

2026 March 三月

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
2	3	4	5	6	7
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 Pickleball 一起打匹克球 9:00AM - 10:30AM [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 9:15AM - 10:00AM [B428]
Let's Watercolor 一起学水彩画 9:30AM - 11:00AM [B140]	Let's Learn Mandarin Conversation 一起学华语会话 9:00AM - 10:00AM [B140]	Let's Learn Beading 一起学串珠 9:30AM - 1:00PM [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]	Digital- IMDA Go digital - Workshop 资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 2:00PM - 4:00PM [B140]	Let's Dance Fitness 一起学舞蹈健身 11:00AM - 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 Talk News 一起讨论新闻 2:00PM - 3:00PM [B140]	Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B104]	Let's Celebrate Birthday 一起庆祝生日 1:00PM - 2:00PM [B140]	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]	Let's Paper Art 一起学纸艺术 2:00PM - 4:00PM [518457]	
Let's Do Social Fun Dance 一起学舞蹈 2:00PM - 3:00PM [B142 MPH]	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]	Volunteerism Appreciation 感谢义工 3:30PM - 4:30PM [B428]	
Let's Do Crochet 一起学钩针 4:00PM - 6:00PM [B428]	Let's Drumfit 一起学击鼓 3:00PM - 4:30PM [B112]		Let's Calligraphy 一起学书法 2:30PM - 4:30PM [B192]	Let's Learn Korean Lesson 一起学韩语 4:30PM - 6:00PM [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		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	PRPL : Pasir Ris Public Library

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	MON 9	TUE 10	WED 11	THU 12	FRI 13	SAT 14
	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 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]
	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]	Let's Learn Beading 一起学串珠 9:30AM - 1:00PM [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 Gen Together- Tertiary 一起与学生互动 2:00PM - 5:00PM [B140]	Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B104]	Let's Dance Fitness 一起学舞蹈健身 11:00AM - 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 Do Crochet 一起学钩针 4:00PM - 6:00PM [B428]	Let's Yum Cha Together 一起饮茶 3:00PM - 4:00PM [B104]	Let's Gen Together- Tertiary 一起与学生互动 2:00PM - 5:00PM [B140]	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]		
			Let's Floorball 一起玩滚地球 2:00PM - 3:15PM [B428]	Let's Learn Tai Chi 一起学太极 2:30PM - 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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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21 Hari Raya
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]	Public Holiday
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 Talk News 一起分享新闻 10:00AM - 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 9:30AM - 1:00PM [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]	Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B104]	Let's Dance Fitness 一起学舞蹈健身 11:00AM - 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]	OTAH Fiesta 一起与学生互动 2:30PM - 4:00PM [B140]	Let's Learn Photography 一起学摄影 2:00PM - 4:00PM [B140]	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]	Let's Drumfit 一起学击鼓 2:00PM - 3:00PM [B140]	
	Let's Yum Cha 一起饮茶 3:00PM - 4:00PM [B104]		Let's Learn Tai Chi 一起学太极 2:30PM - 4:30PM [B140]	Let's Seated Stretch Band 一起学座式拉伸带 3:00PM - 4:00PM [B140]	
			Let's Learn Calligraphy 一起学书法 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
23	24	25	26	27	28
Replacement Holiday	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 [B140]	Let's Jam with Flute 一起学笛子 9:00AM - 10:00AM [B112]
	Let's Learn Mandarin Conversation 一起学华语会话 9:00AM - 10:00AM [B140]	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]	
	Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B104]	Let's Dance Fitness 一起学舞蹈健身 11:00AM - 12:00PM [B140]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Let's Brisk Walk 一起去走走 9:30AM - 11:30AM [178897]	
	Let's Yum Cha Together 一起饮茶 3:00PM - 4:00PM [B104]	Let's Floorball 一起玩滚地球 2:00PM - 3:15PM [B428]	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]	Let's Pranayama Breathing 一起学冥想 10:00AM - 11:00AM [B428]	
		Eh How Ah? Digital Literacy 一起学数码游戏 2:00PM - 4:30PM [B140]	Let's Learn Tai Chi 一起学太极 2:30PM - 4:30PM [B140]		
			Let's Learn Digital Lesson 一起学数码 2:30PM - 4:00PM [B140]		

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MON	TUE	WED	THU	FRI	SAT
30	31				
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 Pickleball 一起打匹克球 9:00AM - 10:30AM [B140 badminton court]	Let's Learn Mandarin Conversation 一起学华语会话 9:00AM - 10:00AM [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 [B104]				
Let's Gen Together- Tertiary 一起与学生互动 2:00PM - 5:00PM [B140]	Let's Yum Cha Together 一起饮茶 3:00PM - 4:00PM [B104]				

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