

2026 September



Centre Name: AAC (Marsiling)



Centre Address: Blk 180A Marsiling Road #01-2208 S731180



Centre Contact: 6250 3634 / 8163 2714



ntuc Health

MON	TUE	WED	THU	FRI	SAT / SUN
1	2	3	4		
	Let's Walking Football (IL): 9.45am - 11.30am	CHP Health Coach: 9am - 12pm	Let's Chair Zumba-HPB (IL): 10am - 11am	Let's Lim Kopi (Male exclusive): 8am - 9am	
	Let's Exercise-Online Video: 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Learn Steel Tongue Drum: 11am - 12pm	Let's Dragon Boat (Training): 9am - 11am	
	Let's Do Dance Fitness: 2pm - 3pm	Let's Adaptive Sport (EI): 1pm - 2pm	Relaxing Singing Bowl Workshop: 1pm - 2pm	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
	Let's Learn Photo Taking with Handphone: 3.15pm - 4.15pm	Let's Indian Dance: 3pm - 4pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
	Movie Time (Chinese): 3.30pm - 5.30pm	Strategise With Kakis: 4pm - 5pm	Let's KTV Together: 3pm - 5pm	Let's Celebrate Birthday: 3pm - 4pm	
				Drone Soccer: 4pm - 5pm	
7	8	9	10	11	13 (Sunday)
CHP Health Coach: 9am - 12pm	Let's Exercise (Seated): 10am - 11am	CHP Health Coach: 9am - 12pm	Let's Chair Zumba-HPB (IL): 10am - 11am	Let's Dragon Boat (Training): 9am - 11am	Preserving Seniors' Legacy Through Arts and AI: 3pm - 5pm
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Strategise With Kakis: 11am - 12pm	Let's Aerobics-HPB (IL): 10am - 11am	Let's Learn Steel Tongue Drum: 11am - 12pm	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Square Stepping Exercise (Zoom): 11am - 12pm	Let's Do Dance Fitness: 2pm - 3pm	Let's Learn to Bake: 1pm - 3pm	Let's Do Origami Lotus: 1pm - 2.30pm	Let's Makan Together-Inhouse (Vegetable Rice): 12pm - 1pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's KTV Together: 3.30pm - 5.30pm	Let's Makan Together-Inhouse (Bake): 3pm - 3.30pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Let's Volunteer Together: 1pm - 2pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm		Let's Indian Dance: 3pm - 4pm	Digital-IMDA Go-Digital Workshop (English): 3pm-5pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Learn Steel Tongue Drum: 4.30pm - 5.30pm		Movie Time (English): 4pm - 6pm		Let's Learn Photo Taking with Handphone: 4.30pm - 5.30pm	

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。

2026 September

 **Centre Name:** AAC (Marsiling)
 **Centre Address:** Blk 180A Marsiling Road #01-2208 S731180
 **Centre Contact:** 6250 3634 / 8163 2714



ntuc Health

MON	TUE	WED	THU	FRI	SAT / SUN
14	15	16	17	18	19 (Saturday)
CHP Health Coach: 9am - 12pm	Let's Walking Football (IL): 9.45am - 11.30am	CHP Health Coach: 9am - 12pm	Let's Chair Zumba-HPB (IL): 10am - 11am	Centre Closed	Let's Go Gai Gai - "ART" Play at Esplanade Theatre: 12pm - 6.30pm
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Exercise-Online Video: 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Learn Steel Tongue Drum: 11am - 12pm		
Square Stepping Exercise (Zoom): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's Makan Together-Inhouse (F4): 11am - 12pm	YouTube Chef: 1pm - 2pm		
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Dance Fitness: 2pm - 3pm	Health Talk / BP - SATA : 1.30pm - 5pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm		
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Explore The World: 3.30pm - 4.30pm		Gerontology Talk - ICCP @ Sunlove AAC: 2pm - 4pm		
Let's Jam with Angklung: 4.30pm - 5.30pm	Let's Makan Together-Inhouse (World): 4.30pm - 5.30pm		Let's Dancercise: 4.30pm - 5.30pm		

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。

2026 September

 **Centre Name:** AAC (Marsiling)
 **Centre Address:** Blk 180A Marsiling Road #01-2208 S731180
 **Centre Contact:** 6250 3634 / 8163 2714



ntuc Health

MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
CHP Health Coach: 9am - 12pm	Let's Walking Football (IL): 9.45am - 11.30am	CHP Health Coach: 9am - 12pm	Let's Chair Zumba-HPB (IL): 10am - 11am	Let's Dragon Boat (Training): 9am - 11am	
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Exercise (Seated): 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Learn Steel Tongue Drum: 11am - 12pm	Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	
Square Stepping Exercise (Zoom): 11am - 12pm	Let's Do Dance Fitness: 2pm - 3pm	Let's Pick Up English: 2pm - 3pm	Grooving Down Memory Lane (Zoom): 2pm - 3pm	Strategise With Kakis: 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Art & Craft: 3.15pm - 4.30pm	Let's Talk News: 3pm - 3.30pm	Let's Adaptive Sport (EI): 3pm - 4pm	Movie Time (Malay): 2pm - 4pm	
Let's Do Paper Quilling (Basic): 2pm - 3pm	Fun with Tech/Exergame - Digital Games: 4.30pm - 5.30pm	Let's KTV Together (English/Malay songs): 4pm - 6pm	Let's Yum Cha Together: 4pm - 4.30pm	Drone Soccer (Male exclusive): 4pm - 5pm	
Let's Learn Steel Tongue Drum: 4.30pm - 5.30pm			Let's Dancercise: 4.30pm - 5.30pm		
28	29	30			
CHP Health Coach: 9am - 12pm	Let's Walking Football (IL): 9.45am - 11.30am	CHP Health Coach: 9am - 12pm			
Inhouse Facilitator-led Exercise (Zoom): 10am - 10.45am	Let's Exercise-Online Video: 10am - 11am	Let's Walking Football (IL) - Qualifiers @ Tampines Hub: 9.45am - 11.30am			
Square Stepping Exercise (Zoom): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's Aerobics-HPB (IL): 10am - 11am			
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Dance Fitness: 2pm - 3pm	Movie Time (Tamil): 2pm - 5pm			
Let's Appreciate Our Volunteer: 11.30am - 2pm	Drone Soccer: 4pm - 5pm				
Let's KTV Together: 2pm - 5pm					

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。