2026 November 十一月

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 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 Dragonboat 一起学划龙舟 9:00AM - 11:00AM [B142 MPH]	Let's Kpop / Let's Otago 一起跳K-pop/ 防跌运动 9:00AM - 10:00AM (B109 Canopy / B140)	Let's Zumba Gold 一起跳尊巴(乐龄版) 9:15AM - 10:15AM [B142 MPH]	
Let's do Seated Zumba 一起学椅子尊巴 9:00AM - 10:00AM [B104]	Let's Pick Up Mandarin Conversation 一起学华语会话 9:00AM - 10:00AM [B140]	Let's Steel Combat 一起做钢铁拳击(精简版) 9:00AM - 10:00AM [B142 MPH]	Let's Aqua Aerobic 一起学有氧运动 9:30AM - 11:30AM [329783]		
Stay Zen - Pranayama Breathing Practice 一起学互吸 11:00AM - 12:00PM [B140]	Let's Pickleball 一起学匹克球 9:00AM - 10:30AM [B140 badminton court]	Let's Talk About Road Safety 一起聊路况安全 10:30AM - 11:30AM [B192]	Let's Celebrate Birthday 一起庆祝生日 1:00PM - 2:00PM [B140]		
	Let's Jam with Ukulele 一起学尤克里里 10:00AM - 12:00PM [B140]	Let's Go Gai Gai (Peranakan Musuem) 一起去博物馆 2:00PM - 5:00PM [179941]	Let's Taichi Roli Ball/Tai Chi 一起学太极柔力球/太极 1:30PM - 3:30PM [B142 MPH]		
	Strategise with Kakis / Let's Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]	Let's Talk About Caregiver to Caregiver support group (Dementia) By Mindful Community 看顾者互相关怀课程 3:00PM - 6:00PM [B112]	Strategise with Kakis / Let's Yum Cha 一起学拉米欧/饮茶 2:00PM - 4:00PM [B104]		
	HAPPY Programme 推广健康老龄化计划 2:00PM - 3:00PM [B140]		Let's Pick Up Korean 一起学韩语 4:30PM - 6:00PM [B112]		

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
9	10	11	12	13	14
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]	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 Dragonboat 一起学划龙舟 9:00AM - 11:00AM [B142 MPH]	Let's Kpop / Let's Otago 一起跳K-pop/ 防跌运动 9:00AM - 10:00AM (B109 Canopy / B140)	Let's Zumba Gold 一起跳尊巴(乐龄版) 9:15AM - 10:15AM [B142 MPH]	Functional Screening 眼耳喉检查 9:00AM - 1:00PM [B112]
	Let's Pick Up Mandarin Conversation 一起学华语会话 9:00AM - 10:00AM [B140]	Let's Steel Combat 一起做钢铁拳击(精简版) 9:00AM - 10:00AM [B142 MPH]	Let's Taichi Roli Ball/Tai Chi 一起学太极柔力球/太极 1:30PM - 3:30PM [B142 MPH]	Let's Gen Together - Primary 一起与学生互动 10:00AM - 12:00PM [518968]	
	Let's Pickleball 一起学匹克球 9:00AM - 10:30AM [B140 badminton court]	Let's Go Gai Gai (Sian Chay HQ) 一起去善济总部 10:00AM - 2:00PM [389269]	Strategise with Kakis / Let's Yum Cha 一起学拉米欧/饮茶 2:00PM - 4:00PM [B104]		
	Let's Jam with Ukulele 一起学尤克里里 10:00AM - 12:00PM [B140]	Let's Gen Together-Tertiary 一起与学生互动 2:30PM - 5:30PM [B428]	Let's Do Calligraphy 一起学书法 2:00PM - 4:00PM [B140]		
	IMDA Go Digital Workshop 一起学数码课程 2:30PM - 4:00PM [B140]		Let's Pick Up Korean 一起学韩语 4:30PM - 6:00PM [B112]		
	Strategise with Kakis / Let's Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]				

