Centre Name: AAC Bukit Merah

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





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

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MON TUE WED THU FRI	FRI		WED	TUE	MON
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10	11	12	13	14	15
Services - Wellness -	Let's Pick Up (English)	IMDA GEN AI PART	Services - Wellness - CHP	Let's Taichi (IL)	
СНР	10am - 11am	2 (Mandarin)	9:30am - 12pm	9:30am - 10:30 am /	
9:30am - 12pm	Stay Zen - Basic	9am - 11am	Let's Zumba Gold	10:30am - 11:30am	
Let's Exercise	Meditation Program		10am - 11am		
9:30am - 10:30am /	(Male Exclusive)				
10:45am - 11:45am	10am - 11am				
Let's Lim Kopi	Exergame - Happy Feet	Let's Meridian	Relaxing Yoga	Strategise With Kakis	
2pm - 3pm	1pm - 2pm	1pm - 2pm	1pm - 2pm	2pm - 4pm	
Strategise With Kakis 2pm - 4pm Let's Do Chair Yoga	Let's Level up (English)	Let's Do Paper	Services - Wellness - TCM	Let's KTV Together	
	1:30pm - 2:30pm	Quilling	2pm - 5pm	2pm - 4pm	
3:30pm - 4:30pm	Acrylic Painting	2pm - 3pm	Let's Steel Combat	Let's Celebrate	
3.30pm 1.30pm	2pm - 3pm	Let's Jam With	(Male Exclusive)	Birthday	
	Scam Talk For 2025	Ukulele	3pm - 4pm	2pm - 4pm	
	2pm - 3:30pm	2pm - 3:30pm	Let's Steel Combat		
	Let's KTV Together	Strategize With	6pm - 7pm		
	2pm - 4pm	Kakis			
	Services - Wellness - CHP	2pm - 4pm			
	1pm - 5pm				

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

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Centre Contact: 81632631/ 62732969





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

Centre Name:

Centre Address:

Centre Contact:

Bukit Merah AAC

117 Jalan Bukit Merah #01-1683 S160117





SAT

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

下午2点至3点半

NTUC Health Active Age (需要预约)

下午3点半至4点半

to modify or remove programmes at its discretion without prior notice.

(Only By Appointment)

下午1点至5点

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MON	TUE	WED	THU	FRI	SAT
3	4 Walking football 步行足球 10am - 11am 早上10点至11点	5	6	7	Youthcorp Outreach 新加坡青年志愿 团队 9am-12:30pm 早上9点至12:30点
10	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	13	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	Walking football 步行足球 10am - 11am 早上10点至11点	19 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	20	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 Walking football 步行足球 10am - 11am 早上10点至11点	26	27	28	