

2025 February

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



MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Services - Wellness - CHP 9:30am - 12pm Let's Exercise 9:30am - 10:30am / 10.45am- 11.45am	Let's Pick Up (English) 10am - 11am Stay Zen - Basic Meditation Program (Male exclusive) 10am - 11am		Services - Wellness - CHP 9:30am - 12pm Let's Zumba Gold 10am - 11am	Let's Taichi (IL) 9:30am - 10:30 am / 10:30am - 11:30am	
Let's Lim Kopi 2pm - 3pm Strategise with Kakis 2pm - 4pm Let's Do Chair Yoga 3:30pm - 4:30pm	Exergame - Happy Feet 1pm - 2pm Let's Level Up (English) 1:30pm -2:30pm Acrylic Painting 2pm - 3pm Let's KTV Together 2pm - 4pm Services - Wellness - CHP 1pm - 5pm	Let's Meridian 1pm - 2pm Let's Do Paper Quilling 2pm - 3pm Let's Jam With Ukulele 2pm - 3:30pm Strategize With Kakis 2pm - 4pm	Relaxing Yoga 1pm - 2pm Services - Wellness - TCM 2pm - 5pm Let's Steel Combat (Male Exclusive) 3pm - 4pm Let's Steel Combat 6pm - 7pm	Strategise With Kakis 2pm - 4pm Let's KTV Together 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 February

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






MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Services - Wellness - CHP 9:30am - 12pm Let's Exercise 9:30am - 10:30am / 10:45am - 11:45am	Let's Pick Up (English) 10am - 11am Stay Zen - Basic Meditation Program (Male Exclusive) 10am - 11am	IMDA GEN AI PART 2 (Mandarin) 9am - 11am	Services - Wellness - CHP 9:30am - 12pm Let's Zumba Gold 10am - 11am	Let's Taichi (IL) 9:30am - 10:30 am / 10:30am - 11:30am	
Let's Lim Kopi 2pm - 3pm Strategise With Kakis 2pm - 4pm Let's Do Chair Yoga 3:30pm - 4:30pm	Exergame - Happy Feet 1pm - 2pm Let's Level up (English) 1:30pm - 2:30pm Acrylic Painting 2pm - 3pm Scam Talk For 2025 2pm - 3:30pm Let's KTV Together 2pm - 4pm Services - Wellness - CHP 1pm - 5pm	Let's Meridian 1pm - 2pm Let's Do Paper Quilling 2pm - 3pm Let's Jam With Ukulele 2pm - 3:30pm Strategize With Kakis 2pm - 4pm	Relaxing Yoga 1pm - 2pm Services - Wellness - TCM 2pm - 5pm Let's Steel Combat (Male Exclusive) 3pm - 4pm Let's Steel Combat 6pm - 7pm	Strategise With Kakis 2pm - 4pm Let's KTV Together 2pm - 4pm Let's Celebrate Birthday 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 February

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





MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
Services - Wellness - CHP 9:30am - 12pm Let's Exercise 9:30am - 10:30am / 10.45am- 11.45am	Let's Pick Up (English) 10am - 11am Stay Zen - Basic Meditation Program (Male exclusive) 10am - 11am	IMDA GEN AI PART 1 (English) 10am - 11:30am	Services - Wellness - CHP 9:30am - 12pm Let's Zumba Gold 10am - 11am	Let's Taichi (IL) 9.30am - 10.30 am / 10.30am - 11.30am	
Let's Lim Kopi 2pm - 3pm Strategise with Kakis 2pm - 4pm Let's Do Chair Yoga 3:30pm - 4:30pm	Exergame - Happy Feet 1pm - 2pm Let's Level Up (English) 1:30pm -2:30pm Acrylic Painting 2pm - 3pm Let's KTV Together 2pm - 4pm Services - Wellness - CHP 1pm - 5pm	Let's Meridian 1pm - 2pm Let's Do Paper Quilling 2pm - 3pm Let's Jam Wth Ukulele 2pm - 3:30pm Strategise With Kakis 2pm - 4pm	Relaxing Yoga 1pm - 2pm Services - Wellness - TCM 2pm - 5pm Let's Steel Combat (Male Exclusive) 3pm - 4pm Let's Steel Combat 6pm - 7pm	Strategise With Kakis 2pm - 4pm Let's KTV Together 2pm - 4pm SOTA Dance 3pm-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。

2025 February

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



MON 24	TUE 25	WED 26	THU 27	FRI 28	SAT
Services - Wellness - CHP 9:30am - 12pm Let's Exercise 9:30am - 10:30am / 10:45am - 11:45am	Let's Pick Up (English) 10am - 11am Stay Zen - Basic Meditation Program (Male exclusive) 10am - 11am		Services - Wellness - CHP 9:30am - 12pm Let's Zumba Gold 10am - 11am	Let's Taichi (IL) 9.30am - 10.30 am / 10.30am - 11.30am	
Let's Lim Kopi 2pm - 3pm Strategise With Kakis 2pm - 4pm Let's Do Chair Yoga 3:30pm - 4:30pm	Exergame - Happy Feet 1pm - 2pm Let's Level Up (English) 1:30pm - 2:30pm Acrylic Painting 2pm - 3pm Let's KTV Together 2pm - 4pm Services - Wellness - CHP 1pm - 5pm	Let's Meridian 1pm - 2pm Let's Do Paper Quilling 2pm - 3pm Let's Jam Wth Ukulele 2pm - 3:30pm Strategise With Kakis 2pm - 4pm	Relaxing Yoga 1pm - 2pm Services - Wellness - TCM 2pm - 5pm Let's Steel Combat (Male Exclusive) 3pm - 4pm Let's Steel Combat 6pm - 7pm	Strategise With Kakis 2pm - 4pm Let's KTV Together 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 February

