

2025 February

 **Centre Name:** AAC - Marsiling
 **Centre Address:** Blk 180A Marsiling Road #01-2208 Spore 731180
 **Centre Contact:** 6250 3634 / 8163 2714



MON	TUE	WED	THU	FRI	SUN
					2
3	4	5	6	7	9
Services-Wellness-CHP Health Coach: 9am - 4pm	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30pm	Services-Wellness-CHP Health Coach: 9am - 4pm	Let's Do Chair Zumba (IL): 10am - 11am	Let's Exercise-Online Video: 10am - 11am	
Let's Exercise (Seated): 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics (IL): 10am - 11am	Rolling Good Times: 2pm - 3.30pm	Let's Celebrate Year of the Snake: 11am - 1pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zen Art: 11am - 12.30pm	Let's Walking Football (IL): 10am - 11.30am		Chingay Parade 2025: 5pm - 10.30pm	
Rolling Good Times: 2pm - 3.30pm	Evidence-informed - Balik Kampong: 2pm - 3.30pm	Stay Well Series-Health Talk By RHS (Walking Foodpedia): 1pm - 3pm			
		Let's Celebrate Birthday: 3pm - 5pm			
10	11	12	13	14	16
Services-Wellness-CHP Health Coach: 9am - 4pm	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	Services-Wellness-CHP Health Coach: 9am - 4pm	Let's Do Chair Zumba (IL): 10am - 11am	Bird Paradise: 9am - 4.30pm	Human Condition VIII Show (Mandarin & Minnan): 11am - 6pm
Let's CrossFit: 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics (IL): 10am - 11am	Let's Makan Together-In House (F4): 11am - 12pm	Let's Exercise - Online Video: 10am - 11am	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's Walking Football (IL): 10am - 11.30am	Rolling Good Times: 2pm - 3.30pm		
Rolling Good Times: 2pm - 3.30pm	Evidence-informed - Balik Kampong: 2pm - 3pm	Let's Gen Together - Kindergarten: 11am - 12pm	Let's Gen Together - Kindergarten: 3.30pm - 4.30pm		
Valentine Day Celebration: 3.30pm - 5.30pm	Let's Gen Together - Secondary: 3pm - 5pm	Stay Well Series-Health Talk By RHS (Walking Foodpedia): 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。

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MON

TUE

WED

THU

FRI

SUN

17	18	19	20	21	23
Services-Wellness-CHP Health Coach: 9am - 4pm	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	Services-Wellness-CHP Health Coach: 9am - 4pm	Let's Do Chair Zumba (IL): 10am - 11am	Let's Exercise-Online Video: 10am - 11am	
Let's Do Crochet & Knitting: 9.30am - 11.30am	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics (IL): 10am - 11am	Let's Do Paper Quilling (Basic): 11am - 12pm	Let's Makan Together - In House (HCVR): 12pm - 1pm	
Let's Exercise (Seated): 10am - 11am	Let's Do Zen Art: 11am - 12.30pm	Let's Walking Football (IL): 10am - 11.30am	Rolling Good Times: 2pm - 3.30pm	Sustainability Bartending (Non-alcoholic): 2pm - 4pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Evidence-informed - Balik Kampong: 2pm - 3pm	Let's Do Sewing: 11am - 12.30pm			
Rolling Good Times: 2pm - 3.30pm		Stay Well Series-Health Talk By RHS (Walking Foodpedia): 2pm - 4pm			
Let's Do Paper Quilling (Basic) @ Blk 102 Zone 6 RN #01-236: 3.30pm - 4.30pm					
24	25	26	27	28	
Services-Wellness-CHP Health Coach: 9am - 4pm	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	Services-Wellness-CHP Health Coach: 9am - 4pm	Let's Do Chair Zumba (IL): 10am - 11am	Let's Exercise-Online Video: 10am - 11am	
Let's CrossFit: 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Gen Together-Secondary: 9.30am - 11am	Let's Do Paper Quilling (Basic): 11am - 12pm	Digital-IMDA Go-Digital-Consultation: 10am - 6pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's Aerobics (IL): 10am - 11am	Let's Do Paper Quilling (Basic) @ 691C AAC WE: 2pm - 3.30pm	Let's Do Sewing: 11am - 12.30pm	
Strategise with Kakis (Rummikub): 2pm - 3pm	Evidence-informed - Balik Kampong: 2pm - 3pm	Let's Walking Football (IL): 10am - 11.30am	Let's Jam with Angklung: 2pm - 3.30pm	Let's Learn To Bake: 2pm - 3pm	
	Let's Pick Up English: 3pm - 4pm	Stay Well Series-Health Talk By RHS (Walking Foodpedia): 2pm - 4pm		Let's Makan Together - In House (Bake): 3pm - 4pm	

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