

# 2026 June 六月

 **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
<b>Centre Closed</b>	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) 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 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 Otago 一起学防跌云动 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 Pickleball 一起学匹克球 9:00AM - 11:30AM [B140 Badminton Court]	Let's Celebrate Birthday 一起庆祝生日 2:00PM - 3:00PM [B140]	Let's Han Yu Pin Yin 一起学汉语拼音 10:30AM - 12:00PM [B140]	Let's Pranayama Breathing 一起学冥想 10:00AM - 11:00AM [B428]	
	IMDA Go Digital-Workshop 资讯通信媒体发展局-数码乐龄培训 10:00AM - 11:30AM [B115]	Let's Talk News 一起聊新闻 3:00PM - 4:00PM [B140]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Let's learn Paper Art 一起学纸艺术 2:30PM - 4:00PM [Library]	
	Let's Learn Ukulele 一起学尤克里里 10:00AM - 11:30AM [B140]	Stay Well Series - Health Talk 一起听健康讲座 4:00PM - 6:00PM [B140]	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]	Let's learn Square Stepping 一起学格子运动 2:30PM - 3:30PM [B140]	
	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]		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	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 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 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]	Let's Do Pencil Art 一起学笔画 9:30AM - 11:00AM [B140]	Let's Learn Mandarin Conversation 一起学华语会话 9:00AM - 10:00AM [B140]	Let's Do Bead Art 一起学串珠 9:00AM - 12:00PM [B140]	Let's Otago 一起学防跌云动 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 caregiver stress 一起了解护理压力 2:00PM - 4:00PM [B140]	Let's Compete Adaptive Sport 滚地球比赛 10:00AM - 2:00PM [OCBC Arena Hall]	I am Soul Inc 一起学音乐治疗 2:00PM - 3:00PM [B104]	Let's Han Yu Pin Yin 一起学汉语拼音 10:30AM - 12:00PM [B140]	Let's Pranayama Breathing 一起学冥想 10:00AM - 11:00AM [B428]		
Let's Listen LPA Talk 一起听讲座 2:15PM - 5:30PM [B140]	Digital - IMDA Go-Digital - Workshop 一起学数码课程 10:00AM - 11:30AM [B115]	Let's Listen Healthy Talk 一起听健康讲座 4:00PM - 6:00PM [B140]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Let's learn Square Stepping 一起学格子运动 2:30PM - 3:30PM [B140]		
		Strategise with Kakis/ Yum Cha 游戏时间/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 Gen Together- Tertiary 一起与学生互动 4:00PM - 5:30PM [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	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 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 9:15AM - 10:00AM [B140]	Let's Go Gai Gai (Jurong Quail Farm) 一起去走走 10:00AM - 11:00AM [B112]
	Let's 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 Do Bead Art 一起学串珠 9:00AM - 12:00PM [B140]	Let's Otago 一起学防跌云动 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]	Let's Learn Pickleball 一起学匹克球 9:00AM - 10:30AM [B140 badminton court]		Let's Learn Han Yu Pin Yin 一起学汉语拼音 10:30AM - 12:00PM [B140]	Let's Pranayama Breathing 一起学冥想 10:00AM - 11:00AM [B428]	
	Let's Go Gai Gai (Yakult) 一起参观yakult 12:00PM - 4.30PM [B428]	Digital - IMDA Go-Digital - Workshop 一起学数码课程 10:00AM - 11:30AM [B112]		Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Let's CALM 一起做防肌肉萎缩运动 2:30PM - 3:30PM [B140]	
		Leave Well Series - Legacy Planning Workshop 一起听讲座 2:30PM - 4.00PM [B140]		Strategise with Kakis/ Yum Cha 游戏时间/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 Tai Chi 一起学太极 2:30PM - 4:30PM [B140]		
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	
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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	22	23	24	25	26	27
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Let's Learn Pencil Art 一起学铅笔画 9:30AM - 11:00AM [B140]	Let's Learn Pickleball 一起学匹克球 9:00AM - 10:30AM [B140 badminton court]		Let's Learn Han Yu Pin Yin 一起学汉语拼音 10:30AM - 12:00PM [B140]	Let's Pranayama Breathing 一起学冥想 10:00AM - 11:00AM [B428]		
	Let's Learn Ukulele 一起学尤克里里 10:00AM - 12:00PM [B140 badminton court]		Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Let's CALM 一起做防肌肉萎缩运动 2:30PM - 3:30PM [B140]		
	Let's Learn IMDA workshop 一起学数码课程 10:00AM - 11:30AM [B112]		Strategise with Kakis/ Yum Cha 游戏时间/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 Tai Chi 一起学太极 2:30PM - 4:30PM [B140]			
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MON	TUE	WED	THU	FRI	SAT
<b>29</b>	<b>30</b>				
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 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 Seated Exercise 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 Walking Football 一起学步行足球 9:45AM - 11:45AM [528523]	Digital - IMDA Go-Digital - Workshop 一起学数码课程 10:00AM - 11:30AM [B112]				
	Let's Learn Ukulele 一起学尤克里里 10:00AM - 12:00PM [B140 badminton court]				
	Let's Go Gai Gai (Duck Tour) 一起去走走 10:00AM - 11:00AM [B140]				
	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]				

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