

2026 May 五月

 **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
					Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]
					Let's Jam with Flute 一起学笛子 9:00AM - 10:00AM [B140]
				Labour Day Public Holiday Centre Closed	

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 4	TUE 5	WED 6	THU 7	FRI 8	SAT 9
	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 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 Zumba Gold 一起跳尊巴(乐龄版) 9:15AM - 10:15AM [B142 MPH]
	Let's Seated Zumba 一起学椅子尊巴 9:00AM - 10:00AM [B104]	Let's Walking Football 一起学步行足球 9:45AM - 11:45AM [528523]	Let's Learn Mandarin Conversation 一起学华语会话 9:00AM - 10:00AM [B140]	Let's Learn Bead Art 一起学串珠 9:00AM - 1:00PM [B140]	Let's Aqua Aerobic 一起学水上有氧运动 9:00AM - 10:00AM [519640]	
	Stay Zen - Pranayama Breathing Practise 一起学禅运动 11:00AM - 12:00PM [B140]	Let's Do Acrylic Painting 一起来作画 9:30AM - 11:00AM [B140]	Let's Go Gai Gai (Movie) 一起看电影 11:30AM - 4:00PM [Vivo Golden Village]	Let's Learn LWS music Journey 一起LWS音乐 10:00AM - 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 Learn 4 Colour Card 一起学四色牌 1:00PM - 3:00PM [B140]	Let's Do Crochet 一起学钩针 4:00PM - 6:00PM [B428]	IMDA Go Digital-Workshop 资讯通信媒体发展局 - 数码乐龄培训 2:00PM - 4:00PM [B140]	Let's Learn Photography 一起学拍照 2:00PM - 4:00PM [B140]	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]	
	Let's Go Gai Gai (Music Love Concert) 一起听音乐 6:30PM - 9:00PM [Chui Hua Lim Club]	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]	Let's Talk News 一起分享新闻 4:00PM - 5:00PM [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]		
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
	11	12	13	14	15	16
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 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 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 Acrylic Painting 一起来作画 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 Aqua Aerobic 一起学水上有氧运动 9:30AM - 10:30AM [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 Learn IMDA workshop 一起学数码课程 9:30AM - 10:30AM [B115]			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 Learn 4 Colour Card 一起学四色牌 1:00PM - 3:00PM [B140]	Let's Do Crochet 一起学钩针 4:00PM - 6:00PM [B428]	Let's Talk News 一起聊新闻 10:00AM - 11:00AM [B115]		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 Calligraphy 一起学书法 2:00PM - 4:00PM [B140]		
				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		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 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23
	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 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 [B140]
	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 Brisk Walk 一起快步走 9:30AM - 11:30AM [Pasir Ris Beach]	Let's Aqua Aerobic 一起学水上有氧运动 9:00AM - 10:00AM [519640]	Let's Gen Together- Secondary 一起与学生互动 9:00AM - 11:30AM [Pasir Ris Crest Sec sch]	Let's Jam with Flute 一起学笛子 9:00AM - 10:00AM [B112]
	Let's Walking Football 一起学步行足球 9:45AM - 11:45AM [528523]	Stay Zen - Pranayama Breathing Practise 一起学禅运动 11:00AM - 12:00PM [B140]	Let's Learn IMDA workshop 一起学数码课程 9:30AM - 10:30AM [B112]	Let's Gen Together- Secondary 一起与学生互动 3:30PM - 6:00PM [Loyang View Sec sch]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]
	Let's Do Crochet 一起学钩针 4:00PM - 6:00PM [B428]	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 Pranayama Breathing 一起学冥想 10:00AM - 11:00AM [B428]	
				Let's Learn Tai Chi 一起学太极 2:30PM - 4:30PM [B140]	Let's CALM 一起做防肌肉萎缩运动 2:30PM - 3:30PM [B140]	
				Scent Healing 心灵系列 - 芳香疗愈 4:00PM - 5:00PM [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	
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	TUE	WED	THU	FRI	SAT
	25	26	27 Hari Raya	28	29	30
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]	Public 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]
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Let's Learn Hand Sewing 一起学缝纫 4:00PM - 6:00PM [B112]	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]			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 Crochet 一起学钩针 4:00PM - 6:00PM [B428]				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]	
				Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]	Let's CALM 一起做防肌肉萎缩运动 2:30PM - 3:30PM [B112]	
				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
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MON	TUE	WED	THU	FRI	SAT
31					
Vesak Day Public Holiday Centre Closed					

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
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