

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			

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MON **TUE** **WED** **THU** **FRI** **SAT**

16

Community Health Post -
Health Coach: 9am - 12pm

Let's Exercise - Zoom: 10am - 10.45am

Centre Closed: 1pm-6pm

17



18



19

Let's Do Chair Zumba (IL):
10am - 11am

Grooving Down Memory Lane (Zoom):
2pm - 3pm

Movie Time (Malay): 3pm - 5pm

20

Let's Exercise - Zoom:
10am - 10.45am

Let's Adaptive Sport (EI):
11am - 12.30pm

Strategise With Kakis:
2pm - 3pm

21

23

Community Health Post -
Health Coach: 9am - 12pm

Let's Exercise (Seated): 10am - 11am

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

Let's Do Paper Quilling (Intermediate):
11am - 12.30pm

Let's Learn To Sing (Mandarin):
2pm - 4.30pm

Let's Jam with Angklung:
4.30pm - 5.30pm

24

Let's Exercise - Online Video:
10am - 11am

Movie Time (Tamil): 11am - 1pm

Strategise With Kakis:
2pm - 3pm

Let's Celebrate Chinese New Year:
3pm - 5pm

Let's Gen Together - Kindergarten:
3.30pm - 4.30pm

Let's Do Sewing (English/Chinese):
11am - 12pm

Let's Do Sewing(Malay): 12pm - 1pm

25

Community Health Post -
Health Coach: 9am - 12pm

Let's Aerobics - HPB (IL): 10am - 11am

Vegetables Harvest: 10am - 12pm

Let's Makan Together-In-house
(Harvest): 12pm - 1pm

Let's Makan Together-In-house
(Harvest): 12pm - 1pm

Let's Do Sewing(Malay): 12pm - 1pm

Cognitive Stimulation Activities by Club
Heal (English/Chinese): 2.30pm - 4pm

26

Let's Do Chair Zumba (IL):
10am - 11am

Let's Makan Together-In House (F4):
11am - 12pm

Grooving Down Memory Lane (Zoom):
2pm - 3pm

Let's KTV Together: 3pm - 6pm

Drone Soccer (Male exclusive):
4pm - 5.30pm

27

Let's Exercise - Zoom:
10am - 10.45am

Let's Adaptive Sport (EI):
11am - 12.30pm

Let's Learn To Sing (Mandarin):
2pm - 4.30pm

Drone Soccer (Male exclusive):
4pm - 5.30pm

28

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