

2025 January

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
			Let's Do Chair Zumba (IL): 10am - 11am	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	
			Let's Do Paper Quilling (Basic): 2pm - 4pm	Let's Exercise - Online Video: 10am - 11am	
				Let's Do Zen Art: 1pm - 2.30pm	
				Let's Celebrate Birthday: 3pm - 5pm	
6	7		9	10	11
Services-Wellness-CHP Health Coach: 9am - 4pm	Let's Exercise - Online Video: 10am - 11am	Services-Wellness-CHP Health Coach: 9am - 4pm	Let's Do Chair Zumba (IL): 10am - 11am	Let's Exercise - Online Video: 10am - 11am	
Let's Exercise (Seated): 10am - 11am	Let's Do Zentangle: 11am - 12pm	Let's Aerobics (IL): 10am - 11am	Let's Go Gai Gai with CPF: CNY Shopping @ Woodlands Link: 1pm - 4.30pm	Let's Makan Together - In House (HCVR): 12pm - 1pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	SportsSG Frailty Prevention Program: CALM 1.0: 2pm - 4:30pm	Let's Walking Football (IL): 10am - 11.30am	Rolling Good Times: 2pm - 3.30pm	Let's Do Zen Art: 2pm - 3.30pm	
Rolling Good Times: 2pm - 3.30pm		Let's Do Sewing: 11am - 12.30pm	Let's Do Paper Quilling (Basic): 2pm - 4pm		
Let's Do Paper Quilling (Basic): 2pm - 4pm		Stay Well Series-Health Talk by other external partners (RHS) (English): 2pm - 3.30pm			
13	14	15	16	17	18
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 Do Chair Zumba (IL): 10am - 11am	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	
Let's CrossFit: 10am - 11am	Let's Exercise - Online Video: 10am - 11am	Let's Aerobics (IL): 10am - 11am	Let's Makan Together-In House (F4): 11am - 12pm	Let's Exercise - Online Video: 10am - 11am	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Learn To Cook: Healthy Food: 1pm - 2pm	Let's Walking Football (IL): 10am - 11.30am	Rolling Good Times: 2pm - 3.30pm	Digital-IMDA Go-Digital-Consultation: 10am - 6pm	
Let's Do Paper Quilling: 1pm - 3pm	Let's Makan Together - In House (Cook): 2pm - 3pm	Let's Do Sewing: 11am - 12.30pm	Let's Do Paper Quilling (Basic) @ 691C AAC WE: 2pm - 3pm	Let's Do Zen Art: 2pm - 3.30pm	
Rolling Good Times: 2pm - 3.30pm		Let's Learn to Sing (Mandarin): 2pm - 5pm			
Let's Do Paper Quilling (Basic) @ Blk 102 Zone 6 RN #01-236: 3.30pm-4.30pm					

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Services-Wellness-CHP Health Coach: 9am - 4pm	Let's Lim Kopi (Male exclusive): 8am - 9.30am	Services-Wellness-CHP Health Coach: 9am - 4pm	Let's Do Chair Zumba (IL): 10am - 11am	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	
Let's Exercise (Seated): 10am - 11am	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	Let's Aerobics (IL): 10am - 11am	Rolling Good Times: 2pm - 3.30pm	Let's Exercise-Online Video: 10am - 11am	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Exercise - Online Video: 10am - 11am	Let's Walking Football (IL): 10am - 11.30am		Let's Do Zen Art: 2pm - 3.30pm	
Rolling Good Times: 2pm - 3.30pm	Let's Pick Up English: 3pm - 4pm	Let's Learn To Bake: 2pm - 3pm			
		Let's Makan Together - In House (Bake): 3pm - 4pm			
27	28	29	30	31	
Services-Wellness-CHP Health Coach: 9am - 4pm	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am			SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 10.30am	
Let's CrossFit: 10am - 11am	Let's Exercise - Online Video: 10am - 11am			Let's Exercise-Online Video: 10am - 11am	
Let's Steel Combat (Male exclusive): 11am - 12pm	Centre Closed from (1pm to 6pm)				

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