

2026 February 二月

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
2	3	4	5	6	7
Let's do Stretching Exercise 回春功 8:00AM - 10:00AM [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]
Strategise with Kakis 游戏时间 9:00AM - 11:00AM [B192]	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) 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 9:00AM - 10:00AM [B140]
Stay Zen - Pranayama Breathing Practise 一起学禅运动 11:00AM - 12:00PM [B140]	Let's Pickleball 一起打匹克球 9:00AM - 10:30AM [B140 badminton court]	Let's Do Leaves Weaving and Flora Design 一起学编制花 9:00AM - 11:00AM [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 Sing Together 一起唱歌 11:00AM - 12:00PM [B112]
Let's Talk News 一起讨论新闻 1:00PM - 2:00PM [B140]	Let's Go Gai Gai (CNY Shopping) 一起买年货 8:00AM - 4:00PM [B140]	Let's Dance Fitness 一起学舞蹈健身 11:00AM - 12:00PM [B140]	Let's Tai Chi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Let's Drumfit 一起学击鼓健身 10:00AM - 11:00AM [B140]	Let's Adaptive Sport - Boccia 一起玩滚球 11:00AM - 12:00PM [B112]
Let's Do Social Fun Dance 一起学舞蹈 2:00PM - 3:00PM [B142 MPH]	Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B104]	Let's Celebrate Birthday 一起庆祝生日 12:30PM - 1:30PM [B140]	Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B192]	Let's Learn Korean Language 一起学韩语 12:00PM - 1:00PM [B140]	Let's share chicken rice and 5kg rice 一起吃鸡饭与分享米 12:00PM - 1:00PM [B112]
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 [B104]	Let's Gen Together- Tertiary 一起学做红包灯笼 2:30PM - 5:00PM [B140]	Let's Learn Tai Chi 一起学太极 2:30PM - 4:30PM [B140]	Let's Share Volunteerism Talk 一起分享做义工 1:00PM - 2:00PM [B140]	Let's Go Gai Gai - Asian Civilisation Museum 一起参观亚洲博物馆 2:00PM - 5:00PM [179555]
Let's Do Crochet 一起学钩针 4:00PM - 6:00PM [B140]			Let's Yum Cha Together 一起饮茶 3:00PM - 4:00PM [B192]	Let's Do Paper Art 一起学纸工艺 2:00PM - 4:00PM [518457]	

Venue	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
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

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Let's do Stretching Exercise 回春功 8:00AM - 10:00AM [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 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) 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 9:00AM - 10:00AM [B140]	Let's Jam with Flute 一起学笛子 9:00AM - 10:00AM [B112]
Let's Do Water Colour 一起学水彩画 9:30AM - 11:00AM [B140]	Let's Pickleball 一起打匹克球 9:00AM - 10:30AM [B140 badminton court]	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 - 11:00AM [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 Ago Ago with Fortune God 一起与财神爷庆祝新年 10:00AM - 12:00PM [B140]	Let's Gen Together- Tertiary 一起与学生互动 2:00PM - 5:00PM [B140]	Let's Tai Chi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Let's Drumfit 一起学击鼓健身 10:00AM - 11:00AM [B140]	
Let's Do Social Fun Dance 一起学舞蹈 2:00PM - 3:00PM [B142 MPH]	Let's CALM 健设肌肉损失 2:00PM - 3:00PM [B140]	Let's Learn Malay 一起学马来语 2:00PM - 3:00PM [B140]	Let's Floorball 一起玩滚地球 2:00PM - 3:15PM [B428]	Let's RummyO/Yum Cha 一起玩拉米欧 / 饮茶 2:00PM - 4:00PM [B104]	
Let's Celebrate CNY & Lo Hei! 一起吃鱼生 3:00PM - 4:00PM [B140]	Let's Rummy-O / Yum Cha 一起玩拉米欧 / 饮茶 2:00PM - 4:00PM [B104]	Let's CALM 健设肌肉损失 2:30PM - 5:30PM [528523]	Let's Learn Tai Chi 一起学太极 2:30PM - 4:30PM [B140]		
Let's Do Crochet 一起学钩针 4:00PM - 6:00PM [B140]		Let's Drumfit 一起玩击鼓健身 3:00PM - 4:30PM [B112]	Let's Learn Cooking 一起学煮饭 3:00PM - 5:00PM [B192]		

Venue	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
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

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
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 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 [B142b MPH]			Let's Do Kpop 一起跳 K-pop 9:00AM - 10:00AM [B109 Canopy]	Let's Crossfit 一起做运动 9:00AM - 10:00AM [B140]	Let's Jam with Flute 一起学笛子 9:00AM - 10:00AM [B112]
Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:00AM - 10:00AM [B109]			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 Talk News 一起讨论新闻 10:00AM - 11:00AM [B140]	Centre Closed Chinese New Year	Centre Closed Chinese New Year	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Let's Drumfit 一起学击鼓健身 10:00AM - 11:00AM [B140]	
Stay Zen - Pranayama Breathing Practise 一起学禅运动 11:00AM - 12:00PM [B140]			Let's Rummy-O/Yum Cha 一起玩拉米欧 / 饮茶 2:00PM - 4:00PM [B104]	Let's Stretch Band (Seated) 一起学椅子拉筋 2:00PM - 3:00PM [B140]	
Centre Closed Chinese New Year Eve			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	PRAactiveSG : 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
23	24	25	26	27	28
Let's do Stretching Exercise 回春功 8:00AM - 10:00AM [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) 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 9:00AM - 10:00AM [B140]	Let's Jam with Flute 一起学笛子 9:00AM - 10:00AM [B112]
Let's Do Water Colour 一起学学水彩画 9:30AM - 11:00AM [B140]	Let's Pickleball 一起打匹克球 9:00AM - 10:30AM [B140 badminton court]	Let's Do Beads Art 一起学串珠 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]	
Stay Zen - Pranayama Breathing Practise 一起学禅运动 11:30AM - 12:30PM [B140]	Let's Go Gai Gai (Oceanarium) 一起去水族馆 9:00AM - 5:30PM [098137]	Let's Gen Together - Tertiary 一起与学生互动 2:00PM - 5:00PM [B140]	Let's Learn Han Yu Pin Yin 一起学韩语拼音 10:30AM - 12:00PM [B140]	Let's Go Gai Gai (National Musuem) 一起去国家博物馆 2:00PM - 5:00PM [178897]	
Let's Learn Japanese Vowel 一起学日语 2:00PM - 3:00PM [B140]	Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B104]	Let's Floorball 一起玩滚地球 2:00PM - 3:15PM [B428]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]		
Let's Stretch Band (Seated) 一起学椅子拉筋 2:00PM - 3:00PM [B140]	Let's Yum Cha Together 一起饮茶 3:00PM - 4:00PM [B104]	Let's Drumfit 一起学击鼓 3:00PM - 4:30PM [B112]	Let's RummyO/Yum Cha 一起玩拉米欧 / 饮茶 2:00PM - 4:00PM [B104]		
			Let's Learn Tai Chi 一起学太极 2:30PM - 4:30PM [B140]		

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