



# 2025 April




 **Centre Name:** AAC Bukit Merah  
 **Centre Address:** 117 Jalan Bukit Merah #01-1683 S160117  
 **Centre Contact:** 81632631/ 62732969



**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	Let's Pick Up (English) 10am - 11am Stay Zen - Basic Meditation Program (Male exclusive) 10am - 11am Walking Football 10am-11.30am		Let's Zumba Gold 10am - 11am	Let's Taichi (IL) 9:30am - 10:30 am / 10:30am - 11:30am	
	Let's Level Up (English) 1:30pm -2:30pm Let's KTV Together 1pm - 4pm Services - Wellness - CHP 1pm - 4pm <b>Service - Haircut 2pm - 4pm</b>	Let's Meridian 1pm - 2pm Let's Do Paper Quilling 2pm - 3pm Let's Jam With Ukulele 2pm - 3:30pm Strategize With Kakis 2pm - 4pm Singing Class 3.30pm - 5pm	Services - Wellness - TCM 2pm - 5pm Exercise - Yoga 1pm - 2pm Let's Steel Combat (Male Exclusive) 3pm - 4pm Let's Steel Combat 6pm - 7pm	<b>Let's Celebrate Birthday 2pm - 4pm</b> Strategise With Kakis 2pm - 4pm Let's KTV Together 2pm - 4pm	
7	8	9	10	11	12
Let's Exercise 9:30am - 10:30am / 10:45am - 11:45am Services - Wellness - CHP 9am - 11am	Let's Pick Up (English) 10am - 11am Stay Zen - Basic Meditation Program (Male Exclusive) 10am - 11am Walking Football 10am-11.30am <b>Health Talk by RHS 1pm - 4pm</b>		Let's Zumba Gold 10am - 11am	Let's Taichi (IL) 9:30am - 10:30 am / 10:30am - 11:30am	
Let's Lim Kopi 2pm - 3pm Strategise With Kakis 2pm - 4pm <b>Virtual Health Talk 2pm - 3pm</b> Let's Do Chair Yoga 3:30pm - 4:30pm	Let's Level up (English) 1:30pm - 2:30pm Let's KTV Together 1pm - 4pm Services - Wellness - CHP 1pm - 4pm	Let's Meridian 1pm - 2pm Let's Do Paper Quilling 2pm - 3pm Let's Jam With Ukulele 2pm - 3:30pm Strategize With Kakis 2pm - 4pm Singing Class 3.30pm - 5pm	Services - Wellness - TCM 2pm - 5pm Exercise - Yoga 1pm - 2pm Let's Steel Combat (Male Exclusive) 3pm - 4pm Let's Steel Combat 6pm - 7pm	Strategise With Kakis 2pm - 4pm Let's KTV Together 2pm - 4pm <b>Intergenerational Programs - Kindergarten 3pm - 4pm</b>	

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**ntuc**  
**Health**

MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19
Let's Exercise 9:30am - 10:30am / 10.45am- 11.45am Services - Wellness - CHP 9am - 11am	Let's Pick Up (English) 10am - 11am Stay Zen - Basic Meditation Program (Male exclusive) 10am - 11am Walking Football 10am-11.30am		Let's Zumba Gold 10am - 11am	PH - Center closed	
Let's Lim Kopi 2pm - 3pm Strategise with Kakis 2pm - 4pm Let's Do Chair Yoga 3:30pm - 4:30pm	Let's Level Up (English) 1:30pm - 2 30pm Let's KTV Together 2pm - 4pm Services - Wellness - CHP 1pm - 4pm	Let's Meridian 1pm - 2pm Let's Do Paper Quilling 2pm - 3pm Let's Jam Wth Ukulele 2pm - 3:30pm Strategise With Kakis 2pm - 4pm Singing Class 3.30pm - 5pm	Exercise - Yoga 1pm - 2pm Services - Wellness - TCM 2pm - 5pm Let's Steel Combat (Male Exclusive) 3pm - 4pm Let's Steel Combat 6pm - 7pm Outings (organized by volunteers/CSR) 6pm - 8.30pm		
21	22	23	24	25	26
Let's Exercise 9:30am - 10:30am / 10:45am - 11:45am Services - Wellness - CHP 9am - 11am	Let's Pick Up (English) 10am - 11am Stay Zen - Basic Meditation Program (Male exclusive) 10am - 11am Walking Football 10am-11.30am		Let's Zumba Gold 10am - 11am	Let's Taichi (IL) 9.30am - 10.30 am / 10.30am - 11.30am	
Let's Lim Kopi 2pm - 3pm Strategise With Kakis 2pm - 4pm Let's Do Chair Yoga 3:30pm - 4:30pm	Let's Level Up (English) 1:30pm - 2:30pm Let's KTV Together 2pm - 4pm Services - Wellness - CHP 1pm - 4pm	Let's Meridian 1pm - 2pm Let's Do Paper Quilling 2pm - 3pm Let's Jam Wth Ukulele 2pm - 3:30pm Strategise With Kakis 2pm - 4pm Singing Class 3.30pm - 5pm	Exercise - Yoga 1pm - 2pm Services - Wellness - TCM 2pm - 5pm Let's Steel Combat (Male Exclusive) 3pm - 4pm Intergenerational Programs - Tertiary 3pm - 5pm Let's Steel Combat 6pm - 7pm	Strategise With Kakis 2pm - 4pm Let's KTV Together 2pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
28	29	30			
Let's Exercise 9:30am - 10:30am 10:45am - 11:45am Services - Wellness - CHP 9am - 11am	Let's Pick Up (English) 10am - 11am Stay Zen - Basic Meditation Program (Male exclusive) 10am - 11am	Off-site Meeting - Centre Closed			
Let's Lim Kopi 2pm - 3pm Strategise with Kakis 2pm - 4pm Let's Do Chair Yoga 3:30pm - 4:30pm	Let's Level Up (English) 1:30pm -2:30pm Let's KTV Together 2pm - 4pm Services - Wellness - CHP 1pm - 4pm Combat Age-Related Loss of Muscle 1.0 2pm - 5pm				

