

# 2025 August

 **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 1	SAT 2	SUN 3
				Let's Exercise With Razak on Zoom: 10am-11am	Let's Go Gai Gai-Community Health Day: 9am-1pm	Let's Go Gai Gai-National Day Concert: 2.45pm-10.30pm
				Piloxing Lite: 11am-12pm	Cleaning/Painting: 9am-2pm	
				Let's Do Sewing (English/Chinese): 11am-12pm		
				Let's Do Sewing(Malay): 12pm-1pm		
				Drone Soccer: 2pm-5pm		
				Let's Celebrate Birthday: 3pm-4pm		
4	5	6	7	8	9	10
Services-Wellness-CHP Health Coach: 9am-12pm	Let's Adaptive Sport (EI): 10am - 11am	Services-Wellness-CHP Health Coach: 9am-12pm	Let's Do Chair Zumba (IL): 10am-11am	Let's Exercise With Razak on Zoom: 10am-11am		
Let's Exercise (Seated): 10am-11am	Let's Exercise - Online Video: 10am-11am	Let's Aerobics (IL): 10am-11am	Let's Gen Together - Kindergarten (Zoom): 10am - 11am	Piloxing Lite: 11am-12pm		
Let's Steel Combat (Male exclusive): 11am-12pm	Let's Do Zentangle: 11am-12pm	Stay Well Series-Mental health workshop by external partners (non-RHS)-Club Heal: 2.30pm-4pm	Stay Well Series-Health talk by other external partners (non-RHS): 11am-12pm	Let's Do Sewing (English/Chinese): 11am-12pm		
Let's Learn To Sing (Mandarin): 2pm-4.30pm	Let's Gen Together - Kindergarten: 2.30pm-3.30pm		Grooving Down Memory Lane: 2pm-3pm	Let's Do Sewing(Malay): 12pm-1pm		
	Movie Time (English): 3.30pm - 5.30pm		Let's Go Gai Gai-Food by Geoff Sobelle Show (English): 4.30pm-11pm	Drone Soccer: 2pm-5pm		
				Let's KTV Together: 2pm-5pm		

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**ntuc Health**

MON

TUE

WED

THU

FRI

SAT

11

12

13

14

15

16

**Centre Closed**

Let's Exercise - Online Video:  
10am-11am

Services-Wellness-CHP Health  
Coach: 9am-12pm

Let's Do Chair Zumba (IL):  
10am-11am

Let's Exercise With Razak on Zoom:  
10am-11am

Let's Support TTSH: 9am - 5pm

Let's Support TTSH: 9am - 5pm

Let's Support TTSH: 9am - 5pm

Piloxing Lite: 11am-12pm

Let's Do Paper Quilling (Basic) @691C  
AAC WE: 2pm - 3.30pm

Let's Aerobics (IL): 10am-11am

Grooving Down Memory Lane:  
2pm-3pm

**Centre Closed: 12pm-6pm**

Movie Time (Chinese):  
3pm - 5pm

Let's KTV Together: 2pm-5pm

Digital-IMDA Go-Digital Workshop  
(English): 3pm-5pm

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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	24
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 Exercise With Razak on Zoom: 10am - 11am	
Let's CrossFit: 10am - 11am	HPB Steady Lah (Registration): 10am - 11.30am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Gen Together - Kindergarten (Zoom): 10am - 11am	Piloxing Lite: 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Dancercise: 3.30pm - 4.30pm	Let's Makan Together-In House (F4): 11am - 12pm	Grooving Down Memory Lane: 2pm - 3pm	Let's Makan Together-In-house (Home-Cooked Vegetable Rice): 12pm - 1pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm		Movie Time (Malay): 3pm - 5pm	Fun with Tech/Exergame (Nintendo Switch): 3pm-5pm	Let's KTV Together: 2pm-5pm	
25	26	27	28	29	31
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Lim Kopi: 8am - 9.30am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba-HPB (IL): 10am - 11am	Let's Exercise With Razak on Zoom: 10am - 11am	
Let's Exercise (Seated): 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Let's KTV Together: 11am-1pm	Piloxing Lite: 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Steady Lah: 10am - 11.30am	Let's Pick Up English: 2pm - 3pm	Grooving Down Memory Lane: 2pm - 3pm	Let's Go Gai Gai-Rainforest Wild Asia: 9.15am-4pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Do Art Pattern Making: 2pm - 3.30pm	Let's Gen Together-Secondary: 3pm-5pm	Let's Learn to Cook-Youtube Chef: 2pm-3pm		
Let's Jam with Angklung: 4.30pm - 5.30pm	Let's Dancercise: 3.30pm - 4.30pm		Let's Makan Together-In House (Youtube Chef): 3pm-4pm		

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