Centre
Lunch at Satay by the bay	BioLogic Technik
Lunch at Jewel Eifuego Halal Restaurant	Seventh-Day Adventist Church Jurong
Fun Games at the Park	Adventist Active Centre
Volunteer Leader Recruitment Session for CNY Celebration	Adventist Active Centre

### Calendar of Events at Adventist Active Centre (AAC) @ Golden Clover

NAME OF PROGRAMME/ ACTIVITY	ORGANISERS/PARTNERS
Meridien Flapping Exercise	Adventist Active Centre
Joint Exercise and Swing Hand	Adventist Active Centre
Resistance Band workout	Adventist Active Centre
Zumba Gold	Health Promotion Board
Towel Exercise and Aerobic	Adventist Active Centre
Handphone Workshop	Infocomm Media Development Authority
Healthy Cooking Class	Volunteer Mdm Han Wee Lan
Karaoke	Adventist Active Centre
Calligraphy Interest Group	Mr Joseph Tham
Games and Bingo Session	Adventist Active Centre
Tea Break Day	Adventist Active Centre
Art & Craft Session	Adventist Active Centre
Healthy Video Clip	Adventist Active Centre
Rummy_Q	Adventist Active Centre
Line Dance Class	Senior Volunteer
Gardening Interest Group	Adventist Active Centre
Celebrate NDP with Preschool children	My First Skool
Happy Fun Time with SIT Students	Singapore Institute of Technology
Happy Exercise from Taiwan's NTU Students	NTU @ ARISE (Ageing Research Institute for Society and Education)
NTU ISING Game Trial Session	NTU @ ARISE (Ageing Research Institute for Society and Education)
IFood Event	Chia Care Fund
International - Singapore Intergenerational National Games (I-SING)	NTU @ ARISE (Ageing Research Institute for Society and Education)
MyGym Outdoor Exercise	BioLogic Technik
Volunteering Talk	Adventist Active Centre
1 Day JB Tour	Adventist Active Centre
Parents Day Gathering	Adventist Active Centre
Durian Party	Wan Kwong Weng (Chairman)
NPD Celebration	Adventist Active Centre
Volunteer Leader Recruitment Session for Parents Day Celebration	Adventist Active Centre
"All By Myself" Health Talks by Care Corner	Care Corner Singapore
Pencil Sketching Class	Adventist Active Centre
I-SING Finals Competition and Event at Suntec	NTU @ ARISE (Ageing Research Institute for Society and Education)
Ocarina House Music Performance	Mapletree Business City
The Sheng Siong Show	Mediacorp TV (S) Pte Ltd
Wills & Estate Administration Seminar	Wan Kwong Weng (Chairman) and Tan Sheng Kiat (Kin and Kith Law Firm)
Christmas Gathering	Adventist Active Centre
Care Group Gathering	Seventh-Day Adventist Chinese Church
Happy Lunch Gathering	Adventist Active Centre

Lunar New Year Gathering	Adventist Active Centre
Volunteer Leader Recruitment Session for CNY Celebration	Adventist Active Centre
Digital for Life (Mandarin)	Infocomm Media Development Authority
Digital for Life (English)	Infocomm Media Development Authority
Conflict in Family Seminar	Care Corner Singapore
Social Gathering with MP Mr Saktiandi	Adventist Active Centre
AED CPR Training (Mandarin)	Singapore First Aid Training Centre
AED CPR Training (English)	Singapore First Aid Training Centre
Chorus Class	Senior Volunteer
Intestinal Health Seminar	Yakult (S) Pte Ltd
Dementia Health Talk	Care Corner Singapore
Women's Day Special Program	Seventh-Day Adventist Chinese Church
Inter-Generational Programme	My First Skool @ 267 Kim Keat Ave
Guided Walk to Mapletree Business City Art Trail	Mapletree Business City
The Purple Parade Bazaar @ Suntec City	The Purple Parade
Yakult Factory Tour	Yakult (S) Pte Ltd

### Calendar of Events at Adventist Active Centre (AAC) @ Kallang Trivista

NAME OF PROGRAMME/ ACTIVITY	ORGANISERS/PARTNERS
Brisk walk	Adventist Active Centre
Low Impact Aerobics-cum-Resistance Band	Adventist Active Centre
Meridian Flapping-cum-Resistance Band Exercise	Adventist Active Centre
Rejuvenation Health-cum-Resistance Band Exercise	Adventist Active Centre
Zumba Gold	Health Promotion Board
Chair Zumba (AAC)	Adventist Active Centre
Active Outdoor Exercise	BioLogic Technik
Calligraphy Interest Group	Mr Joseph Tham
Ukulele Class	Adventist Active Centre
Smartphone Workshop	Adventist Active Centre
Talk on Scam	Singapore Police Force
Talk on Depression	O' Joy Limited
Talk on Healthier Minds for Healthier Lives	Confucius Institute-NTU
Group Coaching Frailty	National Healthcare Group (NHG)
Communal Dinning	Adventist Active Centre
Karaoke	Adventist Active Centre
Mother's Day concert	Esplanade - Theatres on the Bay
Durian Excursion	Adventist Active Centre
Bingo (SIT)	Singapore Institute of Technology
Price is Right Game	Singapore Institute of Technology
Racial Harmony Event	PCF Sparkletots
Bird Paradise Excursion	Mandai Wildlife Reserve
NDP Celebration	Nzmark Pte Ltd
Durian Party	Wan Kwong Weng (Chairman)
Yakult Excursion	Yakult (S) Pte Ltd
Cognitive Games	Adventist Active Centre
Square Stepping	Sport Singapore
Rummy_O	Adventist Active Centre
Line Dance	Adventist Active Centre
International - Singapore Intergenerational National Games (I-SING)	NTU @ ARISE (Ageing Research Institute for Society and Education)
Wills & Estate Administration Seminar	Wan Kwong Weng (Chairman) and Tan Sheng Kiat (Kin and Kith Law Firm)
CPF Nomination Talk	Central Provident Board
Kok Fah Technology Farm Excursion	Kok Fah Technology Farm Pte Ltd
Dinner cum Social	Seventh-Day Adventist Chinese Church
Deepavali Event	PCF Sparkletots
Duck Tour	Singapore DUCKtours Pte Ltd
Bollywood Farm Excursion	Bollywood Farms Pte Ltd
Christmas Celebration	Nzmark Pte Ltd
Drumming	Adventist Active Centre
Volunteer Recruitment Talk	Adventist Active Centre
Chair Zumba (HPB)	Health Promotion Board
Senior Sports Challenge	Agency for Integrated Care
CALM 1.0	Sport Singapore
Boardwalk	Adventist Active Centre
Sewing	Commenhers LLP
Bingo Games	Adventist Active Centre
AAP Orientation	Adventist Active Centre
Pool	Adventist Active Centre
Table Tennis	Adventist Active Centre