

# 2025 October

 **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	SUN
		1	2	3	4	5
		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 Join - Seniors National Games by Sports SG (Final): 9am - 2pm	Let's Go Gai Gai - NHG Healthiverse: 9am - 1pm
		AAC Day: 9am - 2pm	Scent Healing: 11.15am - 12.15pm	Let's Piloxing (Lite): 11am - 12pm		
		Let's Aerobics (IL): 10am - 11am	Grooving Down Memory Lane: 2pm - 3pm	Let's Celebrate Birthday: 2pm - 3pm		
		Cognitive Stimulation Activities by Club Heal: 2.30pm - 4pm	Let's Dancercise: 2pm - 3pm	Let's Learn To Sing (Mandarin): 3pm - 5.30pm		
		Movie Time (English): 4pm - 5.30pm	Let's KTV Together: 3pm - 5pm			
6	7	8	9	10	11	12
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Exercise - Online Video: 10am - 11am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Chair Zumba (IL): 10am - 11am	Let's Exercise With Razak on Zoom: 10am - 11am		
Let's CrossFit: 10am - 11am	Steady Lah! - By HPB 10am - 11.30am	Let's Aerobics (IL): 10am - 11am	Let's Gen Together - Kindergarten (Zoom): 10am - 11am	Let's Piloxing (Lite): 11am - 12pm		
Let's Steel Combat (Male exclusive): 11am - 12pm	Scent Healing: 11.15am-12.15pm	Let's Do Zentangle: 11am - 12pm	Scent Healing: 11.15am - 12.15pm	Let's Do Stone Painting: 2pm - 3pm		
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Green Series Workshop by Edible Garden City: 1pm - 4.15pm	Stay Well Series - Mental health workshop - Tsao Be Restful (English): 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 KTV Together: 3pm - 5pm	Esplanade When Music Meets Life (Zoom): 3.30pm - 4.15pm	Digital-IMDA Go-Digital Workshop (English): 3pm-5pm			

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MON	TUE	WED	THU	FRI	SAT	SUN
13	14	15	16	17	18	19
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 Exercise (Seated): 10am - 11am	Steady Lah! - By HPB:: 10am - 11.30am	Let's Aerobics (IL): 10am - 11am	Strategise With Kakis: 11am - 12pm	Let's KTV Together: 11am - 1pm		
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Baking: 2pm - 3pm	Let's Do Sewing (English/Chinese): 11am - 12pm	Grooving Down Memory Lane: 2pm - 3pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm		
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Makan Together - In House (Bake): 3pm - 4pm	Let's Do Sewing(Malay): 12pm - 1pm	Fun with Tech/Exergame - Nintendo Switch: 4.30pm - 5.30pm	Strategise With Kakis: 4.30pm - 5.30pm		
Let's Jam with Angklung: 4.30pm - 5.30pm	Movie Time (Malay): 4pm - 5.30pm	Stay Well Series - Mental health workshop-Tsao Be Restful (English): 2pm - 4pm				
		Let's Do Paper Quilling (Basic) @ Blk 102 Z 6 RN #01-236: 3pm - 4.30pm				

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**U! Health**

MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
	Steady Lah! - By HPB: 10am - 11.30am	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 Exercise - Online Video: 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Do Paper Quilling (Intermediate): 11am - 12.30pm	Let's Piloxing (Lite): 11am - 12pm	
	Let's Do Zentangle: 11am - 12pm	Let's Do Sewing (English/Chinese): 11am - 12pm	Grooving Down Memory Lane: 2pm - 3pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
	Let's Gen Together - Secondary @ RSS: 1pm - 3pm	Let's Do Sewing(Malay): 12pm - 1pm	Let's Pick Up English: 3pm - 4pm	Fun with Tech/Exergame - Nintendo Switch: 4.30pm - 5.30pm	
	Let's KTV Together: 3pm - 6pm	Let's Celebrate Deepavali: 2.30pm - 3.30pm	Movie Time (Chinese): 4pm - 5.30pm		
	Let's Do Paper Quilling (Basic) @691C AAC WE: 2pm - 3.30pm	Movie Time (Tamil): 3.30pm - 5.30pm			
27	28	29	30	31	
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 Exercise (Seated): 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Gen Together - Kindergarten (Zoom): 10am - 11am	Let's Makan Together-In-house (Home-Cooked Vegetable Rice): 12pm - 1pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Steady Lah! - By HPB: 10am - 11.30am	Let's Makan Together-In-house (Home-Cooked Meal-Halal): 12pm - 1pm	Let's Makan Together-In House (F4): 11am - 12pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Do Personalising A Pouch: 2pm - 3pm	Stay Well Series - Mental health workshop-Tsao Be Restful (English): 2pm - 4pm	Let's Do Paper Quilling (Intermediate): 11am - 12.30pm	Fun with Tech/Exergame - Nintendo Switch: 4.30pm - 5.30pm	
Let's Jam with Angklung: 4.30pm - 5.30pm	Let's Adaptive Sports (EI): 3pm - 4pm	Strategise With Kakis: 4pm - 5pm	Grooving Down Memory Lane: 2pm - 3pm		
	Fun with Tech/Exergame - Nintendo Switch: 4pm - 5pm		Let's Explore The World @ Blk 102 RN Zone 6:3pm - 4pm		

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