

2026 August

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
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 Do Chair Yoga 一起做椅子瑜伽 9:30am - 10:15am	Closed 中心关闭
Let's Learn To Bake 一起学烘焙 10am - 12pm	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Let's Celebrate National Day 一起庆祝国庆日 11.30am - 1pm	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Let's Do Yoga 一起做瑜伽 10:30am - 11:30am	
Let's Do Paper Quilling 一起做衍纸艺术 2pm - 5pm	Let's Target Together - Throw Darts (Ladies Exclusive) 一起掷飞镖 9:30am - 11:30am	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Target Together - Throw Darts (male exclusive) 一起掷飞镖 9:30am - 11am	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	
Let's DrumFit 一起做DrumFit 3pm - 4pm	Let's Celebrate National Day Celebration - For seniors at Blk 185A 2pm - 3pm Wireless Alert Alarm System Briefing 3pm - 4pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Celebrate Birthday 一起来庆祝生日 12pm - 1:30pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	
Fun with Exergame (Nintendo) 电子游戏时间 4pm - 5pm	Let's Play Arcade Games 一起玩街机游戏 2pm - 3pm	Let's Social Dance 一起跳社交舞 2pm - 3:30pm	Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm	Let's Gen Together Project Apeiron 2pm - 3:30pm	

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
	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 Do Good at NTUC Day Care (Ukulele) 一起在职总保健 日间中心做义工 10am - 11am	
National Day	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Let's Do Acrylic Marker Art 一起做丙烯笔画 9:30am - 11am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Let's Do Chair Yoga 一起做椅子瑜伽 9:30am - 10:15am	Closed 中心关闭
	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am	Senior Friendship Circle (Chinese) 12pm - 1:30pm	Let's Target Together - Throw Darts (male exclusive) 一起掷飞镖 9:30am - 11am	Let's Do Yoga 一起做瑜伽 10:30am - 11:30am	
	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	Townhall 员工培训 12pm - 6pm	Let's Gen Together Project Apeiron 2pm - 3:30pm	
	Let's Makan Together (Seated Exercise) 一起来聚餐 11am - 12pm	Let's Social Dance 一起跳社交舞 2pm - 3:30pm		Let's Do Zentangle 一起做禅绕画 2pm - 4pm	

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2026 August

 **Centre Name:** AACC (Marsiling Park)
 **Centre Address:** Blk 152 Woodlands Street 13 #01-777 S7301152
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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Let's Dragon Boat 一起划龙舟 9am - 1pm	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Chair Yoga 一起做椅子瑜伽 9:30am - 10:15am	Closed 中心关闭
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 Zumba Gold 黄金尊巴 9:30am - 10:30am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Let's Do Yoga 一起做瑜伽 10:30am - 11:30am	
Let's Celebrate National Day - Woodlands 12pm - 3pm	Let's Walking Football 9:45am - 11:30am	Let's Do Oil Pastel Art 一起做油画 9:30am - 11am	Let's Target Together Throw Darts (Male Exclusive) 一起掷飞镖 9:30am - 11:30am	Let's Play Arcade Games 一起玩街机游戏 1pm - 2pm	
Strategise with Kakis 游戏时间 1:30pm - 5:30pm	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 Makan Together (Male Exclusive) 一起来聚餐 11:30am - 12:30pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	
Fun with Exergame (Nintendo) 电子游戏时间 2pm - 4pm	Let's Go Gai Gai - Peacock Power Tour 12:30pm - 4pm	Fun with Exergame (Nintendo) 电子游戏时间 2pm - 4pm	Let's KTV Together 一起来K歌 1pm - 3:30pm	Let's Do Zentangle 一起做禅绕画 2pm - 4pm	
Let's DrumFit 一起做DrumFit 3pm - 4pm	Happy Program 2pm to 3pm	Let's Social Dance 一起跳社交舞 2pm - 3:30pm	Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm	Let's Gen Together Project Apeiron 2pm - 3:30pm	

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Let's Dragon Boat 一起划龙舟 9am - 1pm	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Chair Yoga 一起做椅子瑜伽 9:30am - 10:15am	Closed 中心关闭
Let's Makan Together (F4) 一起来聚餐 11am - 12pm	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Let's Zumba Gold 黄金尊巴 9:30am - 10:30am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Let's Do Yoga 一起做瑜伽 10:30am - 11:30am	
Strategise with Kakis 游戏时间 1pm - 5pm	Let's Target Together - Throw Darts Ladies Exclusive Competition 一起掷飞镖比赛 9:30am - 12pm	Let's Do Acrylic Marker Art 一起做丙烯笔画 9:30am - 11am	Let's Target Together - Throw Darts Male Exclusive Competition 一起掷飞镖比赛 9:30am - 11:30am	Fun with Exergame (Nintendo) 电子游戏时间 1pm - 2pm	30 Aug Sunday Let's Go Gai Gai - Oldies Concert 怀旧歌曲 12:30pm - 5:30pm
Fun with Exergame (Nintendo) 电子游戏时间 2pm - 3pm	孔雀风华 12:30pm - 4pm	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	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	
Let's Talk News 3pm - 4pm	Senior Friendship Circle (Malay) 2pm - 4pm	Let's Social Dance 一起跳社交舞 2pm - 3:30pm	Digital - IMDA Go-Digital - Workshop 安全连接蜂窝和无线网络 3pm - 4:30pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	
Let's DrumFit 一起做DrumFit 3pm - 4pm	Let's Do Calligraphy 一起写书法 2pm - 4pm	Let's Play Arcade Games 一起玩街机游戏 4pm - 5pm	Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm	Let's Gen Together Project Apeiron 2pm - 3:30pm	

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MON	TUE	WED	THU	FRI	SAT
31					
Let's Qigong 一起练气功 9:30am - 10:30am					
Strategise with Kakis 游戏时间 1:30pm - 5:30pm					
Let's Talk About Masterplan Refreshment (By LTA) 2pm - 4pm					
Let's DrumFit 一起做DrumFit 4pm - 5pm					
Fun with Exergame (Nintendo) 电子游戏时间 4pm - 5pm					

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