




2026 April

 **Centre Name:** AAC (Bukit Merah)
 **Centre Address:** 117 Jalan Bukit Merah #01-1683 S160117
 **Centre Contact:** 8163 2631/ 6273 2969



MON

TUE

WED

THU

FRI




SAT

		1	2	3	4
		<p>SGH Community Nurse Post BAY B 9am - 4pm</p> <p>Repair Kopitiam 13/14 BAY A 10am - 12pm</p> <p>Singapore Police Force Scam Talk - English BAY D 10.30am - 12pm</p>	<p>Chinatown Heritage Center 8.45am - 12pm</p> <p>Zumba Gold BAY A 10am - 11am</p> <p>Chair Zumba BAY A 11.15am - 12.15pm</p>	<p>CENTER CLOSED Whole Day</p>	
		<p>312 Meridian Exercise BAY A 1pm - 2pm</p> <p>Ukulele BAY C 1.30pm - 3.30pm</p> <p>Paper Quilling Art BAY D 2pm - 3pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Singing Class BAY D 3.30pm - 5pm</p>	<p>TCM BAY B 2pm - 4pm</p> <p>Woodcraft Trial 2pm - 5pm</p> <p>Steel Combat Lite (MEN) BAY D 3pm - 4pm</p> <p>Steel Combat (M+W) Blk 118A Playground 6pm - 7pm</p>	<p>CENTER CLOSED Whole Day</p>	<p>Good Friday Event @Grace Tanglin Church 3.15pm</p>

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SAT

6	7	8	9	10	11
<p>SGH Community Nurse Post BAY B 9am - 4pm</p> <p>Senior Exercise BAY A 9.30am - 10.30am / 10.45am - 11.45am</p>	<p>SPH-Current Affair BAY A 10am - 12pm</p> <p>Meditation Programme (MEN) BAY D 10am - 11am</p>	<p>SGH Community Nurse Post BAY B 9am - 4pm</p> <p>Singapore Police Force Scam Talk - Chinese BAY A 10.30am - 12pm</p>	<p>Zumba Gold BAY A 10am - 11am</p> <p>Chair Zumba BAY A 11.15am - 12.15pm</p>	<p>Taichi BAY A 9.30am - 10.30am / 10.45am - 11.45am</p> <p>SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm</p>	
<p>Let's Lim Kopi (MEN) BAY C 2pm - 4pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Brain Bank Talk BAY D 3pm - 4pm</p> <p>Chair Yoga BAY A 3.30pm - 4.30pm</p>	<p>KTV Together Karaoke BAY D 1pm - 4pm</p> <p>SGH Community Nurse Post BAY B 1pm - 4pm</p> <p>Acrylic Painting BAY C 1.30pm - 3.30pm</p> <p>Haircut BAY D 2pm - 4pm</p> <p>Relaxing Yoga BAY A 2.30pm - 3.30pm</p> <p>Intermediate English BAY B 3.30pm - 4.30pm</p> <p>Seated Eight Brocades BAY A 4pm - 5pm</p>	<p>312 Meridian Exercise BAY A 1pm - 2pm</p> <p>Ukulele BAY C 1.30pm - 3.30pm</p> <p>Paper Quilling Art BAY D 2pm - 3pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Singing Class BAY D 3.30pm - 5pm</p>	<p>TCM BAY B 2pm - 4pm</p> <p>Steel Combat Lite (MEN) BAY D 3pm - 4pm</p> <p>Steel Combat (M+W) Blk 118A Playground 6pm - 7pm</p>	<p>KTV Together Karaoke BAY D 1pm - 4pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p>	

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SAT

13	14	15	16	17	18
<p>SGH Community Nurse Post BAY B 9am - 4pm</p> <p>Senior Exercise BAY A 9.30am - 10.30am / 10.45am - 11.45am</p>	<p>SPH-Current Affair BAY A 10am - 12pm</p> <p>Meditation Programme (MEN) BAY D 10am - 11am</p>	<p>SGH Community Nurse Post BAY B 9am - 4pm</p> <p>Repair Kopitiam 14/14 BAY A 10am - 12pm</p>	<p>Zumba Gold BAY A 10am - 11am</p> <p>Walking Football Championship 2026 (Training) @ Delta Sport Center - 1/9 9.45am-11.30am</p> <p>Chair Zumba BAY A 11.15am - 12.15pm</p>	<p>Taichi BAY A 9.30am - 10.30am / 10.45am - 11.45am</p> <p>SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm</p>	
<p>Let's Lim Kopi (MEN) BAY C 2pm - 4pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Chair Yoga BAY A 3.30pm - 4.30pm</p>	<p>KTV Together Karaoke BAY D 1pm - 4pm</p> <p>SGH Community Nurse Post BAY B 1pm - 4pm</p> <p>Acrylic Painting BAY C 1.30pm - 3.30pm</p> <p>Singapore Polytechnic Intergenerational Activity (Gp 1) BAY A 2.30pm -4pm</p> <p>Intermediate English BAY B 3.30pm - 4.30pm</p> <p>Singapore Polytechnic Intergenerational Activity (Gp 2) BAY A 4pm -5.30pm</p>	<p>312 Meridian Exercise BAY A 1pm - 2pm</p> <p>Ukulele BAY C 1.30pm - 3.30pm</p> <p>Paper Quilling Art BAY D 2pm - 3pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Singapore Polytechnic Intergenerational Activity BAY A 2.30pm -4pm</p> <p>Singing Class BAY D 3.30pm - 5pm</p>	<p>TCM BAY B 2pm - 4pm</p> <p>LPA and WILL 2pm - 3pm</p> <p>Steel Combat Lite (MEN) BAY D 3pm - 4pm</p> <p>Steel Combat (M+W) Blk 118A Playground 6pm - 7pm</p>	<p>KTV Together Karaoke BAY D 1pm - 4pm</p> <p>Bollywood Farms @ 100 Neo Tiew Road 11.30am-2.30pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p>	

