

# 2026 January

**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
				<b>1</b> Let's Exercise With Razak on Zoom: 10am - 10.45am	<b>2</b> Let's Learn To Sing (Mandarin): 2pm - 4.30pm
				Let's Celebrate Birthday: 3pm - 4pm	
				Fun with Tech/Exergame - Nintendo Switch: 4pm - 5pm	
5	6	7	8	9	10
Services-Wellness-CHP 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 With Razak on Zoom: 10am - 10.45am	
Let's Exercise With Razak on Zoom: 10am - 10.45am	Let's Do Zentangle: 11am - 12pm	Let's Aerobics (IL): 10am - 11am	Movie Time (English): 11am - 1pm	Let's Go Gai Gai Hey Kee Restaurant Outing: 12.45pm - 5pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Adaptive Sport (EI): 11am - 12.30pm	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 - 1pm	Let's Do Ceramic Coaster Art-PA: 2pm - 4pm	Let's Makan Together-In-house (Harvest): 12pm - 1pm	Digital-IMDA Go-Digital Workshop (Mandarin): 3pm - 5pm		
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's KTV Together: 4pm - 6pm	Let's Do Stone Painting: 2pm - 3pm			
Fun with Tech/Exergame - Nintendo Switch: 4.30pm - 5.30pm		Fun!Fund - Drone Soccer: 3.30pm - 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。

# 2026 January

**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

12

13

14

15

16

17

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 With Razak on Zoom: 10am - 10.45am	
Let's Exercise (Seated): 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics (IL): 10am - 11am	Let's Do Crochet: 11am - 1pm	Let's Adaptive Sport (EI): 11am - 12.30pm	
Let's Gen Together-Tertiary: 10am - 12pm	Let's Gen Together-Tertiary: 10am - 12pm	Let's Talk News (Chinese): 11am - 12pm	Let's Pick Up English: 1pm - 2pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Paper Quilling (Basic) @ 691C AAC WE: 2pm - 3.30pm	Movie Time (Chinese): 1pm - 3pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Strategise With Kakis: 4.30pm - 5.30pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Fun!Fund - Drone Soccer With Grandkids: 2pm - 4pm	Let's Gen Together-Tertiary: 3.30pm - 5.30pm	Let's KTV Together: 3pm - 5pm		
Let's Jam with Angklung: 4.30pm - 5.30pm	Let's Dancercise: 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。

# 2026 January

**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

19

20

21

22

23

24

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 With Razak on Zoom: 10am - 10.45am	
Let's Exercise With Razak on Zoom: 10am - 10.45am	Let's Do Zentangle: 11am - 12pm	Let's Aerobics-HPB (IL): 10am - 11am	Let's Do Crochet: 11am - 1pm	Strategise With Kakis: 11am - 12pm	
Let's Do Paper Quilling (Intermediate): 11am - 1pm	Let's Adaptive Sport (EI): 11am - 12.30pm	Let's Makan Together-In House (F4): 11am - 12pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Explore The World: 2pm - 3pm	Grooving Down Memory Lane: 2pm - 3.30pm	Let's KTV Together: 3pm - 5pm	Fun!Fund - Drone Soccer (Male exclusive): 4.30pm - 6pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Talk News: 3pm - 3.30pm	Let's Do Paper Quilling (Basic) @ Blk 102 Z6 RN #01-236: 3pm - 4.30pm			
Fun with Tech/Exergame - Nintendo Switch: 4.30pm - 5.30pm	Movie Time (Tamil): 3.30pm - 5.30pm	Let's Gen Together-Tertiary: 3.30pm - 5.30pm			

26

27

28

29

30

31

Community Health Post Health Coach: 9am - 12pm	Let's Exercise - Online Video: 10am - 11am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba (IL): 10am - 11am	Let's Exercise With Razak on Zoom: 10am - 10.45am	
Let's Exercise (Seated): 10am - 11am	Let's Makan Together-In-house (Home-Cooked Meal-Halal): 12pm - 1pm	Let's Aerobics-HPB (IL): 10am - 11am	Let's Go Gai Gai - Singapore Oceanarium: 10.45am - 6pm	Strategise With Kakis: 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Movie Time (Malay): 1pm - 3pm	Let's Do Sewing (English/Chinese): 11am - 12pm	Let's Do Crochet: 11am - 1pm	Let's Makan Together-In-house (Home- Cooked Vegetable Rice): 12pm - 1pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Pick Up English: 3pm - 4pm	Let's Do Sewing(Malay): 12pm - 1pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
	Let's Dancercise: 4pm - 5pm	Let's KTV Together: 2pm - 5pm		Fun!Fund - 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。