

2026 October

 **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
			1	2	3
			Let's Go Gai Gai - AAC Day	Memory Blossom 8:30 - 10am	Closed 中心关闭
			Centre Closed	Let's Do Acrylic Marker Art 一起做丙烯笔画 9:30am - 11am	
				Let's Makan Together 一起来聚餐 11:30am - 12:30pm	
				Strategise with Kakis 游戏时间 1:30pm - 5:30pm	
				Let's KTV Together 一起来K歌 1:30pm - 5:30pm	

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Let's DragonBoat 一起划龙舟 8:30am - 1pm	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Walking Football - Championship 8am - 1pm	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 Seated Exercise 一起做坐式运动 9:30am - 10:30am	Let's Zumba Gold 黄金尊巴 9:30am - 10:30am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Let's Brisk Walk 一起快步走 8:30am - 10am	
Let's Learn To Cook Dumplings 10am - 11:30am	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Senior Friendship Circle (Chinese) 12pm - 1:30pm	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	
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	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 KTV Together 一起来K歌 1:30pm - 5:30pm	
Senior Friendship Circle (Malay) 2pm - 4pm	Let's Celebrate Birthday 一起来庆祝生日 12pm - 1:30pm	Let's Learn Ukulele 2pm - 3:30pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	
Let's DrumFit 一起做DrumFit 3pm - 4pm	Brain Power! A Mental Fitness Programme for Seniors 脑力(心理素质提升计划) 2pm - 4pm	Let's Gen Together (SP) 代际交流 4pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm	Let's Learn To Bake 一起学烘焙 2:30pm - 4:30pm	

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 **Centre Name:** AACC (Marsiling Park)
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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Let's DragonBoat 一起划龙舟 8:30am - 1pm	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Memory Blossom 8:30 - 10am	Let's Do Beaded Bracelet @ NUS 1pm - 6pm
Let's Target Together - Throw Darts (Male Exclusive) 一起掷飞镖 9:30am - 11:30am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Let's Zumba Gold 黄金尊巴 9:30am - 10:30am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Let's Do Cotton Buds Art 一起做棉花棒艺术 9:30am - 11am	
Let's Makan Together (F4) 一起来聚餐 11am - 12pm	Let's Target Together - Throw Darts (Ladies Exclusive) 一起掷飞镖 9:30am - 11:30am	Let's Do Oil Pastel Art 一起做油画 9:30am - 11am	Let's Makan Together 一起来聚餐 11:30am - 12:30pm	Let's Makan Together 一起来聚餐 11:30am - 12:30pm	
Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Digital - Laser Cutting Workshop 10am - 1pm	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 1pm - 3:30pm	
一起学基本数码照片编辑 1pm - 2:30pm	Let's Makan Together (Seated Exercise) 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	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	
Let's Learn Basic Digital Photo Editing 3pm - 4:30pm	Brain Power! A Mental Fitness Programme for Seniors 脑力(心理素质提升计划) 2pm - 4pm	Let's Social Dance 一起跳社交舞 2pm - 3:30pm	Let's Learn To Bake 2:30pm - 4:30pm	Let's Do Zentangle 一起做禅绕画 2pm - 4pm	
Let's Play Arcade Games 一起玩街机游戏 3pm - 4pm	Let's DrumFit 一起做DrumFit 4pm - 5pm	Let's Learn Ukulele 4pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm	Let's Play Arcade Games 一起玩街机游戏 3pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Let's DragonBoat 一起划 龙舟 8:30am - 1pm	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Brisk Walk 一起快步走 8:30am - 9:30am	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 Seated Exercise 一起做坐式运 动 9:30am - 10:30am	Let's Zumba Gold 黄金尊巴 9:30am - 10:30am	Let's Do Seated Exercise 一起做坐式运 动 9:30am - 10:30am	Memory Blossom 8:30 - 10am	
Strategise with Kakis 游戏时间 1pm - 5pm	Let's Target Together - Throw Darts (Ladies) 一起掷飞镖 9:30am - 12pm	Centre Closed (Staff Training)	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 Learn Road Safety 一起学公路安全 2pm - 6pm (TBC)	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	中心关闭 (员工培训)	Drone Soccer 无人机足球 2pm - 5pm	BAGUS 1pm - 3pm (Mandarin) 3pm - 5pm (English)	
Let's DrumFit 一起做 DrumFit 3pm - 4pm	Brain Power! A Mental Fitness Programme for Seniors 脑力(心理素 质提升计划) 2pm - 4pm		Digital - IMDA Go-Digital - Workshop (Blk 185B) Mandarin 3pm - 4:30pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	
Let's Talk News 4pm - 5pm	Fun with Exergame (Nintendo) 电子游戏时间 4pm - 5pm		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
26	27	28	29	30	31
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	Let's DragonBoat 一起划龙舟 9am - 1pm	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Memory Blossom 9:30 - 11am	Let's Go Gai Gai - Digital For Life Festival @ Bedok 9am - 1pm
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 Competition 一起掷飞镖比赛 9:30am - 12pm	Let's Zumba Gold 黄金尊巴 9:30am - 10:30am	Centre Closed (Staff Training)	Let's Makan Together 一起来聚餐 11:30am - 12:30pm	
Let's Makan Together 一起来聚餐 11:30am - 12:30pm	Let's Makan Together 一起来聚餐 11:30am - 12:30pm	Let's Do Oil Pastel Art 一起做油画 9:30am - 11am	中心关闭 (员工培训)	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	
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 1:30pm - 5:30pm		Strategise with Kakis 游戏时间 1:30pm - 5:30pm	
Senior Friendship Circle (Malay) 2pm - 4pm	Brain Power Mental Fitness Program for Seniors 脑力 (心理素质提升计划) 2pm - 4pm	Let's Social Dance 一起跳社交舞 4pm - 5:30pm		Let's Go Gai Gai 2pm - 6pm	
Let's Learn To Cook Chicken Rendang 3pm - 4:30pm	Fun with Exergame (Nintendo) 电子游戏时间 4pm - 5pm	Let's Learn Ukulele 4pm - 5:30pm		Let's Play Arcade Games 一起玩街机游戏 3pm - 4pm	

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