




2026 July

 **Centre Name:** AAC (Marsiling)
 **Centre Address:** Blk 180A Marsiling Road #01-2208 S731180
 **Centre Contact:** 6250 3634 / 8163 2714



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| | | 1 | | 2 | | 3 | | 4 | | | |
|---|--------------------------------------|---|---|---|--|---|--|----|--|----|--|
| | | Stay Green Together: 9am - 9.30am | Stay Green Together: 9am - 9.30am | Stay Green Together: 9am - 9.30am | | | | | | | |
| | | CHP Health Coach: 9am - 12pm | Let's Chair Zumba-HPB (IL): 10am - 11am | Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am | | | | | | | |
| | | Let's Aerobics-HPB (IL): 10am - 11am | Let's Learn Steel Tongue Drum: 11am - 12pm | Strategise With Kakis: 11am - 12pm | | | | | | | |
| | | Let's Pick Up English: 2pm - 3pm | Relaxing Singing Bowl Workshop: 1pm - 2pm | Let's Learn To Sing (Mandarin): 2pm - 4.30pm | | | | | | | |
| | | Let's Talk News: 3pm - 3.30pm | Let's Adaptive Sport (EI): 2pm - 3pm | Let's Celebrate Birthday: 3pm - 4pm | | | | | | | |
| | | Let's KTV Together: 3.30pm - 5.30pm | Movie Time (English): 3pm - 5pm | Drone Soccer: 4pm - 5pm | | | | | | | |
| 6 | | 7 | | 8 | | 9 | | 10 | | 11 | |
| CHP Health Coach: 9am - 12pm | Stay Green Together: 9am - 9.30am | CHP Health Coach: 9am - 12pm | Let's Lim Kopi (Male exclusive): 8am - 9am | Stay Green Together: 9am - 9.30am | | | | | | | |
| Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am | Let's Exercise (Seated): 10am - 11am | Let's Aerobics-HPB (IL): 10am - 11am | Let's Chair Zumba-HPB (IL): 10am - 11am | Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am | | | | | | | |
| Square Stepping Exercise (Zoom): 11am - 12pm | Let's CALM (IL): 11.30am - 12.30pm | Stay Well Series-F.A.S.T Recognising Stroke Symptoms (Chinese): 11.15am - 12.45pm | Let's Learn Steel Tongue Drum: 11am - 12pm | Let's Adaptive Sport (EI): 11am - 12pm | | | | | | | |
| Let's Steel Combat (Male exclusive): 11am - 12pm | Let's Dance Fitness: 2pm - 3pm | Let's Do Pine Cone Art: 2pm - 3pm | Relaxing Singing Bowl Workshop: 1pm - 2pm | Let's Learn To Sing (Mandarin): 2pm - 4.30pm | | | | | | | |
| Let's Learn To Sing (Mandarin): 2pm - 4.30pm | Let's KTV Together: 3pm - 5pm | Let's Indian Dance: 3pm - 4pm | Grooving Down Memory Lane (Zoom): 2pm - 3pm | Strategise With Kakis: 4.30pm - 5.30pm | | | | | | | |
| | | Movie Time (Chinese): 4pm - 6pm | Digital-IMDA Go-Digital Workshop (English): 3pm-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。

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|---|--|--|--|--|--|
| CHP Health Coach: 9am - 12pm | Stay Green Together: 9am - 9.30am | CHP Health Coach: 9am - 12pm | Let's Chair Zumba-HPB (IL): 10am - 11am | Stay Green Together: 9am - 9.30am | |
| Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am | Let's Walking Football (IL): 9.45am - 11.30am | Let's Aerobics-HPB (IL): 10am - 11am | Let's Learn Steel Tongue Drum: 11am - 12pm | Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am | |
| Square Stepping Exercise (Zoom): 11am - 12pm | Let's Exercise-Online Video: 10am - 11am | Let's Learn to Cook (YouTube Chef): 2pm - 3pm | Relaxing Singing Bowl Workshop: 1pm - 2pm | Let's Makan Together-Inhouse (Vegetable Rice): 12pm - 1pm | |
| Let's Steel Combat (Male exclusive): 11am - 12pm | Let's CALM (IL): 11.30am - 12.30pm | Let's Indian Dance: 3pm - 4pm | Grooving Down Memory Lane (Zoom): 2pm - 3pm | Let's Learn To Sing (Mandarin): 2pm - 4.30pm | |
| Let's Learn To Sing (Mandarin): 2pm - 4.30pm | Do Good with CPF - CPF Cares: 2pm - 5pm | Let's KTV Together (English/Malay songs): 4pm - 6pm | Movie Time (Tamil): 3pm - 6pm | Drone Soccer With Grandkids: 4.30pm - 5.30pm | |
| Let's Jam with Angklung: 4.30pm - 5.30pm | | | | | |

