

2026 July

📍 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 |
|-----|-----|--|--|---|----------------|
| | | 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 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 Do Oil Pastel Art 一起做油画 9:30am - 11:30am | 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 | |
| | | Camel Do Good at AAC 2pm - 4pm | Let's Makan Together (F4) 一起来聚餐 10:30am - 11:30am | Let's Celebrate Birthday 一起来庆祝生日 12pm - 1:30pm | |
| | | Strategise with Kakis 游戏时间 1:30pm - 5:30pm | Let's Makan Together (Male Exclusive) 一起来聚餐 11am - 12pm | 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 KTV Together 一起来K歌 1pm - 3:30pm | Strategise with Kakis 游戏时间 1:30pm - 5:30pm | |
| | | Let's Play Arcade Games 一起玩街机游戏 2pm - 4pm | Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm | Let's Gen Together Project Apeiron 2pm - 3:30pm | |

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 July

 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 |
|---|---|---|--|--|----------------|
| 6 | 7 | 8 | 9 | 10 | 11 |
| 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 Gen Together (M.Y. World) 代际交流 - 幼儿园 8:30am - 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 |
| Memory Blossoms 9:30am - 11:30am | Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am | Fall Risk Screening (SATA) 跌倒风险筛查 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 | |
| Happy Program 2pm to 3pm | Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am | Let's KTV Together 一起来K歌 1:30pm - 5:30pm | 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 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 KTV Together 一起来K歌 1pm - 3:30pm | Let's Gen Together Project Apeiron 2pm - 3:30pm | |
| Let's DrumFit 一起做DrumFit 3pm - 4pm | Merdeka Haircut 2pm - 4pm | Fun with Kakis (BINGO) 宾果 2pm - 3pm | 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 | |

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 July

📍 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 |
|--|--|---|---|--|----------------|
| 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 Do Chair Yoga 一起做椅子瑜伽 9:30am - 10:15am | Closed 中心关闭 |
| Memory Blossoms 9:30am - 11:30am | Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am | Let's Do Oil Pastel Art 一起做油画 9:30am - 11am | 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 Talk About Stroke Awareness 2pm - 3pm | Let's Walking Football 9:45am - 11:30am | Senior Friendship Circle 乐龄友谊圈 (Chinese) 12pm - 1:30pm | Let's Target Together - Throw Darts (male exclusive) 一起掷飞镖 9:30am - 11:30am | Fun with Exergame (Nintendo) 电子游戏时间 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 | |
| Let's Play Arcade Games 一起玩街机游戏 2pm - 3pm | Let's Makan Together (Seated Exercise) 一起来聚餐 10:30am - 11:30am | 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 DrumFit 一起做DrumFit 3pm - 4pm | Let's Learn To Bake 一起学烘焙 2pm - 4pm | Fun with Exergame (Nintendo) 电子游戏时间 3pm - 4pm | Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm | Let's Gen Together Project Apeiron 2pm - 3:30pm | |

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 July

📍 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 |
|--|---|---|--|--|----------------|
| 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 Do Chair Yoga 一起做椅子瑜伽 9:30am - 10:15am | Closed 中心关闭 |
| Memory Blossoms 9:30am - 11:30am | 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 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) 一起掷飞镖 9:30am - 11:30am | Let's KTV Together 一起来K歌 1:30pm - 5:30pm | Let's Target Together - Throw Darts (Male Exclusive) 一起掷飞镖 9:30am - 11:30am | Fun with Exergame (Nintendo) 电子游戏时间 1pm - 2pm | |
| Fun with Exergame (Nintendo) 电子游戏时间 1pm - 2pm | Let's Play Arcade Games 一起玩街机游戏 1pm - 3pm | Strategise with Kakis 游戏时间 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 Learn To Cook with Thermomix 2pm - 4pm | 一起聊新闻 2pm - 4pm | Senior Friendship Circle (Malay) 2pm - 4pm | Let's Talk About Connect to Cellular Network of Wifi Securely by IMDA Digital Club 3pm - 4:30pm | Let's Do Zentangle 一起做禅绕画 2pm - 4pm | |
| Let's DrumFit 一起做DrumFit 3pm - 4pm | Strategise with Kakis 游戏时间 2pm - 5:30pm | Fun with Exergame (Nintendo) 电子游戏时间 3pm - 4pm | Let's Learn To Sing 一起学歌唱 3pm - 5pm | Let's Gen Together Project Apeiron 2pm - 3:30pm | |

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 July

📍 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 |
|--|--|---|---|--|-----|
| 27 | 28 | 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 | Zumba Gold 黄金尊巴 9:30am - 10:30am | Let's Go National Museum (Hwa Chong) 一起去国家博物馆 9am - 3pm | Let's Do Chair Yoga 一起做椅子瑜伽 9:30am - 10:15am | |
| Memory Blossoms 9:30am - 11:30am | Let's Walking Football 9:45am - 11:30am | Let's Do Acrylic Marker Art 一起做丙烯笔画 9:30am - 11am | Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am | Let's Do Yoga 一起做瑜伽 10:30am - 11:30am | |
| Nostalgic Times 怀旧的时光 1pm - 3pm | Let's Target Together - Throw Darts (Ladies Exclusive) Competition 一起掷飞镖比赛 9:30am - 11:30am | Let's KTV Together 一起来K歌 1:30pm - 5:30pm | Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am | Fun with Exergame (Nintendo) 电子游戏时间 1pm - 2pm | |
| Strategise with Kakis 游戏时间 1:30pm - 5:30pm | Let's Makan Together (Ladies exclusive) 一起来聚餐 11:30am - 12:30pm | Strategise with Kakis 游戏时间 1:30pm - 5:30pm | Let's Target Together - Throw Darts Competition (Male Exclusive) 一起掷飞镖比赛 9:30am - 11:30am | 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 | Let's Go Gardens By The Bay with Sian Chay 一起去滨海湾公园(善济) 9am - 2:30pm | 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 DrumFit 一起做DrumFit 3pm - 4pm | Let's Learn To Bake 一起学烘焙 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 | Let's Gen Together Project Apeiron 2pm - 3:30pm | |

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。