

2026 August

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



ntuc Health

MON

TUE

WED

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CHP Health Coach: 9am - 12pm	Stay Green Together: 9am - 9.30am	CHP Health Coach: 9am - 12pm	Let's Chair Zumba-HPB (IL): 10am - 11am	Let's Lim Kopi (Male exclusive): 8am - 9am	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Exercise (Seated): 10am - 11am	Let's Go Gai Gai - Bollywood Farms: 9am - 1pm	Let's Learn Steel Tongue Drum: 11am - 12pm	Stay Green Together: 9am - 9.30am	
Square Stepping Exercise (Zoom): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's Aerobics-HPB (IL): 10am - 11am	Relaxing Singing Bowl Workshop: 1pm - 2pm	Let's Gen Together-Kindergarten: 9.30am - 11am	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's CALM (IL): 11.30am - 12.30pm	Let's Adaptive Sport (EI): 1.30pm - 2.30pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Do Dance Fitness: 2pm - 3pm	Let's Indian Dance: 3pm - 4pm	Let's Learn to Bake: 3.15pm - 5.15pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Strategise With Kakis: 4.30pm - 5.30pm	Movie Time (English): 3.30pm - 5.50pm	Let's KTV Together: 4pm - 6pm	Let's Makan Together (Bake): 5.15pm - 5.45pm	Let's Celebrate Birthday: 3pm - 4pm	
				Drone Soccer: 4pm - 5pm	
10	11	12	13	14	15
Centre Closed	Stay Green Together: 9am - 9.30am	CHP Health Coach: 9am - 12pm	Stay Green Together: 9am - 9.30am	Stay Green Together: 9am - 9.30am	
	Let's Exercise-Online Video: 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Chair Zumba-HPB (IL): 10am - 11am	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
	Let's CALM (IL): 11.30am - 12.30pm	Let's Gen Together with My First Skool: 11am - 12pm	Centre Closed: 12pm - 6pm	Let's Makan Together-Inhouse (Vegetable Rice): 12pm - 1pm	
	Let's Do Dance Fitness: 2pm - 3pm	Let's Learn with YouTube Chef: 2pm - 3pm		Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
	Let's Pick Up English: 3.30pm - 4.30pm	Let's Indian Dance: 3pm - 4pm		Drone Soccer (Caregivers): 4.30pm - 5.30pm	
	Let's Talk News: 4.30pm - 5pm	Let's KTV Together: 4pm - 6pm			

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
CHP Health Coach: 9am - 12pm	Let's Walking Football (IL): 9.45am - 11.30am	CHP Health Coach: 9am - 12pm	Let's Chair Zumba-HPB (IL): 10am - 11am	Stay Green Together: 9am - 9.30am	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Exercise (Seated): 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Makan Together-In House (F4): 11am - 12pm	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Square Stepping Exercise (Zoom): 11am - 12pm	Let's CALM (IL): 11.30am - 12.30pm	Let's Do Sewing (English/Chinese): 11am - 12pm	Relaxing Singing Bowl Workshop: 1pm - 2pm	Vegetables Harvest: 10am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Dance Fitness: 2pm - 3pm	Let's Do Sewing (Malay): 12pm - 1pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's Makan Together (Harvest): 12pm - 1pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Do Art Collage: 3pm - 4pm	Let's Do Leaf Painting: 2pm - 3pm	Digital-IMDA Go-Digital Workshop (Mandarin): 3pm-5pm	Let's Adaptive Sport (EI): 11am - 12pm	
Strategise With Kakis: 4.30pm - 5.30pm	Movie Time (Malay): 4pm - 6pm	Let's Indian Dance: 3pm - 4pm		Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
		Let's KTV Together (English/Malay songs): 4pm - 6pm		Fun with Tech/Exergame-Nintendo Switch: 4.30pm - 5.30pm	
24	25	26	27	28	29
CHP Health Coach: 9am - 12pm	Stay Green Together: 9am - 9.30am	CHP Health Coach: 9am - 12pm	Let's Chair Zumba-HPB (IL): 10am - 11am	Stay Green Together: 9am - 9.30am	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Exercise-Online Video: 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Learn Steel Tongue Drum: 11am - 12pm	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Square Stepping Exercise (Zoom): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's Do Sewing (English/Chinese): 11am - 12pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's Adaptive Sport (EI): 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Dance Fitness: 2pm - 3pm	Let's Do Sewing (Malay): 12pm - 1pm	Let's Explore The World: 2.30pm - 3.30pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Movie Time (Tamil): 3pm - 6pm	Let's Makan Together-Inhouse (Home-Cooked Meal-Halal): 12pm - 1pm	Let's Makan Together-In House (World): 3.30pm - 4pm	Drone Soccer (Male exclusive): 4.30pm - 5.30pm	
Let's Jam with Angklung: 4.30pm - 5.30pm		Let's Indian Dance: 3pm - 4pm	Let's Dancercise: 4pm - 5pm		
		Movie Time (Chinese): 4pm - 6pm			

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31

CHP Health Coach: 9am - 12pm

Inhouse Facilitator-led Exercise (Zoom):
10am - 10.45am

Square Stepping Exercise (Zoom):
11am - 12pm

Let's Steel Combat (Male exclusive):
11am - 12pm

Let's KTV Together: 2pm - 5pm

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