


2026 February

 **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
2	3	4	5	6	7
Community Health Post - Health Coach: 9am - 12pm	Let's Support TTSH: 9am - 5pm	Let's Support TTSH: 9am - 5pm	Let's Support TTSH: 9am - 5pm	Let's Exercise - Zoom: 10am - 10.45am	Let's Makan Together - Ayam Party: 11am - 12pm
Let's Exercise - Zoom: 10am - 10.45am	Let's Exercise - Online Video: 10am - 11am	Community Health Post - Health Coach: 9am - 12pm	Let's Do Chair Zumba (IL): 10am - 11am	Strategise With Kakis: 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Stay Green Together-Germination: 10am - 11am	Let's Aerobics (IL): 10am - 11am	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Do Paper Quilling (Intermediate): 11am - 12.30pm	Let's Adaptive Sport (EI): 11am - 12.30pm	Let's Do Sewing (English/Chinese): 11am - 12pm	Movie Time (English): 3pm - 5pm	Let's Celebrate Birthday: 3pm - 4pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	YouTube Chef: 2pm - 3pm	Let's Do Sewing(Malay): 12pm - 1pm		Fun with Tech/Exergame - Nintendo Switch: 4pm - 5pm	
	Let's Makan Together-In House (YouTube): 3pm - 4pm	Let's KTV Together: 2pm - 4pm			
	Let's Dancercise: 4pm - 5pm	Drone Soccer With Grandkids: 4pm - 5.30pm			
9	10	11	12	13	14
Community Health Post - Health Coach: 9am - 12pm	Let's Lim Kopi (Male exclusive): 8am - 9.30am	Community Health Post - Health Coach: 9am - 12pm	Let's Do Chair Zumba (IL): 10am - 11am	Let's Exercise - Zoom: 10am - 10.45am	
Let's Exercise (Seated): 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics (IL): 10am - 11am	Strategise With Kakis: 11.30am - 12.30pm	Let's Learn To Sing (Mandarin): 9.30am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's KTV Together: 1pm - 3pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Centre Closed: 12pm-6pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Adaptive Sport (EI): 11am - 12.30pm	Let's Pick Up English: 3pm - 4pm	Digital-IMDA Go-Digital Workshop (English): 3pm-5pm		
Let's Jam with Angklung: 4.30pm - 5.30pm	Movie Time (Chinese): 2pm - 4pm	Let's Do Paper Quilling (Basic) @ Blk 102 Z6 RN #01-236: 3pm - 4.30pm			
	Fun with Tech/Exergame - Nintendo Switch: 4pm - 5pm	Let's Talk News: 4pm - 4.30pm			
		Drone Soccer: 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。

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Community Health Post - Health Coach: 9am - 12pm			Let's Do Chair Zumba (IL): 10am - 11am	Let's Exercise - Zoom: 10am - 10.45am	
Let's Exercise - Zoom: 10am - 10.45am			Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's Adaptive Sport (EI): 11am - 12.30pm	
Centre Closed: 1pm-6pm			Movie Time (Malay): 3pm - 5pm	Strategise With Kakis: 2pm - 3pm	
23	24	25	26	27	28
Community Health Post - Health Coach: 9am - 12pm	Let's Exercise - Online Video: 10am - 11am	Community Health Post - Health Coach: 9am - 12pm	Let's Do Chair Zumba (IL): 10am - 11am	Let's Exercise - Zoom: 10am - 10.45am	
Let's Exercise (Seated): 10am - 11am	Movie Time (Tamil): 11am - 1pm	Let's Aerobics - HPB (IL): 10am - 11am	Let's Makan Together-In House (F4): 11am - 12pm	Let's Adaptive Sport (EI): 11am - 12.30pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Strategise With Kakis: 2pm - 3pm	Vegetables Harvest: 10am - 12pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Do Paper Quilling (Intermediate): 11am - 12.30pm	Let's Celebrate Chinese New Year: 3pm - 5pm	Let's Makan Together-In-house (Harvest): 12pm - 1pm	Let's KTV Together: 3pm - 6pm	Drone Soccer (Male exclusive): 4pm - 5.30pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Gen Together - Kindergarten: 3.30pm - 4.30pm	Let's Do Sewing (English/Chinese): 11am - 12pm			
Let's Jam with Angklung: 4.30pm - 5.30pm		Let's Do Sewing(Malay): 12pm - 1pm			
		Cognitive Stimulation Activities by Club Heal (English/Chinese): 2.30pm - 4pm			

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