2026 November

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**
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	Memory Blossom 8:30am - 10am	Closed 中心关闭
Memory Blossom (Post Assessment) 9am - 12pm	Steady Lah! 保健操 9:30am - 10:30am	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Happy Program 推广健康老龄化计划 9:30am - 11am	BAGUS (Mandarin) 2pm - 3pm	
Let's Target Together - Throw Darts (Male Exclusive) 一起掷飞镖 9:30am - 11:30am	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am	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 Learn Wellness Mobile Apps 1pm - 2:30pm (Mandarin) 3pm - 4:30pm (English)	
Let's Talk About Bus Sharing by SMRT 2pm - 3pm	Let's Target Together - Throw Darts (Ladies Exclusive) 一起掷飞镖 9:30am - 11:30am	Let's Social Dance 一起跳社交舞 2pm - 3:30pm	Drone Soccer 无人机足球 2pm - 5pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	
Let's DrumFit 一起做DrumFit 3pm - 4pm	Merdeka Haircut Services 1pm to 3pm	Let's Learn Ukulele 4pm - 5:30pm	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	

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Deepavali Centre Closed 中心关闭	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 Health Day Care (Ukulele) 一起在职总保健日间中心做义工 10:30am - 11:30am	Closed 中心关闭
	Steady Lah! 保健操 9:30am - 10:30am	Let's Makan Together 一起来聚餐 11:30am - 12:30pm	Happy Program 推广健康老龄化计划 9:30am - 11am	Senior Friendship Circle (Chinese) 12pm - 1:30pm	
	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	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	
	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	BAGUS (English) 2pm - 3pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	
	Senior Friendship Circle (Malay) 2pm - 4pm	Let's Social Dance 一起跳社交舞 2pm - 3:30pm	Drone Soccer 无人机足球 2pm - 5pm	BAGUS (Mandarin) 2pm - 3pm	
	Let's DrumFit 一起做DrumFit 4pm - 5pm	Let's Learn Ukulele 4pm - 5:30pm	Food Safety Course 9am - 6pm	Let's DragonBoat - Race 2pm - 6pm	

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2026 November

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



MON	TUE	WED	THU	FRI	SAT
16	**17**	**18**	**19**	**20**	**21**
Let's Qigong 一起练气功 9:30am - 10:30am	Townhall 员工培训 9am - 6pm Centre Closed 中心关闭	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	Memory Blossom 8:30am - 10am	Closed 中心关闭
Let's Target Together - Throw Darts (Male Exclusive) 一起掷飞镖 9:30am - 11:30am		Let's Do Oil Pastel Art 一起做油画 9:30am - 11am	Happy Program 推广健康老龄化计划 9:30am - 11am	BAGUS Group Coaching 9am - 10:30am (Mandarin) 10:30am - 12pm (English)	
Let's Learn To Cook Steamed Pumpkin Cake 10am - 12pm		Let's KTV Together 一起来K歌 1pm - 3:30pm	Let's KTV Together 一起来K歌 1pm - 3:30pm	Let's Makan Together 一起来聚餐 11:30am - 12:30pm	
Let's Makan Together (F4)一起来聚餐 11:30am - 12:30pm		Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Drone Soccer 无人机足球 2pm - 5pm	Leave Well Series - Legacy Planning Workshop 走得自在系列 -遗产与遗嘱规划 1pm Mandarin 3pm English	
Let's Learn Mobile Videography 1pm - 2:30pm (Mandarin) 3pm - 4:30pm (English)		Let's Social Dance 一起跳社交舞 2pm - 3:30pm	Let's Learn To Bake 2:30pm - 4pm	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 Ukulele 4pm - 5:30pm	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	

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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	Let's Join HPB Trail Challenge 9am - 10am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Memory Blossom 8:30am- 10am	Closed 中心关闭
Let's Target Together Throw Darts Competition (Male Exclusive) 一起掷飞镖比赛 9:30am - 11:30am	Steady Lah! 保健操 9:30am - 10:30am	Let's Zumba Gold 黄金尊巴 9:30am - 10:30am	Happy Program 推广健康老龄化计划 9:30am - 11am	Let's Gen Together (Singapore American School) 10am - 12pm	
Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Target Together - Throw Darts Competition (Ladies) 一起掷飞镖比赛 9:30am - 12pm	Let's KTV Together 一起来K歌 1pm - 3:30pm	Let's KTV Together 一起来K歌 1pm - 3:30pm	Let's Makan Together 一起来聚餐 11:30am - 12:30pm	
BAGUS (Mandarin) 2pm - 3pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Drone Soccer 无人机足球 2pm - 5pm	Let's KTV Together 一起来K歌 1pm - 3:30pm	
健康讲座 2:30pm - 3:30pm	Let's Talk About Anti Scam Talk By SPF 2pm - 3:30pm	Let's Social Dance 一起跳社交舞 2pm - 3:30pm	Digital - IMDA Go-Digital - Workshop (Blk 185B) English 3pm - 4:30pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	
Let's Talk About Mental Wellness Health Talk (ClubHeal) 4 - 5pm (English)	Let's DrumFit 一起做DrumFit 3:30pm - 4:30pm	Let's Learn Ukulele 4pm - 5:30pm	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	

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
30					
Let's Qigong 一起练气功 9:30am - 10:30am					
Centre Closed (staff training)					

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