




2026 June

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



MON

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1 2 3 4 5 6

Centre Closed

Let's Join Seniors National Games-Sports SG: 8am - 2pm

CHP Health Coach: 9am - 12pm

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

Stay Green Together: 9am - 9.30am

Let's Share Share - Care Pack Ration by Blossom World Society: 11am - 12pm

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

National Silver Drone Soccer Training: 9.30am - 12.30pm

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

Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am

Let's CALM (IL): 11.30am - 12.30pm

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

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

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

Let's Adaptive Sport (EI): 2pm - 3pm

Movie Time (Chinese): 1pm - 3pm

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

Let's Celebrate Birthday: 3pm - 4pm

Movie Time (English): 3pm - 5pm

Let's KTV Together: 3pm - 5pm

Gerontology Health Talk (Non-RHS) (English) (ICCP): 3pm - 4pm

Drone Soccer: 4pm - 5pm

8 9 10 11 12 13

CHP Health Coach: 9am - 12pm

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

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

Digital-Fab Lab Series-Laser Cutting Workshop: 10 am -1pm

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

Digital - Fab Lab Series-3D Printing Workshop: 10am - 4pm

Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am

My Green Fingers-Germination: 10am - 11am

Let's Do Zentangle: 11am - 12pm

Stay Well Series-F.A.S.T Recognising Stroke Symptoms (English): 11.15am - 12.45pm

Senior Friendship Circle : 11am - 12pm

Let's Makan Together-Inhouse (Vegetable Rice): 12pm - 1pm

Square Stepping Exercise (Zoom): 11am - 12pm

Let's CALM (IL): 11.30am - 12.30pm

Mindfulness and Self Care For Healthy Ageing-Tsao (English): 2pm - 4pm

Let's Gen Together-Tertiary: 1pm - 4.30pm

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

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

Let's Adaptive Sport (EI): 2pm - 3pm

Let's KTV Together: 4pm - 6pm

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

Let's Dancercise: 4.30pm - 5.30pm




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

Movie Time (Malay): 3pm - 5pm

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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	National Silver Drone Soccer Training: 9.30am - 12.30pm	Let's Makan Together-In House (F4): 11am - 12pm	Let's Go Gai Gai-Hay Dairies Goat Farm: 9.30am - 12.30pm	
My Green Fingers-Harvest: 10am - 11am	Let's Exercise-Online Video: 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Relaxing Singing Bowl Workshop: 1pm - 2pm	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Square Stepping Exercise (Zoom): 11am - 12pm	Let's CALM (IL): 11.30am - 12.30pm	Mindfulness and Self Care For Healthy Ageing-Tsao (English): 2pm - 4pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Strategise With Kakis: 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's KTV Together: 2pm - 4pm	Let's Do Paper Quilling (Basic) @ Blk 102 Z6 RN #01-236: 3pm - 4.30pm	Let's Do Collage Art: 3pm - 4pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Movie Time (Tamil): 4pm - 6pm	Let's Dancercise: 4pm - 5pm	Let's Volunteer Together: 4.30pm - 5pm	Drone Soccer With Grandkids: 4.30pm - 5.30pm	
Let's Jam with Angklung: 4.30pm - 5.30pm			Let's Appreciate Our Volunteer: 5pm - 5.30pm		

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22		23		24		25		26		27	
CHP Health Coach: 9am - 12pm	Stay Green Together: 9am - 9.30am	CHP Health Coach: 9am - 12pm	Let's Chair Zumba-HPB (IL): 10am - 11am	Let's Lim Kopi (Male exclusive): 8am - 9am							
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Exercise (Seated): 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Senior Friendship Circle : 11.30am - 12.30pm	Stay Green Together: 9am - 9.30am							
Digital-Fab Lab Series-Digital Embroidery Workshop: 10am - 1pm	Let's Do Zentangle: 11am - 12pm	Let's Makan Together-Inhouse (Home-Cooked Meal-Halal): 12pm - 1pm	Relaxing Singing Bowl Workshop: 1pm - 2pm	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am							
Square Stepping Exercise (Zoom): 11am - 12pm	Let's CALM (IL): 11.30am - 12.30pm	Mindfulness and Self Care For Healthy Ageing-Tsao (English): 2pm - 4pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Fun with Tech/Exergame-Nintendo Switch: 11am - 12pm							
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Macaroni Art: 2pm - 3pm	Let's Pick Up English: 3pm - 4pm	YouTube Chef: 3pm - 4pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm							
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's KTV Together: 3pm - 6pm	Let's Talk News: 4pm - 4.30pm	Let's Makan Together-In House (YouTube): 4pm - 5pm	Drone Soccer (Male exclusive): 4.30pm - 5.30pm							
29		30								30	
CHP Health Coach: 9am - 12pm	Stay Green Together: 9am - 9.30am										
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Walking Football (IL): 9.45am - 11.30am										
Square Stepping Exercise (Zoom): 11am - 12pm	Let's Exercise-Online Video: 10am - 11am										
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's CALM (IL): 11.30am - 12.30pm										
Let's Do Paper Quilling (Intermediate): 11am - 12.30pm	Let's Adaptive Sport (EI): 2pm - 3pm										
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Explore The World: 3pm - 4pm										
Let's Jam with Angklung: 4.30pm - 5.30pm	Let's Makan Together-In House (Explore): 4pm - 5pm										

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