




2026 February 二月

 **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
2	3	4	5	6	7
<p>Let's Qigong 一起练气功 9:30am - 10:30am</p> <p>Let's CALM 一起做防肌肉萎缩运动 10:30am - 11:30am</p>	<p>Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am</p> <p>Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am</p>	<p>Let's Zumba Gold 黄金尊巴 9:30am - 10:30am</p> <p>Let's Makan Together (F4) 一起来聚餐 10:30am - 11:30am</p>	<p>Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am</p>	<p>Let's Do Happy Drawing 欢乐绘画 9:30am - 11am</p> <p>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</p>	<p>Centre Closed 中心关闭</p>
<p>Let's Do Paper Quilling 一起做衍纸艺术 1pm - 4pm</p>	<p>Let's Target Together - Throw Darts (Ladies Exclusive) 一起掷飞镖 9:30am - 11:30am</p> <p>Let's Makan Together (Seated exercise) 一起来聚餐 10:30am - 11:30am</p>	<p>Leave Well Series - Legacy Planning Workshop (Malay) 10am - 12pm 1pm - 5pm</p>	<p>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</p>	<p>Let's Target Together - Throw Darts (Male Exclusive) 一起掷飞镖 9:30am - 11:30am</p> <p>Let's Makan Together 一起来聚餐 11:30am - 12:30pm</p>	
<p>Let's Talk News (English) 一起聊新闻 (英文) 2pm - 3pm</p>	<p>Let's Talk About Our Avian Neighbour (By NPARKS) 2pm - 3pm</p>	<p>Strategise with Kakis 游戏时间 1:30pm - 5:30pm</p>	<p>Let's Explore The World 一起玩游世界 1:30pm - 3pm</p>	<p>Let's Do Zentangle 一起做禅绕画 2pm - 4pm</p>	<p>Let's Celebrate Chinese New Year! @ RN Zone 9 6:45pm - 9pm</p>
<p>Let's Go Gai Gai at Chinatown 一起去牛车水 4pm - 9pm</p>	<p>Let's DrumFit 一起做DrumFit 3pm - 4pm</p>	<p>Let's KTV Together 一起来K歌 1:30pm - 5:30pm</p>	<p>Let's Celebrate Birthday 一起来庆祝生日 3.30pm - 5pm</p> <p>Let's Learn To Sing 一起学歌唱 3pm - 5pm</p>	<p>Let's Jam with Ukulele 一起玩尤克里里琴</p> <p>Advanced Level (高级) 1:30pm - 2:30pm</p> <p>For Beginners (初级) 2:30pm - 3:30pm</p>	

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
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 Happy Drawing 欢乐绘画 9:30am - 11am	Centre Closed 中心关闭
Let's Gen Together with St Joseph Institution 代际交流 9am - 11am	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 Decorate A Cake 一起学装饰蛋糕 9:30am - 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 Target Together - Throw Darts (Male Exclusive) 一起掷飞镖 9:30am - 12pm	Let's CALM 一起做防肌肉萎 缩运动 9:30am - 11:30am	
	Let's Go Gai Gai - Oceanarium 一起去海洋生态馆 1pm - 5pm		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	Strategise with Kakis 游戏时间 1:30pm - 5pm	
	Let's KTV Together 一起来K歌 1:30pm - 5:30pm		Let's Talk News 一起聊新闻 1pm - 2pm	Centre closed from 12pm to 6pm Staff Event	
Strategise with Kakis 游戏时间 2pm - 5pm	Senior Friendship Circle (Malays) 2pm - 4pm	Fun with Exergame (Nintendo) 电子游戏时间 4pm - 5pm	Let's Learn To Sing 一起 学歌唱 3pm - 5pm		

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
<div>Let's Qigong 一起练气功 9:30am - 10:30am</div>	<div>Centre Closed Chinese New Year</div>	<div>Centre Closed Chinese New Year</div>	<div>Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am</div>	<div>Let's Do Happy Drawing 欢乐绘画 9:30am - 11am</div>	<div>Centre Closed 中心关闭</div>
<div>Centre Closed from 1pm to 6pm Chinese New Year Eve</div>			<div>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</div>	<div>Let's Target Together - Throw Darts (male exclusive) 一起来聚餐 9:30am - 11:30am</div>	
			<div>Strategise with Kakis 游戏时间 2pm - 5:30pm</div>	<div>Let's Makan Together (Male Exclusive) 一起掷飞镖 11:30am - 12:30pm</div>	
			<div>Let's Learn To Sing 一起 学歌唱 3pm - 5pm</div>	<div>Let's KTV Together 一起来K歌 1:30pm - 5:30pm</div>	
			<div>Let's Jam with Ukulele 一起玩尤克里里琴 Advanced Level (高级) 1:30pm - 2:30pm For Beginners (初级) 2:30pm - 3:30pm</div>		

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
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 Happy Drawing 欢乐绘画 9:30am - 11am	Centre Closed 中心关闭
Let's Talk News (Mandarin) 一起聊新闻 (华语) 1pm - 2pm	Let's Target Together - Throw Darts (Ladies Exclusive) Competition 一起掷飞镖 9:30am - 11:30am	Senior Friendship Circle (Chinese) 10am - 12pm	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) Competition 一起掷飞镖比赛 9:30am - 12pm	
	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am		Let's DrumFit 一起做DrumFit 1pm - 2pm	Let's Makan Together (male exclusive) 一起来聚餐 12pm - 1pm	
Let's Do Calligraphy 一起写书法 2pm - 4pm	Let's Makan Together (Ladies exclusive) 一起来聚餐 11:30m - 12:30pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm		Strategise with Kakis 游戏时间 1pm - 5pm	
Fun with Exergame (Nintendo) 电子游戏时间 3pm - 4pm	Let's Do Knitting 一起做针织 3pm - 5pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3pm - 5pm	Let's Do Zentangle 一起做禅绕画 2pm - 4pm	

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