

2026 August

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



ntuc Health

MON

TUE

WED

THU

FRI

SAT

3	4	5	6	7	8
Community Health Post (SGH) BAY C 9am - 4pm Let's Exercise Together 117 Void Deck 9.30am - 10.30am / 10.45am - 11.45am	Stay Zen - Basic Meditation Program (Male exclusive) BAY D 10am - 11am	Let's Learn to Repair BAY D 10am - 12pm	Community Health Post (Dietetics Services) BAY C 9am - 1pm (By Appointment Only) Let's Zumba Gold 118 Pavillion 10am - 11am Let's Chair Zumba 117 Void Deck 11.15am - 12.15pm	Let's Taich (IL) 118 Pavillion 9.30am - 10.30am / 10.45am - 11.45am Let's Gym in a Bag 117 Void Deck 11.15am - 12pm	
Let's Go Gai Gai - Duck Tour (English) 1.30pm - 3.30pm Let's Lim Kopi (MEN) Block 201 2pm - 4pm Strategise with Kakis (Rummy O Game) BAY D 2pm - 4pm Let's Chair Yoga 117 Void Deck 3.30pm - 4.30pm	Let's Do Acrylic Art BAY D 1.30pm - 3pm Let's Learn Intermediate English BAY D 2pm - 3pm Haircut Services [117 Void Deck] 2pm-4pm	Let's Meridian (IL) 117 Void Deck 1pm - 2pm Let's Jam with Ukulele BAY D 1.30pm - 3.30pm Let's Do Paper Quilling Art with Fore Coffee BAY C 2pm - 3pm Community Health Post (Pharmacy Services) 2pm - 6pm (By Appointment Only) Let's Learn to Sing BAY D 3.45pm-5.15pm	TCM BAY C 2pm - 4pm Let's Steel Combat(M+W) BAY D 3pm - 4pm	Let's KTV Together BAY D 1pm - 4pm Strategise with Kakis (Rummy O Game) 117 Void Deck 2pm - 4pm	

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。

2026 August

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Center close Whole day for National Day (PH- in lieu)	Community Health Post (SGH) BAY C 9am - 4pm Stay Zen - Basic Meditation Program (Male exclusive) BAY D 10am - 11am	Digital - IMDA Go-Digital - Workshop Topic: Protect Your Devices From Malicious Software BAY D 10am -11.30am Let's Malay Kopi & Sembang [Block 201] 10am -11.30am	Center close Half Day for Meeting 1pm - 6pm	Let's Taichi (IL) 118 Pavillion 9.30am - 10.30am / 10.45am - 11.45am Let's Gym in a Bag 117 Void Deck 11.15am - 12pm	
	Let's Do Acrylic Art BAY D 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 Art BAY D 2pm - 3pm Community Health Post (Pharmacy Services) 2pm - 6pm (By Appointment Only) Let's Learn to Sing BAY D 3.30pm - 5pm		Let's KTV Together BAY D 1pm - 4pm Strategise with Kakis (Rummy O Game) 117 Void Deck 2pm - 4pm Let's Celebrate National Day with Youth Corp BAY D 3.30pm - 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。

2026 August

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



ntuc Health

MON

TUE

WED

THU

FRI

SAT

17	18	19	20	21	22
Community Health Post (SGH) BAY C 9am - 4pm Let's Exercise Together 117 Void Deck 9.30am - 10.30am / 10.45am - 11.45am	Stay Zen - Basic Meditation Program (Male exclusive) BAY D 10am - 11am Let's Talk News BAY C 10am-12pm	Let's Learn to Repair BAY D 10am - 12pm	Community Health Post (Dietetics Services) BAY C 9am - 1pm (By Appointment Only) Let's Zumba Gold 118 Pavillion 10am - 11am Let's Walking Football [118 Court] 10am-11.30pm Let's Celebrate Birthday [Tiong bahru cc] 10.30am - 12.30pm Let's Chair Zumba 117 Void Deck 11.15am - 12.15pm	Let's Taichi (IL) 118 Pavillion 9.30am - 10.30am / 10.45am - 11.45am Let's Gym in a Bag 117 Void Deck 11.15am - 12pm	
Let's Lim Kopi (MEN) Block 201 2pm - 4pm Strategise with Kakis (Rummy O Game) BAY D 2pm - 4pm Let's Chair Yoga 117 Void Deck 3.30pm - 4.30pm	Let's Do Acrylic Art BAY D 1.30pm - 3pm Let's Learn Intermediate English BAY D 2pm - 3pm	Let's Meridian (IL) 117 Void Deck 1pm - 2pm Let's Jam with Ukulele BAY D 1.30pm - 3.30pm Let's Do Paper Quilling Art BAY C / Fore Coffee 2pm - 3pm Community Health Post (Pharmacy Services) 2pm - 6pm (By Appointment Only) Let's Learn to Sing BAY D 3.45pm-5.15pm	TCM BAY C 2pm - 4pm Let's Steel Combat(M+W) BAY D 3pm - 4pm	Let's KTV Together BAY D 1pm - 4pm Strategise with Kakis (Rummy O Game) 117 Void Deck 2pm - 4pm	

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。

2026 August

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
Community Health Post (SGH) BAY C 9am - 4pm Let's Exercise Together 117 Void Deck 9.30am - 10.30am / 10.45am - 11.45am Let's Talk About Careline (Kopi & Go Series) BAY D 10am-11am	Community Health Post (SGH) BAY C 9am - 4pm Stay Zen - Basic Meditation Program (Male exclusive) BAY D 10am - 11am	Let's Malay Kopi & Sembang 10am -11.30am Block 201 Let's Learn to Repair BAY D 10am - 12pm	Community Health Post (Dietetics Services) BAY C 9am - 1pm (By Appointment Only) Let's Zumba Gold 118 Pavillion 10am - 11am Let's Chair Zumba 117 Void Deck 11.15am - 12.15pm	Let's Taich (IL) 118 Pavillion 9.30am - 10.30am / 10.45am - 11.45am Let's Gym in a Bag 117 Void Deck 11.15am - 12pm	
Let's Lim Kopi (MEN) Block 201 2pm - 4pm Strategise with Kakis (Rummy O Game) BAY D 2pm - 4pm Let's Chair Yoga 117 Void Deck 3.30pm - 4.30pm	Let's Do Acrylic Art BAY D 1.30pm - 3pm Let's Learn Intermediate English BAY D 2pm - 3pm	Let's Meridian (IL) 117 Void Deck 1pm - 2pm Let's Jam with Ukulele BAY D 1.30pm - 3.30pm Let's Do Paper Quilling Art BAY C/ Fore Coffee 2pm - 3pm Community Health Post (Pharmacy Services) 2pm - 6pm (By Appointment Only) Let's Learn to Sing BAY D 3.45pm-5.15pm	TCM BAY C 2pm - 4pm Let's Steel Combat(M+W) BAY D 3pm - 4pm Let's Brisk Walk 5pm-6pm	Let's KTV Together BAY D 1pm - 4pm Strategise with Kakis (Rummy O Game) 117 Void Deck 2pm - 4pm	

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。