

2026 July 七月

 **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 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 Steel Combat 一起做钢铁拳击(精简版) 8:00AM - 9:00AM [B142 MPH]	Let's Do Kpop / Otago 一起跳K-pop/ 防跌运动 9:00AM - 10:00AM (B109 Canopy / B140)	Let's Crossfit 一起做运动 9:15AM - 10:00AM [B140]	
		Let's Do Bead Art 一起学串珠 9:00AM - 12:00PM [B140]	Let's Learn Aqua Aerobic 一起学有氧运动 9:30AM - 10:30PM [B140]	Let's Zumba Gold 一起跳尊巴(乐龄版) 9:15AM - 10:15AM [B142 MPH]	
		Let's Sing Along 一起唱歌 12:00PM - 14:00PM [519599]	Let's Han Yu Pin Yin 一起学汉语拼音 10:30AM - 12:00PM [B140]	Let's Pranayama Breathing 一起学冥想 10:00AM - 11:00AM [B140]	
		Let's Learn Dementia Care 一起学照顾失智 4:00PM - 5:30PM [B140]	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 learn Paper Art 一起学纸艺术 2:30PM - 4:00PM [Library]	
			Strategise with Kakis/ Yum Cha 一起学拉米欧/饮茶 2:00PM - 4:00PM [B104]	Let's learn Square Stepping 一起学格子运动 2:30PM - 3:30PM [B140]	
			Let's Learn Korean Language 一起学韩语 4:30PM - 6:00PM [B140]	Let's Gen Together - Tertiary 一起与学生互动 2:30PM - 3:30PM [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 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11
	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 Drumfit 一起学击鼓 9:00AM - 10:00AM [B140]	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 Do Kpop / Otago 一起跳K-pop/ 防跌运动 9:00AM - 10:00AM (B109 Canopy / B140)	Let's Crossfit 一起做运动 9:15AM - 10:00AM [B428]
	Let's Seated Zumba 一起学椅子尊巴 9:00AM - 10:00AM [B104]	Let's Walking Football 一起学步行足球 9:45AM - 11:45AM [528523]	Let's Learn Mandarin Conversation 一起学华语会话 9:00AM - 10:00AM [B140]	Let's Do Bead Art 一起学串珠 9:00AM - 12:00PM [B140]	Let's Learn Aqua Aerobic 一起学有氧运动 9:30AM - 10:30PM [B140]	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]
	Let's Talk News 一起分享新闻 10:00AM - 11:00AM [B140]	Let's Pranayama Breathing 一起学冥想 11:00AM - 12:00PM [B140]	Let's Learn Ukulele lesson 一起学尤克里里 10:00AM - 11:00AM [B140]	Let's Learn Dementia Care 一起学照顾失智 4:00PM - 5:30PM [B140]	Let's Han Yu Pin Yin 一起学汉语拼音 10:30AM - 12:00PM [B140]	Let's Pranayama Breathing 一起学冥想 10:00AM - 11:00AM [B428]
	Let's Celebrate Birthday 一起庆祝生日 1:00PM - 2:00PM [B140]	Digital - IMDA Go-Digital - Workshop 一起学数码课程 10:00AM - 11:30AM [B115]		Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]		
	IMDA Go Digital Workshop 一起庆祝生日 2:00PM - 4:00PM [B140]	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]		Let's Taichi Roli Ball/Tai Chi 一起学太极柔力球/太极 1:30PM - 3:30PM [B142 MPH]		
		Leave Well Series - Legacy Planning Workshop 一起听讲座 4:00PM - 5:30PM [B140]		Strategise with Kakis/ Yum Cha 一起学拉米欧/饮茶 2:00PM - 4:00PM [B104]		
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
13	14	15	16	17	18
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 Steel Combat 一起做钢铁拳击(精简版) 8:00AM - 9:00AM [B142 MPH]	Let's Do Kpop / Otago 一起跳K-pop/ 防跌运动 9:00AM - 10:00AM (B109 Canopy / B140)	Let's Crossfit 一起做运动 9:15AM - 10:00AM [B140]	
Let's Seated Zumba 一起学椅子尊巴 9:00AM - 10:00AM [B104]	Let's Learn Mandarin Conversation 一起学华语会话 9:00AM - 10:00AM [B140]	Let's Do Bead Art 一起学串珠 9:00AM - 12:00PM [B140]	Let's Learn Aqua Aerobic 一起学有氧运动 9:30AM - 10:30PM [B140]	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]	
Let's Walking Football 一起学步行足球 9:45AM - 11:45AM [528523]	Digital - IMDA Go-Digital - Workshop 一起学数码课程 10:00AM - 11:30AM [B115]	I am Soul Inc 一起学音乐治疗 2:00PM - 3:00PM [B104]	Let's Learn Han Yu Pin Yin 一起学汉语拼音 10:30AM - 12:00PM [B140]	Let's Pranayama Breathing 一起学冥想 10:00AM - 11:00AM [B428]	
	Let's Learn Ukulele lesson 一起学尤克里里 10:00AM - 11:00AM [B140]	Let's Learn Dementia Care 一起学照顾失智 4:00PM - 5:30PM [B140]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]		
	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]		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 2:30PM - 3:30PM [B140]		Strategise with Kakis/ Yum Cha 一起学拉米欧/饮茶 2:00PM - 4:00PM [B104]		

