

2025 November

 **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
1					
3	4	5	6	7	8
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 Exercise With Razak on Zoom: 10am - 11am	
Let's CrossFit: 10am - 11am	HPB Steady Lah! : 10am - 11.30am	Let's Aerobics (IL): 10am - 11am	Let's Gen Together - Kindergarten (Zoom): 10am - 11am	Piloxing Lite: 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Strategise With Kakis: 11am - 12pm	Let's Pick Up English: 1pm - 2pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Adaptive Sport (EI): 2pm - 3.30pm	Movie Time (Chinese): 1pm - 3pm	Grooving Down Memory Lane: 2pm - 3pm	Let's Celebrate Birthday: 3pm - 4pm	
Let's Jam with Angklung: 4.30pm - 5.30pm	Movie Time (English): 3.30pm - 5.30pm	Let's KTV Together: 3pm - 5pm	Let's Do Baking: 3pm - 4pm	Fun with Tech/Exergame - Nintendo Switch: 4pm - 5pm	
			Let's Makan Together - In House (Bake): 4pm - 5pm		
10	11	12	13	14	15
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Support TTSH: 9am - 6pm	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Support TTSH: 9am - 6pm	Let's Exercise With Razak on Zoom: 10am - 11am	Let's Join Marsiling Care Engagement: 9am - 12pm
Let's Exercise (Seated): 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics (IL): 10am - 11am	Let's Do Chair Zumba (IL): 10am - 11am	Piloxing Lite: 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	HPB Steady Lah! : 10am - 11.30am	Let's Do Sewing (English/Chinese): 11am - 12pm	Let's Do Paper Quilling (Intermediate): 11am - 12.30pm	Strategise With Kakis: 1pm - 2pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Talk About - Say Yes to Waste Less Campaign: 2pm - 3pm	Let's Do Sewing(Malay): 12pm - 1pm	Let's KTV Together: 12pm - 2pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Jam with Angklung: 4.30pm - 5.30pm	Let's Gen Together - Kindergarten: 3pm - 4pm	Active Ageing Series: Be Restful (Mandarin): 2pm - 4pm	Grooving Down Memory Lane: 2pm - 3pm	Let's Learn to Cook - YouTube Chef: 3pm - 4pm	
	Movie Time (Malay): 4pm - 6pm	Let's Dancercise: 4pm - 5pm	Digital-IMDA Go-Digital Workshop (Mandarin): 3pm-5pm	Let's Makan Together-In House (YouTube): 4pm - 5pm	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Support TTSH: 9am - 6pm	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba-HPB (IL): 10am - 11am	Centre Closed	
Let's CrossFit: 10am - 11am	HPB Steady Lah! : 10am - 11.30am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Gen Together - Kindergarten (Zoom): 10am - 11am		
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's Do Sewing (English/Chinese): 11am - 12pm	Let's Makan Together-In House (F4): 11am - 12pm		
Strategise With Kakis: 11am - 12pm	Let's Do Collage With Denim: 2pm - 3.30pm	Let's Do Sewing(Malay): 12pm - 1pm	Grooving Down Memory Lane: 2pm - 3pm		
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Do Paper Quilling (Basic) @ 691C AAC WE: 2pm - 3.30pm	Active Ageing Series: Be Restful (Mandarin): 2pm - 4pm	Let's Explore The World: 3pm - 4pm		
Let's Jam with Angklung: 4.30pm - 5.30pm	Let's KTV Together: 3.30pm - 5.30pm	Movie Time (Tamil): 4pm - 6pm	Let's Makan Together-In House (World): 4pm - 5pm		
24	25	26	27	28	29
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Lim Kopi (Male exclusive): 8am - 9.30am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba-HPB (IL): 10am - 11am	Let's Exercise With Razak on Zoom: 10am - 11am	Let's Join Marsiling Senior Health And Wellness Day 2025: 9am - 12pm
Let's Exercise (Seated): 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Do Paper Quilling (Intermediate): 11am - 12.30pm	Piloxing Lite: 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Strategise With Kakis: 11am - 12pm	Let's Makan Together-In-house (Home-Cooked Meal-Halal): 12pm - 1pm	Let's Adaptive Sport (EI): 11am - 12.30pm	Let's Makan Together-In-house (Home-Cooked Vegetable Rice): 12pm - 1pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Centre Closed: 12.30pm-6pm	Active Ageing Series: Be Restful (Mandarin): 2pm - 4pm	Grooving Down Memory Lane: 2pm - 3pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Jam with Angklung: 4.30pm - 5.30pm		Let's Do Paper Quilling (Basic) @ Blk 102 Z 6 RN #01-236: 3pm - 4.30pm	Let's KTV Together: 3pm - 6pm	Drone Soccer: 3pm - 5pm	
		Let's Dancercise: 4pm - 5pm			

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