

2026 January

 **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
			1	2	3
			Center close for New Year's Day	Taichi BAY A 9.30am - 10.30am / 10.45am - 11.45am SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm	
			Center close for New Year's Day	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 January

 **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
5	6	7	8	9	10
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 - 4.30 pm Repair Kopitiam 7/14 BAY A 10 am - 12 pm Food Wrapper Upcycling BAY D 10.30 am - 11.30 pm	Zumba Gold BAY A 10am - 11am SingHealth F4 Survey BAY D 10am - 1pm 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 Relaxing Yoga BAY A 1pm - 2pm 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 Singing Class BAY D 3.30pm - 5pm Essential Oil Basics 4/ 4 BAY A 3pm - 4pm Relaxation Singing bowl Sound bath 2/6 BAY C 4pm - 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 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 January

 **Centre Name:** AAC (Bukit Merah)
 **Centre Address:** 117 Jalan Bukit Merah #01-1683 S160117
 **Centre Contact:** 8163 2631/ 6273 2969






ntuc Health

12	13	14	15	16	17
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 - 4.30pm	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 Relaxing Yoga BAY A 1pm - 2pm Acrylic Painting BAY C 1.30pm - 3.30pm Seated Eight Brocades BAY A 2.30pm - 3.30pm	SGO Functional Screening 1pm - 4pm	TCM BAY B 2pm - 5pm January Birthday Celebration BAY A 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 January

 **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

19	20	21	22	23	24
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 - 4.30pm IMDA Know/Deal with False info - Chinese BAY A 10am - 11.30am Food Wrapper Upcycling BAY D 10.30 am - 11.30 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 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	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 3/6 BAY A 4pm - 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 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 January

 **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

26	27	28	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 SPH - Current Affair BAY A 930am - 1130am	SGH Community Nurse Post BAY B 9am - 4.30 pm Repair Kopitiam 7/14 BAY A 10 am - 12 pm Food Wrapper Upcycling BAY D 10.30 am - 11.30 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 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	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 4/6 BAY A 4pm - 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 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 January

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
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	SPH-Current Affair [D] SPH时事新闻 [D] 9.30am-11.30am 早上9点半至11点半 (Starts from 26 Jan 2026 从2026年1月26日开始)	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 (New batch Starts on 14 Jan 2026 新课程从2026年1月14日开始)			
	Seated Eight Brocades BAY A 坐式八段锦 2:15pm - 3:15pm 下午2点15分至3点15分				
	Intermediate English BAY A 中级英文课 3.30pm - 4.30pm 下午3点半至4点半				

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

- 1 January 2026, Thursday, New Year's Day, Centre close whole day
 2026年1月1日, 星期四, 元旦, 中心全天关闭

- 14 January 2026, Wednesday, all activities canceled besides SGO Functional Screening
 2026年1月14日, 星期三, 除了SGO身体检查, 所有活动取消

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。

2026 January

 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
			1	2	3
			New Year's Day - Centre Close 元旦-中心关闭		
5	6	7	8	9	10
		Repair Kopitiam 修好铺 [A] 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 ESSENTIAL OIL BASICS 4/4 [A] 精油基 础知识班 4/4 [A] 3pm - 4pm 下午3点至4点 Relaxation Singing bowl Sound bath 2/6 [C] 颂钵课程[C] 4pm - 5pm 下午4点至5点	F4 Survey by SingHealth [D] 新保集团F4运动调查问 卷 [D] 10am - 1pm 早上10点至下午1点		
12	13	14	15	16	17
		SGO Functional Screening 关爱乐龄办事处身体检查活动 1.30pm - 4pm 下午1点半至4点			
19	20	21	22	23	24
		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 IMDA Know/Deal with False Info - Chinese [A] IMDA了解及 应对虚假信息 - 华语 [A] 10am - 11.30am 早10点至11点半 Relaxation Singing bowl Sound bath 3/6 [A] 颂钵课程[A] 4pm - 5pm 下午4点至5点		January Birthday Celebration [D] 1月生日庆祝会 [D] 2pm - 4pm 下午2点至4点	
26	27	28	29	30	31
		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 Repair Kopitiam 修好铺 [A] 10am - 12pm 早上10点至12点 Relaxation Singing bowl Sound bath 4/6 [A] 颂钵课程[A] 4pm - 5pm 下午4点至5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。