

2025 June

 **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
2	3	4	5	6	7
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 Exercise With Razak on Zoom: 10am - 11am	
Let's Exercise (Seated): 10am - 11am	WH-Hao Ren Hao Shi: 9.30am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Gen Together - Kindergarten (Zoom): 10am - 11am	Let's Celebrate Birthday: 1.30pm - 2.30pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zen Art: 1pm - 2pm	Haydays With Horses @ EQUAL: 2pm - 4pm	Grooving Down Memory Lane: 2pm - 3pm	Haydays With Horses @ AAC MA - Interactive: 2pm - 4pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Evidence-informed - HPB Balik Kampong (Chinese): 2pm - 3pm	Staying Cool - The Power of Positive Emotions (Mandarin): 2pm - 4pm	Movie Time (English): 3pm - 5pm		
	Let's KTV Together: 3pm - 5.30pm		Haydays With Horses @ AAC MA: 2pm - 4pm		
9	10	11	12	13	14
Centre Closed	Food Safety Course (Level 1) - English: 9.30am - 6pm	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 - Online Video: 10am - 11am	Let's Aerobics (IL): 10am - 11am	Grooving Down Memory Lane: 2pm - 3pm	Let's KTV Together: 11am - 1pm	
	Let's Do Zentangle: 11am - 12pm	Haydays With Horses @ AAC MA: 2pm - 4pm	Haydays With Horses @ EQUAL: 2pm - 4pm	Haydays With Horses @ AAC MA: 2pm - 4pm	
	Let's Do Zen Art: 1pm - 2pm	Staying Cool - The Power of Positive Emotions (Mandarin): 2pm - 4pm	Let's Explore The World: 3pm - 4pm		
	Movie Time (Chinese): 2pm - 4pm		Let's Makan Together-In House (World): 4pm - 5pm		

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MON

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WED

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FRI

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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 Do Zen Art: 1pm - 2pm	Let's Aerobics (IL): 10am - 11am	Let's Gen Together - Kindergarten (Zoom): 10am - 11am	Digital-IMDA Go-Digital-Consultation: 10am - 6pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Evidence-informed - HPB Balik Kampong (Chinese): 2pm - 3pm	Let's Makan Together-In House (F4): 11am - 12pm	Let's Do Paper Quilling (Basic): 11am - 12.30pm	Let's Makan Together - In-house (Home-Cooked Vegetable Rice): 12pm - 1pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Do Paper Quilling (Basic) @ 691C AAC WE: 2pm - 3.30pm	Staying Cool - The Power of Positive Emotions (Mandarin): 2pm - 4pm	Grooving Down Memory Lane: 2pm - 3pm	Drone Soccer: 2pm - 5pm	
Let's Jam with Angklung: 4.30pm - 5.30pm	Movie Time (Malay): 3pm - 5pm		Let's KTV Together: 3pm - 5.30pm		
Let's KTV Together - KJ: 4.30pm - 5.30pm	Let's Learn To Cook: Japanese Cuisine: 3pm - 5pm				

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
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	Centre Closed	
Let's Exercise (Seated): 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Let's KTV Together: 11am - 1pm		
Let's Do Paper Quilling (Intermediate): 10am - 11.30am	Let's Do Zentangle: 11am - 12pm	Let's Do Sewing: 11am - 12.30pm	Grooving Down Memory Lane: 2pm - 3pm		
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zen Art: 1pm - 2pm	Haydays With Horses @ EQUAL: 2pm - 4pm	Haydays With Horses @ AAC MA: 2pm - 5pm		
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Pick Up English: 2pm - 3pm	Staying Cool - The Power of Positive Emotions (Mandarin): 2pm - 4pm			
Let's Volunteer Together: 4.30pm - 5.30pm	Let's Learn To Cook: Japanese Cuisine: 3pm - 5pm	Movie Time (Tamil): 3pm - 5pm			
		Let's Do Paper Quilling (Basic) @ Blk 102 Zone 6 RN #01-236: 3.30pm-4.30pm			
30					
Services-Wellness-CHP Health Coach: 9am - 12pm					
Let's CrossFit: 10am - 11am					
Let's Steel Combat (Male exclusive): 11am - 12pm					
Let's Do Sewing: 11am - 12.30pm					
Let's Learn To Sing (Mandarin): 2pm - 4.30pm					
Let's Gen Together - Kindergarten: 2.30pm - 3.30pm					
Let's Jam with Angklung: 4.30pm - 5.30pm					

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