

# 2025 March

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



MON	TUE	WED	THU	FRI	SUN
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>9</b>
Services-Wellness-CHP Health Coach: 9am - 12pm	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30pm	<b>Centre Closed From 9am to 3pm</b>	Let's Do HPB Chair Zumba (IL): 10am - 11am	Let's Exercise-Online Video: 10am - 11am	
Let's Exercise (Seated): 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Walking Football (IL): 10am - 11.30am	Let's Jam with Angklung: 2pm - 3.30pm	<b>Centre Closed From 1pm to 6pm</b>	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zen Art: 1pm - 2pm				
Let's Celebrate Birthday: 3pm - 5pm	Evidence-informed - HPB Balik Kampong: 2pm - 3pm				
	Macrame Workshop: 3pm - 4.30pm				
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>16</b>
Services-Wellness-CHP Health Coach: 9am - 12pm	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do HPB Chair Zumba (IL): 10am - 11am	Let's Exercise - Online Video: 10am - 11am	
Let's CrossFit: 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's HPB Aerobics (IL): 10am - 11am	Let's Makan Together-In House (F4): 11am - 12pm	Let's Go Gai Gai: 9.15am - 1pm	
Let's Do Crochet: 10.30am - 12.30pm	Let's Do Zen Art: 1pm - 2pm	Let's Walking Football (IL): 10am - 11.30am	Let's Jam with Angklung: 2pm - 3.30pm		
Let's Steel Combat (Male exclusive): 11am - 12pm	Evidence-informed - HPB Balik Kampong: 2pm - 3pm	Let's Do Sewing: 11am - 12.30pm			

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MON	TUE	WED	THU	FRI	SUN
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>23</b>
Services-Wellness-CHP Health Coach: 9am - 12pm	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do HPB Chair Zumba (IL): 10am - 11am	Let's Exercise-Online Video: 10am - 11am	Let's Join PA - Embracing Golden Years Roadshow: 3pm - 6pm
Let's Exercise (Seated): 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's HPB Aerobics (IL): 10am - 11am	Let's Do Paper Quilling (Basic): 11am - 12pm	Digital-IMDA Go-Digital-Consultation: 10am - 6pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's Walking Football (IL): 10am - 11.30am	Let's Jam with Angklung: 2pm - 3.30pm	Let's Makan Together - In-house (Home-Cooked Vegetable Rice): 12pm - 1pm	
Let's Do Paper Quilling (Basic) @ Blk 102 Zone 6 RN #01-236: 3.30pm-4.30pm	Let's Do Zen Art: 1pm - 2pm	Let's Do Sewing: 11am - 12.30pm		Let's Gen Together - Kindergarten: 2.30pm - 3.30pm	
	Evidence-informed - HPB Balik Kampong: 2pm - 3pm	Let's Learn To Bake: 2pm - 4pm			

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
Let's Lim Kopi (Male exclusive): 8am - 9.30am	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do HPB Chair Zumba (IL): 10am - 11am	Services - Wellness - Functional Screening by AIC: 9am - 1pm	
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Exercise - Online Video: 10am - 11am	Let's HPB Aerobics (IL): 10am - 11am	Let's Do Paper Quilling (Basic): 11am - 12pm		
Let's CrossFit: 10am - 11am	Let's Do Zentangle: 11am - 12pm	Let's Walking Football (IL): 10am - 11.30am	Let's Jam with Angklung: 2pm - 3.30pm		
Let's Do Crochet: 10.30am - 12.30pm	Let's Do Zen Art: 1pm - 2pm	Let's Pick Up English: 3pm - 4pm	Let's Volunteer Together: 3pm - 4pm		
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Paper Quilling (Basic) @ 691C AAC WE: 2pm - 3.30pm				
	Let's Explore The World: 3pm - 4pm				
	Let's Makan Together-In House (World): 4pm - 5pm				
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