

2026 April 四月

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



MON	TUE	WED	THU	FRI	SAT
		1	2	3 Good Friday	4
		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]	Public Holiday	Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]
		Let's Steel Combat 一起做钢铁拳击(精简版) 8:00AM - 9:00AM [B142 MPH]	Let's Do Kpop 一起跳K-pop 9:00AM - 10:00AM [B109 Canopy]		Let's Jam with Flute 一起学笛子 9:00AM - 10:00AM [B140]
		Let's Go Gai Gai (GBTB) 一起去滨海湾花园 9:30AM - 2:30PM [B140]	Let's Learn Han Yu Pin Yin 一起学汉语拼音 10:30AM - 12:00PM [B140]		
			Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]		
			Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]		
			Let's Calligraphy 一起学书法 2:00PM - 4:00PM [B140]		
			Let's Learn Tai Chi 一起学太极 2:30PM - 4:30PM [B142 MPH]		

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 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11
	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 Pickleball 一起打匹克球 9:00AM - 10:30AM [B140 badminton court]	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) 8:00AM - 9:00AM [B142 MPH]	Let's Do Kpop 一起跳K-pop 9:00AM - 10:00AM [B109 Canopy]	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 Learn Mandarin Conversation 一起学华语会话 9:00AM - 10:00AM [B140]	Haircut Services 一起剪头发 10:00AM - 12:00PM [B140]	Let's Aqua Aerobic 一起学水上有氧运动 9:00AM - 10:00AM [519640]	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]
	Stay Zen - Pranayama Breathing Practise 一起学禅运动 11:00AM - 12:00PM [B140]	Let's Celebrate Birthday 一起来庆生 1:00PM - 2:00PM [B140]	Let's Do Bead Art 一起做串珠艺术 10:15AM - 1:00PM [B140]	Movie Time 一起看电影 10:00AM - 12:00PM [B140]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Let's Pranayama Breathing 一起学冥想 10:00AM - 11:00AM [B428]
	Let's Gen Together- Tertiary 一起与学生互动 2:00PM - 5:00PM [B140]	IMDA Go Digital-Workshop 资讯通信媒体发展局- 数码乐龄培训 2:00PM - 4:00PM [B104]	Let's Do Zentangle 一起做禅绕画 1:00PM - 3:00PM [B140]	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]	Let's CALM 一起做防肌肉萎缩运动 2:30PM - 3:30PM [B140]	
	Let's Do Crochet 一起学钩针 4:00PM - 6:00PM [B428]	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]	Let's Drumfit 一起玩击鼓 3:00PM - 4:00PM [B140]	Let's Learn Tai Chi 一起学太极 2:30PM - 4:30PM [B140]	Let's Talk News 一起聊新闻 3:30PM - 4:30PM [B140]	
				Let's Learn Digital Lesson 一起学数码 2:30PM - 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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 Centre Contact: 8292 2681 / 6694 2742



