




2026 June

 **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	5	6
Vesak Day	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 Oil Pastel Art 一起做油画 9:30am - 11:30am	Closed 中心关闭
	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am	Let's Do Fuzzy Wired Lily 一起做毛茸茸的铁线百合 9:30am - 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 10am - 11am	
	Let's Target Together - Throw Darts (Ladies Exclusive) 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 Target Together - Throw Darts (male exclusive) 一起掷飞镖 9:30am - 11am	Let's Celebrate Birthday 一起来庆祝生日 12pm - 1:30pm	
	Let's Makan Together (Seated Exercise) 一起来聚餐 10:30am - 11:30am	Let's Brisk Walk In The Park 一起去公园走走 1pm - 6pm	Let's Makan Together (Male Exclusive) 一起来聚餐 11am - 12pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	
	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Learn To Bake 一起学烘焙 2pm - 4pm	精神健康讲座 1pm - 2pm Mental Health Talk 2:30pm - 3:30pm	Let's Do Zentangle 一起做禅绕画 2pm - 4pm	
	Let's DrumFit 一起做DrumFit 2pm - 3pm	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	Fun with Exergame (Nintendo) 电子游戏时间 3pm - 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 June

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






MON 8	TUE 9	WED 10	THU 11	FRI 12	SAT 13
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
Memory Blossoms 9:30am - 11:30am	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 Target Together Throw Darts (male exclusive) 一起掷飞镖 9:30am - 11am	Let's Do Acrylic Marker Art 一起做丙烯笔画 9:30am - 11am	
Let's Gen with Grandchild Fun with Exergame (Nintendo) 电子游戏时间 1pm - 2pm	Let's Target Together - Throw Darts (Ladies Exclusive) 一起掷飞镖 9:30am - 11:30am	Senior Friendship Circle 乐龄友谊圈 12pm - 1:30pm	Let's Makan Together (Male Exclusive) 一起来聚餐 11am - 12pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	
Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Makan Together (Seated Exercise) 一起来聚餐 10:30am - 11:30am	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Makan Together (F4) 一起来聚餐 10:30am - 11:30am	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	
Let's Play Arcade Games 一起玩街机游戏 2pm - 3pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	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 Play Arcade Games 一起玩街机游戏 2pm - 3pm	
Let's DrumFit 一起做DrumFit 3pm - 4pm	Let's Do Sakura Fan 一起做樱花扇子 2pm - 4pm	Fun with Exergame (Nintendo) 电子游戏时间 3pm - 4pm	Let's Gen Together - Ngee Ann 代际交流 1pm - 4pm Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm	Fun with Exergame (Nintendo) 电子游戏时间 3pm - 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 June

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






ntuc Health

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	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 Go Gai Gai - Crocodile Farm 一起去看鳄鱼 9:30am - 12:30pm	
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	Digital - Fun! AR Tec 3D PrintingWerkz 3D 打印学习课程 1pm - 5pm	Let's Target Together - Throw Darts (male exclusive) 一起掷飞镖 9:30am - 11:30am	Let's Do Yoga 一起做瑜伽 10:30am - 11:30am	
Let's Learn To Bake 一起学烘焙 2pm - 4pm	Let's Walking Football 9:45am - 11:30am	Let's Play Arcade Games 一起玩街机游戏 1pm - 3pm	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 1pm - 3pm	Let's Celebrate Father's Day 一起庆祝父亲节 12pm - 2pm	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	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	
Let's DrumFit 一起做DrumFit 3pm - 4pm	Fun with Exergame (Nintendo) 电子游戏时间 3pm - 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	Fun with Exergame (Nintendo) 电子游戏时间 3pm - 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 June

 **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
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	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 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 Competition (Male Exclusive) 一起掷飞镖比赛 9:30am - 11:30am	Let's Gen with Grandchild 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 Do Fuzzy Wired Tulip 一起做毛茸茸铁线郁金香 2pm - 4pm	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 Celebrate Parents Day 一起庆祝双亲日 (Grace Assembly) 2pm - 4pm	Let's Do Calligraphy 一起写书法 2pm - 4pm	Senior Friendship Circle (Malappyay) 2pm - 4pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Do Zentangle 一起做禅绕画 2pm - 4pm	
Let's DrumFit 一起做DrumFit 4pm - 5pm	Strategise with Kakis 游戏时间 2pm - 5:30pm	HAPPY Programme 4pm to 5pm	Let's Learn To Sing 一起学歌唱 3pm - 5pm	Let's Play Arcade Games 一起玩街机游戏 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 June

 **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
29	30				
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				
Memory Blossoms 9:30am - 11:30am	Let's Walking Football 9:45am - 11:30am				
Nostalgic Times 怀旧的时光 1pm - 3pm	Let's Target Together - Throw Darts Competition (Ladies Exclusive) 一起掷飞镖比赛 9:30am - 11:30am				
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				
Let's DrumFit 一起做DrumFit 3pm - 4pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm				
Fun with Exergame (Nintendo) 电子游戏时间 4pm - 5pm					

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。