




# 2026 May

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



MON

TUE

WED

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SAT

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2

**Labour Day**

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**Centre Closed**

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MON	TUE	WED	THU	FRI	SAT
				1	2
				<b>Labour Day</b>	
4	5	6	7	8	9
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Stay Green Together: 9am - 9.30am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba-HPB (IL): 10am - 11am	<b>Centre Closed</b>	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Exercise-Online Video: 10am - 11am	<b>National Silver Drone Soccer Training: 9.30am - 12.30pm</b>	Let's CALM (IL): 11.30am - 12.30pm		
Square Stepping Exercise (Zoom): 11am - 12pm	Let's Walking Football (IL): 10am - 11.30am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Share Share: 1pm - 2pm		
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's CALM (IL): 11.30am - 12.30pm	My Green Fingers: 1.30pm - 2.30pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm		
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	<b>Functional Screening: 1pm - 5pm</b>	Let's Makan Together-In-house (Harvest): 2.30pm - 3.30pm	Let's Celebrate Birthday: 3pm - 4pm		
		Let's KTV Together: 3pm - 5pm	Drone Soccer: 4pm - 5pm		
11	12	13	14	15	16
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Stay Green Together: 9am - 9.30am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba-HPB (IL): 10am - 11am	Let's Lim Kopi (Male exclusive): 8am - 9.30am	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Exercise (Seated): 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Relaxing Singing Bowl Workshop: 11.30am - 12.30pm	Let's Stay Green Together: 9am - 9.30am	
Square Stepping Exercise (Zoom): 11am - 12pm	Let's CALM (IL): 11.30am - 12.30pm	Let's Makan Together-In House (F4): 11am - 12pm	Senior Friendship Circle : 12.30pm - 1.30pm	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's Do Sewing (English/Chinese): 2pm - 3pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's CALM (Video): 11.30am - 12.30pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Adaptive Sport (EI): 2pm - 3pm	Let's Do Sewing (Malay): 3pm - 4pm	<b>Let's Do Macaroni Art: 3pm - 4pm</b>	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Jam with Angklung: 4.30pm - 5.30pm	Movie Time (English): 3pm - 5pm	Movie Time (Chinese): 3.30pm - 5.30pm	Let's KTV Together: 3.30pm - 5.30pm	Let's Gen Together - Kindergarten: 3.30pm - 4.30pm	
	Let's Dancercise: 4pm - 5pm				

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MON

TUE

WED

THU

FRI




SAT

18	19	20	21	22	23
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Stay Green Together: 9am - 9.30am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba-HPB (IL): 10am - 11am	Let's Stay Green Together: 9am - 9.30am	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Exercise-Online Video: 10am - 11am	National Silver Drone Soccer Training: 9.30am - 12.30pm	Relaxing Singing Bowl Workshop: 11.30am - 12.30pm	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Square Stepping Exercise (Zoom): 11am - 12pm	Let's Walking Football (IL): 10am - 11.30am	Let's Aerobics-HPB (IL): 10am - 11am	Senior Friendship Circle : 12.30m - 1.30pm	Let's CALM (Video): 11.30am - 12.30pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's CALM (IL): 11.30am - 12.30pm	Let's Makan Together-In-house (Home-Cooked Meal-Halal): 12pm - 1pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Do Paper Quilling (Intermediate): 11am - 1pm	Let's Pick Up English: 2pm - 3pm	Let's Gen Together - Secondary: 2pm - 4pm	Let's Do Sewing (English/Chinese): 2pm - 3pm	Drone Soccer With Grandkids: 4.30pm - 5.30pm	
Let's Go Gai Gai - Duck Tour: 12.45pm - 6pm	Let's KTV Together: 3pm - 5pm	Let's Do Paper Quilling (Basic) @ Blk 102 Z6 RN #01-236: 3pm - 4.30pm	Let's Do Sewing (Malay): 3pm - 4pm		
Let's Learn To Sing (Mandarin): 2pm - 4.30pm		Let's Dancercise: 4pm - 5pm	Movie Time (Tamil): 3pm - 5pm		
		Movie Time (Malay): 4pm - 6pm			

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Stay Green Together: 9am - 9.30am	<b>Hari Raya Haji</b>	Let's Do Chair Zumba-HPB (IL): 10am - 11am	Let's Stay Green Together: 9am - 9.30am	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Exercise (Seated): 10am - 11am		Let's Adaptive Sport (EI): 11am - 12pm	Let's Go Gai Gai - Walk at the Park (CSR with DBS): 9am - 11.30am	
Let's Gen Together - Primary: 10am - 11.30am	Strategise With Kakis: 11am - 12pm		Grooving Down Memory Lane (Zoom): 2pm - 3pm	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Square Stepping Exercise (Zoom): 11am - 12pm	Let's CALM (IL): 2pm - 6pm		Let's Explore The World: 3pm - 4pm	Let's Makan Together-In-house (Home- Cooked Vegetable Rice): 12pm - 1pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's KTV Together: 2pm - 5pm		Let's Talk News: 4pm - 4.30pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm			Fun with Tech/Exergame-Nintendo Switch: 4.30pm - 5.30pm	Drone Soccer (Male exclusive): 4.30pm - 5.30pm	
Let's Jam with Angklung: 4.30pm - 5.30pm					

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