Venue 活动 场地					
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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**
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 Dragonboat 一起学划龙舟 9:00AM - 11:00AM [B142 MPH]	Let's Kpop / Let's Otago 一起跳K-pop/ 防跌运动 9:00AM - 10:00AM (B109 Canopy / B140)	Let's Zumba Gold 一起跳尊巴(乐龄版) 9:15AM - 10:15AM [B142 MPH]	
Let's do Seated Zumba 一起学椅子尊巴 9:00AM - 10:00AM [B104]	Let's Pickleball 一起学匹克球 9:00AM - 10:30AM [B140 badminton court]	Let's Steel Combat 一起做钢铁拳击(精简版) 9:00AM - 10:00AM [B142 MPH]	Let's Aqua Aerobic 一起水上有氧运动 9:30AM - 10:30AM (519640)	Let's Gen Together - Tertiary 一起与学生互动 1:00PM - 3:30PM [B112]	
Current affairs U&Me 时事新闻你和我 10:00AM - 11:00AM [B192]		Let's Steel Combat 一起做钢铁拳击(精简版) 9:00AM - 10:00AM [B142 MPH]	Let's Taichi Roli Ball/Tai Chi 一起学太极柔力球/太极 1:30PM - 3:30PM [B142 MPH]	Let's Gen Together - Tertiary 一起与学生互动 2:30PM - 4:30PM [B140]	
Let's Talk About Road Safety Talk 一起聊公路安全 10:30AM - 11:30AM [B428]		Happy Program 一起做运动 2:00PM - 3:00PM [B140]	Strategise with Kakis / Let's Yum Cha 一起学拉米欧/饮茶 2:00PM - 4:00PM [B104]		
		Let's Talk About Sustainable Caregiving 一起与乐龄互动 3:00PM - 5:00PM [B140]	Community Health Post 护士站 2:00PM - 5:00PM [B112]		
			Let's Pick Up Korean 一起学韩语 4:30PM - 6:00PM [B112]		

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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**
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) 9:00AM - 10:00AM [B142 MPH]	Let's Kpop / Let's Otago 一起跳K-pop/ 防跌运动 9:00AM - 10:00AM (B109 Canopy / B140)	Let's Zumba Gold 一起跳尊巴(乐龄版) 9:15AM - 10:15AM [B142 MPH]	
Let's do Seated Zumba 一起学椅子尊巴 9:00AM - 10:00AM [B104]	Let's Pick Up Mandarin Conversation 一起学华语会话 9:00AM - 10:00AM [B140]	Let's Steel Combat 一起做钢铁拳击(精简版) 9:00AM - 10:00AM [B142 MPH]	Let's Taichi Roli Ball/Tai Chi 一起学太极柔力球/太极 1:30PM - 3:30PM [B142 MPH]	Stay Well Series: Navigating The Ageing Journey 一起学习护理 2:00PM - 4:00PM [B112]	
Stay Zen - Pranayama Breathing Practice 一起学互吸 11:00AM - 12:00PM [B140]	Let's Pickleball 一起学匹克球 9:00AM - 10:30AM [B140 badminton court]	Let's Gen Together - Tertiary 一起与学生互动 2:00PM - 4:00PM [B112]	Strategise with Kakis / Let's Yum Cha 一起学拉米欧/饮茶 2:00PM - 4:00PM [B104]		
	Let's Jam with Ukulele 一起学尤克里里 10:00AM - 12:00PM [B140 badminton court]		Let's Do Calligraphy 一起学书法 2:00PM - 4:00PM [B140]		
	IMDA Go Digital Workshop 一起学数码课程 10:00AM - 11:30AM [B112]		Let's Pick Up Korean 一起学韩语 4:30PM - 6:00PM [B112]		
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MON	TUE	WED	THU	FRI	SAT
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 Zumba Gold 一起跳尊巴(乐龄版) 9:00AM - 10:00AM [B109]					
Let's do Seated Zumba 一起学椅子尊巴 9:00AM - 10:00AM [B104]					
Stay Zen - Pranayama Breathing Practice 一起学互吸 11:00AM - 12:00PM [B140]					
Digital - Digital Embroidery Workshop 数码刺绣工作坊 2:00PM - 5:00PM [730676]					

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