


2025 August

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





MON	TUE	WED	THU	FRI	SAT
				1	2
				Let's Taichi (IL) [Bay A] 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	

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Health

MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
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		Let's Zumba Gold [Bay A] 10am - 11am	Let's Taichi (IL) [Bay A] 9:30am - 10:30 am / 10:30am - 11:30am	NATIONAL DAY!
Let's Lim Kopi [Bay C] 2pm - 4pm Strategise With Kakis [Bay B] 2pm - 4pm	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 Service - Haircut [Bay D] 2pm - 4pm TCM Talk - Diet therapy for health and longevity (Chinese talk) [Bay A] 3pm - 5pm Let's Steel Combat (Male Exclusive) [Bay C] 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 Let's Celebrate Birthday [Bay A] 2pm - 4pm	

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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] 10am - 11am Stay Zen - Basic Meditation Program (Male exclusive) [Bay D] 10am - 11am	1 Doc Kidney Health Check 9am - 1pm	Let's Zumba Gold [Bay A] 10am - 11am	Let's Taichi (IL) [Bay A] 9.30am - 10.30 am / 10.30am - 11.30am	
	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 TCM Talk - Diet therapy for health and longevity (Chinese talk) [Bay A] 3pm - 5pm	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 C] 3pm - 4pm Therapeutic Horticulture [Bay A] 6/8 3pm - 4.30pm 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	

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MON

TUE

WED

THU

FRI




SAT

18	19	20	21	22	23
Yakult Factory Outing 8:15am - ??? 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 CALM 1.0 - Square Stepping [Bay A] 11am - 12pm		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 - 3pm 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 IMDA Gen AI (Chinese) 1-2 [Bay A] 2:30pm - 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 SOTA Dance Session [Bay A] 3pm - 5pm 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 Lee Kong Chian Natural History Museum NHB (Wheelchair Outing) 2pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
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	

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