

2025 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
					1
					Let's do Stretching Exercise 回春功 8:00AM - 9:00AM [Aquaria Park]
					Let's Jam with Flute 一起学笛子 8:00AM - 9:00AM [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	
3		4		5		6		7		8	
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 - 9:30AM [B142 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 [B142 MPH]		Let's Kpop 一起跳 K-pop 9:00AM - 10:00AM [B109 Canopy]		Rolling Good Times 健康 滚滚好时光 9AM - 10:30AM [B140]		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 9:15AM - 10:15AM [B140 badminton court]		Let's Learn to Cook 一起学烹 饪 10:00AM - 12:00PM [B428]		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 Water Colour Painting 一起学水彩画 9:30AM - 11:00AM [B140]		Rolling Good Times 健康 滚滚好时光 9AM - 10:30AM [B140]		Let's Celebrate Birthday 一起庆祝生日 1:00PM - 2:00PM [B140]		Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B192]		Let's Gen Together - Pasir Ris Primary 一 起与小学生互 动 10:30AM - 12:30PM			
Stay Zen - Pranayama Breathing Practise 一起学禅运 动 11:30AM - 12:30PM		IMDA Go Digital - Workshop 一起学数 码讲座 2:00PM - 4:00PM [B140]		Let's Gen Together - Tertiary 代际交流 - 大专学府 3PM - 4:00PM [B140]		Let's Do Calligraphy 一起学书法 2:30PM - 4:30PM [B140]		Let's Do Paper Art 一起做纸艺 2:00PM - 4:00PM [PRPL]			
Don't Tikam Your Health 一起做运 动 2:00PM - 4:00PM [B140]		Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B192]				Let's Yum Cha Together 一起饮茶 3:00PM - 4:00PM [B192]					
Let's Do Crochet 一起学 钩针 2:00PM - 4:00PM [B140]		Let's Yum Cha Together 一起饮茶 3:00PM - 4:00PM [B192]									
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	
10		11		12		13		14		15	
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 [B142 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 [B142 MPH]		Let's Kpop 一起跳 K-pop 9:00AM - 10:00AM [B109]		Rolling Good Times 健康滚滚好时光 9AM - 10:30AM [B140]		Let's 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]		Let's Pickleball 一起打匹克球 9:15AM - 10:15AM [B140 badminton court]		Let's Gen Together - Tertiary 代际交流 - 大专学府 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 Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]			
Don't Tikam Your Health 一起做运 动 2:00PM - 4.00PM [B140]		Rolling Good Times 健康滚滚好时光 9AM - 10:30AM [B140]		Let's Drumfit 一起学 击鼓 3:00PM-4.15PM [B112]		Project Praise 一起学防止 诈骗讲座 2:00PM - 3:30PM [B140]		Nica Drama Motion 一起学 话剧 2:00PM - 5:00PM [B140]			
Let's Do Crochet 一起学 钩针 2:00PM - 4:00PM [B140]		Strategise with Kakis/Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B192]				Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B192]					
		Let's Learn to take Photo 一起学手机系 统 2:00PM - 4:00PM [B140]				Let's Yum Cha Together 一起 饮茶 3:00PM - 4:00PM [B192]					
		Let's Gen Together - Tertiary 代际交流 - 大专学府 4:00PM - 5:00PM [B140]				Let's Decoupage Jamming 一起学 艺术 4:00PM - 6:00PM [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		
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17	18	19	20	21	22
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 [B142 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 [B142 MPH]	Let's 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 [B142 MPH]	Let's 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]	Let's Pickleball 一起打匹克球 9:15AM - 10:15AM [B140 badminton court]	IMDA Go Digital - Consultation 一起学手机系 统 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 Do Water Colour Painting 一起学水彩画 9:30AM - 11:00AM [B140]	Don't Tikam Your Health 一起做运 动 2:00PM - 4:00PM [B140]	Line Grooving Down Memory 一起学线槽向下 记忆 2:00PM - 3:30PM [B140]	Wellness CHP 护士护理 2:00PM - 5:00PM [B112]		
Line Grooving Down Memory 一起学线槽向下 记忆 2:00PM - 3:30PM [B140]	Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B192]		Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B192]		
Let's Do Crochet 一起学 钩针 2:00PM - 4:00PM [B140]	Let's Yum Cha Together 一起 饮茶 3:00PM - 4:00PM [B192]		Let's Do Calligraphy 一起学书法 2:30PM - 4:30PM [B140]		
	Let's Gen Together - Tertiary 代际交流 - 大专学府 4:00PM - 5:00PM [B140]		Let's Yum Cha Together 一起 饮茶 3:00PM - 4:00PM [B192]		

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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 9:15AM - 10:15AM [B140 badminton court]	Don't Tikam Your Health 一起做运 动 2:00PM - 4.00PM [B140]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]	
Line Grooving Down Memory 一起学线槽向下 记忆 2:00PM - 3:30PM [B140]		Let's Drumfit 一起学 击鼓 3:00PM-4.15PM [B112]	Let's Do Crochet 一起学 钩针 2:00PM - 4:00PM [B140]	Immersive Theatre Experience 一起学 话剧 2:00PM - 5:00PM [B140]	
Thinker Program 一起做纸艺 3:00PM - 5:00PM [PRPL]			Strategise with Kakis 游戏时间 2:00PM - 3:00PM [B192]		
Let's Do Crochet 一起学 钩针 4:00PM - 6:00PM [B140]			Let's Yum Cha Together 一起饮茶 3:00PM - 4:00PM [B192]		
			Let's Gen Together - Tertiary 代际交流 - 大专学府 4:00PM - 5:00PM [B140]		

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