



2025 July

 **Centre Name:** AAC Bukit Merah
 **Centre Address:** 117 Jalan Bukit Merah #01-1683 S160117
 **Centre Contact:** 81632631/ 62732969






ntuc Health

| MON | TUE | WED | THU | FRI | SAT |
|-----|---|---|---|---|--|
| | 1 | 2 | 3 | 4 | 5 |
| | Let's Pick Up English (Basic) [Bay B] 10am - 11am Stay Zen - Basic Meditation Program (Men Only) [Bay D] 10am - 11am CALM 1.0 [Bay A] 11am - 12pm | Tsao Foundation Talk - Be Organised 1 [Bay D] 10am - 12pm | Let's Zumba Gold [Bay A] 10am - 11am | Let's Taichi (IL) [Bay A] 9:30am - 10:30 am / 10:30am - 11:30am | Golden Argi Zoo Outing 9am - 4pm |
| | Let's KTV Together [Bay D] 1pm - 4pm SGH Community Nurse [Bay B] 1pm - 4pm Level up English (Intermediate) [Bay B] 1:30pm - 2:30pm Relaxing Yoga [Bay A] 1pm - 2pm DBS Singapore Gallery outing 2pm - 4pm | Let's Meridian [Bay A] 1pm - 2pm Let's Jam With Ukulele [Bay C] 1:30pm - 3:30pm Let's Do Paper Quilling [Bay D] 2pm-3pm Strategise With Kakis [Bay B] 2pm-4pm Let's Play Clay [Bay D] 2pm-4pm Singing Session [Bay A] 3:30pm - 5pm | Services - Wellness - TCM [Bay B] 2pm - 5pm Let's Steel Combat (Male Exclusive) [Bay D] 3pm - 4pm Therapeutic Horticulture [Bay D] 3/8 3pm - 4.30pm Let's Steel Combat (Combined) [Blk 118A Playground] 6pm - 7pm | Let's KTV Together [Bay D] 1pm - 4pm Strategise With Kakis [Bay B] 2pm - 4pm Let's Celebrate Birthday [Bay A] 2pm - 4pm | |

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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| MON | TUE | WED | THU | FRI | SAT |
|--|---|---|---|---|-----|
| 7 | 8 | 9 | 10 | 11 | 12 |
| SGH Community Nurse Post [Bay B] 9am - 11am Let's Exercise [Bay A] 9:30am - 10:30am / 10:45am - 11:45am | Let's Pick Up English (Basic) [Bay B] 10am - 11am Stay Zen - Basic Meditation Program (Men Only) [Bay D] 10am - 11am CALM 1.0 [Bay A] 11am - 12pm | Tsao Foundation Talk - Be Organised 2 [Bay D] 10am - 12pm | Let's Zumba Gold [Bay A] 10am - 11am | Let's Taichi (IL) [Bay A] 9:30am - 10:30 am / 10:30am - 11:30am | |
| Let's Lim Kopi [Bay C] 2pm - 4pm Strategise With Kakis [Bay B] 2pm - 4pm Let's Do Chair Yoga [Bay A] 3:30pm - 4:30pm | Let's KTV Together [Bay D] 1pm - 4pm SGH Community Nurse [Bay B] 1pm - 4pm Level up English (Intermediate) [Bay B] 1:30pm - 2:30pm Acrylic Painting [Bay C] 1:30pm - 3:30pm Relaxing Yoga [Bay A] 1pm - 2pm | Let's Meridian [Bay A] 1pm - 2pm Let's Jam With Ukulele [Bay C] 1:30pm - 3:30pm Let's Do Paper Quilling [Bay D] 2pm-3pm Strategise With Kakis [Bay B] 2pm-4pm Let's Play Clay [Bay D] 2pm-4pm Singing Session [Bay A] 3:30pm - 5pm | Services - Wellness - TCM [Bay B] 2pm - 5pm Drone Soccer NEW(1/6)[Bay A] 2pm - 5pm Let's Steel Combat (Male Exclusive) [Bay D] 3pm - 4pm Let's Steel Combat (Combined) [Blk 118A Playground] 6pm - 7pm | Let's KTV Together [Bay D] 1pm - 4pm Strategize With Kakis [Bay B] 2pm - 4pm | |

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| MON | TUE | WED | THU | FRI | SAT |
|--|---|---|--|---|-----|
| 14 | 15 | 16 | 17 | 18 | 19 |
| SGH Community Nurse Post [Bay B] 9am - 11am Let's Exercise [Bay A] 9:30am - 10:30am / 10:45am - 11:45am | Therapeutic Horticulture Outing (Sentosa) 4/8 9am - 10:30am Let's Pick Up (English) [Bay B] 10am - 11am Stay Zen - Basic Meditation Program (Male exclusive) [Bay D] 10am - 11am CALM 1.0 [Bay A] 11am - 12pm | Drone Soccer NEW(2/6) [Bay A] 10am - 12pm | Let's Zumba Gold [Bay A] 10am - 11am | Let's Taichi (IL) [Bay A] 9:30am - 10:30 am / 10:30am - 11:30am | |
| Let's Lim Kopi [Bay C] 2pm - 4pm Strategise With Kakis [Bay B] 2pm - 4pm Let's Do Chair Yoga [Bay A] 3:30pm - 4:30pm | Let's KTV Together [Bay D] 1pm - 4pm SGH Community Nurse [Bay B] 1pm - 4pm Level up English (Intermediate) [Bay B] 1:30pm - 2:30pm Acrylic Painting [Bay C] 1:30pm - 3:30pm Relaxing Yoga [Bay A] 1pm - 2pm | Let's Meridian [Bay A] 1pm - 2pm Let's Jam With Ukulele [Bay C] 1:30pm - 3:30pm Let's Do Paper Quilling [Bay D] 2pm-3pm Strategise With Kakis [Bay B] 2pm-4pm Let's Play Clay [Bay D] 2pm-4pm Singing Session [Bay A] 3:30pm - 5pm | Services - Wellness - TCM [Bay B] 2pm - 5pm Let's Steel Combat (Male Exclusive) [Bay D] 3pm - 4pm Ngee Ann Polytechnic : Siam The Scam [Bay A] 3pm -5pm Let's Steel Combat (Combined) [Blk 118A Playground] 6pm - 7pm | Let's KTV Together [Bay D] 1pm - 4pm Strategise With Kakis [Bay B] 2pm - 4pm | |

