

Centre Address: 117 Jalan Bukit Merah #01-1683 S160117

Centre Contact: 81632631/ 62732969





MON	TUE	WED	THU	FRI	SAT
				1	2
				9:30am - 10:30 am / 10:45am - 11:45am	Project GroomOver (Cleaning, Painting, Washing services) by SGH and SingHealth 8:00am - 1:00pm
				Let's KTV Together [Bay D] 1pm - 4pm Strategise With Kakis [Bay B] 2pm - 4pm	

2025 August

O Centre Name: AAC Bukit Merah

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MON TUE WED THU FRI SAT

4	5	6	7	8	9
SGH Community Nurse Post [Bay	Let's Pick Up (English) [Bay B]		Let's Zumba Gold [Bay A]	Let's Taichi (IL) [Bay A]	NATIONAL DAY!
B]	10am - 11am		10am - 11am	9:30am - 10:30 am /	
9am - 11am	Stay Zen - Basic Meditation			10:30am - 11:30am	
Let's Exercise [Bay A]	Program (Male Exclusive) [Bay				
9:30am - 10:30am /	D]				
10:45am - 11:45am	10am - 11am				
Let's Lim Kopi [Bay C]	Relaxing Yoga [Bay A]	Let's Meridian [Bay A]	Services - Wellness - TCM [Bay	Let's KTV Together [Bay D]	
2pm - 4pm	1pm - 2pm	1pm - 2pm	B1	1pm - 4pm	
Strategise With Kakis [Bay B]	SGH Community Nurse [Bay B]	Let's Jam With Ukulele [Bay C]	2pm - 5pm	Strategise With Kakis [Bay B]	
2pm - 4pm	1pm - 4pm	1:30pm - 3:30pm	Service - Haircut [Bay D]	2pm - 4pm	
•	Let's KTV Together [Bay D]	Let's Do Paper Quilling [Bay D]	2pm - 4pm	Let's Celebrate Birthday [Bay	
	1pm - 4pm	2pm - 3pm	TCM Talk - Diet therapy for	A]	
	Level up (English) [Bay B]	Strategise With Kakis [Bay B]	health and longevity (Chinese	2pm - 4pm	
	1:30pm - 2:30pm	2pm - 4pm	talk) [Bay A]		
	Acrylic Painting [Bay C]	Singing Session [Bay A]	3pm - 5pm		
	1:30pm - 3pm	3:30pm - 5pm	Let's Steel Combat		
			(Male Exclusive) [Bay C]		
			3pm - 4pm		
			Let's Steel Combat (Combined)		
			[Blk 118A Playground]		
			6pm - 7pm		



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MON TUE WED THU FRI SAT

11	12	13	14	15	16
NATIONAL DAY CENTRE CLOSE	Let's Pick Up (English) [Bay B]	1 Doc Kidney Health Check	Let's Zumba Gold [Bay A]	Let's Taichi (IL) [Bay A]	
	10am - 11am	9am - 1pm	10am - 11am	9.30am - 10.30 am /	
	Stay Zen - Basic Meditation			10.30am - 11.30am	
	Program (Male exclusive) [Bay D]				
	10am - 11am				
	Relaxing Yoga [Bay A]	Let's Jam With Ukulele [Bay C]	Services - Wellness - TCM [Bay	Let's KTV Together [Bay D]	
	1pm - 2pm	1:30pm - 3:30pm	B]	1pm - 4pm	
	SGH Community Nurse [Bay B]	Let's Do Paper Quilling [Bay D]	2pm - 5pm	Strategise With Kakis [Bay B]	
	1pm - 4pm	2pm - 3pm	Let's Steel Combat	2pm - 4pm	
	Let's KTV Together [Bay D]	Strategise With Kakis [Bay B]	(Male Exclusive) [Bay C]		
	1pm - 4pm	2pm - 4pm	3pm - 4pm		
	Level up (English) [Bay B]	Singing Session [Bay A]	Therapeutic Horticulture [Bay		
	1:30pm - 2:30pm	3:30pm - 5pm	A] 6/8		
	Acrylic Painting [Bay C]		3pm - 4.30pm		
	1:30pm - 3pm		Let's Steel Combat (Combined)		
	TCM Talk - Diet therapy for health		[Blk 118A Playground]		
	and longevity (Chinese talk) [Bay		6pm - 7pm		
	A]				
	3pm - 5pm				



