

2026 October 十月

 **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	3
			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 Kpop 一起跳K-pop 9:00AM - 10:00AM [B109 Canopy]	Let's Crossfit 一起做运动 9:00AM - 10:00AM [B140]	
			Let's Go Gai Gai - AAC Day 一起庆祝AAC 9:00AM - 2:00PM [Temasek Polytechnic]	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [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 Celebrate Birthday 一起庆祝生日 10:00AM - 11:00AM [B140]	
			Strategise with Kakis / Let's Yum Cha 一起学拉米欧/饮茶 2:00PM - 4:00PM [B104]	Let's Talk News 一起聊新闻 11:00AM - 12:00PM [B140]	
			Let's Pick Up Korean 一起学韩语 4:30PM - 6:00PM [B112]	Let's Pickleball 一起打匹克球 1:00PM - 4:00PM [Expo]	

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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5		6		7		8		9		10	
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 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]		Let's Walking Football 一起学步行足球 9:00AM - 12:00PM [528523]			
Let's Gen Together-Tertiary 一起与学生互 动 2:00PM - 5:00PM [B112]		Let's Pickleball 一起学匹克球 9:00AM - 10:30AM [B140 badminton court]		Haircut Services 一起剪头发 10:00AM - 12:00PM [B140]		Let's Taichi Roli Ball/Tai Chi 一起学太极柔力球/太极 1:30PM - 3:30PM [B142 MPH]		Stay Zen - Basic Meditation Program 一起冥想 14:00AM - 15:00PM [B140]			
		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 3:00PM - 5:00PM [B140]		Strategise with Kakis / Let's Yum Cha 一起学拉米欧/饮茶 2:00PM - 4:00PM [B104]					
		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 workshop (Dementia) By Mindful Community 看顾者互相关 怀课程 3:00PM - 6:00PM [B112]		Let's Pick Up Korean 一起学韩语 4:30PM - 6:00PM [B112]					
		HAPPY Programme 推广健康老龄化计划 2:00PM - 3:00PM [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		
12		13		14		15		16		17		
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 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 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 3:00PM - 5:00PM [B140]				
Let's Gen Together-Tertiary 一起与学生互 动 2:00PM - 5:00PM [B112]		Let's Pickleball 一起学匹克球 9:00AM - 10:30AM [B140 badminton court]		Let's Talk About Caregiver to Caregiver workshop (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]						
		Let's Jam with Ukulele 一起学尤克里里 10:00AM - 12:00PM [B140]				Community Health Post 护士站 2:00PM - 5:00PM [B142 MPH]						
		IMDA Go Digital Workshop 一起学数码课程 2:30PM - 4:00PM [B140]				Let's Do Calligraphy 一起学书法 2:00PM - 4:00PM [B140]						
		Strategise with Kakis / Let's Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]				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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19		20		21		22		23		24	
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 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 Taichi Roli Ball/Tai Chi 一起学太极柔力球/太极 1:30PM - 3:30PM [B142 MPH]					
Let's Walking Football 一起学步行足球 9:45AM - 11:45AM [528523]		Let's Pickleball 一起学匹克球 9:00AM - 10:30AM [B140 badminton court]		Let's Do Bead Art 一起学串珠 10:00AM - 12:00PM [B140]		Strategise with Kakis / Let's Yum Cha 一起学拉米欧/饮茶 2:00PM - 4:00PM [B104]					
Let's Gen Together-Tertiary 一起与学生互 动 2:00PM - 5:00PM [B428]		Let's Jam with Ukulele 一起学尤克里里 10:00AM - 12:00PM [B140 badminton court]		Let's Talk About Caregiver to Caregiver workshop (Dementia) By Mindful Community 看顾者互相关 怀课程 3:00PM - 6:00PM [B112]		Let's Pick Up Korean 一起学韩语 4:30PM - 6:00PM [B112]					
		IMDA Go Digital Workshop 一起学数码课程 10:00AM - 11:30AM [B112]		Let's Gen Together-Tertiary 一起与学生互 动 3:00PM - 5:00PM [B140]							
		Strategise with Kakis / Let's Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]									
Venue	AAG: NTUC Health Active Ageing Centre (Gare) (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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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 Do Bead Art 一起学串珠 10:00AM - 12:00PM [B140]		Strategise with Kakis / Let's Yum Cha 一起学拉米欧/饮茶 2:00PM - 4:00PM [B104]					
Let's Gen Together - Tertiary 一起与学生互 动 2:00PM - 5:00PM [B112]		Let's Jam with Ukulele 一起学尤克里里 10:00AM - 12:00PM [B140 badminton court]		I am Soul Inc 一起学音乐 10:30AM - 11:30AM [NTUC nursing Home]		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 Talk About Caregiver to Caregiver workshop (Dementia) By Mindful Community 看顾者互相关 怀课程 3:00PM - 6:00PM [B112]		Let's Pick Up Korean 一起学韩语 4:30PM - 6:00PM [B112]					
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