	MON	TUE	WED	THU	FRI	SAT
	13	14	15	16	17	18
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 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 Pickleball 一起打匹克球 9:00AM - 10:30AM [B140 badminton court]	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) 8:00AM - 9:00AM [B142 MPH]	Let's Do Kpop 一起跳K-pop 9:00AM - 10:00AM [B109 Canopy]	Let's Crossfit 一起做运动 9:15AM - 10:00AM [B428]	Let's Jam with Flute 一起学笛子 9:00AM - 10:00AM [B140]
Let's Seated Zumba 一起学椅子尊巴 9:00AM - 10:00AM [B104]	Stay Zen - Pranayama Breathing Practise 一起学禅运动 11:00AM - 12:00PM [B140]	Let's Learn Mandarin Conversation 一起学华语会话 9:00AM - 10:00AM [B140]	Strategise with Kakis 游戏时间 9:00AM - 10:00PM [B140]	Let's Aqua Aerobic 一起学水上有氧运动 9:00AM - 10:00AM [519640]	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]	
Let's Learn Japanese 一起学日语 1:00PM - 2:00PM [B140]	Let's Do Bead Art 一起做串珠艺术 10:15AM - 1:00PM [B140]	Let's Pick Up English 一起学英语 10:30AM - 12:00PM [B428]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Let's Pranayama Breathing 一起学冥想 10:00AM - 11:00AM [B428]		
Let's Gen Together- Tertiary 一起与学生互动 2:00PM - 5:00PM [B140]		Scent Healing 心灵系列- 芳香疗愈 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 10:00AM - 11:30AM [B140]		
			Let's Learn Calligraphy 一起学书法 2:00PM - 4:00PM [B140]	Let's Seated Stretch Band 一起学座式拉伸带 3:00PM - 4:00PM [B140]		
			Let's Learn Tai Chi 一起学太极 2:30PM - 4:30PM [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 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25
	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 Pickleball 一起打匹克球 9:00AM - 10:30AM [B140 badminton court]	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) 8:00AM - 9:00AM [B142 MPH]	Let's Do Kpop 一起跳K-pop 9:00AM - 10:00AM [B109 Canopy]	Let's Crossfit 一起做运动 9:15AM - 10:00AM [B140]
	Let's Seated Zumba 一起学椅子尊巴 9:00AM - 10:00AM [B104]	Let's Do Acrylic Painting 一起来作画 9:30AM - 11:00AM [B140]	Let's Learn Mandarin Conversation 一起学华语会话 9:00AM - 10:00AM [B140]	Scent Healing 心灵系列-芳香疗愈 2:00PM - 3:00PM [B140]	Let's Aqua Aerobic 一起学水上有氧运动 9:00AM - 10:00AM [519640]	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]
	Let's Walking Football 一起学步行足球 9:45AM - 11:45AM [528523]	Stay Zen - Pranayama Breathing Practise 一起学禅运动 11:00AM - 12:00PM [B140]	Let's Brisk Walk 一起快步走 9:30AM - 11:30AM [B140]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Let's Pranayama Breathing 一起学冥想 10:00AM - 11:00AM [B428]	
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	Let's Do Crochet 一起学钩针 4:00PM - 6:00PM [B428]	I'm Soul Inc 一起学灵魂提升 2:30PM - 3:30PM [B140]		Let's Learn Tai Chi 一起学太极 2:30PM - 4:30PM [B140]		
		Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B140]		Let's Learn Digital Lesson 一起学数码 2:30PM - 4:00PM [B140]		
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活动 场地	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 27	TUE 28	WED 29	THU 30	FRI	SAT
	<p>Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]</p>	<p>Let's Line Dance (IL) 一起跳排舞 (IL) 8:00AM - 10:00AM [B142 MPH]</p>	<p>Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]</p>	<p>Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]</p>	<p>Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]</p>	
	<p>Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:00AM - 10:00AM [B109]</p>	<p>Let's Pickleball 一起打匹克球 9:00AM - 10:30AM [B140 badminton court]</p>	<p>Let's Aerobics 一起做有氧运动 8:00AM - 9:00AM [B109]</p>	<p>Let's Steel Combat 一起做钢铁拳击(精简版) 8:00AM - 9:00AM [B142 MPH]</p>	<p>Let's Do Kpop 一起跳K-pop 9:00AM - 10:00AM [B109 Canopy]</p>	
	<p>Stay Zen - Pranayama Breathing Practise 一起学禅运动 11:00AM - 12:00PM [B140]</p>	<p>Let's Learn Mandarin Conversation 一起学华语会话 9:00AM - 10:00AM [B140]</p>	<p>Let's Pick Up English 一起学英语 10:30AM - 12:00PM [B428]</p>	<p>Let's Aqua Aerobic 一起学水上有氧运动 9:00AM - 11:00AM [519640]</p>		
	<p>Let's Gen Together- Tertiary 一起与学生互动 2:00PM - 5:00PM [B140]</p>	<p>Let's Do Bead Art 一起做串珠艺术 10:15AM - 1:00PM [B140]</p>	<p>Stay Well Series Health Talk by RHS - Bone Health 保健系列- 健康讲座 11:30AM - 12:30PM [B140]</p>	<p>Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]</p>		
	<p>Let's Do Crochet 一起学钩针 4:00PM - 6:00PM [B428]</p>	<p>Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]</p>		<p>Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]</p>		
				<p>Let's Learn Tai Chi 一起学太极 2:30PM - 4:30PM [B140]</p>		
				<p>Scent Healing 心灵系列- 芳香疗愈 4:00PM - 5:00PM [B140]</p>		
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