Centre Name:
Centre Address:
Centre Contact:

Bukit Merah AAC
117 Jalan Bukit Merah #01-1683 S160117
62732969 / 81632631






MON	TUE	WED	THU	FRI	SAT
<p>SGH Community Nurse Post 社区护士站 9:30am - 12pm 早上9点半至12点 (Only By Appointment) (需要预约)</p>	<p>English Class英文课 10am - 11am (Basic) 早上10点至11点 (基本) 1:30pm - 2:30pm (Intermediate) 下午1点半至2点半 (中级)</p>	<p>CALM 1.0 肌肉强化运动 1.0 11am - 12pm 早上11点至12点</p>	<p>SGH Community Nurse Post 社区护士站 9:30am - 12pm 早上9点半至12点 (Only By Appointment) (需要预约)</p>	<p>Taichi 太极课程 9.30am - 10.30am 早上9点半至10点半 10.30am - 11.30am 早上10点半至11点半</p>	
<p>Senior Exercise 乐龄运动 9:30am - 10:30am 早上9点半至10点半 10:45am - 11:30am 早上10点半至11点半</p>	<p>Basic Meditation Class (Men) 男士基本打坐课程 10am - 11am 早上10点至11点</p>	<p>Exergame - Dance Mat 跳舞毯 12pm - 1pm 中午12点至下午1点</p>	<p>Zumba Gold 尊巴黄金 10am - 11am 早上10点至11点</p>	<p>Karaoke Session 卡拉OK 2pm - 4pm 下午2点至4点</p>	
<p>Let's Lim Kopi (Men) 男士咖啡座谈 2pm - 3pm 下午2点至3点</p>	<p>Acrylic Painting 油画活动室 2pm - 3pm 下午1点至2点</p>	<p>312 Meridian Exercise 312经络运动 1pm - 2pm 下午1点至2点</p>	<p>Relaxing Yoga 瑜伽课程 1pm - 2pm 下午1点至2点</p>	<p>Rummy O Game 数字游戏 2pm - 4pm 下午2点至4点</p>	
<p>Rummy O Game 数字游戏 2pm - 4pm 下午2点至4点</p>	<p>Karaoke Session 卡拉OK 2pm - 4pm 下午2点至4点</p>	<p>Paper Quilling 卷纸艺术 2pm - 3pm 下午2点至3点</p>	<p>Cheng Hong TCM 众弘中医 2pm - 5pm 下午2点至5点</p>	<p>Rummy O Game 数字游戏 2pm - 4pm 下午2点至4点</p>	
<p>Chair Yoga 椅子瑜伽 3:30pm - 4:30pm 下午3点半至4点半</p>	<p>SGH Community Nurse Post 社区护士站 1pm - 5pm 下午1点至5点 (Only By Appointment) (需要预约)</p>	<p>Rummy O Game 数字游戏 2pm - 4pm 下午2点至4点</p>	<p>Steel Combat (Men) 钢铁拳击(男士) 3pm - 4pm 下午3点至4点</p>	<p>Steel Combat (Men/Women) 钢铁拳击 (男士/女士) 6pm - 7pm 晚上6点至7点</p>	
		<p>Ukulele 尤克里里 2pm - 3:30pm 下午2点至3点半</p>			

NTUC Health Active Age

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 February

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



MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
	Walking football 步行足球 10am - 11am 早上10点至11点				Youthcorp Outreach 新加坡青年志愿 团队 9am-12:30pm 早上9点至12:30点
10	11	12	13	14	15
	Walking football 步行足球 10am - 11am 早上10点至11点 Scam Talk For 2025 诈骗讲座 2025 2pm - 3:30pm 下午2点至3点半	IMDA GEN AI PART 2 (Mandarin) 乐学数码-人工智能学 习2(华语) 9am - 11am 早上9点至11点		Let's Celebrate Birthday 生日庆祝会 2pm-4pm 下午2点至4点	Youthcorp Outreach 新加坡青年志愿 团队 9am-12:30pm 早上9点至12:30点
17	18	19	20	21	22
	Walking football 步行足球 10am - 11am 早上10点至11点	IMDA GEN AI PART 1 (English) 乐学数码 - 人工智能 学习1(英文) 10am - 11:30am 早上10点至11点半		SOTA Dance 一起学跳舞 3pm-5pm 下午3点至5点	Youthcorp Outreach 新加坡青年志愿 团队 9am-12:30pm 早上9点至12:30点
24	25	26	27	28	
	Walking football 步行足球 10am - 11am 早上10点至11点				