

2025 September

 **Centre Name:** AAC - Marsiling
 **Centre Address:** Blk 180A Marsiling Road #01-2208 Spore 731180
 **Centre Contact:** 6250 3634 / 8163 2714



ntuc Health

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Exercise - Online Video: 10am - 11am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba (IL): 10am - 11am	Let's Exercise With Razak on Zoom: 10am - 11am	NHG Healthiverse: 9am
Let's CrossFit: 10am - 11am	HPB Steady Lah!: 10am - 11.30m	Let's Aerobics (IL): 10am - 11am	Let's Do Paper Quilling (Intermediate): 11am - 12.30pm	Piloxing Lite: 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Drone Soccer: 1.30pm - 3.30pm	Let's Adaptive Sport (EI): 1pm - 3pm	Grooving Down Memory Lane: 2pm - 3pm	Green Series Workshop by Edible Garden City: 2pm - 3.30pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Movie Time (English): 3.30pm - 5.30pm	Let's KTV Together: 2.30pm - 5.30pm	Fun with Tech/Exergame - Nintendo Switch: 3pm - 5pm	Let's Celebrate Birthday: 3.30pm - 4.30pm	
Let's Jam with Angklung: 4.30pm - 5.30pm					
8	9	10	11	12	13
Seniors National Games by Sports SG: 7.15am - 2pm	Let's Exercise - Online Video: 10am - 11am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba (IL): 10am - 11am	Centre Closed	NHG Healthiverse: 9am
Services-Wellness-CHP Health Coach: 9am - 12pm	HPB Steady Lah!: 10am - 11.30am	Let's Aerobics (IL): 10am - 11am	Let's Gen Together - Kindergarten (Zoom): 10am - 11am		
Let's Exercise - Online Video: 10am - 11am	Strategise With Kakis: 1pm - 2pm	Let's Makan Together-In House (F4): 11am - 12pm	Grooving Down Memory Lane: 2pm - 3pm		
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's KTV Together: 2pm - 5pm	Green Series Workshop by Edible Garden City: 2pm - 3.30pm	Digital-IMDA Go-Digital Workshop (Mandarin): 3pm - 5pm		
Let's Learn To Sing (Mandarin): 2pm - 4.30pm		Movie Time (Chinese): 3.30pm - 5.30pm	Let's Do Paper Quilling (Basic) @ Blk 102 Z 6 RN #01-236: 3.30pm - 5pm		

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Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Exercise - Online Video: 10am - 11am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba (IL): 10am - 11am	Let's Exercise With Razak on Zoom: 10am - 11am	
Let's Exercise (Seated): 10am - 11am	HPB Steady Lah!: 10am - 11.30am	Let's Aerobics (IL): 10am - 11am	Grooving Down Memory Lane: 2pm - 3pm	Piloxing Lite: 11am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's Do Sewing (English/Chinese): 11am - 12pm	Movie Time (Malay): 3pm - 5pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Drone Soccer: 1.30pm - 3.30pm	Let's Do Sewing(Malay): 12pm - 1pm		Green Series Workshop by Edible Garden City: 2pm - 3.30pm	
Let's Jam with Angklung: 4.30pm - 5.30pm	Let's KTV Together: 3.30pm - 5.30pm	Let's Dancercise: 3.30pm - 4.30pm			

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MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Lim Kopi (Male exclusive): 8am - 9.30am	Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Do Chair Zumba-HPB (IL): 10am - 11am	Let's Exercise With Razak on Zoom: 10am - 11am	
Let's CrossFit: 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics-HPB (IL): 10am - 11am	Let's Gen Together - Kindergarten (Zoom): 10am - 11am	Green Series Workshop by Edible Garden City: 10am - 12pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	HPB Steady Lah!: 10am - 11.30am	Let's Makan Together-In-house (Home-Cooked Meal - Halal): 12pm - 1pm	Grooving Down Memory Lane: 2pm - 3pm	Piloxing Lite: 11am - 12pm	
Let's Learn To Sing (Mandarin): 2pm - 4.30pm	Let's Do Paper Quilling (Basic) @691C AAC WE: 2pm - 3.30pm	Let's Pick Up English: 2pm - 3pm	Bus Safety Engagement by LTA (English/Mandarin): 2.30pm - 3.30pm	Let's Makan Together-In-house (Home-Cooked Vegetable Rice): 12pm - 1pm	
Let's Jam with Angklung: 4.30pm - 5.30pm	Let's Do Finger Painting-Oriental Art: 2pm - 3.30pm	Let's Dancercise: 3.30pm - 4.30pm	Fun with Tech/Exergame - Nintendo Switch: 3.30pm - 5.30pm	Let's Learn To Sing (Mandarin): 2pm - 4.30pm	
	Let's KTV Together: 3.30pm - 5.30pm				
29	30				
Services-Wellness-CHP Health Coach: 9am - 12pm	Let's Exercise - Online Video: 10am - 11am				
Let's Exercise (Seated): 10am - 11am	HPB Steady Lah!: 10am - 11.30am				
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zentangle: 11am - 12pm				
Let's Do Sewing (English/Chinese): 11am - 12pm	Let's Gen Together - Kindergarten: 2.30pm - 3.30pm				
Let's Do Sewing(Malay): 12pm - 1pm	Movie Time (Tamil): 3.30pm - 5.30pm				
Let's Learn To Sing (Mandarin): 2pm - 4.30pm					
Let's Jam with Angklung: 4.30pm - 5.30pm					

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