

2026 August 八月



Centre Name: AACC (Pasir Ris Central)
Centre Address: Blk 112, Pasir Ris Central, #01-657, S510112
Centre Contact: 8292 2681 / 6694 2742



ntuc
Health

MON		TUE		WED		THU		FRI		SAT	
3		4		5		6		7		8	
Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]		Let's Line Dance (IL) 一起跳排舞 (IL) 8:00AM - 10:00AM [B142 MPH]		Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]		Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]		Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]		Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]	
Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:00AM - 10:00AM [B109]		Let's Aerobics 一起做有氧运 动 8:00AM - 9:00AM [B109]		Let's Steel Combat 一起做钢铁拳击(精简版) 10:00AM - 11:00AM [B142 MPH]		Let's Kpop / Otago 一起跳K-pop/ 防跌运动 9:00AM - 10:00AM (B109 Canopy / B140)		Let's Crossfit 一起做运动 9:15AM - 10:00AM [B428]			
Let's Seated Zumba 一起学椅子尊巴 9:00AM - 10:00AM [B104]		Let's Walking Football 一起学步行足球 9:45AM - 11:45AM [528523]		Let's Pickleball 一起学匹克球 9:00AM - 10:30AM [B140 badminton court]		Haircut Services 一起剪头发 10:00AM - 12:00PM [B140]		Let's Learn Han Yu Pin Yin 一起学汉语拼音 10:30AM - 12:00PM [B140]		Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]	
Let's Talk About Stroke Awareness 一起分享中 风资讯 10:00AM - 11:30AM [B140]		Let's Join Adaptive Sports (Final) 参加运动比赛 9:00AM - 1:00PM [B140]		Let's Talk About Senior Care 一起听乐龄学堂 2:00PM - 4:00PM [B140]		Let's Talk About Stroke Awareness 一起分享中 风资讯 10:30AM - 12:00PM [B140]		Stay Zen - Pranayama Breathing Practice 一起学冥想 10:00AM - 11:00AM [B428]			
Let's Celebrate Birthday 一起庆祝生日 1:00PM - 2:00PM [B140]		Let's Talk News 一起聊新闻 2:00PM - 3:00PM [B140]		Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]		Let's Gen Together-Tertiary 一起与学生互 动 1:30PM - 4:30PM [B140]		Let's Go Gai Gai - Duck Tour 一起坐鸭子团 10:00AM - 1:30PM [038983]			
IMDA Go Digital Workshop 一起学数 码资讯 3:00PM - 5:00PM [B140]		Let's Gen Together-Secondary 一起与学生互 动 3:30PM - 4:30PM [B140]				Let's Taichi Roli Ball/Tai Chi 一起学太极柔力球/太极 1:30PM - 3:30PM [B142 MPH]		Let's Do Paper Art 一起学纸工艺 2:00PM - 4:00PM [518457]			
						Strategise with Kakis/ Yum Cha 一起学拉米欧/饮茶 2:00PM - 4:00PM [B104]					
Venue 活动 场地	AAC: NTUC Health Active Ageing Centre (Care) (Pasir Ris Central) 112			Pasir Ris Street 11, #01-657, S510112			B140 : Pasir Ris Zone 11 RN 140			B109 : Block 109 HDB Pasir Ris	
	CARE : CARE SG 428 Pasir Ris Drive 6, S510428			PRActiveSG : Pasir Ris ActiveSG Swimming Complex			B142 MPH : 142 Pasir Ris Street 11			PRPL : Pasir Ris Public Library	

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Centre Closed	Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]	Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]	Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]	Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]	Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]
	Let's Aerobics 一起做有氧运动 8:00AM - 9:00AM [B109]	Let's Steel Combat 一起做钢铁拳击(精简版) 10:00AM - 11:00AM [B142 MPH]	Let's Kpop / Otago 一起跳K-pop/ 防跌运动 9:00AM - 10:00AM (B109 Canopy / B140)	Let's Zumba Gold 一起跳尊巴(乐龄版) 9:15AM - 10:15AM [B142 MPH]	
	Let's Learn Mandarin Conversation 一起学华语会话 9:00AM - 10:00AM [B140]	Let's Go Gai Gai - Liu Shan Jie Concert 一起听刘三姐演唱会 12:00PM - 5:30PM [138507]	Let's Taichi Roli Ball/Tai Chi 一起学太极柔力球/太极 1:30PM - 3:30PM [B142 MPH]	Let's Gen Together-Tertiary 一起与学生互动 10:00AM - 12:00PM [B140]	
	Digital - IMDA Go-Digital - Workshop 一起学数码课程 10:00AM - 11:30AM [B115]				
	Let's Learn Ukulele lesson 一起学尤克里里 10:00AM - 11:00AM [B140]				
	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]				
	Let's Talk About Senior Care 一起听乐龄学堂 2:00PM - 4:00PM [B140]				