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

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MON	TUE	WED	THU	FRI	SAT
<b>SGH Community Nurse Post</b> <b>社区护士站</b> 9am - 11am 早上9点至11点 (Only By Appointment) (需要预约)	<b>English Class英文课</b> 10am - 11am (Basic) 早上10点至11点 (基本) 1:30pm - 2:30pm (Intermediate) 下午1点半至2点半(中级)	<b>312 Meridian Exercise</b> <b>312经络运动</b> 1pm - 2pm 下午1点至2点	<b>Zumba Gold</b> <b>尊巴黄金</b> 10am - 11am 早上10点至11点	<b>Taichi</b> <b>太极课程</b> 9.30am - 10.30am 早上9点半至10点半 10.30am - 11.30am 早上10点半至11点半	
	<b>CALM Exercise</b> <b>肌肉强化运动</b> 11am - 12pm (start from 29th April-Pre assessment) 早上11点至12点 (从4月29日开始)	<b>Ukulele</b> <b>尤克里里</b> 1:30pm - 3:30pm 下午1点至3点半	<b>Relaxing Yoga</b> <b>瑜伽课程</b> 1pm-215pm 下午1点至2点15		
	<b>Basic Meditation Class (Men)</b> <b>男士基本打坐 课程</b> 10am - 11am 早上10点至11点	<b>Paper Quilling</b> <b>卷纸艺术</b> 2pm - 3pm 下午2点至3点	<b>Cheng Hong TCM</b> <b>众弘中医</b> 2pm-430pm 下午2点至4点30		
	<b>Acrylic Painting</b> <b>油画活动室</b> 2:30pm - 4:30pm 下午2点半至4点半	<b>Rummy O Game</b> <b>数字游戏</b> 2pm - 4pm 下午2点至4点	<b>Steel Combat (Men)</b> <b>钢铁拳击(男士)</b> 3pm - 4pm 下午3点至4点		
<b>Let's Lim Kopi (Men)</b> <b>男士咖啡座谈</b> 2pm - 3pm 下午2点至3点	<b>SGH Community Nurse Post</b> <b>社区护士站</b> 1pm - 4pm 下午1点至4点 (Only By Appointment) (需要预约)	<b>Singing Class</b> <b>专业唱歌课程</b> 3:30pm - 5pm 下午3点半至5点	<b>Steel Combat (Men/Women)</b> <b>钢铁拳击 (男士/女士)</b> 6pm - 7pm 晚上6点至7点	<b>Karaoke Session</b> <b>卡拉OK</b> 1pm - 4pm 下午1点至4点	
<b>Rummy O Game</b> <b>数字游戏</b> 2pm - 4pm 下午2点至4点				<b>Rummy O Game</b> <b>数字游戏</b> 2pm - 4pm 下午2点至4点	
<b>Chair Yoga</b> <b>椅子瑜伽</b> 3:30pm - 4:30pm 下午3点半至4点半					

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	<b>Walking Football 行走足球</b> 10am-11.30am 早上10点至11点半 At Bukit Merah View  <b>Services - Haircut 剪头发</b> 2pm - 4pm 下午2点至4点			<b>Let's Celebrate Birthday</b> 四月生日 庆祝会 10am-12pm 早上10点至12点	
7	8	9	10	11	12
<b>Community Virtual Health Talk -Depression</b> 社区健康 视频演讲-抑郁症 2pm - 3pm 下午2点至3点	<b>Walking Football 行走足球</b> 10am-11.30am 早上10点至11点半 At Bukit Merah View  <b>Health Talk: Understanding Osteoporosis</b> 护士健康 讲座: 了解骨 质疏松 1130am - 1230pm 中午11点半至12点半			<b>MyFirstSkol Outing</b> 3pm - 4pm 去MyFirstSkol幼稚园活 动 下午3点至4点	
14	15	16	17	18	19
	<b>Walking Football 行走足球</b> 10am-11.30am 早上10点至11点半 At Bukit Merah View		<b>Vegetarian Dinner &amp; Show</b> 素食晚餐表演 6pm-8.30pm 晚上6点至8点半	<b>Good Friday Center Close</b> 公共假期, 中心休息	
21	22	23	24	25	26
	<b>Walking Football 行走足球</b> 10am-11.30am 早上10点至11点半 At Bukit Merah View		<b>SOTA Dance</b> 与SOTA学生一起跳舞 3pm-5pm 下午 3点至5点		
28	29	30			
	<b>CALM Pre-assessment</b> 肌肉强化运动健康预评估 2pm-5pm 下午 2点至5点	<b>Office Close- off site meeting</b> 员工培训, 中心休息			