




2026 April

 **Centre Name:** AACC (Marsiling Park)
 **Centre Address:** Blk 152 Woodlands Street 13 #01-777 S730152
 **Centre Contact:** 8292 2504






MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Zumba Gold 黄金尊巴 9:30am - 10:30am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Good Friday	Closed 中心关闭
		Let's Makan Together (F4) 一起来聚餐 10:30am - 11:30am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am		
		Let's Play Arcade Games 一起玩街机游戏 1pm - 3pm	Let's Celebrate Birthday 一起来庆祝生日 11am - 12:30pm		
		Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's KTV Together 一起来K歌 1pm - 3:30pm		
		Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm		

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
Let's Qigong 一起练气功 9:30am - 10:30am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Zumba Gold 黄金尊巴 9:30am - 10:30am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Good at NTUC Day Care (Ukulele) 一起在职总保健日间中心做义工 10am - 11am	Closed 中心关闭
Let's Do Cotton Buds Art 一起做棉花棒艺术 9:30am - 11am	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am	Let's Play Arcade Games 一起玩街机游戏 10am - 11am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Let's Target Together - Throw Darts (Male Exclusive) 一起掷飞镖 9:30am - 11:30am	
Let's Do Paper Quilling 一起做衍纸艺术 1pm - 4pm	Let's Target Together - Throw Darts (Ladies Exclusive) 一起掷飞镖 9:30am - 11:30am	Let's Play Table Soccer 一起玩桌上足球 10am - 11am	Let's Play Arcade Games 一起玩街机游戏 10am - 11am	Let's Learn To Bake 一起学烘焙 9:30am - 11:30am	
Strategise with Kakis 游戏时间 1:30pm - 5pm	Let's Makan Together (Seated Exercise) 一起来聚餐 10:30am - 11:30am	Strategise with Kakis 游戏时间 1:30pm - 5pm	Strategise with Kakis 游戏时间 1:30pm - 5pm	Let's Makan Together (Male Exclusive) 一起来聚餐 11:30am - 12:30pm	
Let's DrumFit 一起做DrumFit 3pm - 4pm	Let's Play Arcade Games 一起玩街机游戏 1pm - 2pm	Let's Celebrate Hari Raya 2pm - 4pm	Let's KTV Together 一起来K歌 1pm - 3:30pm	Let's Learn To Make Fuzzy Wire Flowers 一起做毛茸茸的铁丝花 1pm - 3pm	
Fun with Exergame (Nintendo) 电子游戏时间 4pm - 5pm	Let's Do Calligraphy 一起写书法 2pm - 4pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	

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2026 April

📍 Centre Name: AACC (Marsiling Park)
 🏠 Centre Address: Blk 152 Woodlands Street 13 #01-777 S7301152
 📞 Centre Contact: 8292 2504






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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Let's Zumba Gold 黄金尊巴 9:30am - 10:30am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Target Together - Throw Darts (male exclusive) 一起掷飞镖 9:30am - 11:30am	Closed 中心关闭
Let's Do Paper Art 一起做纸艺 9:30am - 11am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Let's Play Arcade Games 一起玩街机游戏 10am - 11am	Memory Blossoms Assessment 9am - 1pm	Let's Makan Together (Male Exclusive) 一起来聚餐 11:30am - 12:30pm	
健康乐龄 3pm to 4pm	Let's Target Together - Throw Darts (Ladies Exclusive) 一起掷飞镖 9:30am - 11:30am	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's DrumFit 一起做DrumFit 1pm - 2pm	Let's Do Zentangle 一起做禅绕画 2pm - 4pm	
Strategise with Kakis 游戏时间 2pm - 5pm	Let's Gen Together - Singapore Polytechnic 代际交流 - 新加坡理工学院 2:30pm to 4pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Gen Together at Kranji Secondary School 代际交流 - 新加坡科兰芝中学 2:30pm - 6pm	Let's Jam with Ukulele 一起玩尤克里里琴 2pm - 3pm	

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Let's Zumba Gold 黄金尊巴 9:30am - 10:30am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Go To Bollywood Veggies Farm 9:30am - 1pm	Closed 中心关闭
Let's Do Nagomi 一起做日本和谐粉彩 9:30am - 11am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Senior Friendship Circle (Chinese) 11am - 12:30pm	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Let's Target Together - Throw Darts (Male Exclusive) Competition 一起掷飞镖比赛 9:30am - 11:30am	
Let's Makan Together (Thermomix Cooking) 一起来聚餐 11:30am - 12:30pm	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am	Let's Play Arcade Games 一起玩街机游戏 11am - 12pm	Let's Learn To Bake 一起学烘焙 1pm - 3pm	Let's Makan Together (male exclusive) 一起来聚餐 11:30am - 12:30pm	
一起聊新闻 1pm - 2pm	Let's Target Together - Throw Darts (Ladies Exclusive) 一起掷飞镖 9:30am - 11:30am	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	一起学操作硬件 课程 3pm - 4:30pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	
Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Digital - Fun! ARTec 3D PrintingWerkz 3D 打印学习课程 1pm - 5pm	Let's DrumFit 一起做DrumFit 2pm - 3pm	Let's KTV Together 一起来K歌 1pm - 3:30pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	
Fun with Exergame (Nintendo) 电子游戏时间 3pm - 4pm	Let's Do Calligraphy 一起写书法 2pm - 4pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm	Let's Do Zentangle 一起做禅绕画 2pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30		
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Zumba Gold 黄金尊巴 9:30am - 10:30am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am		
Let's Do Nagomi 一起做日本和谐粉彩 9:30am - 11am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Let's Learn To Decorate A Cake 一起学装饰蛋糕 9:30am - 12:30pm	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am		
Memory Blossoms 9:30am - 11am	Let's Target Together - Throw Darts (Ladies Exclusive) Competition 一起掷飞镖 9:30am - 11:30am	Let's Play Arcade Games 一起玩街机游戏 10am - 11am	Let's Play Table Soccer 一起玩桌上足球 1pm - 2pm		
Centre Closed from 12pm to 6pm Staff Training	Let's Makan Together (Ladies exclusive) 一起来聚餐 11:30am - 12:30pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's KTV Together 一起来K歌 1pm - 3:30pm		
	Nostalgic Times 怀旧的时光 1pm - 3pm	Let's Go Gai Gai 1pm - 5pm	Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm		

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