

2024 November

 **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

1

2

Let's Exercise-Online Video: 10am - 11am

Let's Join RN Zone 6 Block Party: 7pm - 10pm

Let's Celebrate Birthday: 3pm - 5pm

4

5

6

7

8

9

Services-Wellness-CHP Health Coach: 9am - 4pm

Let's Exercise - Online Video: 10am - 11am

Services-Wellness-CHP Health Coach: 9am - 4pm

Let's Tai Chi (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 Makan Together-In House (F4): 11am - 12pm

Digital-IMDAGo-Digital-Consultation: 10am - 6pm

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 KTV Together: 2pm - 5pm

Let's Line Dance: 1pm - 3pm

Let's Learn To Cook: Thai Cuisine: 1pm - 2pm

Let's Do Sewing: 11am - 12.30pm

Let's Makan Together - In House (Thai Cuisine): 2pm - 3pm

Let's Celebrate (Happy Moment): 2pm - 3.30pm

Brain Power! A Mental Fitness Programme (English): 3pm - 5pm

11

12

13

14

15

16

Services-Wellness-CHP Health Coach: 9am - 4pm

Let's Exercise - Online Video: 10am - 11am

Services-Wellness-CHP Health Coach: 9am - 4pm

Let's Tai Chi (IL): 10am - 11am

Centre Closed

AIC Functioning Screening @ Blk 102 RN Zone 6 : 9am - 1pm

Let's CrossFit: 10am - 11am

Let's Do Zentangle: 11am - 12pm

Let's Aerobics (IL): 10am - 11am

Let's Do Paper Quilling (Basic): 2pm - 3pm

Let's Join RN Zone 3: 7pm - 10pm

Let's Do Crochet & Knitting: 10.30am - 12.30pm

Let's Do Zen Art: 1pm - 2.30pm

Let's Walking Football (IL): 10am - 11.30am

Let's Steel Combat (Male exclusive): 11am - 12pm

Let's KTV Together: 2pm - 5pm

Stay Well Series-Health Talk by other external partners (non-RHS) (English): 2pm - 4.30pm

Let's Learn To Cook (Thai Cuisine): 1pm - 2pm

Let's Jam with Ukulele: 3pm - 4pm

Let's Makan Together - In House (Thai Cuisine): 2pm - 3pm

Brain Power! A Mental Fitness Programme (English): 3pm - 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
18	19	20	21	22	23
Services-Wellness-CHP Health Coach: 9am - 4pm	Let's Exercise - Online Video: 10am - 11am	Services-Wellness-CHP Health Coach: 9am - 4pm	Let's Tai Chi (IL): 10am - 11am	Let's Go Gai Gai with DBS @ Woodlands Waterfront Park: 9am - 12pm	
Let's Exercise (Seated): 10am - 11am	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 12pm	Let's Aerobics (IL): 10am - 11am	Let's KTV Together: 2pm - 5pm	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 Pick Up English: 3pm - 4pm		Digital-IMDA Go-Digital-Consultation: 10am - 6pm	
Let's Learn To Cook: Thai Cuisine: 1pm - 2pm	Let's Learn To Bake: 3pm - 4pm			Let's Makan Together - In House (HCVR): 12pm - 1pm	
Let's Makan Together - In House (Thai Cuisine): 2pm - 3pm	Let's Makan Together- In House (Bake): 4pm - 5pm				
Brain Power! A Mental Fitness Programme (English): 3pm - 5pm					
25	26	27	28	29	30
Let's Lim Kopi (Male exclusive): 8am - 9.30am	Let's Exercise - Online Video: 10am - 11am	Services-Wellness-CHP Health Coach: 9am - 4pm	Let's Tai Chi (IL): 10am - 11am	Let's Exercise-Online Video: 10am - 11am	
Services-Wellness-CHP Health Coach: 9am - 4pm	SportsSG Frailty Prevention Program: CALM 1.0: 9.30am - 12pm	Let's Aerobics (IL): 10am - 11am	Stay Well Series-Health Talk by other external partners (non-RHS) (English): 11.15am - 12.15pm	Let's Line Dance: 12pm - 2pm	
Drone Sharing Session: 10am - 11am	Let's Do Zen Art: 1pm - 2.30pm	Let's KTV Together: 2pm - 5pm	Let's Do Paper Quilling (Basic): 2pm - 3pm	Halliburton Do Good At AAC Marsiling: 2pm - 4pm	
Let's Do Crochet & Knitting: 10.30am - 12.30pm	Let's Appreciate Travel: 2pm - 3pm		Let's Learn to Sing (Chinese): 3pm - 4pm		
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Makan Together-In House (Travel): 3pm - 4pm				
Brain Power! A Mental Fitness Programme (English): 3pm - 5pm					

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

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