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MON	TUE	WED	THU	FRI	SAT
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18	19	20	21	22	23
akult Factory Outing	Let's Pick Up (English) [Bay B]		Let's Zumba Gold [Bay A]	Let's Taichi (IL) [Bay A]	
3:15am - ???	10am - 11am		10am - 11am	9.30am - 10.30 am /	
GGH Community Nurse Post [Bay	Stay Zen - Basic Meditation			10.30am - 11.30am	
3]	Program (Male exclusive) [Bay D]				
9am - 11am	10am - 11am				
et's Exercise [Bay A]	CALM 1.0 - Square Stepping [Bay A]				
9:30am - 10:30am /	11am - 12pm				
l0:45am - 11:45am					
.et's Lim Kopi [Bay C]	Relaxing Yoga [Bay A]	Let's Meridian [Bay A]	Services - Wellness - TCM [Bay	Let's KTV Together [Bay D]	
2pm - 3pm	1	1pm - 2pm	B]	1pm - 4pm	
Strategise With Kakis [Bay B]	SGH Community Nurse [Bay B]	Let's Jam With Ukulele [Bay C]	2pm - 5pm	Strategise With Kakis [Bay B]	
2pm - 4pm	· · · ·	1:30pm - 3:30pm	Let's Steel Combat	2pm - 4pm	
.et's Do Chair Yoga [Bay A]	Let's KTV Together [Bay D]	Let's Do Paper Quilling [Bay D]	(Male Exclusive) [Bay D]	Lee Kong Chian Natural	
3:30pm - 4:30pm	· · · ·	2pm - 3pm	3pm - 4pm	History Museum NHB	
		Strategise With Kakis [Bay B]	SOTA Dance Session [Bay A]	(Wheelchair Outing)	
		2pm - 4pm	3pm - 5pm	2pm - 4pm	
		IMDA Gen AI (Chinese) 1-2	Let's Steel Combat (Combined)		
	1:30pm - 3pm	[Bay A]	[Blk 118A Playground]		
		2:30pm - 4pm	6pm - 7pm		
		Singing Session [Bay A]			
		3:30pm - 5pm			



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MON TUE WED	THU	FRI	SAT
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25	26	27	28	29	30
SGH Community Nurse Post [Bay B] 9am - 11am Let's Exercise [Bay A] 9:30am - 10:30am / 10:45am - 11:45am	Let's Pick Up (English) [Bay B] 10am - 11am Stay Zen - Basic Meditation Program (Male exclusive) [Bay D] 10am - 11am	Health Talk - By Jean [Bay A] 11am - 12pm	Therapeutic Horticulture [Bay D] 7/8 – Fort Canning Outing 9am - 10:30am Let's Zumba Gold [Bay A] 10am - 11am	Let's Taichi (IL) [Bay A] 9.30am - 10.30 am / 10.30am - 11.30am	
Let's Lim Kopi [Bay C] 2pm - 4pm Strategise with Kakis [Bay B] 2pm - 4pm Let's Do Chair Yoga [Bay A] 3:30pm - 4:30pm	Relaxing Yoga [Bay A] 1pm - 2pm SGH Community Nurse [Bay B] 1pm - 4pm Let's KTV Together [Bay D] 1pm - 4pm Level up (English) [Bay B] 1:30pm - 2:30pm Acrylic Painting [Bay C] 1:30pm - 3pm	Let's Meridian [Bay A] 1pm - 2pm Let's Jam With Ukulele [Bay C] 1:30pm - 3:30pm Let's Do Paper Quilling [Bay D] 2pm - 3pm Strategise With Kakis [Bay B] 2pm - 4pm Singing Session [Bay A] 3:30pm - 5pm	Services - Wellness - TCM [Bay B] 2pm - 5pm Let's Steel Combat (Male Exclusive) [Bay D] 3pm - 4pm Let's Steel Combat (Combined) [Blk 118A Playground] 6pm - 7pm	Let's KTV Together [Bay D] 1pm - 4pm Strategise With Kakis [Bay B] 2pm - 4pm Snapseed mobile photo editing APP [Bay A] 2pm-3pm	