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| 20 | 21 | 22 | 23 | 24 | 25 |
|---|--|---|---|---|----|
| CHP Health Coach: 9am - 12pm | Stay Green Together: 9am - 9.30am | CHP Health Coach: 9am - 12pm | Let's Chair Zumba-HPB (IL): 10am - 11am | Stay Green Together: 9am - 9.30am | |
| Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am | Let's Exercise (Seated): 10am - 11am | Let's Aerobics-HPB (IL): 10am - 11am | Let's Learn Steel Tongue Drum: 11am - 12pm | Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am | |
| Square Stepping Exercise (Zoom): 11am - 12pm | Let's Do Zentangle: 11am - 12pm | Let's Makan Together-In House (F4): 11am - 12pm | Relaxing Singing Bowl Workshop: 1pm - 2pm | Fun with Tech/Exergame-Nintendo Switch: 11am - 12pm | |
| Let's Steel Combat (Male exclusive): 11am - 12pm | Let's CALM (IL): 11.30am - 12.30pm | Let's Gen Together-Secondary: 2.30pm - 4pm | Grooving Down Memory Lane (Zoom): 2pm - 3pm | Let's Learn To Sing (Mandarin): 2pm - 4.30pm | |
| Let's Learn To Sing (Mandarin): 2pm - 4.30pm | Let's Dance Fitness: 2pm - 3pm | Let's Do Paper Quilling (Basic) @ Blk 102 Z6 RN #01-236: 3pm - 4.30pm | Let's Do Painting: 3pm - 4pm | Drone Soccer (Male exclusive): 4.30pm - 5.30pm | |
| | Let's KTV Together: 3pm - 6pm | | Let's Dancercise: 4pm - 5pm | | |
| 27 | 28 | 29 | 30 | 31 | |
| CHP Health Coach: 9am - 12pm | Stay Green Together: 9am - 9.30am | CHP Health Coach: 9am - 12pm | Let's Chair Zumba-HPB (IL): 10am - 11am | Stay Green Together: 9am - 9.30am | |
| Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am | Let's Walking Football (IL): 9.45am - 11.30am | Let's Aerobics-HPB (IL): 10am - 11am | National Silver Drone Soccer Competition - Preliminary: 10am - 4.30pm | Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am | |
| Square Stepping Exercise (Zoom): 11am - 12pm | Let's Exercise-Online Video: 10am - 11am | Let's Makan Together-Inhouse (Home-Cooked Meal-Halal): 12pm - 1pm | Let's Learn Steel Tongue Drum: 11am - 12pm | National Silver Drone Soccer Competition - Preliminary: 10am - 4.30pm | |
| Let's Steel Combat (Male exclusive): 11am - 12pm | Let's CALM (IL): 11.30am - 12.30pm | Let's Adaptive Sport (EI): 2pm - 3pm | Relaxing Singing Bowl Workshop: 1pm - 2pm | Fun with Tech/Exergame-Nintendo Switch: 11am - 12pm | |
| Let's Learn To Sing (Mandarin): 2pm - 4.30pm | Let's Dance Fitness: 2pm - 3pm | Let's Indian Dance: 3pm - 4pm | Grooving Down Memory Lane (Zoom): 2pm - 3pm | Let's Learn To Sing (Mandarin): 2pm - 4.30pm | |
| Let's Jam with Angklung: 4.30pm - 5.30pm | Let's Explore The World: 3pm - 4pm | Movie Time (Malay): 4pm - 6pm | Let's Dancercise: 4pm - 5pm | | |
| | Let's Makan Together-In House (World): 4pm - 5pm | | | | |

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