




2025 October

 **Centre Name:** AACC (Marsiling)
 **Centre Address:** Blk 160 Woodlands Street 13 #01-649 S730160
 **Centre Contact:** 8292 2504








MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Zumba Gold 黄金尊巴 9:30am - 10:30am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Happy Drawing 欢乐绘画 9:30am - 11am	Closed 中心关闭
		AAC Day at Temasek Polytechnic 9am - 3pm	Let's Bake Mooncakes 一起烘培月饼 9:30am - 12pm Let's Do Good at NTUC Day Care (Nagomi) 一起在职总保健 日间中心做义工 10am - 11am	Let's Hunt For Yummy Food (Male Exclusive) 一起来寻找美食 10am - 2pm	
		Exploring Engagement with SMART Technologies in Exergaming 探索智能技术 在社区运动游戏中的参与 9am - 1pm	Advance Care Planning 预先护理计划 1pm - 4pm Let's Walk In The Park 一起去公园走走 1pm - 5pm		
		Let's KTV Together 一起来K歌 1:30pm - 5:30pm Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3pm - 5pm Let's Makan Together (outdoor) 一起来聚餐 5pm - 6pm	Let's Celebrate Birthday 一起来庆祝生日 3pm - 5pm	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 October

 **Centre Name:** AACC (Marsiling)
 **Centre Address:** Blk 160 Woodlands Street 13 #01-649 S730160
 **Centre Contact:** 8292 2504






NTUC Health

MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
Let's Qigong 一起练气功 9:30am - 10:30am	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am	Zumba Gold 黄金尊巴 9:30am - 10:30am Let's Makan Together 一起来聚餐 10:30am - 11:30am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Happy Drawing 欢乐绘画 9:30am - 11am	Closed 中心关闭
Mobile Photography 1pm - 2:30pm	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Exploring Engagement with SMART Technologies in Exergaming 探索智能技术在社区运动游戏中的参与 9am - 1pm	Let's Do Good at NTUC Day Care (Nagomi) 一起在职总保健日间中心做义工 10am - 11am	Let's Do Good at NTUC Day Care (Ukulele) 一起在职总保健日间中心做义工 10am - 11am	
抖音 3pm - 4:30pm	Edible Garden City 2pm - 3:30pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	了解互联网 1pm - 2:30pm Digital Photo Editing 3pm - 4:30pm	Let's Hunt For Yummy Food (Male Exclusive) 一起来寻找美食 10am - 2pm	
Let's Lim Kopi (male exclusive) 一起喝咖啡 4pm - 5pm	Let's Do Knitting 一起做针织 3pm - 5pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3pm - 5pm	Let's Jam with Ukulele (practice) 一起玩尤克里里琴 1pm - 2pm Let's Jam with Ukulele 一起玩尤克里里琴 2pm - 4pm	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 October

 **Centre Name:** AACC (Marsiling)
 **Centre Address:** Blk 160 Woodlands Street 13 #01-649 S730160
 **Centre Contact:** 8292 2504








MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Zumba Gold 黄金尊巴 9:30am - 10:30am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Happy Drawing 欢乐绘画 9:30am - 11am	Closed 中心关闭
Senior Friendship Circle (Chinese) 乐龄友谊圈 1pm - 2:30pm	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Exploring Engagement with SMART Technologies in Exergaming 探索智能技术在社区 运动游戏中的参与 9am - 1pm	Let's Do Good at NTUC Day Care (Nagomi) 一起在职总保健 日间中心做义工 10am - 11am	Let's Hunt For Yummy Food (Male Exclusive) 一起来寻找美食 10am - 2pm	
Let's Talk About CPF 一起来谈 中央公积金 2:30pm - 4:30pm	Let's Do Good at NTUC Day Care (Singing) 一起在职总保健 日间中心做义工 10am - 11am	Let's KTV Together 一起来K歌 1:30pm - 5:30pm		Let's Jam with Ukulele (practice) 一起玩尤克里里琴 1pm - 2pm	
Let's Lim Kopi (male exclusive) 一起喝咖啡 4pm - 5pm	Edible Garden City 2pm - 3:30pm Let's Do Knitting 一起做针织 3pm - 5pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3pm - 5pm	Let's Jam with Ukulele 一起玩尤克里里琴 2pm - 4pm	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 October

 **Centre Name:** AACC (Marsiling)
 **Centre Address:** Blk 160 Woodlands Street 13 #01-649 S730160
 **Centre Contact:** 8292 2504





MON

TUE

WED

THU

FRI

SAT

20

21

22

23

24

25

Deepavali

Community Health Post
保健站
9am - 12pm

Zumba Gold
黄金尊巴
9:30am - 10:30am

Let's Stretch Band
一起做弹力带拉筋操
9:30am - 10:30am

Let's Do Happy Drawing
欢乐绘画
9:30am - 11am

Closed
中心关闭

Let's Stretch Exercise
一起拉伸操
9:30am - 10:30am

**Let's Do
Seated Exercise
一起做坐式运动
9:30am - 10:30am**

Exploring Engagement with
SMART Technologies
in Exergaming
探索智能技术在社区
运动游戏中的参与
9am - 1pm

Let's Do Good at NTUC
Day Care (Nagomi)
一起在职总保健
日间中心做义工
10am - 11am

**Let's Hunt For Yummy Food
(Male Exclusive)
一起来寻找美食
10am - 2pm**

**Edible Garden City
2pm - 3:30pm**

Let's KTV Together
一起来K歌
1:30pm - 5:30pm

Let's Do Good at NTUC
Day Care (Singing)
一起在职总保健
日间中心做义工
1:30pm - 2:30pm

Let's Do Calligraphy
一起写书法
1pm - 3pm




Let's Learn To Sing
一起学歌唱
3pm - 5pm

Let's Do Knitting
一起做针织
3pm - 5pm

Strategise with Kakis
游戏时间
1:30pm - 5:30pm

IMDA Go Digital Workshop
数码培训课程
3pm - 5pm

2025 October

 **Centre Name:** AACC (Marsiling)
 **Centre Address:** Blk 160 Woodlands Street 13 #01-649 S730160
 **Centre Contact:** 8292 2504



ntuc Health

MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
Let's Qigong 一起练气功 9:30am - 10:30am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Zumba Gold 黄金尊巴 9:30am - 10:30am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Happy Drawing 欢乐绘画 9:30am - 11am	
Let's Learn To Bake 一起学烘焙 9:30am - 11:30am	Let's Do Good at NTUC Day Care (Singing) 一起在职总保健 日间中心做义工 10am - 11am	Exploring Engagement with SMART Technologies in Exergaming 探索智能技术 在社区运动游戏中的参与 9am - 1pm	Let's Do Good at NTUC Day Care (Nagomi) 一起在职总保健 日间中心做义工 10am - 11am	Let's Hunt For Yummy Food (Male Exclusive) 一起来寻找美食 10am - 2pm	
Grooving Down Memory Lane 2pm - 3:30pm	Edible Garden City Farm Visit 10am - 12pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3pm - 5pm		
Let's Lim Kopi (male exclusive) 一起喝咖啡 4pm - 5pm	Senior Friendship Circle (Malay) 2pm - 4pm Let's Do Knitting 一起做针织 3pm - 5pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's DrumFit 一起做DrumFit 3pm - 4pm	遗产与遗嘱规划 - 持久授权书 3pm - 5pm	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。