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| MON | TUE | WED | THU | FRI | SAT |
|---|--|---|---|--|-----|
| 21 | 22 | 23 | 24 | 25 | 26 |
| SGH Community Nurse Post [Bay B] 9am - 11am Let's Exercise [Bay A] 9:30am - 10:30am / 10:45am - 11:45am | Let's Pick Up (English) [Bay B] 10am - 11am Stay Zen - Basic Meditation Program (Male Exclusive) [Bay D] 10am - 11am Uncle Sport Day (105A JBM) 930am - 1130am CALM 1.0 [Bay A] 11am - 12pm | Tsao Foundation Talk - Be Organised 3 [Bay D] 10am - 12pm | Let's Zumba Gold [Bay A] 10am - 11am | Let's Taichi (IL) [Bay A] 9.30am - 10.30 am / 10.30am - 11.30am | |
| TP+PSD SMARTPhone Intermediate [Bay A] 130pm-3pm Let's Lim Kopi [Bay C] 2pm - 4pm Strategise With Kakis [Bay B] 2pm - 4pm Let's Do Chair Yoga [Bay A] 3:30pm - 4:30pm Drone Soccer NEW (3/6)[Bay D] 3pm - 5pm | Let's KTV Together [Bay D] 1pm - 4pm SGH Community Nurse [Bay B] 1pm - 4pm Relaxing Yoga [Bay A] 1pm - 2pm Level up English (Intermediate) [Bay B] 1:30pm - 2:30pm Acrylic Painting [Bay C] 2:00pm - 3:30pm TP+PSD SMARTPhone Intermediate [Bay A] 3pm-4:30pm | Let's Meridian [Bay A] 1pm - 2pm Let's Jam With Ukulele [Bay C] 1:30pm - 3:30pm Let's Do Paper Quilling [Bay D] 2pm - 3pm Strategise With Kakis [Bay B] 2pm - 4pm Let's Play Clay [Bay D] 2pm - 4pm Singing Session [Bay A] 3:30pm - 5pm | TP+PSD SMARTPhone Intermediate [Bay A] 130pm-3pm Services - Wellness - TCM [Bay B] 2pm - 5pm Let's Steel Combat (Male Exclusive) [Bay D] 3pm - 4pm Let's Steel Combat (Combined) [Blk 118A Playground] 6pm - 7pm | Let's KTV Together [Bay D] 1pm - 4pm Strategise With Kakis [Bay B] 2pm - 4pm TP+PSD SMARTPhone Intermediate [Bay A] 3pm-4:30pm | |

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| MON | TUE | WED | THU | FRI | SAT |
|--|---|---|--|-----|-----|
| 28 | 29 | 30 | 31 | | |
| SGH Community Nurse Post [Bay B] 9am - 11am Drone Soccer [Bay D] 4/6 9am - 12pm Let's Exercise [Bay A] 9:30am - 10:30am / 10:45am - 11:45am | Let's Pick Up (English) [Bay B] 10am - 11am Stay Zen - Basic Meditation Program (Male Exclusive) [Bay D] 10am - 11am CALM 1.0 [Bay A] 11am - 12pm | Tsao Foundation Talk - Be Organised 4 [Bay D] 10am - 12pm | Drone Soccer [Bay D] 5/6 9am - 12pm Let's Zumba Gold [Bay A] 10am - 11am | | |
| Let's Lim Kopi [Bay C] 2pm - 4pm Strategise With Kakis [Bay B] 2pm - 4pm TCM Health Talk - Knee Health [Bay A] 3pm - 4pm | Let's KTV Together [Bay D] 1pm - 4pm SGH Community Nurse [Bay B] 1pm - 4pm Level up English (Intermediate) [Bay B] 1:30pm - 2:30pm Acrylic Painting [Bay C] 1:30pm - 3:30pm Relaxing Yoga [Bay A] 1pm - 2pm | Let's Meridian [Bay A] 1pm - 2pm Let's Jam With Ukulele [Bay C] 1:30pm - 3:30pm Let's Do Paper Quilling [Bay D] 2pm - 3pm Strategise With Kakis [Bay B] 2pm - 4pm Let's Play Clay [Bay D] 2pm - 4pm Singing Session [Bay A] 3:30pm - 5pm | Services - Wellness - TCM [Bay B] 2pm - 5pm Let's Steel Combat (Male Exclusive) [Bay D] 3pm - 4pm Therapeutic Horticulture 5/8 3pm - 4:30pm Let's Steel Combat (Combined) [Blk 118A Playground] 6pm - 7pm | | |

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