

# 2025 July

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



**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	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 Adaptive Sport (EI): 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Grooving Down Memory Lane: 2pm - 3pm	Strategise With Kakis: 11am - 12pm	
	Let's KTV Together: 11am - 1pm	Staying Cool - The Power of Positive Emotions (English): 2pm - 4pm	Let's Celebrate Birthday: 3pm - 4pm	Drone Soccer: 2pm - 5pm	
	Movie Time (English): 3pm - 5pm				
7	8	9	10	11	12
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 (IL): 10am - 11am	Let's Exercise With Razak on Zoom: 10am - 11am	
Let's Exercise (Seated): 10am - 11am	Let's Adaptive Sport (EI): 10am - 11am	NICA Senior Champs Showcase @ NTUC Centre: 8.30am -12pm	Let's Gen Together - Kindergarten (Zoom): 10am - 11am	Strategise With Kakis: 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's Aerobics (IL): 10am - 11am	Stay Well Series - Health Talk by other external partners (RHS): 1pm - 2pm	Let's Learn To Cook-YouTube Chef: 2pm - 4pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's KTV Together: 2pm - 5pm	Let's Do Sewing: 11am - 12.30pm	Grooving Down Memory Lane: 2pm - 3pm		
		Staying Cool - The Power of Positive Emotions (English): 2pm - 4pm	Movie Time (Chinese): 3pm - 5pm		
		Let's Do Paper Quilling (Basic) @ Blk 102 Z 6 RN #01-236: 3.30pm-4.30pm			

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
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 (IL): 10am - 11am	Let's Exercise With Razak on Zoom: 10am - 11am	
Let's CrossFit: 10am - 11am	Let's Adaptive Sport (EI): 10am - 11am	Let's Aerobics (IL): 10am - 11am	Let's Makan Together-In House (F4): 11am - 12pm	Let's KTV Together: 11am - 1pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Paper Quilling (Basic) @ 691C AAC WE: 2pm - 3.30pm	Staying Cool - The Power of Positive Emotions (English): 2pm - 4pm	Grooving Down Memory Lane: 2pm - 3pm	Drone Soccer: 2pm - 5pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Pick Up English: 3pm - 4pm		Movie Time (Malay): 3pm - 5pm		
Let's Jam with Angklung: 4.30pm - 5.30pm					

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MON	TUE	WED	THU	FRI	SAT
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Lim Kopi: 8am - 9.30am	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	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Gen Together - Kindergarten (Zoom): 10am - 11am	Let's Makan Together-In-house (Home-Cooked Vegetable Rice): 12pm - 1pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's Do Sewing: 11am - 12.30pm	Let's Do Paper Quilling (Basic): 11am - 12.30pm	Drone Soccer: 2pm - 5pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Explore The World: 3pm - 4pm	Staying Cool - The Power of Positive Emotions (English): 2pm - 4pm	Grooving Down Memory Lane: 2pm - 3pm	Let's Go Gai Gai-Night Safari: 6.30pm - 10.15pm	
	Let's Makan Together-In House (World): 4pm - 5pm		Let's KTV Together: 3pm - 5:30pm		
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
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 CrossFit: 10am - 11am	Let's Adaptive Sport (EI): 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Grooving Down Memory Lane: 2pm - 3pm		
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Shape Drawing: 2pm - 3.30pm	Let's KTV Together: 2pm - 5pm	Let's Gen Together - Kindergarten: 2.30pm - 3.30pm		
Let's Do Paper Quilling (Intermediate): 10am - 11.30am	Movie Time (Tamil): 3:30pm - 5:30pm				
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Learn To Bake: 3.30pm - 4.30pm				
Let's Jam with Angklung: 4.30pm - 5.30pm	Let's Makan Together - In House (Bake): 4.30pm - 5.30pm				

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