

2025 December 十二月

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	4	5	6
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 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 - 9:30AM [B142 MPH]	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 Kpop 一起跳 K-pop 9:00AM - 10:00AM [B109 Canopy]	Let's Crossfit 一起做运 动 9AM - 10:00AM [B140]	Let's Jam with Flute 一起学笛子 8:00AM - 9:00AM [B112]
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 - 10:00AM [B140 badminton court]	Let's Learn Weaving and Floral Design 一起学 艺术 10:00AM - 12:00PM [B140]	Let's Aqua Aerobic 一起学水上有氧运 动 9:00AM - 11:00AM [519640]	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]	
Let's Do Water Colour Painting 一起学水彩画 9:30AM - 11:00AM [B140]	Let's learn Texile Art 一起学 艺术 9:30AM - 11:30AM [B140]	Be Well Series Rest Note of Life 人生休止符 2:00PM - 3:00PM [B140]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Let's Drumfit 一起学击鼓 10:00AM - 11:00AM [B140]	
Let's Tai Chi 一起学太极 10:00AM - 11:00AM [B142b]	Let's Celebrate Birthday 一起庆祝生日 1:00PM - 2:00PM [B140]	Be Well Series Healthy Mind Healthy Lives 健康心灵, 健康生活 3:15PM - 4.15PM [B140]	Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B192]	Fun with tech/Evergreen (Just Dance) 一起学线上舞蹈 10:00AM - 11:00AM [B140]	
Stay Zen - Pranayama Breathing Practise 一起学禅运 动 11:30AM - 12:30PM [B140]	IMDA - Go Digital - Workshop 一起学数 码讲座 2:00PM - 4:00PM [B140]	Let's Talk News 一起聊新闻 4:30PM - 5:30PM [B140]	Let's Do Calligraphy 一起学书法 2:30PM - 4:30PM [B140]	Let's Do Paper Art 一起做纸艺 2:00PM - 4:00PM [PRPL]	
Let's Do Crochet 一起学 钩针 4:00PM - 6:00PM [B428]	Strategise with Kaki/Let's Yum Cha Together 游戏时间/一起饮茶 2:00PM - 4:00PM [B192]		Let's Yum Cha Together 一起饮茶 3:00PM - 4:00PM [B192]	Let's Learn Thai Yoga Massage 一起学泰式按摩 3:00PM - 5:00PM [PRPL]	

