

# 2025 December

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



**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
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 Exercise With Razak on Zoom: 10am - 11am	Let's Do Zentangle: 11am - 12pm	Let's Aerobics-HPB (IL): 10am - 11am	Let's Gen Together - Kindergarten (Zoom): 10am - 11am	Let's Piloxing Lite: 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Fun with Tech/Exergame - Nintendo Switch: 1pm - 2pm	Let's Do Sewing: 11am - 1pm	Let's Do Paper Quilling (Intermediate): 11am - 1pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Scent Healing-Christmas Series: 2pm - 3pm	Movie Time (English): 1pm - 3pm	Coffee Grounds Body Scrub Workshop (Eng/Chi): 2pm - 2.45pm	Let's Celebrate Birthday: 3pm - 4pm	
Let's Jam with Angklung: 4.30pm - 5.30pm	Let's Adaptive Sport (EI): 3.30pm - 5pm.	Drone Soccer: 3pm - 5pm	Let's KTV Together: 3pm - 5pm	Fun with Tech/Exergame - Nintendo Switch: 4pm - 5.30pm	
8	9	10	11	12	13
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	<b>Centre Closed</b>	
Let's Exercise With Razak on Zoom: 10am - 11am	Let's Adaptive Sport (EI): 11am - 12.30pm	Let's Aerobics-HPB (IL): 10am - 11am	Strategise With Kakis: 11am - 12pm		
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Paper Quilling (Basic) @ 691C AAC WE: 2pm - 3.30pm	Let's Gen Together - Kindergarten: 11am - 12pm	Let's KTV Together: 1pm - 3pm		
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Scent Healing-Christmas Series: 2pm - 3pm	Cognitive Stimulation Activities by Club Heal (English/Chinese): 2.30pm - 4pm	Digital-IMDA Go-Digital Workshop (English): 3pm-5pm		
Let's Jam with Angklung: 4.30pm - 5.30pm	Let's Dancercise: 4pm - 5pm	Fun with Tech/Exergame - Nintendo Switch: 4pm - 5.30pm			

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 December

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



**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
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 Exercise (Seated): 10am - 11am	Strategise With Kakis: 11am - 12pm	Let's Aerobics-HPB (IL): 10am - 11am	Let's Gen Together - Kindergarten (Zoom): 10am - 11am	Let's Piloxing Lite: 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Horticulture Workshop-Little Big Garden: 2pm-4pm	Let's Makan Together-In House (F4): 11am - 12pm	Let's Gen Together-Tertiary: 2pm - 4pm	Let's Makan Together-In-house (Home-Cooked Vegetable Rice): 12pm - 1pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Do Paper Quilling (Basic) @ Blk 102 Z6 RN #01-236: 3pm - 4.30pm	Let's KTV Together: 1pm - 3pm	Movie Time (Chinese): 4pm - 6pm	Let's Learn To Sing (Mandarin): 1pm - 3.30pm	
Let's Jam with Angklung: 4.30pm - 5.30pm	Let's Dancercise: 4pm - 5pm	Drone Soccer With Grandkids: 3pm - 5pm		Let's Celebrate Christmas: 3.30pm - 5.30pm	

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 December

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



**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Exercise - Online Video: 10am - 11am	Services-Wellness-CHP Health Coach: 9am - 12pm		Let's Exercise With Razak on Zoom: 10am - 11am	
Let's Exercise With Razak on Zoom: 10am - 11am	Let's Do Zentangle: 11am - 12pm	Let's Aerobics-HPB (IL): 10am - 11am		Piloxing Lite: 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Adaptive Sport (EI): 11am - 12.30pm	Movie Time (Malay): 11am - 1pm		Strategise With Kakis: 12pm - 1pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Pick Up English: 2pm - 3pm			Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Jam with Angklung: 4.30pm - 5.30pm	Let's KTV Together: 3pm - 6pm			Fun with Tech/Exergame - Nintendo Switch: 4pm - 5.30pm	
29	30	31			
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 Exercise (Seated): 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am			
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Adaptive Sport (EI): 11am - 12.30pm	Movie Time (Tamil): 11am - 1pm			
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Fun with Tech/Exergame - Nintendo Switch: 2pm - 3.30pm				
Let's Jam with Angklung: 4.30pm - 5.30pm	Let's Explore The World @ Blk 102 RN Zone 6: 3pm - 4pm				
	Let's Makan Together-Outdoor (World): 4pm - 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。