

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	

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 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

9	10	11	12	13	14
SGH Community Nurse Post BAY B 9am - 11am St Joseph's Institution (IB Programme) BAY A 9am-11am SPH-Current Affair BAY D 9.30am-11.30am	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	
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 Seated Eight Brocades BAY A 4.00pm - 5.00pm 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 SG Assist (Social Communication) 1/4 Repair Kopitiam BAY A 2pm - 6pm 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	TCM BAY B 2pm - 4pm Steel Combat Lite (MEN) BAY D 3pm - 4pm Drone Soccer trial BAY A 3pm - 4pm Steel Combat (M+W) Blk 118A Playground 6pm - 7pm	CENTER CLOSED Half Day Outing @ RWS Oceanarium 2pm - 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 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
16	17	18	19	20	21
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	

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 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

23	24	25	26	27	28
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	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	
Let's Lim Kopi (MEN) BAY C 2pm - 4pm Rummy O Game BAY B 2pm - 4pm River Hong Bao @ Garden by the Bay 2pm - 5pm 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 Seated Eight Brocades BAY A 4.00pm - 5.00pm Intermediate English BAY B 3.30pm - 4.30pm	312 Meridian Exercise BAY A 1pm - 2pm Ukulele BAY C 1.30pm - 3.30pm SG Assist (Social Communication) 2/4 Repair Kopitiam BAY A 2pm - 6pm Paper Quilling Art BAY D 2pm - 3pm Rummy O Game BAY B 2pm - 4pm Singing Class BAY D 3.30pm - 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 February Birthday Celebration BAY A 2pm - 4pm 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。

2026 February

 **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	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 亭 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			
		Singing Class BAY D 专业唱歌课程 3:30pm - 5pm 下午3点半至5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)

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 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
	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	

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。