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SAT

20	21	22	23	24	25
<p>SGH Community Nurse Post BAY B 9am - 4pm</p> <p>Senior Exercise BAY A 9.30am - 10.30am / 10.45am - 11.45am</p>	<p>SPH-Current Affair BAY A 10am - 12pm</p> <p>Meditation Programme (MEN) BAY D 10am - 11am</p>	<p>SGH Community Nurse Post BAY B 9am - 4pm</p> <p>Impress Mind survey - Day 1 BAY A 10am - 12pm</p>	<p>Zumba Gold BAY A 10am - 11am</p> <p>Chair Zumba BAY A 11.15am - 12.15pm</p>	<p>Taichi BAY A 9.30am - 10.30am / 10.45am - 11.45am</p> <p>SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm</p>	
<p>Let's Lim Kopi (MEN) BAY C 2pm - 4pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Chair Yoga BAY A 3.30pm - 4.30pm</p>	<p>KTV Together Karaoke BAY D 1pm - 4pm</p> <p>SGH Community Nurse Post BAY B 1pm - 4pm</p> <p>Acrylic Painting BAY C 1.30pm - 3.30pm</p> <p>Relaxing Yoga BAY A 2.30pm - 3.30pm</p> <p>Intermediate English BAY B 3.30pm - 4.30pm</p> <p>Seated Eight Brocades BAY A 4pm - 5pm</p>	<p>312 Meridian Exercise BAY A 1pm - 2pm</p> <p>Ukulele BAY C 1.30pm - 3.30pm</p> <p>Paper Quilling Art BAY D 2pm - 3pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Singing Class BAY D 3.30pm - 5pm</p>	<p>TCM BAY B 2pm - 4pm</p> <p>Impress Mind Survey - Day 2 BAY C 2pm - 4pm</p> <p>Steel Combat Lite (MEN) BAY D 3pm - 4pm</p> <p>Hari Raya Baking Workshop BAY A 4pm - 5pm</p> <p>Steel Combat (M+W) Blk 118A Playground 6pm - 7pm</p>	<p>KTV Together Karaoke BAY D 1pm - 4pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Birthday Celebration BAY A 2pm - 4pm</p>	<p>Hari Raya Makan & Karaoke BAY A 2pm - 4pm</p>

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SAT

27	28	29	30		
<p>SGH Community Nurse Post BAY B 9am - 4pm</p> <p>Impress Mind Survey- Day 3 BAY D 10am - 12pm</p> <p>Senior Exercise BAY A 9.30am - 10.30am / 10.45am - 11.45am</p>	<p>SPH-Current Affair BAY A 10am - 12pm</p> <p>Meditation Programme (MEN) BAY D 10am - 11am</p>	<p>SGH Community Nurse Post BAY B 9am - 4pm</p> <p>Malay Heritage Centre (MHC) Outing 10am - 1.30pm</p> <p>Advance Care Planning (ACP) 11am - 12pm</p>	<p>Zumba Gold BAY A 10am - 11am</p> <p>Walking Football Championship 2026 (Training) @ Delta Sport Center - 2/9 9.45am-11.30am</p> <p>Chair Zumba BAY A 11.15am - 12.15pm</p>		
<p>Let's Lim Kopi (MEN) BAY C 2pm - 4pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Chair Yoga BAY A 3.30pm - 4.30pm</p>	<p>KTV Together Karaoke BAY D 1pm - 4pm</p> <p>SGH Community Nurse Post BAY B 1pm - 4pm</p> <p>Acrylic Painting BAY C 1.30pm - 3.30pm</p> <p>Relaxing Yoga BAY A 2.30pm - 3.30pm</p> <p>Intermediate English BAY B 3.30pm - 4.30pm</p> <p>Seated Eight Brocades BAY A 4pm -5pm</p>	<p>312 Meridian Exercise BAY A 1pm - 2pm</p> <p>Ukulele BAY C 1.30pm - 3.30pm</p> <p>Paper Quilling Art BAY D 2pm - 3pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Singing Class BAY D 3.30pm - 5pm</p>	<p>TCM BAY B 2pm - 4pm</p> <p>Health talk by Singhealth BAY A 2.15pm - 3.15pm</p> <p>Steel Combat Lite (MEN) BAY D 3pm - 4pm</p> <p>Steel Combat (M+W) Blk 118A Playground 6pm - 7pm</p>		

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