

# 2025 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	4
		Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]
		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 Gen Together - Tertiary 代际交流 - 大专学府 3PM - 4:00PM [B140]	Let's Aqua Aerobics 一起跳水上韵律操 9:00AM - 11:00AM [PRActiveSG]	Let's Pick Up Japanese 一起学日文 10:30AM - 12:00PM [B140]	
			Let's Makan Together Outdoor 一起来吃饭 11:00AM - 12:00PM [519640]	Let's Do Let's Celebrate (Birthday) 一起来庆生 1:00PM - 2:00PM [B140]	
			Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Let's Do Paper Art 一起做纸艺 2:00PM - 4:00PM [PRPL]	
			Strategise with Kakis/Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B192]		

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
6	7	8	9	10	11
Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]
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]	8Let's Pickleball 一起打匹克球 8:15AM - 10:15AM [B140 badminton court]	Let's Do Beads Art 一起做串珠艺术 9:00AM - 12:00PM [B140]	Let's Aqua Aerobics 一起跳水上韵律操 9:00AM - 11:00AM [PRActiveSG]	Let's Go Bird Paradise 一起参观飞禽公园 10:00AM - 12:00PM [729825]	
Let's Enjoy Trishaw Ride 一起坐三轮车 9:00AM - 12:00PM [648886]	Rolling Good Times 健康滚滚好时光 9AM - 10:30AM [B140]	Let's Gen Together - Tertiary 代际交流 - 大专学府 3:00PM - 4:00PM [B140]	Let's Makan Together Outdoor 一起来吃饭 12:00AM - 1:00PM [PRActiveSG]	Let's Pick Up English 一起学英语 10:45AM - 11:45AM [B140]	
Let's Do Water Colour Painting 一起学水彩画 9:30AM - 11:00AM [B140]	Strategise with Kakis/Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B192]	Let's Do Beads Art 一起做串珠艺术 4:30PM - 5:30PM [B140]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Let's Gen Together - Tertiary 代际交流 - 大专学府 3:00PM - 5:00PM [B140]	
Stay Zen - Pranayama Breathing Practise 一起学禅运动 11:30AM - 12:30PM [B140]			Let's Do Calligraphy 一起学书法 2:30PM - 4:30PM [B140]	Let's Learn to Cookt 一起做学烹饪 3:00PM - 5:00PM [B140]	
Let's Talk about NKF 一起听讲座 2:00PM - 3:00PM [B140]				Let's Celebrate Mid Autumn 一起庆祝中秋节 6:30PM - 8:00PM [B129]	

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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**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]
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 8:15AM - 10:15AM [B140 badminton court]	Let's Do Beads Art 一起做串珠艺术 9:00AM - 12:00PM [B140]	Let's Aqua Aerobics 一起跳水上韵律操 9:00AM - 11:00AM [PRActiveSG]	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 Gen Together - Tertiary 代际交流 - 大专学府 3:00PM - 4:00PM [B140]	Let's Makan Together Outdoor 一起来吃饭 12:00AM - 1:00PM [PRActiveSG]		
Stay Zen - Pranayama Breathing Practise 一起学禅运动 11:30AM - 12:30PM [B140]	Let's Do Decoupage Jamming 一起做解料 2:00PM - 4:00PM [B140]	Let's Drumfit 一起学击鼓 3:00PM-4.15PM [B112]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]		
Let's Talk about NKF 一起听讲座 2:00PM - 3:00PM [B140]	Strategise with Kakis/Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B192]	IMDA Go Digital - Consultation 一起学手机系统 3:00PM-5.00PM [B112]	Wellness CHP 护士护理 2:00PM - 5:00PM [B112]		
Let's Do Crochet 一起学钩针 4:00PM - 6:00PM [B140]		Let's Do Beads Art 一起做串珠艺术 4:30PM - 5.30PM [B140]	Let's Do Crochet 一起学钩针 2:00PM - 4:00PM [B140]		

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Deepavali	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]
	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 Pickleball 一起打匹克球 8:15AM - 10:15AM [B140 badminton court]	Haircut Service 剪头发 10:00AM - 12:00PM [B140]	Let's Aqua Aerobics 一起跳水上韵律操 9:00AM - 11:00AM [PRActiveSG]	Let's Zumba Gold 一起跳尊巴(乐龄版) 9:15AM - 10:15AM [B142 MPH]	
	Rolling Good Times 健康滚滚好时光 9AM - 10:30AM [B140]	NHB Learning Journey NHB学习 2:00PM - 3:30PM [PRPL]	Let's Makan Together Outdoor 一起来吃饭 12:00AM - 1:00PM [PRActiveSG]		
	Strategise with Kakis/Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B192]	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]	Mental Health Workshop 一起学身心护理 2:00PM - 5:00PM [B140]	
		Let's Drumfit 一起学击鼓 3:00PM-4.15PM [B112]	Strategise with Kakis/Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B192]		

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	
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 Zumba Gold 一起跳尊巴 (乐龄版) 9:00AM - 10:00AM [B109]	Let's Pickleball 一起打匹克球 8:15AM - 10:15AM [B140 badminton court]	Let's Do Beads Art 一起做串珠 艺术 9:00AM - 12:00PM 4:30PM - 5:30PM [B140]	Let's Aqua Aerobics 一起跳水上韵律操 9:00AM - 11:00AM [PRActiveSG]	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]	NHB Learning Journey NHB学习 2:00PM - 3:30PM [PRPL]	Let's Makan Together Outdoor 一起来吃 饭 11:00AM - 12:00PM [PRActiveSG]		
Stay Zen - Pranayama Breathing Practise 一起学禅运 动 11:30AM - 12:30PM [B140]	Strategise with Kakis/Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B192]	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]	Mental Health Workshop 一起学身心 护理 2:00PM - 5:00PM [B140]	
Let's Talk about NKF 一起听 讲座 2:00PM - 3:00PM [B140]		Let's Drumfit 一起学 击鼓 3:00PM-4.15PM [B112]	Strategise with Kakis/Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B192]		

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