Venue 活动 场地	AACC 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	
8		9		10		11		12		13	
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 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 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 Kpop 一起跳 K-pop 9:00AM - 10:00AM [B109]		Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]		Let's Jam with Flute 一起学笛子 8:00AM - 9:00AM [AAC]	
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 - 10:00AM [B140 badminton court]		Let's Do Bead Art 一起学串珠 9:00AM - 12:00PM 1:00PM - 2:00PM [B140]		Let's Aqua Aerobic 一起学水上有氧运 动 9:00AM - 11:00AM [519640]					
Lets Celebrate SATA Health Awareness Day 一起做 检查 9:00AM - 12:00PM [B140]		Let's Do Crochet 一起学 钩针 4:00PM - 6:00PM [B428]		Let's Pickleball 一起学匹克球 2:00PM-4:00PM [519640]		Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]					
Let's Learn Tai Chi 一起学太极 10:00AM - 11:00AM [B140]				Let's Gen Together - Tertiary 代际交流 - 大专学府 2:00PM - 4:00PM [B140]		Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B104]					
Let's Exercise - Don't Tikam Your Health (NKF) 一起做运 动 2:00PM - 3:00PM [B140]				Let's Drumfit 一起学 击鼓 3:00PM - 4:30PM [B112]		Let's Yum Cha Together 一起 饮茶 3:00PM - 4:00PM [B104]					
Let's Talk News 一起聊新闻 3:00PM - 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
15	16	17	18	19	20
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 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 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 Kpop 一起跳 K-pop 9:00AM - 10:00AM [B109]	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]	Let's Jam with Flute 一起学笛子 8:00AM - 9:00AM [AAC]
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 - 10:00AM [B140 badminton court]	Let's Brisk Walk 一起去快走 9:00AM - 12:00PM [B112]	Let's Aqua Aerobic 一起学水上有氧运 动 9:00AM - 11:00AM [B142 MPH]	Let's CALM 健设肌肉损失 9:30AM - 10:30AM [B140]	
Let's Do Brisk Walk 一起去快走 9:00AM - 12:00PM [B112]	Let's Brisk Walk 一起去快走 9:00AM - 12:00PM [B112]	IMDA - Go Digital - Consultation 一起学手机系 统 3:00PM-5:00PM [B112]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Let's Learn to cook 一起学烹 饪 1:00PM - 3:00PM [B428]	
Let's Tai Chi 一起学太极 10:00AM - 11:00AM [B140]	Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B192]	Let's Drumfit 一起学 击鼓 3:00PM - 4:30PM [B112]	Strategise with Kakis/Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B192]	Be Well Series Healthy Body Healthy Mind 健康的身体, 健康的心灵 2:00PM - 4:00PM [B140]	
Let's Celebrate Christmas Party 一起庆祝圣诞 2:00PM - 5:00PM [B428]	Let's Yum Cha Together 一起 饮茶 3:00PM - 4:00PM [B192]		Community Health Post 护士站 2:00PM - 5:00PM [B140]	Let's Gen Together - Tertiary 代际交流 - 大专学府 4:15PM - 5:15PM [B140]	
	Let's CALM 健设肌肉损失 1:30PM - 5:30PM [528523]		Let's Do Calligraphy 一起学书法 2:30PM - 4:30PM [B140]		

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22		23		24		25		26		27	
Let's do Stretching Exercise 回春功 8:00AM -10:00AM [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]		Christmas		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 Line Dance (IL) 一起跳排舞 (IL) 8:00AM - 10:00AM [B142 MPH]		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 Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]		Let's Jam with Flute 一起学笛子 8:00AM - 9:00AM [AAC]	
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 9:15AM - 10:15AM [B140 badminton court]		Let’s Exercise - Don’t Tikam Your Health 一起做运 动 2:00PM - 4.00PM [B140]							
Let’s Learn Tai Chi 一起学太极 10:00AM - 11:00AM [B140]		Let’s Teadance Agogo Christmas with Santa Claus 阿戈戈圣 诞舞会 9:30AM - 11:30AM [B140]		Let’s Drumfit 一起学 击鼓 3:00PM-4.15PM [B112]							
Stay Zen - Pranayama Breathing Practise 一起学禅运 动 11:30AM - 12:30PM [B140]		Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B192]		Christmas with Carpe Diem 圣诞舞会 3:30PM - 5:00PM [B142MPH]							
Let’s CALM 健设肌肉损失 2:30PM - 3:30PM [B140]		Let’s Yum Cha Together 一起饮茶 3:00PM - 4:00PM [B192]									
Let’s Exercise - Don’t Tikam Your Health (NKF) 一起做运 动 3:30PM - 4.30PM [B140]						Let's Gen Together - Tertiary 代际交流 - 大专学府 4:00PM - 5:00PM [B140]					
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MON		TUE		WED		THU		FRI		SAT	
29		30		31							
Let's do Stretching Exercise 回春功 8:00AM - 10:00AM [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 Line Dance (IL) 一起跳排舞 (IL) 8:00AM - 10:00AM [B142 MPH]		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 Zumba Gold 一起跳尊巴 (乐龄版) 9:00AM - 10:00AM [B109]		Let's Pickleball 一起打匹克球 9:15AM - 10:15AM [B140 badminton court]		Haircut Service 剪头发 10:00AM - 11:30AM [B140]							
Let's Learn Tai Chi 一起学太极 10:00AM - 11:00AM [B140]		Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B192]									
		Let's Yum Cha Together 一起饮茶 3:00PM - 4:00PM [B192]									
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