


2024 July

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



ntuc Health

MON	TUE	WED	THU	FRI	SUN
1	2	3	4	5	7
Services-Wellness-CHP Health Coach: 9am-5pm	Let's Exercise-Online Video: 10am-11am	Services-Wellness-CHP Health Coach: 9am-5pm	Let's Tai Chi (IL): 10am-11am	Let's Exercise-Online Video: 10am-11am	New Gen Wind Symphony Concert: 11am-4.30pm
Let's Exercise-Online Video: 10am-11am	Financial Literacy Workshop: 12.30pm-2.30pm	Let's Aerobics (IL): 10am - 11am	Strategise With Kakis: 3pm-4pm	Let's Do Paper Quilling: 10am-11.30am	
PCF Do Good At AAC Marsiling: 10am-12pm	Let's Do Zen Art: 1pm-2pm	Stay Well Series-Mental health workshop by external partners (non-RHS) (Chinese): 2pm-4pm		Let's Celebrate Birthday: 3pm-5pm	
Let's Steel Combat (Male exclusive): 11am-12pm	Let's KTV Together: 2pm-5pm				
8	9	10	11	12	14
Services-Wellness-CHP Health Coach: 9am-5pm	Let's Exercise-Online Video: 10am-11am	Services-Wellness-CHP Health Coach: 9am-5pm	Let's Tai Chi (IL): 10am-11am	Let's Exercise-Online Video: 10am-11am	Let's Join Marsiling CC: 8am-11am
Let's Exercise: 10am-11am	Let's Do Zentangle: 11am-12pm	Services-Wellness-CHP Nurse: 9.30am-12.30pm	Strategise With Kakis: 3pm-4pm	Digital-IMDA Go-Digital-Consultation: 10am-6pm	
Let's Steel Combat (Male exclusive): 11am-12pm	Let's Gen Together- Secondary: 3pm-4pm	Let's Aerobics (IL): 10am - 11am		Let's Line Dance: 1pm-3pm	
		Let's Makan Together-In House (F4): 11am-12pm			
		Let's Jam with Ukulele: 3pm-4pm			
15	16	17	18	19	21
Services-Wellness-CHP Health Coach: 9am-5pm	Let's Exercise - Online Video: 10am-11am	Services-Wellness-CHP Health Coach: 9am-5pm	Let's Tai Chi (IL): 10am-11am	Let's Exercise-Online Video: 10am-11am	
Let's Exercise-Online Video: 10am-11am	Let's Do Zen Art: 1pm -2pm	Let's Aerobics (IL): 10am - 11am	Let's KTV Together: 2pm-5pm	Let's Gen Together - Kindergarten: 10.30am-11.30am	
Let's Do Crochet & Knitting: 10.30am-12.30pm	Let's Gen Together- Secondary: 3pm-4pm	Let's Do Sewing: 11am-12.30pm	Strategise With Kakis: 3pm-4pm	Let's Line Dance: 1pm-3pm	
Let's Steel Combat (Male exclusive): 11am-12pm		Leave Well Series-Legacy Planning Workshop-Advanced Care Planning & Lasting Power of Attorney (Chinese):2pm-3.30pm			
Let's Learn To Cook: 2pm-3pm					
Let's Makan Together- In House: 3pm-4pm					

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

22	23	24	25	26	27
Services-Wellness-CHP Health Coach: 9am-5pm	Let's Exercise-Online Video: 10am-11am	Services-Wellness-CHP Health Coach: 9am-5pm	Let's Tai Chi (IL): 10am-11am	Let's Exercise-Online Video: 10am-11am	
Let's Exercise: 10am-11am	Let's Do Zen Art: 1pm - 2pm	Visual Screening by Ngee Ann Polytechnic: 9.30am -11.30am	Stay Well Series-Health Talk by other external partners (non-RHS) (English): 11.15am-12.15pm	Digital-IMDA Go-Digital - Consultation: 10am-6pm	
Let's Do Crochet & Knitting: 10.30am-12.30pm	Let's Appreciate Travel: 2pm - 3pm	Let's Aerobics (IL): 10am-11am	Strategise With Kakis: 3pm - 4pm	Let's Makan Together - In House: 12pm-1pm	
Let's Steel Combat (Male exclusive): 11am-12pm	Let's Makan Together-In House (Travel): 3pm-4pm	Let's Jam with Ukulele: 3pm-4pm		Let's Line Dance: 1pm-3pm	
Let's Gen Together- Secondary: 3pm-5pm				Let's Gen Together-Primary: 3.15pm-5pm	
29	30	31			
Service Wellness-CHP Health Coach: 9am-5pm	Let's Exercise-Online Video: 10am-11am	Services-Wellness-CHP Health Coach: 9am-5pm			
Let's Exercise-Online Video: 10am-11am	Let's Do Zentangle: 11am-12pm	Let's Aerobics (IL): 10am-11am			
Let's Steel Combat (Male exclusive): 11am-12pm	Let's Do Zen Art: 1pm - 2pm	Let's Do Sewing: 11am - 12.30pm			
Let's Lim Kopi (Male exclusive): 12.30pm - 1.30pm	Let's Pick Up English: 3pm-4pm				
Let's Learn to Sing (Chinese): 3pm-4pm					

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