

2025 *November*

-  **Centre Name:** AACC (Marsiling)
-  **Centre Address:** Blk 160 Woodlands Street 13 #01-649 S730160
-  **Centre Contact:** 8292 2504



MON

TUE

WED

THU

FRI

SAT

1					
					Digital For Life 数码益终身 9:45am - 4pm

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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Let's Qigong 一起练气功 9:30am - 10:30am	Let's Stretch Exercise 一起拉伸操 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 Happy Drawing 欢乐绘画 9:30am - 11am	Closed 中心关闭
Let's Learn Mobile Videography 1pm - 2:30pm	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Exploring Engagement with SMART Technologies in Exergaming 探索智能技术在社区运动游戏中的参与 9am - 1pm	Let's Learn To Bake 一起学烘焙 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 Throw Darts (male exclusive) 一起投掷飞镖 10am - 12pm Let's Makan Together (male exclusive) 一起来聚餐 12pm - 1pm	
网络安全 3pm - 4:30pm	Merdeka Haircut Services 2pm - 4pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Makan Together 一起来聚餐 11:30am - 12:30pm Let's Learn To Sing 一起学歌唱 3pm - 5pm	Let's Do Painting On Recycled Bag 一起画图环保袋 1pm - 3pm	
Let's Lim Kopi (male exclusive) 一起喝咖啡 4pm - 5pm	Strategise with Kakis 游戏时间 2pm - 5pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Celebrate Birthday 一起来庆祝生日 3pm - 5pm	Let's Do Calligraphy 一起写书法 3pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
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	Interactive Games at Choa Chu Kang Pri Sch 7:45am - 11:30am	Let's Do Happy Drawing 欢乐绘画 9:30am - 11am	Closed 中心关闭
Let's Do Zentangle 一起做禅绕画 9:30am - 11:30am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Exploring Engagement with SMART Technologies in Exergaming 探索智能技术在 社区运动游戏中的参与 9am - 1pm	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	
Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Do Good at NTUC Day Care (Singing) 一起在职总保健 日间中心做义工 10am - 11am	Let's Makan Together 一起来聚餐 (F4) 10:30am - 11:30am Let's KTV Together 一起来K歌 1:30pm - 5:30pm	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 Throw Darts (male exclusive) 一起投掷飞镖 10am - 12pm Let's Makan Together 一起来聚餐 (male exclusive) 12pm - 1pm	
Let's Talk About CPF 一起来谈 中央公积金 2:30pm - 5pm	Let's Makan Together 一起来聚餐 10:30am - 11:30am Senior Friendship Circle (Malays) 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 Let's DrumFit 一起做DrumFit 3pm - 4pm	Let's Jam with Ukulele (Advanced Level) 一起玩尤克里里琴(高级) 1:30pm - 2:30pm Let's Jam with Ukulele (For Beginners) 一起玩尤克里里琴 2:30pm - 3:30pm	

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MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
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	Centre Closed (Staff Training) 中心关闭 (员工培训)	Closed 中心关闭
Let's Do Mosaic Art 一起做艺术杯垫 10am to 12pm	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Exploring Engagement with SMART Technologies in Exergaming 探索智能技术在社区运动游戏中的参与 9am - 1pm	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		
Cognitive Stimulated Program (Club Heal) 认知刺激活动 2:30pm - 4pm	Let's Walk In The Park Gardens By The Bay 一起去公园走走 1pm - 5pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Throw Darts (male exclusive) Competition 一起投掷飞镖 10am - 1pm Let's Makan Together 一起来聚餐 (male exclusive) 12pm - 1pm		
Senior Friendship Circle (Chinese) 乐龄友谊圈 2pm - 4pm	Let's Do Knitting 一起做针织 3pm - 5pm Let's Makan Together (outdoor) 一起来聚餐 5pm - 6pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Legacy Planning Workshop 2pm - 4pm Let's Learn To Sing 一起学歌唱 3pm - 5pm		

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MON 24	TUE 25	WED 26	THU 27	FRI 28	SAT 29
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
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	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Exploring Engagement with SMART Technologies in Exergaming 探索智能技术在社区运动游戏中的参与 9am - 5:30pm	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 Digital Access @ Home 居家数码 2:30pm - 5:30pm	Exploring Engagement with SMART Technologies in Exergaming (Qualifying) 探索智能技术在社区运动游戏中的参与 9am - 12pm	
Let's Learn Video Editing (Smart Phone) 1pm - 2:30pm	Let's Do Good at NTUC Day Care (Singing) 一起在职总保健日间中心做义工 10am - 11am	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3pm - 5pm	Let's Jam with Ukulele (Advanced Level) 一起玩尤克里里琴(高级) 1:30pm - 2:30pm	
网上购物 3pm - 4:30pm	Centre Closed Staff Training 12pm - 6pm		IMDA Go Digital Workshop 数码培训课程 3pm - 5pm	Let's Jam with Ukulele (For Beginners) 一起玩尤克里里琴 2:30pm - 3:30pm	

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