

2024 December

 **Centre Name:** AAC - Marsiling
 **Centre Address:** Blk 180A Marsiling Road #01-2208 Spore 731180
 **Centre Contact:** 6250 3634 / 8163 2714



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Services-Wellness-CHP Health Coach: 9am - 4pm	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	Services-Wellness-CHP Health Coach: 9am - 4pm	Let's Tai Chi (IL): 10am - 11am	Centre Closed	
Let's CrossFit: 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics (IL): 10am - 11am	SportsSG Frailty Prevention Program: CALM 1.0: 11am - 12pm		
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's Walking Football (IL): 10am - 11.30am	Let's Celebrate Birthday: 3pm - 5pm		
Let's KTV Together: 2pm - 5pm	Let's Do Zen Art: 1pm - 2.30pm	Mastering Dining Etiquette: 1pm - 3pm			
		Let's Jam Ukulele: 3pm - 4.30pm			
9	10	11	12	13	14
Services-Wellness-CHP Health Coach: 9am - 4pm	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	Services-Wellness-CHP Health Coach: 9am - 4pm	Let's Tai Chi (IL): 10am - 11am	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	
Let's Exercise (Seated): 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics (IL): 10am - 11am	Stay Well Series-Health Talk by other external partners (non-RHS) (Chinese): 11.15am - 12.15pm	Let's Exercise - Online Video: 10am - 11am	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zen Art: 1pm - 2.30pm	Let's Walking Football (IL): 10am - 11.30am	Let's Gen Together - Tertiary: 1.30pm - 4.30pm	Let's KTV Together: 2pm - 5pm	
Let's Celebrate X'mas: 3pm - 5pm		Stay Well Series-Health Talk by RHS (Chinese): 2pm - 3.30pm			

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Services-Wellness-CHP Health Coach: 9am - 4pm	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	Services-Wellness-CHP Health Coach: 9am - 4pm	Let's Tai Chi (IL): 10am - 11am	Mindef Do Good at AAC Marsiling: 10am - 11pm	
Let's Do Crochet & Knitting: 9.30am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics (IL): 10am - 11am	Let's Makan Together-In House (F4): 11am - 12pm	Digital-IMDA Go-Digital-Consultation: 10am - 6pm	
Let's CrossFit: 10am - 11am	Let's Appreciate our Volunteer (Lunch): 11.30am - 1pm	Let's Walking Football (IL): 10am - 11.30am	HPB Rolling Good Times: 2pm - 5pm	SportsSG Frailty Prevention Program: CALM 1.0: 11am - 12pm	
Let's Do Paper Quilling (Master): 11am - 12.30pm	Let's Do Zen Art: 1pm - 2.30pm	Let's KTV Together: 2pm - 5pm		Let's Pick Up English: 3pm - 4pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Acrylic Collage Workshop: 3pm - 4.30pm				
Let's Go Gai Gai (Gardens By The Bay): 3pm - 9.30pm					
23	24	25	26	27	28
Services-Wellness-CHP Health Coach: 9am - 4pm	Let's Exercise - Online Video: 10am - 11am		Let's Tai Chi (IL): 10am - 11am	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	
SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	Centre Closed from 1pm to 6pm		Let's KTV Together: 2pm - 5pm	Let's Exercise-Online Video: 10am - 11am	
Let's Exercise (Seated): 10am - 11am				Let's Learn To Bake: 3pm - 4pm	
Let's Steel Combat (Male exclusive): 11am - 12pm				Let's Makan Together- In House (Bake): 4pm - 5pm	
Let's Do Paper Quilling (Basic) @ Blk 102 Zone 6 RN #01-236: 3.30pm - 4.30pm					

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MON	TUE	WED	THU	FRI	SAT
30	31				
Let's Lim Kopi (Male exclusive): 8am - 9.30am	Let's Exercise - Online Video: 10am - 11am				
Services-Wellness-CHP Health Coach: 9am - 4pm	Centre Closed from 1pm to 6pm				
SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am					
Let's Exercise (Seated): 10am - 11am					
Let's Steel Combat (Male exclusive): 11am - 12pm					
Let's KTV Together: 2pm - 5pm					

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