2025 November

Ocentre Name: AAC (Marsiling)

Centre Address: Blk 180A Marsiling Road #01-2208 S731180

Centre Contact: 6250 3634 / 8163 2714





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	
<u> </u>	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	THPB Steady Lant: Tuam - LL.3uam	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.

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TUE

MON

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WED

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THU

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FRI



SAT

	19	20	21	22
et's Support TTSH: 9am - 6pm		Let's Do Chair Zumba-HPB (IL): 10am - 11am	Centre Closed	
IPB Steady Lah! : 10am - 11.30am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Gen Together - Kindergarten (Zoom): 10am - 11am		
et's Do Zentangle: 11am - 12nm		Let's Makan Together-In House (F4): 11am - 12pm		
et's Do Collage With Denim: pm - 3.30pm	Let's Do Sewing(Malay): 12pm - 1pm	-		
- · · · · · · · · · · · · · · · · · · ·		Let's Explore The World: 3pm - 4pm		
et's KTV Together: 3.30pm - 5.30pm	Movie Time (Tamil): 4pm - 6pm	Let's Makan Together-In House (World): 4pm - 5pm		
25	26	27	28	29
' '		Let's Do Chair Zumba-HPB (IL):	Let's Exercise With Razak on Zoom:	Let's Join Marsiling Senior Health And Wellness Day 2025: 9am - 12pm
et et et	I's Support TTSH: 9am - 6pm B Steady Lah!: 10am - 11.30am I's Do Zentangle: 11am - 12pm I's Do Collage With Denim: I's Do Paper Quilling (Basic) @ 691C IC WE: 2pm - 3.30pm I's KTV Together: 3.30pm - 5.30pm 25 I's Lim Kopi (Male exclusive):	Health Coach: 9am - 12pm B Steady Lah!: 10am - 11.30am Let's Aerobics-HPB (IL): 10am - 11am Let's Do Sewing (English/Chinese): 11am - 12pm Let's Do Sewing (Malay): 12pm - 1pm Let's Do Sewing (Malay): 12pm - 1pm Let's Do Paper Quilling (Basic) @ 691C CWE: 2pm - 3.30pm Active Ageing Series: Be Restful (Mandarin): 2pm - 4pm Let's KTV Together: 3.30pm - 5.30pm Movie Time (Tamil): 4pm - 6pm Services-Wellness-CHP	Health Coach: 9am - 12pm B Steady Lah!: 10am - 11.30am Let's Aerobics-HPB (IL): 10am - 11am Let's Gen Together - Kindergarten (Zoom): 10am - 11am Let's Do Sewing (English/Chinese): 11am - 12pm Let's Do Sewing (English/Chinese): 11am - 12pm C's Do Collage With Denim: 12pm Let's Do Sewing (Malay): 12pm - 1pm C's Do Paper Quilling (Basic) @ 691C C WE: 2pm - 3.30pm C's KTV Together: 3.30pm - 5.30pm Movie Time (Tamil): 4pm - 6pm Let's Do Chair Zumba-HPB (IL): 10am - 11am Let's Gen Together - Kindergarten (Zoom): 10am - 11am Let's Makan Together-In House (F4): 11am - 12pm Grooving Down Memory Lane: 2pm - 3pm Let's Explore The World: 3pm - 4pm Let's KTV Together: 3.30pm - 5.30pm Movie Time (Tamil): 4pm - 6pm Let's Makan Together-In House (World): 4pm - 5pm Let's Lim Kopi (Male exclusive): Services-Wellness-CHP	Health Coach: 9am - 12pm B Steady Lah!: 10am - 11.30am Let's Aerobics-HPB (IL): 10am - 11am Let's Gen Together - Kindergarten (Zoom): 10am - 11am Let's Do Sewing (English/Chinese): 11am - 12pm Let's Do Sewing (English/Chinese): 11am - 12pm Let's Do Sewing (Malay): 12pm - 1pm Grooving Down Memory Lane: 2pm - 3pm Let's Do Paper Quilling (Basic) @ 691C C WE: 2pm - 3.30pm Active Ageing Series: Be Restful (Mandarin): 2pm - 4pm Let's Makan Together-In House (F4): 11am - 12pm Let's Explore The World: 3pm - 4pm Let's Explore The World: 3pm - 4pm Let's Makan Together-In House (World): 4pm - 5pm Let's Lim Kopi (Male exclusive): Services-Wellness-CHP Let's Do Chair Zumba-HPB (IL): Let's Exercise With Razak on Zoom:

9am Let's Exercise - Online Video: Let's Do Paper Quilling Piloxing Lite: 11am - 12pm Let's Exercise (Seated): 10am - 11am Let's Aerobics-HPB (IL): 10am - 11am (Intermediate): 11am - 12.30pm 10am - 11am Let's Makan Together-In-house Let's Makan Together-In-house Let's Adaptive Sport (EI): Let's Steel Combat (Male exclusive): (Home-Cooked Meal-Halal): Strategise With Kakis: 11am - 12pm (Home-Cooked Vegetable Rice): 11am - 12.30pm 11am - 12pm 12pm - 1pm 12pm - 1pm Active Ageing Series: Be Restful Let's Learn To Sing (Mandarin): Let's Learn To Sing (Mandarin): Grooving Down Memory Lane: Centre Closed: 12.30pm-6pm (Mandarin): 2pm - 4pm 2pm - 4.30pm 2pm - 4.30pm 2pm - 3pm Let's Jam with Angklung: Let's Do Paper Quilling (Basic) @ Blk Let's KTV Together: 3pm - 6pm Drone Soccer: 3pm - 5pm 4.30pm - 5.30pm 102 Z 6 RN #01-236: 3pm - 4.30pm Let's Dancercise: 4pm - 5pm

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