Venue 活动 场地	AAC: NTUC Health Active Ageing Centre (Care) (Pasir Ris Central) 112 Pasir Ris Street 11, #01-657, S510112		B140 : Pasir Ris Zone 11 RN 140 Pasir Ris St 11, #01-171, S510140		B109 : Block 109 HDB Pasir Ris
	CARE : CARE SG 428 Pasir Ris Drive 6, S510428	PRActiveSG : Pasir Ris ActiveSG Swimming Complex	B142 MPH : 142 Pasir Ris Street 11	B135 : 135 Pasir Ris Street 11	PRPL : Pasir Ris Public Library

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MON		TUE		WED		THU		FRI		SAT	
17		18		19		20		21		22	
Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]		Let's Line Dance (IL) 一起跳排舞 (IL) 8:00AM - 10:00AM [B142 MPH]		Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]		Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]		Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]		Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]	
Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:00AM - 10:00AM [B109]		Let's Aerobics 一起做有氧运 动 8:00AM - 9:00AM [B109]		Let's Do Bead Art 一起学串珠 9:00AM - 12:00PM [B140]		Let's Kpop / Otago 一起跳K-pop/ 防跌运动 9:00AM - 10:00AM (B109 Canopy / B140)		Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]			
Let's do Seated Zumba 一起学椅子尊巴 9:00AM - 10:00AM [B104]		Let's Learn Mandarin Conversation 一起学华语会话 9:00AM - 10:00AM [B140]		Let's Steel Combat 一起做钢铁拳击(精简版) 10:00AM - 11:00AM [B142 MPH]		Let's Go Gai Gai (Teochew movie) 一起看电影(给阿嬷的情书) 10:00AM - 12:00PM [329783]		Let's Go Gai Gai (Mandarin movie) 一起看电影(给阿嬷的情书) 10:00AM - 12:30PM [819666]			
Let's Walking Football 一起学步行足球 9:45AM - 11:45AM [528523]		Let's Pickleball 一起学匹克球 9:00AM - 10:30AM [B140 badminton court]		Let's Talk About Senior Care 一起听乐龄学堂 2:00PM - 4:00PM [B140]		Let's Learn Han Yu Pin Yin 一起学汉语拼音 10:30AM - 12:00PM [B140]		Let's Talk News Interactive sharing(SPH) 一起聊新闻 1:15PM - 5:30PM [318994]			
Let's Gen Together-Tertiary 一起与学生互 动 2:00PM - 5:00PM [B112]		Let's Learn Ukulele 一起学尤克里里 10:00AM - 12:00PM [B140]				Let's Taichi Roli Ball/Tai Chi 一起学太极柔力球/太极 1:30PM - 3:30PM [B142 MPH]					
		Let's Talk About Say Yes to Waste Less 一起学减少废物 2:00PM - 3:00PM [B112]				Strategise with Kakis/ Yum Cha 一起学拉米欧/饮茶 2:00PM - 4:00PM [B104]					
		Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]				Let's Learn Korean 一起学韩语 4:30PM - 6:00PM [B112]					
Venue 活动 场地	AAC: NTUC Health Active Ageing Centre (Care) (Pasir Ris Central) 112 Pasir Ris Street 11, #01-657, S510112					B140 : Pasir Ris Zone 11 RN 140 Pasir Ris St 11, #01-171, S510140				B109 : Block 109 HDB Pasir Ris	
	CARE : CARE SG 428 Pasir Ris Drive 6, S510428		PRActiveSG : Pasir Ris ActiveSG Swimming Complex			B142 MPH : 142 Pasir Ris Street 11		B135 : 135 Pasir Ris Street 11		PRPL : Pasir Ris Public Library	

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24	25	26	27	28	29
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	Let's Learn Ukulele 一起学尤克里里 10:00AM - 12:00PM [B140 badminton court]	Let's Talk About C2C dementia 一起学失智课程 3:00PM - 6:00PM [B112]	Strategise with Kakis/ Yum Cha 一起学拉米欧/饮茶 2:00PM - 4:00PM [B104]		
	Let's Learn IMDA workshop 一起学数码课程 10:00AM - 11:30AM [B112]		Let's Do Calligraphy 一起学书法 2:00PM - 4:00PM [B140]		
	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]		Let's Learn Korean 一起学韩语 4:30PM - 6:00PM [B112]		

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