




2025 December

 **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

1	2	3	4	5	6
SGH Community Nurse Post BAY B 9am - 11am Senior Exercise BAY A 9.30am - 10.30am / 10.45am - 11.45am	Meditation Time (MEN) BAY D 10am - 11am F4 activity 10/12 BAY A 10am - 12pm	SGH Community Nurse Post BAY B 9am - 4.30pm Repair Kopithaim 5/14 BAY A 10am- 12pm	Zumba Gold BAY A 10am - 11am Chair Zumba BAY A 11.15am - 12.15pm	Taichi BAY A 9.30am - 10.30am / 10.45am - 11.45am Food Wrapper Upcycling BAY D 10.30am - 11.30am SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm	
Let's Lim Kopi (MEN) BAY C 2pm - 4pm Rummy O Game BAY B 2pm - 4pm Chair Yoga BAY A 3.30pm - 4.30pm	KTV Together Karaoke BAY D 1pm - 4pm SGH Community Nurse Post BAY B 1pm - 4pm Relaxing Yoga BAY A 1pm - 2pm Acrylic Painting BAY C 1.30pm - 3.30pm Free Haircut BAY A 2 -4pm Seated Eight Brocades BAY A 2.30pm - 3.30pm	312 Meridian Exercise BAY A 1pm -2pm Ukulele BAY C 1.30pm - 3.30pm Paper Quilling Art BAY D 2pm - 3pm Rummy O Game BAY B 2pm - 4pm ESSENTIAL OIL BASICS 1/ 4 BAY A 3pm - 5pm Singing Class 7/10 BAY D 3.30pm - 5pm	TCM BAY B 2pm - 5pm Steel Combat Lite (MEN) BAY D 3pm - 4pm Steel Combat (M+W) Blk 118A Playground 6pm - 7pm	KTV Together Karaoke BAY D 1pm - 4pm CHP - Health Talk (Skincare) BAY D 2pm - 3pm Rummy O Game BAY B 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。

2025 December



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
8	9	10	11	12	13
SGH Community Nurse Post BAY B 9am - 11am Senior Exercise BAY A 9.30am - 10.30am / 10.45am - 11.45am LPA Doc & Lawyer Endorsement BAY B & BAY D 9.30am -12pm	Meditation Time (MEN) BAY D 10am - 11am F4 activity 11/12 BAY A 10am - 12pm	SGH Community Nurse Post BAY B 9am - 4.30 pm	Zumba Gold BAY A 10am - 11am Chair Zumba BAY A 11.15am - 12.15pm	Center close for AAC Team Building Day	
Let's Lim Kopi (MEN) BAY C 2pm - 4pm Rummy O Game BAY B 2pm - 4pm Chair Yoga BAY A 3.30pm - 4.30pm	KTV Together Karaoke BAY D 1pm - 4pm SGH Community Nurse Post BAY B 1pm - 4pm Relaxing Yoga BAY A 1pm - 2pm Sota Dance - Dancing with the Youth BAY A 3pm - 5pm Acrylic Painting BAY C 1.30pm - 3.30pm Seated Eight Brocades BAY A 2.30pm - 3.30pm	312 Meridian Exercise BAY A 1pm - 2pm Ukulele BAY C 1.30pm - 3.30pm Paper Quilling Art BAY D 2pm - 3pm Rummy O Game BAY B 2pm - 4pm ESSENTIAL OIL BASICS 1/ 4 BAY A 3pm - 5pm Singing Class 8/10 BAY D 3.30pm - 5pm	TCM BAY B 2pm - 5pm Steel Combat Lite (MEN) BAY D 3pm - 4pm ESSENTIAL OIL BASICS 1/ 4 BAY A 3pm - 5pm Steel Combat (M+W) Blk 118A Playground 6pm - 7pm		

