




2026 May

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






MON	TUE	WED	THU	FRI	SAT
				1 Labour Day Centre Closed 中心关闭	2 Closed 中心关闭

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。

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MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
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 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 - 11am	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 Acrylic Marker Art 一起做丙烯笔画 9:30am - 11am	Let's Target Together - Throw Darts (Male Exclusive) 一起掷飞镖 (男士) 9:30am - 11:30am Let's Makan Together (Male Exclusive) 一起来聚餐 11:30am - 12:30pm	Townhall 员工培训 9am - 6pm	
Let's Play Arcade Games 一起玩街机游戏 1pm - 3pm	Let's Target Together - Throw Darts (Ladies Exclusive) 一起掷飞镖 9:30am - 11:30am	Let's Celebrate Birthday 一起来庆祝生日 11am - 12:30pm	Let's Celebrate Mother's Day 一起庆祝母亲节 11:30am - 1pm		
Let's Go Gai Gai 1pm - 5pm	Let's Walking Football 9:45am - 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 DrumFit 一起做DrumFit 3pm - 4pm	Let's Go To Watch A Movie 一起去看戏 11:15am - 5pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Do Zentangle 一起做禅绕画 2pm - 4pm		
Fun with Exergame (Nintendo) 电子游戏时间 4pm - 5pm	Merdeka Haircut 2pm - 4pm	Senior Friendship Circle (Malay) 2pm - 4pm	Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm		

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
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 Make Beads Bracelet 一起做串珠手链 9:30am - 11:30am	Let's Do Chair Yoga 一起做椅子瑜伽 9:30am - 10:15am	Closed 中心关闭
Let's Go Gai Gai - Hay Dairies Goat Farm 9:30am - 12:30pm	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 Target Together - Throw Darts (male exclusive) 一起掷飞镖 9:30am - 11:30am Let's Makan Together (Male Exclusive)一起来聚餐 11:30am - 12:30pm	Let's Do Yoga 一起做瑜伽 10:30am - 11:30am	
Memory Blossoms 9:30am - 11am	Let's Makan Together (Seated Exercise) 一起来聚餐 10:30am - 11:30am	健康乐龄 2pm to 3pm	Let's Makan Together (F4) 一起来聚餐 10:30am - 11:30am	Let's Gen Together with Yishun Secondary School 代际交流 2pm - 3:30pm	
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	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 Learn To Bake 一起学烘焙 2pm - 4pm	Strategise with Kakis 游戏时间 3:30pm - 5:30pm	
Let's DrumFit 一起做DrumFit 3pm - 4pm	Let's Talk About Healthcare & Anti Scam by CPF 2pm to 4:30pm	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		

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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
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 Go WaterFront Park (DBS) 9:30am - 1:30pm	Closed 中心关闭
Memory Blossoms 9:30am - 11am	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 Gen Together with Woodlands Secondary School 代际交流 9:30am - 12pm	
Senior Friendship Circle (Chinese) 11:30am - 1pm	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am	Digital - Fun! ARtec 3D PrintingWerkz 3D 打印学习课程 1pm - 5pm	Let's Target Together - Throw Darts (Male Exclusive) Competition 一起掷飞镖比赛 9:30am - 11:30am Let's Makan Together (male exclusive) 一起来聚餐 11:30am - 12:30pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	
一起聊新闻 1pm - 2pm	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 DrumFit 一起做DrumFit 3pm - 4pm	Let's Do Calligraphy 一起写书法 2pm - 4pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	SPF Talk 2pm - 3:30pm	Let's Do Zentangle 一起做禅绕画 2pm - 4pm	
Strategise with Kakis 游戏时间 3pm - 5:30pm	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 Learn To Sing 一起学歌唱 3:30pm - 5:30pm	Fun with Kakis (BINGO) 4pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Hari Raya Haji Centre Closed 中心关闭	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
Let's Gen Together with Canberra Primary School 代际交流 9:30am - 11:30am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am		Let's Gen Together with Guang Yang Secondary School 代际交流 9:30am - 12pm	Let's Do Yoga 一起做瑜伽 10:30am - 11:30am	
Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Target Together - Throw Darts (Ladies Exclusive) Competition 一起掷飞镖 9:30am - 11:30am		Let's Talk About Store, retrieve and delete information on mobile devices by IMDA Digital Club 3pm - 4:30pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	
Let's Explore the World 一起玩游世界 2pm - 3pm	Let's Makan Together (Ladies exclusive) 一起来聚餐 11:30am - 12:30pm		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 DrumFit 一起做DrumFit 3:30pm - 4:30pm	Nostalgic Times 怀旧的时光 1pm - 3pm		Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm	Let's Jam with Ukulele 一起玩尤克里里琴 2pm - 3pm	

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