

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

MON	TUE	WED	THU	FRI	SAT
			<p>1</p> <p>Center close for New Year's Day</p>	<p>Taichi BAY A 9.30am - 10.30am / 10.45am - 11.45am</p> <p>SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm</p>	
			<p>Center close for New Year's Day</p>	<p>KTV Together Karaoke BAY D 1pm - 4pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p>	

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。

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
SGH Community Nurse Post BAY B 9am - 11am	Meditation Time (MEN) BAY D 10am - 11am	SGH Community Nurse Post BAY B 9am - 4.30 pm	Zumba Gold BAY A 10am - 11am	Taichi BAY A 9.30am - 10.30am / 10.45am - 11.45am	
Senior Exercise BAY A 9.30am - 10.30am / 10.45am - 11.45am		Repair Kopitiam 7/14 BAY A 10 am - 12 pm	SingHealth F4 Survey BAY D 10am - 1pm	SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm	
		Food Wrapper Upcycling BAY D 10.30 am - 11.30 pm	Chair Zumba BAY A 11.15am - 12.15pm		
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 - 5pm	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	Rummy O Game BAY B 2pm - 4pm	
Chair Yoga BAY A 3.30pm - 4.30pm	Relaxing Yoga BAY A 1pm - 2pm	Paper Quilling Art BAY D 2pm - 3pm	Steel Combat (M+W) Blk 118A Playground 6pm - 7pm		
	Acrylic Painting BAY C 1.30pm - 3.30pm	Rummy O Game BAY B 2pm - 4pm			
	Seated Eight Brocades BAY A 2.30pm - 3.30pm	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			

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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	

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MON	TUE	WED	THU	FRI	SAT
19 SGH Community Nurse Post BAY B 9am - 11am Senior Exercise BAY A 9.30am - 10.30am / 10.45am - 11.45am	20 Meditation Time (MEN) BAY D 10am - 11am	21 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	22 Zumba Gold BAY A 10am - 11am Chair Zumba BAY A 11.15am - 12.15pm	23 Taichi BAY A 9.30am - 10.30am / 10.45am - 11.45am SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm	24
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	

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MON **TUE** **WED** **THU** **FRI** **SAT**

26	27	28	29	30	31
SGH Community Nurse Post BAY B 9am - 11am	Meditation Time (MEN) BAY D 10am - 11am	SGH Community Nurse Post BAY B 9am - 4.30 pm	Zumba Gold BAY A 10am - 11am	Taichi BAY A 9.30am - 10.30am / 10.45am - 11.45am	
Senior Exercise BAY A 9.30am - 10.30am / 10.45am - 11.45am	SPH - Current Affair BAY A 930am - 1130am	Repair Kopitiam 7/14 BAY A 10 am - 12 pm	Chair Zumba BAY A 11.15am - 12.15pm	SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm	
		Food Wrapper Upcycling BAY D 10.30 am - 11.30 pm			
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 - 5pm	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	Rummy O Game BAY B 2pm - 4pm	
Chair Yoga BAY A 3.30pm - 4.30pm	Relaxing Yoga BAY A 1pm - 2pm	Paper Quilling Art BAY D 2pm - 3pm	Steel Combat (M+W) Blk 118A Playground 6pm - 7pm		
	Acrylic Painting BAY C 1.30pm - 3.30pm	Rummy O Game BAY B 2pm - 4pm			
	Seated Eight Brocades BAY A 2.30pm - 3.30pm	Singing Class BAY D 3.30pm - 5pm			
		Relaxation Singing bowl Sound bath 4/6 BAY A 4pm - 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	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	Relaxing Yoga BAY A 瑜伽课程 1pm - 2pm 下午1点至2点	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	Acrylic Painting BAY C 油画活动室 1:30pm - 3:30pm 下午1点半至3点半	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		
	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	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)			
	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

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MON	TUE	WED	THU	FRI	SAT
			1 New Year's Day - Centre Close 元旦-中心关闭	2	3
5	6	7 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	8 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	9	10
12	13	14 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	15	16	17
19	20	21 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	22	23 January Birthday Celebration [D] 1月生日庆祝会 [D] 2pm - 4pm 下午2点至4点	24
26	27	28 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	29	30	31