

2026 September

 **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
	1	2	3	4	5
	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am	Let's Dragon Boat 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 9:30 - 11am	Closed 中心关闭
	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 Acrylic Marker Art 一起做丙烯笔画 9:30am - 11am	
	Let's Target Together - Throw Darts (Ladies Exclusive) 一起掷飞镖 9:30am - 11:30am	Let's Go Gai Gai 一起去游玩 9:15am - 1pm	Let's Gen Together (SUSS) 9am - 11am	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	
	Let's Walking Football 9:45am - 11:30am	Let's Makan Together 一起来聚餐 11:30am - 12:30pm	Let's Go Gai Gai 一起去游玩 1:30pm - 5pm	Let's Talk News 2pm - 3pm	
	Strategise with Kakis 游戏时间 1pm - 2pm	Let's Celebrate Birthday 一起来庆祝生日 12pm - 1:30pm	Let's KTV Together 一起来K歌 1pm - 3:30pm	Let's Do Zentangle 一起做禅绕画 2pm - 4pm	
	Lets's Go Gai Gai - AAC in 90 Days - AAC Passport Collection Cashew去走走 - 90天乐心之旅 - 护照 领取 1pm - 2pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Learn To Sing 一起 学歌唱 3:30pm - 5:30pm	Let's Gen Together (HCI) 3:30pm 5pm	
	Merdeka Haircut Services 2pm - 4pm	Let's Social Dance 一起跳社交舞 4pm - 5:30pm	Let's Play Arcade Games 一起玩街机游戏 2pm - 3pm	Let's Play Arcade Games 一起玩街机游戏 2pm - 3pm	

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Let's Dragon Boat 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	
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 Good at NTUC 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
Let's Do Acrylic Marker Art 一起做丙烯笔画 9:30am - 11am	Let's Target Together - Throw Darts Competition (Ladies Exclusive) 一起掷飞镖比赛 9:30am - 12pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Talk About Stroke Awareness 中风意识讲座 1pm - 2pm	Let's Makan Together 一起来聚餐 11:30am - 12:30pm	
Let's Makan Together (F4) 一起来聚餐 11am - 12pm	Let's Makan Together (Seated Exercise) 一起来聚餐 11am - 12pm	Let's Learn To Be Organised 2pm - 4pm	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 Learn To Cook Malay Food 2pm - 3:30pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Social Dance 一起跳社交舞 4pm - 5:30pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Learn To Bake 一起学烘焙 2pm - 4pm	
Grooving Down Memory Lane 2pm - 3:30pm	Let's Play Arcade Games 一起玩街机游戏 2pm - 3pm	Let's Gen Together 代际交流 (Blk 172) 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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 **Centre Name:** AACC (Marsiling Park)
 **Centre Address:** Blk 152 Woodlands Street 13 #01-777 S7301152
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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Let's Dragon Boat 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	AAC Team Building Day 9am - 6pm	
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	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	Centre Closed	Closed 中心关闭
Let's Makan Together 一起来聚餐 11:30am - 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 Play Arcade Games 一起玩街机游戏 11am - 12pm		
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	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Celebrate Mid-Autumn 一起庆祝中秋节 2pm - 4pm		
Fun with Exergame (Nintendo) 电子游戏时间 2pm - 4pm	Let's Walking Football 9:45am - 11:30am	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	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Learn To Be Organised 2pm - 4pm	ICCP - Health & Wellness Talk Loss of Mobility Blk 3 SunLove AAC 2pm - 4pm		
Let's Play Arcade Games 一起玩街机游戏 3pm - 4pm	Fun with Exergame (Nintendo) 电子游戏时间 2pm - 4pm	Let's Social Dance 一起跳社交舞 4pm - 5:30pm	Fun with Exergame (Nintendo) 电子游戏时间 4pm - 5pm		

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Let's Dragon Boat 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 9:30 - 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 Do Acrylic Marker Art 一起做丙烯笔画 9:30am - 11am	Strategise with Kakis 游戏时间 1pm - 5pm	Fun with Kakis (BINGO) 11am - 12pm	
Strategise with Kakis 游戏时间 1pm - 5pm	Let's Walking Football 9:45am - 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 KTV Together 一起来K歌 1:30pm - 5:30pm	
Let's Gen with Marsiling Primary 2pm - 3:30pm	Fun with Exergame (Nintendo) 电子游戏时间 2pm - 3pm	Let's Learn To Be Organised 2pm - 4pm	Digital - IMDA Go-Digital - Workshop Understand & Download App 3pm - 4:30pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	
Let's DrumFit 一起做DrumFit 4pm - 5pm	Let's Do Calligraphy 一起写书法 2pm - 4pm	Let's Social Dance 一起跳社交舞 4pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm	Fun with Exergame (Nintendo) 电子游戏时间 3pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
28	29	30			
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 Dragon Boat 一起划龙舟 8:30am - 1pm			
Let's Target Together - Throw Darts Male Exclusive Competition 一起掷飞镖比赛 9:30am - 12pm	Let's Target Together - Throw Darts (Ladies Exclusive) 一起掷飞镖 9:30am - 11:30am	Functional Screening 9am - 1pm			
Let's Makan Together 一起来聚餐 11:30am - 12:30pm	Let's Walking Football 9:45am - 11:30am	Let's Zumba Gold 黄金尊巴 9:30am - 10:30am			
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 KTV Together 一起来K歌 1:30pm - 5:30pm			
Senior Friendship Circle (Malay) 2pm - 4pm	一起学手机摄影 1pm - 2:30pm	Let's Learn To Be Organised 2pm - 4pm			
Fun with Exergame (Nintendo) 电子游戏时间 3pm - 4pm	Let's Learn Mobile Photography 3pm - 4:30pm	Let's Social Dance 一起跳社交舞 4pm - 5:30pm			

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