2026 November

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



MON	TUE	WED	THU	FRI	SAT
2	**3**	**4**	**5**	**6**	**7**
CHP Health Coach: 9am - 12pm	Let's Exercise-Online Video: 10am - 11am	CHP Health Coach: 9am - 12pm	Digital-Fab Lab Series-3D Printing Workshop: 9.30am - 4.30pm	Let's DragonBoat - Training: 9am - 11am	
Digital-Fab Lab Series-Digital Embroidery Workshop: 9.30am - 1.30pm	Let's Adaptive Sport (EI): 11am - 12pm	Let's Aerobics-HPB (IL): 10am - 11am	Let's Brisk Walk in the Park: 9am - 10am	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Do Dance Fitness: 2pm - 3pm	Let's Do Origami Art: 2pm - 3pm	Let's Makan Together-Outdoor: 10am - 11am	Fun with Tech/Exergame-Digital Games: 2pm - 3pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	**Centre Closed: 3pm - 6pm**	Let's Yum Cha Together: 3pm - 3.30pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's Celebrate Birthday: 3pm - 4pm	
Let's KTV Together @ Teo Heng KTV - Canberra Plaza: 12pm - 6pm					
Strategise With Kakis: 3pm - 4pm	AAc Volunteer Appreciation Dinner: 6pm - 9.15pm				
9	**10**	**11**	**12**	**13**	**14**
Centre Closed	Let's Lim Kopi (Male exclusive): 8am - 9am	CHP Health Coach: 9am - 12pm	Let's Brisk Walk in the Park: 9am - 10am	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Go Gai Gai 50 Years of Jazz @ Esplanade Theatre: 4.30pm - 10.30pm
	Let's Exercise-Online Video: 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Makan Together-Outdoor: 10am - 11am	Fun with Tech/Exergame-Digital Games: 2pm - 3pm	
	Let's Adaptive Sport (EI): 11am - 12pm	Movie Time (English): 2pm - 4pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's Dragon Boat - Race Day: 2:30pm - 6pm	
	Let's Do Dance Fitness: 2pm - 3pm				
	Strategise With Kakis: 3pm - 4pm				

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
CHP Health Coach: 9am - 12pm	**Centre Closed**	CHP Health Coach: 9am - 12pm	Let's Brisk Walk in the Park: 9am - 10am	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am		Let's Archery & Target Together @ Bedok City Sprouts: 9am - 2pm	Let's Makan Together-Outdoor: 10am - 11am	Let's Adaptive Sport (EI): 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm		Let's Aerobics-HPB (IL): 10am - 11am	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Fun with Tech/Exergame-Digital Games: 2pm - 3pm	
Let's KTV Together @ Teo Heng KTV - Canberra Plaza: 12pm - 6pm		Let's Do Sewing (English/Chinese): 11am - 12pm	Strategise With Kakis: 3pm - 4pm	**Centre Closed: 3pm - 6pm**	
Movie Time (Chinese): 2pm - 4pm		Let's Do Sewing (Malay): 12pm - 1pm			

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MON	TUE	WED	THU	FRI	SAT
23	**24**	**25**	**26**	**27**	**28**
CHP Health Coach: 9am - 12pm	Let's Exercise-Online Video: 10am - 11am	Let's Go Gai Gai-Road Safety Community Park: 8.45am - 3.30pm	Let's Brisk Walk in the Park: 9am - 10am	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Do Sewing (English/Chinese): 11am - 12pm	CHP Health Coach: 9am - 12pm	Let's Makan Together-Outdoor: 10am - 11am	Let's Do Origami Roses: 2pm - 3pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Sewing (Malay): 12pm - 1pm	Let's Aerobics-HPB (IL): 10am - 11am	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's Explore The World: 3pm - 4pm	
Let's KTV Together @ Teo Heng KTV - Canberra Plaza: 12pm - 6pm	Let's Do Dance Fitness: 2pm - 3pm	Fun with Tech/Exergame-Digital Games: 2pm - 3pm	Current affairs U&Me: 3pm - 4pm		
Movie Time (Malay): 2pm - 4pm	Strategise With Kakis: 3pm -4pm				
30					
CHP Health Coach: 9am - 12pm					
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am					
Let's Steel Combat (Male exclusive): 11am - 12pm					
Let's KTV Together @ Teo Heng KTV - Canberra Plaza: 12pm - 6pm					
Movie Time (Tamil): 2pm - 5pm					

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