

2026 January — 一月

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
			1 New Year	2 Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]	3 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) 9:15AM - 10:15AM [B142b MPH]	Let's Jam with Flute 一起学笛子 8:00AM - 9:00AM [B112]
				Let's Do Paper Art 一起做纸艺 2:00PM - 4:00PM [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
5	6	7	8	9	10
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 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 [B142b MPH]	Let's Do 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 [B142b MPH]	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 - 10:30AM [B140 badminton court]	Let's Drumfit 一起学击鼓 3:00PM - 4:30PM [B112]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142b MPH]	Stay Well Series - Step in Estate Planning 一起学产业策划 10:00AM - 12:00PM [B140]	
Lets Learn Malay 一起学马来语 9:30AM - 11:00AM [B140]	Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B192]	Let's Crossfit 一起做运动 2:30PM - 3:30PM [B428]	Eh How Ah Digital Literacy 一起玩游戏 2:00PM - 4:00PM [B192]	Let's Celebrate Birthday 一起庆祝生日 1:00PM - 2:00PM [B140]	
	Let's Yum Cha Together 一起饮茶 3:00PM - 4:00PM [B192]		Let's Learn Tai Ji 一起学太极 2:30PM - 3:30PM [B142b MPH]	Let's CALM 对抗肌肉流失 2:30PM - 3:30PM [B140]	
				Let's Talk News 一起聊新闻 4:00PM - 5:00PM [B140]	

Venue 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
12	13	14	15	16	17
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 [B142b 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 [B142b MPH]	Let's Do 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 [B142b 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]	Strategise with Kakis 游戏时间 10:00AM - 12:00PM [B140]	Stay Well Series - Healthy Grandchild, Happy Me 一起听讲座 9:00AM - 10:00AM	Let's Do Lantern Angpow 一起学红包灯笼 9:00AM - 10:00AM [B140]	Let's CALM 对抗肌肉流失 2:30PM - 3:30PM [B140]	
Strategise with Kakis 游戏时间 10:00AM - 11:00AM [B140]	Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B192]	Let's Gen Together - Tertiary 当我们同在一起 2:30PM - 4:00PM [B140]	Let's Learn Han Yu Pin Ying 一起学汉语拼音 10:30AM - 12:00PM [B140]		
Let's CALM 对抗肌肉流失 2:30PM - 3:30PM [B140]	Let's Yum Cha Together 一起饮茶 3:00PM - 4:00PM [B192]		Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142b MPH]		
			Strategise with Kakis/Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B192]		
			Let's Learn Taichi 一起学太极 2:30PM - 3:30PM [B142b MPH]		

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活动 场地	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

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19	20	21	22	23	24
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 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]
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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 Do Bead 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]	
Strategise with Kakis 游戏时间 9:00AM - 11:00AM [B140]	Let's Learn to take photo 一起学拍照 2:00PM - 4:00PM [B140]	Let's Gen Together - Tertiary 当我们同在一起 2:30PM - 4:00PM [B140]	Let's Learn Han Yu Pin Ying 一起学汉语拼音 10:30AM - 12:00PM [B140]	Let's CALM 对抗肌肉流失 2:30PM - 3:30PM [B140]	
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]	Digital - IMDA Go-Digital (Personal coach) 一起学手机 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 CALM 对抗肌肉流失 2:30PM - 3:30PM [B140]	Let's Yum Cha Together 一起饮茶 3:00PM - 4:00PM [B192]	Let's Drumfit 一起学击鼓 3:00PM - 4:30PM [B112]	Strategise with Kakis 游戏时间 2:00PM - 4:00PM [B192]		
Let's Crochet 一起学钩针 4:00PM - 6:00PM [B140]			Let's Learn Tai Chi 一起学太极 2:30PM - 4:30PM [B140]		

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Let's CALM 健设肌肉损失 2:30PM - 3:30PM [B140]	Let's Learn to take photo 一起学拍照 2:00PM - 4:00PM [B140]	Let's Gen Together - Tertiary 当我们同在一起 2:30PM - 4:00PM [B140]	Let's Tai Chi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]		
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Strategise with Kakis 游戏时间 9:00AM - 11:00AM [B140]	Let's Talk News 一起聊新闻 10:00AM - 12:00PM [B140]	Let's Crossfit 一起做运动 1:00PM - 2:00PM [B140]	Let's Learn Han Yu Pin Ying 一起学汉语拼音 10:30AM - 12:00PM [B140]	Let's CALM 对抗肌肉流失 2:30PM - 3:30PM [B140]	
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Let's CALM 对抗肌肉流失 2:30PM - 3:30PM [B140]	Let's Yum Cha Together 一起饮茶 3:00PM - 4:00PM [B192]		Strategise with Kakis 游戏时间 2:00PM - 4:00PM [B192]		
Let's Go Gia Gai NLB Learning Journey 一起玩游 戏 3:00PM - 5.00PM [518457]			Let's Learn Tai Chi 一起学太极 2:30PM - 4:30PM [B142b MPH]		

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