Venue	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
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
20	21	22	23	24	25
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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 Steel Combat 一起做钢铁拳击(精简版) 8:00AM - 9:00AM [B142 MPH]	Let's Do Kpop / Otago 一起跳K-pop/ 防跌运动 9:00AM - 10:00AM (B109 Canopy / B140)	Let's Crossfit 一起做运动 9:15AM - 10:00AM [B140]	
Let's Seated Zumba 一起学椅子尊巴 9:00AM - 10:00AM [B104]	Let's Learn Mandarin Conversation 一起学华语会话 9:00AM - 10:00AM [B140]	Let's Do Bead Art 一起学串珠 9:00AM - 12:00PM [B140]	Let's Learn Aqua Aerobic 一起学有氧运动 9:30AM - 10:30PM [B140]	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]	
Let's Walking Football 一起学步行足球 9:45AM - 11:45AM [528523]	Let's Learn Pickleball 一起学匹克球 9:00AM - 10:30AM [B140 badminton court]	Let's Learn Dementia Care 一起学照顾失智 4:00PM - 5:30PM [B140]	Let's Learn Han Yu Pin Yin 一起学汉语拼音 10:30AM - 12:00PM [B140]	Let's Pranayama Breathing 一起学冥想 10:00AM - 11:00AM [B428]	
	Let's Learn Ukulele 一起学尤克里里 10:00AM - 12:00PM [B140 badminton court]		Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]		
	Let's Learn IMDA workshop 一起学数码课程 10:00AM - 11:30AM [B112]		Let's Taichi Roli Ball/Tai Chi 一起学太极柔力球/太极 1:30PM - 3:30PM [B142 MPH]		
	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]		Strategise with Kakis/ Yum Cha 一起学拉米欧/饮茶 2:00PM - 4:00PM [B104]		

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
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]	
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Let's Walking Football 一起学步行足球 9:45AM - 11:45AM [528523]	Let's Learn Pickleball 一起学匹克球 9:00AM - 10:30AM [B140 badminton court]		Let's Learn Han Yu Pin Yin 一起学汉语拼音 10:30AM - 12:00PM [B140]	Let's Pranayama Breathing 一起学冥想 10:00AM - 11:00AM [B428]	
	Let's Learn Ukulele 一起学尤克里里 10:00AM - 12:00PM [B140 badminton court]		Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]		
	Let's Learn IMDA workshop 一起学数码课程 10:00AM - 11:30AM [B112]		Let's Taichi Roli Ball/Tai Chi 一起学太极柔力球/太极 1:30PM - 3:30PM [B142 MPH]		
	Strategise with Kakis/ Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B104]		Strategise with Kakis/ Yum Cha 一起学拉米欧/饮茶 2:00PM - 4:00PM [B104]		

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