

# 2024 October

 **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	SUN
	1	2	3	4	6
	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 Go Gai Gai: 1pm - 6pm
	Let's Do Zen Art: 1pm - 2pm	Let's Aerobics (IL): 10am - 11am	Let's Talk About Recycle Right + Climate Vouchers Talk: 11.15am-12pm	Let's Line Dance: 1pm - 3pm	
	Brain Power! A Mental Fitness Programme (Chinese) 2pm - 4pm	Let's Do Sewing: 11am - 12.30pm	Let's KTV Together: 2pm - 5pm	Let's Celebrate Birthday: 3pm - 5pm	
		Let's Jam with Ukulele: 3pm - 4pm			
7	8	9	10	11	12
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 Gen Together-Kindergarden: 10am - 11am	Let's Aerobics (IL): 10am - 11am	Let's Gen Together-Kindergarden: 11.15am - 12.15pm	Digital-IMDA Go-Digital-Consultation: 10am - 6pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zentangle: 11am - 12pm	Let's Makan Together-In House (F4): 11am - 12pm	Let's Do Paper Quilling (Basic): 2pm - 3pm	Let's Line Dance: 1pm - 3pm	
	Let's Do Zen Art: 1pm - 2pm		Let's KTV Together: 2pm - 5pm		
	Brain Power! A Mental Fitness Programme (Chinese): 2pm - 4pm				
14	15	16	17	18	20
Services-Wellness-CHP Health Coach: 9am - 4pm	Let's Exercise - Online Video: 10am - 11am	Services-Wellness-CHP Health Coach: 9am - 4pm	National Celebration of Seniors (Senior Sports Challenge): 8am - 1.30pm	Let's Exercise-Online Video: 10am - 11am	
Let's CrossFit: 10am - 11am	Brain Power! A Mental Fitness Programme (Chinese): 2pm - 4pm	Let's Aerobics (IL): 10am - 11am	Let's Tai Chi (IL): 10am - 11am	Let's Makan Together - In House (HCVR): 12pm - 1pm	
Let's Do Crochet & Knitting: 10.30am - 12.30pm		Let's Do Sewing: 11am - 12.30pm	Let's Learn to Sing (Chinese): 3pm - 4pm	Let's Line Dance: 1pm - 3pm	
Let's Steel Combat (Male exclusive): 11am - 12pm		Let's KTV Together: 2pm - 5pm			
Let's Learn To Cook (Mantou): 1pm - 2pm		Let's Jam with Ukulele: 3pm - 4pm			
Let's Makan Together- In House (Mantou): 2pm - 3pm					

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MON	TUE	WED	THU	FRI	SUN
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>27</b>
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	Stay Well Series-Health Talk by other external partners (non-RHS) (Chinese): 11.15am - 12.15pm	Let's Line Dance: 1pm - 3pm	
Let's Steel Combat (Male exclusive): 11am - 12pm	Let's Do Zen Art: 1pm - 2pm	Let's Pick Up English: 3pm - 4pm	Let's Do Paper Quilling (Basic): 2pm - 3pm	Digital-IMDA Go-Digital-Consultation: 10am - 6pm	
	Let's KTV Together: 2pm - 5pm			Let's Do Paper Quilling (Basic) @ Blk 102 Zone 6 RN #01-236: 3.30pm - 4.30pm	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
Service Wellness-CHP Health Coach: 9am - 4pm	Let's Lim Kopi (Male exclusive): 8am - 9.30am	Services-Wellness-CHP Health Coach: 9am - 4pm			
Let's CrossFit: 10am - 11am	Let's Exercise-Online Video: 10am - 11am	Let's Aerobics (IL): 10am - 11am			
Let's Do Crochet & Knitting: 10.30am - 12.30pm	Let's Do Zen Art: 1pm - 2pm				
Let's Steel Combat (Male exclusive): 11am - 12pm	Acrylic Collage Workshop: 2pm - 3.30pm				

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