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 11:001M - 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	AAC: NTUC Health Active Ageing Centre (Care) (F	Pasir Ris Central) 112 Pasir Ris Street 11, #01-657, S510112	B140 : Pasir Ris Zone 11 RN 140 Pa	sir Ris St 11, #01-171, S510140	B109 : Block 109 HDB Pasir Ris
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

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MON TUE WED THU FRI SAT

6	7	8	9	10	11
Let's do Stretching Exercise	Let's do Stretching Exercise	Let's do Stretching Exercise	Let's do Stretching Exercise	Let's do Stretching Exercise	Let's do Stretching Exercise
一起做拉筋操	一起做拉筋操	一起做拉筋操	一起做拉筋操	一起做拉筋操	一起做拉筋操
8:00AM - 9:00AM	8:00AM - 9:00AM	8:00AM - 9:00AM	8:00AM - 9:00AM	8:00AM - 9:00AM	8:00AM - 9:00AM
[B135]	[B135]	[B135]	[B135]	[B135]	[B135]
Let's Line Dance (IL)	Let's Aerobics	Let's Steel Combat	Let's Kpop	Let's Zumba Gold	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	一起跳尊巴(乐龄版)	一起学笛子
8:00AM - 10:00AM	8:00AM - 9:00AM	8:00AM - 9:00AM	9:00AM - 10:00AM	9:15AM - 10:15AM	8:00AM - 9:00AM
[B142 MPH]	[B109]	[B142 MPH]	[B109]]	[B142 MPH]	[AAC]
Let's Zumba Gold	8Let's Pickleball	Let's Do Beads Art	Let's Aqua Aerobics	Let's Go Bird Paradise	
一起跳尊巴(乐龄版)	一起打匹克球	一起做串珠 艺术	一起跳水上韵律操	一起参观飞禽公园	
9:00AM - 10:00AM	8:15AM - 10:15AM	9:00AM - 12:00PM	9:00AM - 11:00AM	10:00AM - 12:00PM	
[B109]	[B140 badminton court]	[B140]	[PRActiveSG]	[729825]	
Let's Enjoy Trishaw Ride	Rolling Good Times	Let's Gen Together - Tertiary	Let's Makan Together Outdoor	Let's Pick Up English	
一起坐三轮车	健康滚滚好时光	代际交流 - 大专学府	一起来吃饭	一起学英语	
9:00AM - 12:00PM	9AM - 10:30AM	3:00PM - 4:00PM	12:00AM - 1:00PM	10:45AM - 11:45AM	
[648886]	[B140]	[B140]	[PRActiveSG]	[B140]	
Let's Do Water Colour Painting	Strategise with Kakis/Yum Cha	Let's Do Beads Art	Let's Taichi Roli Ball	Let's Gen Together - Tertiary	
一起学水彩画	游戏时间/饮茶	一起做串珠 艺术	一起学太极柔力球	代际交流 - 大专学府	
9:30AM - 11:00AM	2:00PM - 4:00PM	4:30PM - 5:30PM	1:30PM - 2:30PM	3:00PM - 5:00PM	
[B140]	[B192]	[B140]	[B142 MPH]	[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 一起做学烹任 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	AAC: NTUC Health Active Ageing Centre (Care) (F	Pasir Ris Central) 112 Pasir Ris Street 11, #01-657, S510112	B140 : Pasir Ris Zone 11 RN 140 Pa	sir Ris St 11, #01-171, S510140	B109 : Block 109 HDB Pasir Ris
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

Ocentre 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

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]	
t'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]		

Venue
活动
场地AAC: NTUC Health Active Ageing Centre (Care) (Pasir Ris Central) 112 Pasir Ris Street 11, #01-657, S510112B140: Pasir Ris Zone 11 RN 140 Pasir Ris St 11, #01-171, S510140B109: Block 109 HDB Pasir Ris活动
场地CARE: CARE SG 428 Pasir Ris Drive 6, S510428PRActiveSG: Pasir Ris ActiveSG Swimming ComplexB142 MPH: 142 Pasir Ris Street 11B135: 135 Pasir Ris Street 11PRPL: Pasir Ris Public Library

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Ocentre 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
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 Exerci 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]		
ue AAC: NTUC Health Acti	ive Ageing Centre (Care) (Pasir Ris Central)	112 Pasir Ris Street 11, #01-657, S510112	B140 : Pasir Ris Zone 11 RN 140 P	asir Ris St 11, #01-171, S510140	B109 : Block 109 HDB Pasir

B142 MPH: 142 Pasir Ris Street 11

B135 : 135 Pasir Ris Street 11

PRPL: Pasir Ris Public Library

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PRActiveSG: Pasir Ris ActiveSG Swimming Complex

CARE: CARE SG 428 Pasir Ris Drive 6, S510428

Centre Name: AACC (Pasir Ris Central)

Centre Address: Blk 112, Pasir Ris Central, #01-657, S510112

Centre Contact: 8292 2681 / 6694 2742



B109: Block 109 HDB Pasir Ris

PRPL: Pasir Ris Public Library

MON	TUE	WED	THU	FRI	SA
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]	
t'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]		

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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PRActiveSG: Pasir Ris ActiveSG Swimming Complex

CARE: CARE SG 428 Pasir Ris Drive 6, S510428

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

Venue

活动

场地