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。

2025 December

 **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

15

16

17

18

19

20

SGH Community Nurse Post **BAY B**
9am - 11am

Senior Exercise **BAY A**
9.30am - 10.30am /
10.45am - 11.45am

Let's Lim Kopi (MEN) **BAY C**
2pm - 4pm

Rummy O Game **BAY B**
2pm - 4pm

Chair Yoga **BAY A**
3.30pm - 4.30pm

Meditation Time (MEN) **BAY D**
10am - 11am

F4 activity 12/12 **BAY A**
10am - 12pm

KTV Together Karaoke **BAY D**
1pm - 4pm

SGH Community Nurse Post **BAY B**
1pm - 4pm

Relaxing Yoga **BAY A**
1pm - 2pm

Acrylic Painting **BAY C**
1.30pm - 3.30pm

Seated Eight Brocades **BAY A**
2.30pm - 3.30pm

Brain training magic rod **BAY A**
4pm-5pm

SGH Community Nurse Post **BAY B**
9am - 4.30pm

Repair Kopithaim 6/14 **BAY A**
10am- 12pm

312 Meridian Exercise **BAY A**
1pm -2pm

Ukulele **BAY C**
1.30pm - 3.30pm

Paper Quilling Art **BAY D**
2pm - 3pm

Rummy O Game **BAY B**
2pm - 4pm

ESSENTIAL OIL BASICS 1/ 4 **BAY A**
3pm - 5pm

Singing Class 9/10 **BAY D**
3.30pm - 5pm

Zumba Gold **BAY A**
10am - 11am

Chair Zumba **BAY A**
11.15am - 12.15pm

TCM **BAY B**
2pm - 5pm

**Ngee Ann Poly - Mental Health
and Brain Active + Activity** **BAY A**
2pm - 4pm

Steel Combat Lite (MEN) **BAY D**
3pm - 4pm

Steel Combat (M+W)
Blk 118A Playground
6pm - 7pm

Taichi **BAY A**
9.30am - 10.30am /
10.45am - 11.45am

Food Wrapper Upcycling **BAY D**
10.30am - 11.30am

SG Active Morning Exercise
Blk 118 Pavillion
11.15am - 12pm

KTV Together Karaoke **BAY D**
1pm - 4pm

Rummy O Game **BAY B**
2pm - 4pm

**ICCP Christmas Carnival
Connection 1**
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。

2025 December



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
22	23	24	25	26	27
<p>SGH Community Nurse Post BAY B 9am - 11am</p> <p>Senior Exercise BAY A 9.30am - 10.30am / 10.45am - 11.45am</p> <p>SPH Current Affair BAY D 10am - 11am</p>	<p>Meditation Time (MEN) BAY D 10am - 11am</p> <p>Singhealth F4 survey BAY D 10am - 1pm</p>	<p>SGH Community Nurse Post BAY B 9am - 12pm</p>	<p>Center close for Christmas Day</p>	<p>Taichi BAY A 9.30am - 10.30am / 10.45am - 11.45am</p> <p>Food Wrapper Upcycling BAY D 10.30am - 11.30am</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>Relaxing Yoga BAY A 1pm - 2pm</p> <p>Acrylic Painting BAY C 1.30pm - 3.30pm</p> <p>Seated Eight Brocades BAY A 2.30pm - 3.30pm</p>	<p>Center close for Christmas Eve</p>	<p>Center close for Christmas Day</p>	<p>KTV Together Karaoke BAY D 1pm - 4pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Let's Celebrate Birthday BAY A 2pm-4pm</p>	

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。

2025 December



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
29	30	31			
SGH Community Nurse Post BAY B 9am - 11am Senior Exercise BAY A 9.30am - 10.30am / 10.45am - 11.45am	Meditation Time (MEN) BAY D 10am - 11am	SGH Community Nurse Post BAY B 9am - 12pm			
Let's Lim Kopi (MEN) BAY C 2pm - 4pm Rummy O Game BAY B 2pm - 4pm Chair Yoga BAY A 3.30pm - 4.30pm	KTV Together Karaoke BAY D 1pm - 4pm SGH Community Nurse Post BAY B 1pm - 4pm Relaxing Yoga BAY A 1pm - 2pm Acrylic Painting BAY C 1.30pm - 3.30pm Seated Eight Brocades BAY A 2.30pm - 3.30pm West Coast Natural walk + Therapeutic Horticulture RNKTW 4pm - 6.30pm	Center close for New Year's Eve			

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。

2025 December

 **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
SGH Community Nurse Post BAY B 社区护士站 9am - 11am 早上9点至11点 (By Appointment Only) (需要预约)	Meditation Program (Male Exclusive) BAY D 男士基本打坐 课程 10am - 11am 早上10点至11点	SGH Community Nurse Post BAY B 社区护士站 9 am - 4.30 pm 早上9点至4点半 (By Appointment Only) (需要预约)	Zumba Gold BAY A 尊巴黄金 10am - 11am 早上10点至11点	Taichi BAY A 太极课程 9:30am - 10:30am 早上9点半至10点半 10:45am - 11:45am 早上10点半至11点45	
Senior Exercise BAY A 乐龄运动 9:30am - 10:30am 早上9点半至10点半 1045am - 1145am 早上10点45至11点45	F4 activity BAY A F4 活动 10am - 12pm 早上10点至中午 Start on 16th Sep and end 16 Dec 2025 ; 从9月16日开始, 12月16日结束	312 Meridian Exercise BAY A 312经络运动 1pm - 2pm 下午1点至2点	Chair Zumba BAY A 椅子尊巴 11.15am - 12.15pm 早上11点15至12点15	SG Active Morning Exercise Blk 118 Pavillion 体育关怀晨间运动 Blk 118 亭 11.15am - 12pm 早上11点15至12点	
Let's Lim Kopi (MEN) BAY C 男士咖啡座 谈 2pm - 4pm 下午2点至4点	KTV Together Karaoke BAY D 卡拉OK 1pm - 4pm 下午1点至4点	Ukulele BAY C 尤克里里 1:30pm - 3:30pm 下午1点半至3点半	TCM BAY B 中医 2pm - 5pm 下午2点至5点	KTV Together Karaoke BAY D 卡拉OK 1pm - 4pm 下午1点至4点	
Rummy O Game BAY B 数字游戏 2pm - 4pm 下午2点至4点	SGH Community Nurse Post BAY B 社区护士站 1pm - 4pm 下午1点至4点 (By Appointment Only) (需要预约)	Paper Quilling Art BAY D 卷纸艺术 2pm - 3pm 下午2点至3点	Steel Combat Lite(MEN) BAY D 钢铁拳击 (男士) 3pm - 4pm 下午3点至4点	Rummy O Game BAY B 数字游戏 2pm - 4pm 下午2点至4点	
Chair Yoga BAY A 椅子瑜伽 3:30pm - 4:30pm 下午3点半至4点半	Relaxing Yoga BAY A 瑜伽课程 1pm - 2pm 下午1点至2点	Rummy O Game BAY B 数字游戏 2pm - 4pm 下午2点至4点	Steel Combat (M+W) Blk 118A Playground 钢铁拳击 (男士+女士) Blk 118A 操场 6pm - 7pm 傍晚6点至7点		
	Acrylic Painting BAY C 油画活动室 1:30pm - 3:30pm 下午1点半至3点半	Singing Class BAY D 专业唱歌课程 3:30pm - 5pm 下午3点半至5点 Start on 22 Oct and end 7 Jan 2026 ; 从10月22日 2025开始, 1月7日 2026结束)			
	Seated Eight Brocades BAY A 坐式八段锦 2:30pm - 3:30pm 下午2点半至3点半				

