

2025 April

 **Centre Name:** AAC - Marsiling
 **Centre Address:** Blk 180A Marsiling Road #01-2208 Spore 731180
 **Centre Contact:** 6250 3634 / 8163 2714



 **ntuc Health**

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	
	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30pm	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba (IL): 10am - 11am	Let's Exercise-Online Video: 10am - 11am	
	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics (IL): 10am - 11am	Let's Makan Together-In House (F4): 11am - 12pm	Let's Celebrate Birthday: 3pm - 5pm	
	Let's Do Zen Art: 1pm - 2.30pm	Let's Walking Football (IL): 10am - 11.30am	Grooving Down Memory Lane: 2pm - 3pm		
	Movie Time (English): 2.30pm - 4pm	Strategise With Kakis: 2pm - 3pm			
7	8	9	10	11	12
Services-Wellness-CHP Health Coach: 9am - 12pm	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba (IL): 10am - 11am	Let's Exercise - Online Video: 10am - 11am	
Let's Exercise (Seated): 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics (IL): 10am - 11am	Let's Do Paper Quilling (Basic): 11am - 12pm	Let's Gen Together - Kindergarten: 2.30pm - 3.30pm	
Let's Do Crochet:10.30am - 12.30pm	Let's Do Zentangle: 11am - 12pm	Let's Learn To Cook (Youtube Chef): 2pm - 4pm	Grooving Down Memory Lane: 2pm - 3pm		
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zen Art: 1pm - 2.30pm				
Let's Gen Together - Secondary: 3pm - 5pm	Movie Time (Mandarin): 2.30pm - 4pm				
14	15	16	17	18	19
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Exercise - Online Video: 10am - 11am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba (IL): 10am - 11am		
Let's CrossFit: 10am - 11am	Let's Do Zen Art: 1pm - 2.30pm	Let's Aerobics (IL): 10am - 11am	Grooving Down Memory Lane: 2pm - 3pm		
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Pick Up English: 3pm - 4pm	Let's Walking Football (IL): 10am - 11.30am	Let's Learn To Bake: 3pm - 4pm		
Let's Do Paper Quilling (Basic) @ Blk 102 Zone 6 RN #01-236: 3.30pm-4.30pm		Let's Do Sewing: 11am - 12.30pm	Let's Makan Together - In House (Bake): 4pm - 5pm		
		Movie Time (Malay): 2.30pm - 4pm			

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MON		TUE		WED		THU		FRI		SAT	
21		22		23		24		25		26	
Services-Wellness-CHP Health Coach: 9am - 12pm		Let's Exercise - Online Video: 10am - 11am		Services-Wellness-CHP Health Coach: 9am - 12pm		Centre Closed		Let's Exercise - Online Video: 10am - 11am			
Let's Exercise (Seated): 10am - 11am		Let's Do Zentangle: 11am - 12pm		Let's Aerobics (IL): 10am - 11am				Digital-IMDA Go-Digital-Consultation: 10am - 6pm			
Let's Do Crochet: 10.30am - 12.30pm		Let's Do Zen Art: 1pm - 2.30pm		Let's Walking Football (IL): 10am - 11.30am				Let's Makan Together - In-house (Home-Cooked Vegetable Rice): 12pm - 1pm			
Let's Steel Combat (Male exclusive): 11am - 12pm		Let's Do Paper Quilling (Basic) @ 691C AAC WE: 2pm - 3.30pm		Strategise With Kakis: 2pm - 3pm							
Movie Time (Tamil): 2.30pm - 4pm		Let's Celebrate Hari Raya Aldifitri: 3pm - 5pm									
28		29		30							
Services-Wellness-CHP Health Coach: 9am - 12pm		Let's Lim Kopi (Male exclusive): 8am - 9.30am		Services-Wellness-CHP Health Coach: 9am - 12pm							
Let's CrossFit: 10am - 11am		Let's Exercise - Online Video: 10am - 11am		Let's Aerobics (IL): 10am - 11am							
Let's Steel Combat (Male exclusive): 11am - 12pm		Evidence-informed - HPB Balik Kampong (Chinese): 2pm - 3pm		Let's Do Sewing: 11am - 12.30pm							
Let's Jam with Angklung: 2pm - 3pm				Let's Explore The World: 3pm - 4pm							
				Let's Makan Together-In House (World): 4pm - 5pm							

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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