

Centre Address: 117 Jalan Bukit Merah #01-1683 S160117

**Centre Contact:** 81632631/ 62732969





MON TUE WED THU FRI SAT

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



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MON	TUE	WED	THU	FRI	SAT
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7	8	9	10	11	12
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
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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	Let's Steel Combat	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
					20
SGH Community Nurse Post [Bay B]		Tsao Foundation Talk - Be	Let's Zumba Gold [Bay A]	Let's Taichi (IL) [Bay A]	
9am - 11am	10am - 11am	Organised 3 [Bay D]	10am - 11am	9.30am - 10.30 am /	
Let's Exercise [Bay A]	Stay Zen - Basic Meditation	10am - 12pm		10.30am - 11.30am	
9:30am - 10:30am /	Program (Male Exclusive) [Bay				
10:45am - 11:45am	[D]				
	10am - 11am				
	Uncle Sport Day (105A JBM)				
	930am - 1130am				
	CALM 1.0 [Bay A]				
	11am - 12pm				
TP+PSD SMARTPhone Intermediate	Let's KTV Together [Bay D]	Let's Meridian [Bay A]	TP+PSD SMARTPhone	Let's KTV Together [Bay D]	
[Bay A]	1pm - 4pm	1pm - 2pm	Intermediate [Bay A]	1pm - 4pm	
130pm-3pm	SGH Community Nurse [Bay B]	Let's Jam With Ukulele [Bay C]	130pm-3pm	Strategise With Kakis [Bay B]	
Let's Lim Kopi [Bay C]	1pm - 4pm	1:30pm - 3:30pm	Services - Wellness - TCM [Bay	2pm - 4pm	
2pm - 4pm	Relaxing Yoga [Bay A]	Let's Do Paper Quilling [Bay D]	B]	TP+PSD SMARTPhone	
Strategise With Kakis [Bay B]	1pm - 2pm	2pm - 3pm	2pm - 5pm	Intermediate [Bay A]	
2pm - 4pm	Level up English (Intermediate)	Strategise With Kakis [Bay B]	Let's Steel Combat	3pm-430pm	
Let's Do Chair Yoga [Bay A]	[Bay B]	2pm - 4pm	(Male Exclusive) [Bay D]		
3:30pm - 4:30pm	1:30pm - 2:30pm	Let's Play Clay [Bay D]	3pm - 4pm		
Drone Soccer NEW (3/6)[Bay D]	Acrylic Painting [Bay C]	2pm - 4pm	Let's Steel Combat (Combined)		
3pm - 5pm	2:00pm - 3:30pm	Singing Session [Bay A]	[Blk 118A Playground]		
	TP+PSD SMARTPhone	3:30pm - 5pm	6pm - 7pm		
	Intermediate [Bay A]				
	3pm-4:30pm				



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