

2026 October

 **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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FRI

SAT

1					
			Centre Closed	Let's DragonBoat Training: 9am - 11am	
			Let's Go Gai Gai - AAC Day @ Temasek Polytechnic: 8.15am - 2.30pm	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
				Fun with Tech/Exergame-Digital Games: 2pm - 3pm	
2					
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CHP Health Coach: 9am - 12pm	Let's Lim Kopi (Male exclusive): 8am - 9am	CHP Health Coach: 9am - 12pm	Let's Brisk Walk in the Park: 9am - 10am	Let's DragonBoat Training: 9am - 11am	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Adaptive Sport (EI): 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Makan Together-Outdoor: 10am - 11am	Let's Walking Football (IL) - Final @ Tampines Hub: 9.45am - 11.30am	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Dance Fitness: 2pm - 3pm	Let's Do Sewing (English/Chinese): 11am - 12pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Let's KTV Together @ Teo Heng KTV - Canberra Plaza: 12pm - 6pm	Let's Learn Steel Tongue Drum (English): 3.15pm - 4.15pm	Let's Do Sewing (Malay): 12pm - 1pm	Let's Learn Steel Tongue Drum (Chinese): 3.15pm - 4.15pm	Fun with Tech/Exergame-Digital Games: 2pm - 3pm	
Movie Time (English): 2pm - 4pm		Strategise With Kakis: 2pm - 3pm			
		Let's Yum Cha Together: 3pm - 3.30pm			
6					
7					
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12					
CHP Health Coach: 9am - 12pm	Let's Adaptive Sport (EI): 10am - 11am	CHP Health Coach: 9am - 12pm	Let's Brisk Walk in the Park: 9am - 10am	Let's DragonBoat Training: 9am - 11am	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Do Sewing (English/Chinese): 11am - 12pm	Let's Aerobics-HPB (IL): 10am - 11am	Let's Makan Together-Outdoor: 10am - 11am	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Sewing (Malay): 12pm - 1pm	Centre Closed: 12pm - 6pm	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 Dance Fitness: 2pm - 3pm		Let's Learn Steel Tongue Drum (Chinese): 3.15pm - 4.15pm		
Movie Time (Chinese): 2pm - 4pm	Let's Learn Steel Tongue Drum (English): 3.15pm - 4.15pm				
13					
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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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SAT

19	20	21	22	23	24
CHP Health Coach: 9am - 12pm	Let's Adaptive Sport (EI): 10am - 11am	CHP Health Coach: 9am - 12pm	Let's Brisk Walk in the Park: 9am - 10am	Let's Dragon Boat Training: 9am - 11am	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Dance Fitness: 2pm - 3pm	Let's Aerobics-HPB (IL): 10am - 11am	Let's Makan Together-Outdoor: 10am - 11am	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Learn Steel Tongue Drum (English): 3.15pm - 4.15pm	Strategise With Kakis: 2pm - 3pm	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 Talk News: 3pm - 4pm	Let's Learn Steel Tongue Drum (Chinese): 3.15pm - 4.15pm		
Movie Time (Malay): 2pm - 4pm					
26	27	28	29	30	31
CHP Health Coach: 9am - 12pm	Let's Adaptive Sport (EI): 10am - 11am	CHP Health Coach: 9am - 12pm	Let's Archery & Let's Target Together @ Bedok City Sprouts: 9am - 2pm	Let's DragonBoat Training: 9am - 11am	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Dance Fitness: 2pm - 3pm	Let's Aerobics-HPB (IL): 10am - 11am	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Learn Steel Tongue Drum (English): 3.15pm - 4.15pm	Strategise With Kakis: 1pm - 2pm	Let's Learn Steel Tongue Drum (Chinese): 3.15pm - 4.15pm	Fun with Tech/Exergame-Digital Games: 2pm - 3pm	
Let's KTV Together @ Teo Heng KTV - Canberra Plaza: 12pm - 6pm		Movie Time (Tamil): 2pm - 5pm		Let's Yum Cha Together: 3pm - 3.30pm	

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