

2026 February

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

2	3	4	5	6	7
SGH Community Nurse Post BAY B 9am - 11am Senior Exercise BAY A 9.30am - 10.30am / 10.45am - 11.45am SPH-Current Affair BAY D 9.30am-11.30am	Meditation BAY D Programme (MEN) 10am - 11am	SGH Community Nurse Post BAY B 9am - 4.30 pm Food Wrapper upcycling class BAY D 10.30am - 11.30am	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 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 Acrylic Painting BAY C 1.30pm - 3.30pm Haircut BAY A 2pm - 4pm Intermediate English BAY B 3.30pm - 4.30pm	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 Singing Class BAY D 3.30pm - 5pm Relaxation Singing bowl sound bath 5/ 6 BAY C 4pm - 5pm	TCM BAY B 2pm - 4pm Steel Combat Lite (MEN) BAY D 3pm - 4pm Steel Combat (M+W) Blk 118A Playground 6pm - 7pm	KTV Together Karaoke BAY D 1pm - 4pm Rummy O Game BAY B 2pm - 4pm	

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MON TUE WED THU FRI SAT

9	10	11	12	13	14
SGH Community Nurse Post BAY B 9am - 11am	Meditation Programme (MEN) BAY D 10am - 11am	SGH Community Nurse Post BAY B 9am - 4.30 pm Food Wrapper upcycling class BAY D 10.30am - 11.30am Repair Kopitiam 9/14 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 SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm	
St Joseph's Institution (IB Programme) BAY A 9am-11am					
SPH-Current Affair BAY D 9.30am-11.30am					
Let's Lim Kopi (MEN) BAY C 2pm - 4pm	KTV Together Karaoke BAY D 1pm - 4pm	312 Meridian Exercise BAY A 1pm - 2pm	TCM BAY B 2pm - 4pm	CENTER CLOSED Half Day Outing @ RWS Oceanarium 2pm - 5pm	
Rummy O Game BAY B 2pm - 4pm	SGH Community Nurse Post BAY B 1pm - 4pm	Ukulele BAY C 1.30pm - 3.30pm	Steel Combat Lite (MEN) BAY D 3pm - 4pm		
Chair Yoga BAY A 3.30pm - 4.30pm	Acrylic Painting BAY C 1.30pm - 3.30pm	Paper Quilling Art BAY D 2pm - 3pm	Drone Soccer trial BAY A 3pm - 4pm		
	Seated Eight Brocades BAY A 4.00pm - 5.00pm	SG Assist (Social Communication) 1/4 Repair Kopitiam BAY A 2pm - 6pm	Steel Combat (M+W) Blk 118A Playground 6pm - 7pm		
	Intermediate English BAY B 3.30pm - 4.30pm	Rummy O Game BAY B 2pm - 4pm			
		Singing Class BAY D 3.30pm - 5pm			
		Relaxation Singing bowl sound bath 6/ 6 BAY C 4pm - 5pm			

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MON TUE WED THU FRI SAT

16	17	18	19	20	SAT
SGH Community Nurse Post BAY B 9am - 11am Senior Exercise BAY A 9.30am - 10.30am / 10.45am - 11.45am SPH-Current Affair BAY D SPH时事新闻 9.30am-11.30am 早上9点半至11点半	Center close for Chinese New Year	Center close for Chinese New Year	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 SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm	
Center close for Chinese New Year's Eve	Center close for Chinese New Year	Center close for Chinese New Year	TCM BAY B 2pm - 4pm Steel Combat Lite (MEN) BAY D 3pm - 4pm Steel Combat (M+W) Blk 118A Playground 6pm - 7pm	KTV Together Karaoke BAY D 1pm - 4pm Celebration Post CNY event @ Tiong Bahru Plaza 1.30pm - 5.30pm Rummy O Game BAY B 2pm - 4pm	

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MON TUE WED THU FRI SAT

23	24	25	26	27	28
SGH Community Nurse Post BAY B 9am - 11am	Meditation Programme (MEN) BAY D 10am - 11am	SGH Community Nurse Post BAY B 9am - 4.30 pm Food Wrapper upcycling class BAY D 10.30am - 11.30am Repair Kopitiam 10/14 BAY A 10 am - 12 pm	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 SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm	
Senior Exercise BAY A 9.30am - 10.30am / 10.45am - 11.45am					
SPH-Current Affair BAY D SPH时事新闻 9.30am-11.30am 早上9点半至11点半					
Let's Lim Kopi (MEN) BAY C 2pm - 4pm	KTV Together Karaoke BAY D 1pm - 4pm	312 Meridian Exercise BAY A 1pm - 2pm	TCM BAY B 2pm - 4pm	KTV Together Karaoke BAY D 1pm - 4pm	
Rummy O Game BAY B 2pm - 4pm	SGH Community Nurse Post BAY B 1pm - 4pm	Ukulele BAY C 1.30pm - 3.30pm	Steel Combat Lite (MEN) BAY D 3pm - 4pm	February Birthday Celebration BAY A 2pm - 4pm	
River Hong Bao @ Garden by the Bay 2pm - 5pm	Acrylic Painting BAY C 1.30pm - 3.30pm	SG Assist (Social Communication) 2/4 Repair Kopitiam BAY A 2pm - 6pm	Steel Combat (M+W) Blk 118A Playground 6pm - 7pm	Rummy O Game BAY B 2pm - 4pm	
Chair Yoga BAY A 3.30pm - 4.30pm	Seated Eight Brocades BAY A 4.00pm - 5.00pm	Paper Quilling Art BAY D 2pm - 3pm			
	Intermediate English BAY B 3.30pm - 4.30pm	Rummy O Game BAY B 2pm - 4pm			
		Singing Class BAY D 3.30pm - 5pm			

