

2026 March

 **Centre Name:** AAC (Marsiling)
 **Centre Address:** Blk 180A Marsiling Road #01-2208 S731180
 **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 (IL): 10am - 11am	Let's Lim Kopi (Male exclusive): 8am - 9.30am	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Movie Time (English): 11am - 1pm	Let's Aerobics-HPB (IL): 10am - 11am	Senior Friendship Circle : 11am - 12pm	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Let's Steel Combat (Male exclusive): 11am - 12pm	Eh How Ah (Card Game) Workshop- Impact Collider: 2pm - 4pm	Let's Do Sewing (English/Chinese): 11am - 12pm	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 Do Sewing(Malay): 12pm - 1pm	Let's KTV Together: 3pm - 5pm	Let's Celebrate Birthday: 3pm - 4pm	
		Movie Time (Chinese): 2pm - 4pm		Fun with Tech/Exergame - Nintendo Switch: 4pm - 5.30pm	
9	10	11	12	13	14
Services-Wellness-CHP Health Coach: 9am - 12pm	Centre Closed	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba (IL): 10am - 11am	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Let's Exercise (Seated): 10am - 11am		Let's Aerobics-HPB (IL): 10am - 11am	Strategise With Kakis: 11.30am - 12.30pm	ICCP with Care Corner @ Blk 16 & Sunlove @Blk 3: 11.15am - 12.15pm	
Let's Steel Combat (Male exclusive): 11am - 12pm		YouTube Chef: 11.30am - 12.30pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Do Paper Quilling (Intermediate): 11am - 12.30pm		Let's Makan Together-In House (YouTube): 12.30pm - 1.30pm	Digital-IMDA Go-Digital Workshop (Mandarin): 3pm - 5pm	Drone Soccer (Male exclusive): 4pm - 5.30pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm		Let's KTV Together: 2pm - 4pm			
Let's Gen Together - Secondary: 2.45pm - 4.15pm		Let's Dancercise: 4pm - 5pm			

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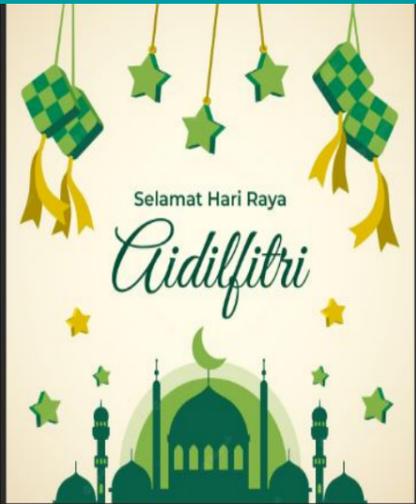
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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Exercise-Online Video: 10am - 11am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba (IL): 10am - 11am	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Let's Exercise (Seated): 10am - 11am	Let's Adaptive Sport (EI): 11am - 12pm	Let's Aerobics-HPB (IL): 10am - 11am	Project PRAISE-Singapore Police Force (English/Chinese): 11.15am - 12.15pm	Strategise With Kakis: 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's Makan Together-In House (F4): 11am - 12pm	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	Stay Green Together-Germination: 10am - 11am	Fun with Tech/Exergame - Nintendo Switch: 11am - 12pm	Let's Gen Together - Secondary: 3pm - 5pm	Drone Soccer With Grandkids: 4pm - 5.30pm	
Let's Jam with Angklung: 4.30pm - 5.30pm	Let's Pick Up English: 2pm - 3pm	Frailty Screening-Be Fit, Not Frail - NHG: 1pm - 5pm			
	Let's KTV Together: 3pm - 5pm				
23	24	25	26	27	28
Centre Closed	Let's Exercise-Online Video: 10am - 11am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba (IL): 10am - 11am	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
	Let's Do Zentangle: 11am - 12pm	Let's Aerobics-HPB (IL): 10am - 11am	Relaxing Singing Bowl Workshop: 11.30am - 12.30pm	Strategise With Kakis: 11am - 12pm	
	Let's Adaptive Sport (EI): 11am - 12pm	Mood And Memory Screening - Club Heal: 11am - 1pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's Makan Together-In-house (Home-Cooked Vegetable Rice): 12pm - 1pm	
	Project Citizens-Founders' Memorial: 2pm - 4pm	Let's Do Paper Quilling (Basic) @ Blk 102 Z6 RN #01-236: 3pm - 4.30pm	Let's Do Stone Painting: 3pm - 4pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
	Movie Time (Malay): 4pm - 6pm	Let's Explore The World: 2pm - 3pm	Let's KTV Together: 3pm - 6pm	Drone Soccer: 4pm - 5.30pm	
		Let's Talk News: 3pm - 3.30pm			
		Let's Dancercise: 4pm - 5pm			

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MON

TUE

WED

THU

FRI

SAT

30		31			
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Exercise-Online Video: 10am - 11am				
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Adaptive Sport (EI): 11am - 12pm				
Let's Gen Together - Secondary: 9am - 11.30am	Movie Time (Tamil): 12pm - 2pm				
Let's Steel Combat (Male exclusive): 11am - 12pm	Project Citizens-Founders' Memorial: 2pm - 4pm				
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Volunteer Together: 4pm - 5pm				
Let's Jam with Angklung: 4.30pm - 5.30pm					

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