

2025 December

 **Centre Name:** AACC (Marsiling)
 **Centre Address:** Blk 160 Woodlands Street 13 #01-649 S730160
 **Centre Contact:** 8292 2504



ntuc Health

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Let's Qigong 一起练气功 9:30am - 10:30am	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am	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 Happy Drawing 欢乐绘画 9:30am - 11am	Closed 中心关闭
Let's Learn To Bake 一起学烘焙 9:30am - 11:30am Let's Makan Together 一起来聚餐 11:30am - 12:30pm	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am Let's Makan Together 一起来聚餐 10:30am - 11:30am	Let's Makan Together 一起来聚餐 10:30am - 11:30am	NTU Exploring Engagement Competition At Star Vista 12pm - 6:30pm	Let's Target Together - Throw Darts (Male Exclusive) 一起掷飞镖 9:30am - 12pm	
Let's Talk News 1pm - 2pm	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	Strategise with Kakis 游戏时间 2pm - 5pm	Let's Makan Together 一起来聚餐 12pm - 1pm	
Let's Learn Using Messaging Chat 2pm - 3:30pm 使用即时通讯聊天 3:30pm - 5pm Let's DrumFit 一起做DrumFit 3pm - 4pm	Let's Do Knitting 一起做针织 3pm - 5pm Let's Do Calligraphy 一起写书法 3pm - 5pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's DrumFit 一起做DrumFit 3pm - 4pm	Let's Celebrate Birthday 一起来庆祝生日 3pm - 5pm	

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8	9	10	11	12	13
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	Centre Closed (Staff Training) 中心关闭 (员工培训)	Closed 中心关闭
Let's Go Gai Gai Not Mere Spectators Exhibition @ National Gallery 12:30pm - 5pm	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am Let's Target Together (Throw Darts) (Ladies Exclusive) 一起掷飞镖 9:30am - 11:30am	Let's Learn To Bake 一起学烘焙 9:30am - 11:30am Let's Makan Together 一起来聚餐 11:30am - 12:30pm	Let's Do Good at NTUC Day Care (Nagomi) 一起在职总保健 日间中心做义工 10am - 11am		
Let's Gen Together 2pm - 4pm	Let's Do Good at NTUC Day Care (Singing) 一起在职总保健 日间中心做义工 10am - 11am	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Talk About NEA - Recycling 回收利用讲座 1pm - 2pm		
Strategise with Kakis 游戏时间 1pm - 5pm	Let's Do Knitting 一起做针织 3pm - 5pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Strategise with Kakis 游戏时间 2pm - 5:30pm		
Let's Do Zentangle 一起做禅绕画 4pm - 5:30pm		Let's Brisk Walk In The Park 一起去公园走走 4pm - 7pm Let's Makan Together (outdoor) 一起来聚餐 7pm - 9pm	Let's Learn To Sing 一起学歌唱 3pm - 5pm		

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
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 CALM 一起做防肌肉萎缩运动 10am - 12:30pm Active Health Lab Bukit Canberra	Closed 中心关闭
Let's Talk News (SPH) 一起聊新闻 1pm - 2pm	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am	Let's Do Zentangle 一起做禅绕画 9:30am - 11am	Let's Do Good at NTUC Day Care (Nagomi) 一起在职总保健 日间中心做义工 10am - 11am	Let's Target Together - Throw Darts (Male Exclusive) 一起掷飞镖 9:30am - 12pm Let's Makan Together (male exclusive) 一起来聚餐 12pm - 1pm	Sunday 21 Dec Warmth of Home at Christmas 圣诞家的温暖 12:30pm - 5:30pm
Senior Friendship Circle (Chinese) 乐龄友谊圈 2pm - 4pm		Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Talk About Healthy Body, Happy Mind (Nanyang Polytechnic) 2pm - 4pm	Let's Jam with Ukulele (Advanced Level) 一起玩尤克里里琴(高级) 1:30pm - 2:30pm	
Let's DrumFit 一起做DrumFit 3pm - 4pm	Lets Sing Together - Grace Assembly Choir 一起合唱圣诞歌 3pm - 4:30pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Digital - IMDA Go-Digital - Workshop 数码培训课程 3pm - 5pm	Let's Jam with Ukulele (For Beginners) 一起玩尤克里里琴(初级) 2:30pm - 3:30pm	

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MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
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	Christmas Day	Let's Do Happy Drawing 欢乐绘画 9:30am - 11am	Closed 中心关闭
Let's CALM 一起做防肌肉萎缩运动 10:30am - 11:30am	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 - 12pm		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	
Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Throw Darts (Ladies Exclusive) 一起掷飞镖 9:30am - 11:30am	Let's Makan Together (male exclusive) 一起来聚餐 12pm - 1pm		Strategise with Kakis 游戏时间 1pm - 5pm	
Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Celebrate Christmas 一起庆祝圣诞 3pm - 5pm			Fun with Exergame (Nintendo) 电子游戏时间 2pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
29	30	31			
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	Let's Zumba Gold 黄金尊巴 9:30am - 10:30am			
Fun with Nintendo 电子游戏时间 10am - 12pm	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 (Ladies exclusive) 一起来聚餐 11:30am - 12:30pm Senior Friendship Circle (Malays) 2pm - 4pm				
Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Do Knitting 一起做针织 3pm - 5pm				

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