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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	
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	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)	Food Wrapper Upcycling Class BAY D 食品包装循环利用课程 10.30 am - 11.30 am 早上10点半至11点半	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 廊 11.15am - 12pm 早上11点15至12点	
SPH-Current Affair BAY D SPH时事新闻 [D] 9.30am-11.30am 早上9点半至11点半	Acrylic Painting BAY C 油画活动室 1:30pm - 3:30pm 下午1点半至3点半	312 Meridian Exercise BAY A 312经络运动 1pm - 2pm 下午1点至2点	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	
Let's Lim Kopi (MEN) BAY C 男士咖啡座谈 2pm - 4pm 下午2点至4点	Seated Eight Brocades BAY A 坐式八段锦 4:00pm - 5:00pm 下午4点至5点	Ukulele BAY C 尤克里里 1:30pm - 3:30pm 下午1点半至3点半	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	
Rummy O Game BAY B 数字游戏 2pm - 4pm 下午2点至4点	Intermediate English BAY B 中级英文课 3.30pm - 4.30pm 下午3点半至4点半	Paper Quilling Art BAY D 卷纸艺术 2pm - 3pm 下午2点至3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		
Chair Yoga BAY A 椅子瑜伽 3:30pm - 4:30pm 下午3点半至4点半		Rummy O Game BAY B 数字游戏 2pm - 4pm 下午2点至4点		*** Important : No Lesson - Cancellation Dates *** (重要通知: 课程取消通知) - 3 February 2026, Tuesday, Seated Eight Brocades cancelled (2026年2月3日, 星期二, 坐式八段锦取消) - 9 February 2026, Monday, Senior Exercise classes cancelled (2026年2月9日, 星期一, 乐龄运动取消) - 13 February 2026, Friday, Center Close half day (2026年2月13日, 星期五, 中心关闭半天) - 16 February 2026, Monday, Chinese New Year's Eve, Center Close half day (2026年2月16日, 星期一, 新年除夕, 中心关闭半天) - 17 February 2026, Tuesday, Chinese New Year, Centre Close whole day (2026年2月17日, 星期二, 新年初一, 中心全天关闭) - 18 February 2026, Wednesday, Second Day of Chinese New Year, Centre Close whole day (2026年2月18日, 星期三, 新年初二, 中心全天关闭) - 19 February 2026, Thursday, No TCM (2026年2月19日, 星期四, 没有中医)	

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
	Haircut [A] 理发 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 Relaxation Singing bowl Sound bath 5/6 [C] 颂钵课程[C] 4pm-5pm 下午4点至5点			
9	10	11	12	13	14
St Joseph's Institution (IB Programme) [A] 9am-11am 上午9点至11点		Repair Kopitiam 修好铺 [A] (9/14) 10am-12pm 早上10点至12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 Relaxation Singing bowl Sound bath 6/6 [C] 颂钵课程[C] 4pm - 5pm 下午4点至5点	Drone Soccer trial 无人机足球试验 [A] 3pm-4pm 下午3点至4点	Center Close half day 12pm-6pm 中心关闭半天 中午12点至下午6点 Outing @ RWS Oceanarium RWS海洋馆 1.30 pm-5pm 上午1点半至5点	
16	17	18	19	20	21
Chinese New Year's Eve, Center Close half day 12pm-6pm 新年除夕, 中心关闭半天 中午12点至下午6点	Chinese New Year, Centre Close whole day 9am-6pm 新年初一, 中心全天关闭 上午9点至下午6点	Second Day of Chinese New Year, Centre Close whole day 9am-6pm 新年初二, 中心全天关闭 上午9点至下午6点		Celebration Post CNY event @ Tiong Bahru Plaza 春节后庆祝活动 @ 中峇鲁广场 1.30pm-5.30pm 下午1点30分至5点30分	
23	24	25	26	27	28
River Hong Bao @ Garden by the Bay 2pm-5pm 春到河畔2026@ 海湾花园 下午2点至5点		Repair Kopitiam 修好铺 [A] (10/14) 10am-12pm 早上10点至12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 SG Assist (Social Communication) 2/4 Repair Kopitiam [A] SG Assist(社交沟通) 2/4 维修咖啡店 2pm-6pm 下午2点至6点		February Birthday Celebration [A] 2月生日庆祝会 [A] 2pm-4pm 下午2点至4点	

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