

# 2024 April

 **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		3		4		5		6	
CHP Health Coach @ 9am - 5pm		HPB Steady Lah @ 10am - 11.30am		CHP Health Coach @ 9am - 5pm		HPB Tai Chi @ 10am - 11am		HPB KPOPX @ 10am - 11am			
YouTube Exercise @ 10am - 11am		Zen Art @ 1pm - 2pm		YouTube Exercise @ 10am - 11am		Paper Quilling @ 2pm - 3pm		Digital Training @ 10am - 6pm			
								Line Dance @ 1pm - 3.30pm			
8		9		10		11		12		13	
CHP Health Coach @ 9am - 5pm		HPB Steady Lah @ 10am - 11.30am		<b>Public Holiday (Hari Raya Puasa)</b>		HPB Tai Chi @ 10am - 11am		HPB KPOPX @ 10am - 11am			
Crochet @ 9.30am - 11am		Zen Art @ 1pm - 2pm						Line Dance @ 1pm - 3.30pm			
YouTube Exercise @ 10am - 11am											
Knitting @ 11am - 12.30pm											
Karaoke @ 3pm - 5pm											
15		16		17		18		19		20	
CHP Health Coach @ 9am - 5pm		HPB Steady Lah @ 10am - 11.30am		CHP Health Coach @ 9am - 5pm		HPB Tai Chi @ 10am - 11am		HPB KPOPX @ 10am - 11am			
Chair Workout @ 10am-11am		Zen Art @ 1pm - 2pm		YouTube Exercise @ 10am - 11am		Paper Quilling @ 2pm - 3pm		Digital Training @ 10am - 6pm			
Rummikub Workshop @ 2pm-3pm								E2gether Home-Cooked Vegetable Rice @ 12pm - 1pm			
								Line Dance @ 1pm - 3.30pm			
22		23		24		25		26		27	
CHP Health Coach @ 9am - 5pm		TTSH Research @ 9am - 6pm		CHP Health Coach @ 9am - 5pm		HPB Tai Chi @ 10am - 11am		HPB KPOPX @ 10am - 11am			
Crochet @ 9.30am - 11am		HPB Steady Lah @ 10am - 11.30am		CHP Nurse @ 9.30am - 12.30pm		Musical Journey @ 11.15am - 12.15pm		Line Dance @ 1pm - 3.30pm			
Chair Workout @ 10am-11am		Zen Art @ 1pm - 2pm		YouTube Exercise @ 10am - 11am		Singing Camp @ 3pm - 4pm					
Knitting @ 11am - 12.30pm		Karaoke @ 3pm - 5pm		Adult Conversational English @ 3pm-4pm							
Intergen w/My First Skool @ 11am-12pm											
Disco Dance @ 3pm-4pm											
29		30									
CHP Health Coach @ 9am - 5pm		HPB Steady Lah @ 10am - 11.30am									
YouTube Exercise @ 10am - 11am		<b>Centre Closed @ 12pm - 6pm</b>									
Baking Demo Workshop @ 2pm-4pm											