O 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]
		l					
L		<u> </u>					
Venue	AAC: NTUC Health Act	ive Ageing Centre (Care) (P	asir Ris Central) 11	2 Pasir Ris Street 11, #01-657, S51011	B140 : Pasir Ris Zone 11 RN 140 Pa	asir Ris St 11, #01-171, S510140	B109 : Block 109 HDB Pasir Ris
活动场地	CARE : CARE SG 428 P	asir Ris Drive 6, S510428	PRActiveSG : P	asir 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 E 回春功 8:00AM - 9:00A [Aquaria Park]	ιM	Let's do Stretchin 回春功 8:00AM - 9:0 [Aquaria Pa	0AM	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 - 9:30A [B142 MPH]	L)	Let's Aerok 一起做有氧; 8:00AM - 9:0 [B109]	运 动	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 Go 一起跳尊巴 (乐龄 9:00AM - 10:00 <i>A</i> [B109]	令版)	Let's Pickle 一起打匹克 9:15AM - 10:: [B140 badminto	.球 L5AM	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 健康滚滚好 9AM - 10:30 [B140]	时光	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 - 一起学数 码 2:00PM - 4:0 [B140]	讲座	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 witl 游戏时间 2:00PM - 3:0 [B192]]		Let's Yum Cha Together 一起饮茶 3:00PM - 4:00PM [B192]		
Let's Do Croche 一起学钩针 2:00PM - 4:00P [B140]		Let's Yum Cha To 一起饮养 3:00PM - 4:0 [B192]	•				
Venue AACC NTUC Health Active Ageing Centre (Care) (Pasir Ris Central) 1		12 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		
活动		PRActiveSG : P	asir Ris ActiveSG Swimming Complex	B142 MPH : 142 Pasir Ris Street	11 B135 : 135 Pasir Ris Street 11	PRPL : Pasir Ris Public Libra	

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回春功 回春功 回春功 回春功	13 14 15 tretching Exercise 回春功 回春功 回春功 回春功 AM - 9:00AM 8:00AM - 9:00AM 8:00AM - 9:00AM [Aquaria Park] [Aquaria Park] Let's Kpop Rolling Good Times Let's Flute 中國 使康 滚滚好时光 中記学笛子 9AM - 10:30AM 8:00AM - 9:00AM 8:00AM - 9:00AM 8:00AM - 9:00AM
回春功 回春功 回春功 回春功 日春功 日春功 日春功 日春功 日春功 日春功 日春功 日春功 日春功 日	回春功 回春功 回春功 回春功 AM - 9:00AM 8:00AM - 9:00AM 8:00AM - 9:00AM uaria Park] [Aquaria Park] [Aquaria Park] et's Kpop Rolling Good Times Let's Flute 起跳 K-pop 健康滚滚好时光 一起学笛子
8:00AM - 9:00AM [Aquaria Park] [Aqu	8:00AM - 9:00AM 8:00AM - 9:00AM 8:00AM - 9:00AM [Aquaria Park] [Aquaria Park] et's Kpop Rolling Good Times Let's Flute 已跳 K-pop 健康滚滚好时光 一起学笛子
[Aquaria Park][Aquaria Park][Aquaria Park][Aquaria Park]Let's Line Dance (IL)Let's AerobicsLet's Steel CombatLet's Combat一起跳排舞 (IL)一起做有氧运动一起做钢铁拳击(精简版)一起	uaria Park][Aquaria Park][Aquaria Park]et's KpopRolling Good TimesLet's Flute起跳 K-pop健康滚滚好时光一起学笛子
Let's Line Dance (IL) Let's Aerobics Let's Steel Combat Let's Aerobics 一起做有氧运 动 一起做钢铁拳击(精简版) 一起	et's Kpop Rolling Good Times Let's Flute 起跳 K-pop 健康滚滚好时光 一起学笛子
一起跳排舞 (IL) 一起做有氧运 动 一起做钢铁拳击(精简版) 一起	起跳 K-pop 健康滚滚好时光 一起学笛子
8:00AM - 10:00AM 8:00AM - 9:00AM 8:00AM - 9:00AM 9:00A	M - 10:00AM 9AM - 10:30AM 8:00AM - 9:00AN
[B142 MPH] [B109] [B142 MPH]	[B109] [B140] [AAC]
Let's Zumba Gold Let's Pickleball Let's Gen Together - Tertiary Let's T	aichi Roli Ball Let's Zumba Gold
一起跳尊巴 (乐龄版) 代际交流 - 大专学府 一起学	生太极柔力球 一起跳尊巴 (乐龄版)
	PM - 2:30PM 9:15AM - 10:15AM
[B109] [B140 badminton court] [B140] [B3	142 MPH] [B142 MPH]
Don't Tikam Your Health Rolling Good Times Let's Drumfit Pro	ject Praise Nica Drama Motion
一起做运动 健康滚滚好时光 一起学击鼓 一起学	防止 诈骗讲座 一起学 话剧
2:00PM - 4.00PM [B140] 9AM - 10:30AM 3:00PM-4.15PM 2:00P	PM - 3:30PM 2:00PM - 5:00PM
[B140] [B112]	[B140] [B140]
	ise with Kakis
一起学 钩针 游戏时间/饮茶	存戏时间
	PM - 3:00PM
[B140] [B192]	[B192]
Let's Learn to take Photo Let's Yun	n Cha Together
一起学手机系 统	-起饮茶
2:00PM - 4:00PM 3:00P	PM - 4:00PM
[B140]	[B192]
	oupage Jamming
	起学艺术
	PM - 6:00PM
[B140]	[B140]
	sir Ris Zone 11 RN 140 Pasir Ris St 11, #01-171, S510140 B109 : Block 109 HDB Pa
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Centre Contact: 8292 2681 / 6694 2742