*** Important : No Lesson - Cancellation Dates *** (重要通知: 课程取消通知)

Center Close on Fri: 12 Dec on 中心全天关闭 星期 五: 12 月12日
All activities cancelled 所有活动全天关闭

Center Close half day on Wed : 24 Dec 中心关半天 星期三 : 12 月24日
All afternoon activities cancelled 所有下午活动取消




Center Close on Thurs: 25 Dec 中心全天关闭 星期四 : 12 月25日
All activities cancelled. 所有活动全天关闭

Center Close half day on Wed : 31 Dec 中心关半天 星期三 : 12 月31日
All afternoon activities cancelled 所有下午活动取消

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。

2025 December

 **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
1	2	3	4	5	6
	Free Haircut [A] 免费剪头发服务[A] 2pm-4pm 下午2点至4点	Repair Kopitiam 5/14 [A] 修好铺 [A] 10am- 12pm 早上10 点至12点 ESSENTIAL OIL BASICS 1/ 4 [A] 精油基础知识班 [A] 3pm - 5pm 下午3点至5点		Food Wrapper Upcycling Class [D] 食品包装循环利用课程[D] 10.30am to 11.30am早上10点半至11点半 CHP - Health Talk (Skincare) [A] 社区健康 讲座 - 乐龄皮肤保养][A] 2pm-3pm 下午2点至3点	
8	9	10	11	12	13
LPA Doc & Lawyer Endorsement [B&D] 持 久 授 权 书 医生和律师的认证[B&D] 9.30am-12pm 早9点半至12点	Sota Dance - Dancing with the Youth [A] 与年轻人共舞 [A] 3pm-5pm 下午3点至5点	ESSENTIAL OIL BASICS 2/ 4 [A] 精油基础知识班 [A] 3pm - 5pm 下午3点至5点	ESSENTIAL OIL BASICS 3/ 4 [A] 精油基础知识班 [A] 3pm - 5pm 下午3点至5点	Center CLOSE - AAC Team Building Day 中心全天关闭 - 团队建设日	
15	16	17	18	19	20
	Brain training magic rod [A] 健脑金箍棒 [A] 4pm-5pm 下午4点至5点	Repair Kopitiam 6/14 [A] 修好铺 [A] 10am-12pm 早上10 点至12点 ESSENTIAL OIL BASICS 4/ 4 [A] 精油基础知识班 [A] 3pm - 5pm 下午3点至5点	Ngee Ann Poly - Mental Health and Brain Active + Activity [A] 义安理工学院 -心理健康与大 脑活跃小提示 + 活动 [A] 2pm-4pm下午2点至4点	Food Wrapper Upcycling Class [D] 食品包装循环利用课程[D] 10.30am-11.30am 早上10 点半至11点半 ICCP Christmas carnival @Connection 1 ICCP圣诞嘉年华@Connection 1 2-4pm 下午2点至4点	
22	23	24	25	26	27
SPH Current Affair [D] SPH时事新闻 [D] 10am-11am 早上10点至11点	Singhealth F4 survey [D] 新保集团调查问卷 [D] 10am-1pm 早上10点至下午 1点	Centre Close In Afternoon - Christmas Eve 下午中心关闭 - 圣诞节前夕	Center CLOSE - Christmas Day 中心全天关闭- 圣诞节	Food Wrapper Upcycling Class [D] 食品包装循环利用课程[D] 10.30am to 11.30am 早上10点半 至11点半 Birthday month Celebration [A] 生日月份庆祝活动 [A] 2pm-4pm 下午2点至4点	
29	30	31			
	RNKTW West Coast Natural walk + Therapeutic Horticulture RNKTW 西海岸散步 + 疗愈园艺 4.00pm-630pm 下午4点至6点半	Centre Close In Afternoon - New Year Eve 下午中心关闭 - 除夕夜			

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。