

2026 March

 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
2	3	4	5	6	7
<p>Let's Qigong 一起练气功 9:30am - 10:30am</p>	<p>Community Health Post 保健站 9am - 12pm</p> <hr/> <p>Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am</p>	<p>Zumba Gold 黄金尊巴 9:30am - 10:30am</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>Closed 中心关闭</p>
<p>Fun with Exergame (Nintendo) 电子游戏时间 1pm - 2:30pm</p>	<p>Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am</p> <hr/> <p>Let's Makan Together (stretch exercise) 一起来聚餐 10:30am - 11:30am</p>	<p>Let's Makan Together (F4) 一起来聚餐 10:30am - 11:30am</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 Celebrate Birthday 一起来庆祝生日 11am - 12:30pm</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>欢庆新年 Grace Assembly Choir 3pm - 4:30pm</p>	<p>Let's Target Together - Throw Darts (Ladies Exclusive) 一起掷飞镖 9:30am - 11:30am</p>	<p>Strategise with Kakis 游戏时间 1:30pm - 5:30pm</p>	<p>Eh How Ah? Card Game 1pm - 3pm</p>	<p>Let's Do Zentangle 一起做禅绕画 2pm - 4pm</p>	
<p>Strategise with Kakis 游戏时间 4:30pm - 5:30pm</p>	<p>Merdeka Haircut 2pm - 4pm</p>	<p>Let's KTV Together 一起来K歌 1:30pm - 5:30pm</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 Advanced Level (高级) 1:30pm - 2:30pm For Beginners (初级) 2:30pm - 3:30pm</p>	

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9	10	11	12	13	14
<p>Let's Qigong 一起练气功 9:30am - 10:30am</p>	<p>Closed 中心关闭</p>	<p>Zumba Gold 黄金尊巴 9:30am - 10:30am</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 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>Closed 中心关闭</p>
<p>Let's Do Paper Quilling 一起做衍纸艺术 1pm - 4pm</p>	<p>Staff Training 9am - 6pm</p>	<p>Let's Go Raya Shopping (DBS) 10am to 12pm</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 Let's Makan Together 一起来聚餐 11:30am - 12:30pm</p>	
<p>Let's DrumFit 一起做DrumFit 3pm - 4pm</p>		<p>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 - 5pm</p>	<p>家庭冲突 1pm - 2pm Conflict In Family 2:30pm - 3:30pm</p>	<p>Let's Do Zentangle 一起做禅绕画 2pm - 4pm</p>	
<p>Fun with Exergame (Nintendo) 电子游戏时间 4pm - 5pm</p>		<p>Let's KTV Together 一起来K歌 1:30pm - 5:30pm</p>	<p>Let's Learn To Sing 一起学歌唱 3pm - 5pm</p>	<p>Strategise with Kakis 游戏时间 2pm - 5pm</p>	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
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	Closed 中心关闭
T5 Exhibition 10am - 3pm	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am	Happy Program 3pm to 4pm	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) 一起来聚餐 9:30am - 11:30am	
	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am				
Let's Do Calligraphy 一起写书法 2pm - 4pm	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	一起聊新闻 1pm - 2pm	Let's Makan Together (Male Exclusive) 一起掷飞镖 11:30am - 12:30pm	
Strategise with Kakis 游戏时间 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 2pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3pm - 5pm	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	

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Hari Raya Puasa Holiday in lieu	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	Health Fiesta @ NHG 8am - 12:30pm
	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Senior Friendship Circle (Chinese) 乐龄友谊圈 (华人) 11am - 1pm	Let's Gen Together - Hwa Chong Institute 代际交流 - 华中学院 9:30am - 11:30am	Let's Target Together - Throw Darts (Male Exclusive) Competition 一起掷飞镖比赛 9:30am - 11:30am	
	Let's Target Together - Throw Darts (Ladies Exclusive) 一起掷飞镖 9:30am - 11:30am		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 Makan Together (male exclusive) 一起来聚餐 11:30am - 12:30pm	29 Mar Sunday Easter Drama 12:30pm - 5pm
		Let's KTV Together 一起来K歌 1:30pm - 5:30pm	IMDA Go Digital Workshop Let's Learn To Operate Hardware 3pm - 4:30pm	Let's Do Photo Frame 一起做相框 2pm - 4pm	
	了解预先护理计划 2pm - 4pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3pm - 5pm		

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MON	TUE	WED	THU	FRI	SAT
30	31				
<p>Let's Qigong 一起练气功 9:30am - 10:30am</p>	<p>Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am</p>				
<p>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</p>	<p>Let's Target Together - Throw Darts (Ladies Exclusive) Competition 一起掷飞镖 9:30am - 11:30am</p>				
<p>一起聊新闻 1pm - 2pm</p>	<p>Let's Makan Together (Ladies exclusive) 一起来聚餐 11:30am - 12:30pm</p>				
<p>Let's Do Calligraphy 一起写书法 2pm - 4pm</p>	<p>Nostalgic Times 怀旧的时光 2pm - 4pm</p>				
<p>Fun with Exergame (Nintendo) 电子游戏时间 3pm - 4pm</p>	<p>Let's Do Knitting 一起做针织 3pm - 5pm</p>				

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