MON	TUE	WED	THU	FRI	SAT
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]		

Venue	AAC: NTUC Health Active Ageing Centre (Care) (F	ealth 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

CARE: CARE SG 428 Pasir Ris Drive 6, S510428

Venue

活动

场地

Ocentre Name: AACC (Pasir Ris Central)

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B109: Block 109 HDB Pasir Ris

PRPL: Pasir Ris Public Library

24 et's do Stretching Exercise 回春功	25	26	27	,	
回春功				28	29
	Let's do Stretching Exercise	Let's do Stretching Exercise	Let's do Stretching Exercise	Let's do Stretching Exercise	Let's do Stretching Exerci
0.00444.40.00444	回春功	回春功	回春功	回春功	回春功
8:00AM -10:00AM	8:00AM - 9:00AM	8:00AM - 9:00AM	8:00AM - 9:00AM	8:00AM - 9:00AM	8:00AM - 9:00AM
[Aquaria Park]	[Aquaria Park]	[Aquaria Park]	[Aquaria Park]	[Aquaria Park]	[Aquaria Park]
Let's Line Dance (IL)	Let's Aerobics	Let's Steel Combat	Let's Kpop	Wood Plate Art	Let's Flute
一起跳排舞 (IL)	一起做有氧运 动	一起做钢铁拳击(精简版)	一起跳 K-pop	一起学艺术	一起学笛子
8:00AM - 10:00AM	8:00AM - 9:00AM	8:00AM - 9:00AM	9:00AM - 10:00AM	9:00AM - 11:00AM	8:00AM - 9:00AM
[B142 MPH]	[B109]	[B142 MPH]	[B109]]	[B142 MPH]	[AAC]
Let's Zumba Gold	Let's Pickleball	Don't Tikam Your Health	Let's Taichi Roli Ball	Let's Zumba Gold	
一起跳尊巴 (乐龄版)	一起打匹克球	一起做运 动	一起学太极柔力球	一起跳尊巴 (乐龄版)	
9:00AM - 10:00AM	9:15AM - 10:15AM	2:00PM - 4.00PM	1:30PM - 2:30PM	9:15AM - 10:15AM	
[B109]	[B140 badminton court]	[B140]	[B142 MPH]	[B142 MPH]	
ne Grooving Down Memory		Let's Drumfit	Let's Do Crochet	Immersive Theatre Experience	
一起学线槽向下记忆		一起学击鼓	一起学 钩针	一起学话剧	
2:00PM - 3:30PM		ж-т щ ж 3:00PM-4.15PM	2:00PM - 4:00PM	2:00PM - 5:00PM	
[B140]		[B112]	[B140]	[B140]	
		[5112]			
Thinker Program			Strategise with Kakis		
一起做纸艺			游戏时间		
3:00PM - 5:00PM			2:00PM - 3:00PM		
[PRPL]			[B192]		
Let's Do Crochet			Let's Yum Cha Together		
一起学钩针			一起饮茶		
4:00PM - 6:00PM			3:00PM - 4:00PM		
[B140]			[B192]		
			Let's Gen Together - Tertiary	.	
			代际交流 - 大专学府		
			4:00PM - 5:00PM		
			[B140]		

B140 : Pasir Ris Zone 11 RN 140 Pasir Ris St 11, #01-171, S510140

B135: 135 Pasir Ris Street 11

B142 MPH: 142 Pasir Ris Street 11

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AAC: NTUC Health Active Ageing Centre (Care) (Pasir Ris Central) 112 Pasir Ris Street 11, #01-657, S510112