




# 2026 April

 **Centre Name:** AAC (Marsiling)  
 **Centre Address:** Blk 180A Marsiling Road #01-2208 S731180  
 **Centre Contact:** 6250 3634 / 8163 2714



MON

TUE

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SAT

		1		2		3		4			
		Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba-HPB (IL): 10am - 11am	<b>Good Friday</b>							
		Let's Aerobics-HPB (IL): 10am - 11am	Senior Friendship Circle: 11am - 12pm								
		Let's Adaptive Sport (EI): 11am - 12pm	Relaxing Singing Bowl Workshop: 11.30am - 12.30pm								
		Drone Soccer: 1.30pm - 3pm	My Green Fingers: 1.30pm - 2.30pm								
		Let's Share Share: 3pm - 4pm	Let's Celebrate Birthday: 3pm - 4pm								
		Let's Makan Together - Inhouse (Instant Cafe): 4pm - 5pm	Fun with Tech/Exergame-Nintendo Switch: 4pm - 5pm								
6		7		8		9		10		11	
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-HPB (IL): 10am - 11am	Let's Lim Kopi (Male exclusive): 8am - 9.30am							
Let's Exercise (Seated): 10am - 11am	Let's Adaptive Sport (EI): 11am - 12pm	Let's Aerobics-HPB (IL): 10am - 11am	Relaxing Singing Bowl Workshop: 11.30am - 12.30pm	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am							
Square Stepping Exercise (Zoom): 11am - 12pm	Movie Time (English): 1pm - 3pm	Let's Makan Together-In House (F4): 11am - 12pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Fun with Tech/Exergame-Nintendo Switch: 11am - 12pm							
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Celebrate Hari Raya Puasa: 3pm - 5pm	Group Coaching - WHC: 2pm - 5pm	Group Coaching - WHC: 2pm - 5pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm							
Let's Learn To Sing (Mandarin): 2pm - 4.30pm		Let's CALM (IL): 2pm - 6pm	Movie Time (Chinese): 3pm - 5pm	Drone Soccer (Male exclusive): 4.30pm - 5.30pm							
Strategise With Kakis: 4.30pm - 5.30pm		Let's KTV Together: 3pm - 5pm									

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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-HPB (IL): 10am - 11am	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's CALM (IL): 11.30am - 12.30pm	Let's Aerobics-HPB (IL): 10am - 11am	Relaxing Singing Bowl Workshop: 11.30am - 12.30pm	Let's CALM (Video): 11.30am - 12.30pm	
Square Stepping Exercise (Zoom): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's Adaptive Sport (EI): 11am - 12pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's Gen Together - Tertiary: 1pm - 2.30pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Makan Together - Inhouse - Fine Dining: 12pm - 1pm	Let's Do Sewing (English/Chinese): 11am - 12pm	My Green Fingers (Harvest): 1.30pm - 2.30pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Group Coaching - WHC: 2pm - 5pm	Let's Do Sewing (Malay): 12pm - 1pm	Group Coaching - WHC: 2pm - 5pm	Strategise With Kakis: 4.30pm - 5.30pm	
Let's Jam with Angklung: 4.30pm - 5.30pm	Let's Gen Together - Tertiary: 2.30pm - 4pm	Group Coaching - WHC: 2pm - 5pm	Let's KTV Together: 3pm - 5pm		
	Drone Soccer With Grandkid: 4pm - 5pm	Let's Dancercise: 4pm - 5pm			

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20	21	22	23	24	25
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-HPB (IL): 10am - 11am	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's CALM (IL): 11.30am - 12.30pm	Let's Aerobics-HPB (IL): 10am - 11am	Relaxing Singing Bowl Workshop: 11.30am - 12.30pm	Let's CALM (Video): 11.30am - 12.30pm	
Square Stepping Exercise (Zoom): 11am - 12pm	Let's Do Art & Craft: 2pm - 3.30pm	Let's Adaptive Sport (EI): 11am - 12pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's Makan Together-In-house (Home-Cooked Vegetable Rice): 12pm - 1pm	
Let's Do Paper Quilling (Intermediate): 11am - 1pm	Let's Do Baking: 3.30pm - 4.30pm	Let's Do Sewing (English/Chinese): 11am - 12pm	Group Coaching - WHC: 2pm - 5pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Makan Together - In House (Bake): 4.30pm - 5.30pm	Let's Do Sewing (Malay): 12pm - 1pm	Let's Explore The World: 3pm - 4pm	Let's Gen Together - Kindergarten: 3.30pm - 4.30pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm		Let's KTV Together: 1pm - 3pm	Movie Time (Malay): 4pm - 6pm		
Strategise With Kakis: 4.30pm - 5.30pm		Group Coaching - WHC: 2pm - 5pm			
		Let's Do Paper Quilling (Basic) @ Blk 102 Z6 RN #01-236: 3pm - 4.30pm			

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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-HPB (IL): 10am - 11am		
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's CALM (IL): 11.30am - 12.30pm	Let's Aerobics-HPB (IL): 10am - 11am	Let's CALM (Video): 11.30am - 12.30pm		
Square Stepping Exercise (Zoom): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's Adaptive Sport (EI): 11am - 12pm	Relaxing Singing Bowl Workshop: 11.30am - 12.30pm		
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Go Gai Gai - Crocodile Farm: 1.30pm - 4.30pm	Let's Makan Together-In-house (Home-Cooked Meal-Halal): 12pm - 1pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm		
<b>Centre Closed: 12pm - 6pm</b>	Movie Time (Tamil): 2pm - 4pm	Group Coaching - WHC: 2pm - 5pm	Group Coaching - WHC: 2pm - 5pm		
		Let's Pick Up English: 2pm - 3pm	Let's KTV Together: 3pm - 6pm		
		Let's Talk News: 3pm - 3.30pm			
		Let's Dancercise: 4pm - 5pm			

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