




# 2026 JULY

 **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	4
			<p><b>Let's Walking Football Championship 2026 (Training) @ 118 Pavilion - 6/10 session</b> 9.45am - 11.30am</p> <p><b>Let's Learn to Repair BAY D</b> 10am - 12pm</p> <p><b>Let's Zumba Gold BAY A</b> 10am - 11am</p> <p><b>Let's Chair Zumba BAY A</b> 11.15am - 12.15pm</p>	<p><b>Let's Taichi (IL) BAY A</b> 9.30am - 10.30am / 10.45am - 11.45am</p> <p><b>Let's Gym in the Bag</b> <b>Blk 118 Pavillion</b> 11.15am - 12pm</p>	
		<p><b>Let's Meridian (IL) BAY A</b> 1pm - 2pm</p> <p><b>Let's Jam with Ukulele BAY C</b> 1.30pm - 3.30pm</p> <p><b>Let's Do Paper Quilling Art BAY D</b> 2pm - 3pm</p> <p><b>Strategise with Kakis (Rummy O Game) BAY B</b> 2pm - 4pm</p> <p><b>Community Health Post (Pharmacy Services)</b> 2pm - 6pm (By Appointment Only)</p> <p><b>Let's Learn to Sing BAY D</b> 3.30pm - 5pm</p>	<p><b>TCM BAY B</b> 2pm - 4pm</p> <p><b>Let's Steel Combat Lite (Male Exclusive) BAY D</b> 3pm - 4pm</p> <p><b>Let's Steel Combat (M+W) Blk 118A Playground</b> 6pm - 7pm</p>	<p><b>Let's KTV Together BAY D</b> 1pm - 4pm</p> <p><b>Strategise with Kakis (Rummy O Game) BAY B</b> 2pm - 4pm</p>	

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MON 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11
<p><b>Community Health Post (SGH) BAY B</b> 9am - 11am</p> <p><b>Let's Exercise Together BAY A</b> 9.30am - 10.30am / 10.45am - 11.45am</p>	<p><b>Community Health Post (SGH) BAY B</b> 9am - 4pm</p> <p><b>Let's Talk News BAY A</b> 10.30am - 11.30am</p> <p><b>Stay Zen - Basic Meditation Program (Male exclusive) BAY D</b> 10am - 11am</p>	<p><b>Let's Talk About Set up &amp; Use Health apps BAY D</b> 10am - 11.30am</p>	<p><b>Community Health Post (Dietetics Services)</b> 9am - 1pm (By Appointment Only)</p> <p><b>Let's Zumba Gold BAY A</b> 10am - 11am</p> <p><b>Let's Chair Zumba BAY A</b> 11.15am - 12.15pm</p> <p><b>Let's Learn to Repair BAY D</b> 10am - 12pm</p>	<p><b>Let's Taich (IL) BAY A</b> 9.30am - 10.30am / 10.45am - 11.45am</p> <p><b>Let's Gym in a Bag</b> 11.15am - 12pm</p>	
<p><b>Let's Lim Kopi (MEN) BAY C</b> 2pm - 4pm</p> <p><b>Strategise with Kakis (Rummy O Game) BAY B</b> 2pm - 4pm</p> <p><b>Let's Go Gai Gai- LKH Crocodile Farm LKH</b> 2pm - 5pm</p> <p><b>Let's Chair Yoga BAY A</b> 3.30pm - 4.30pm</p>	<p><b>Let's KTV Together BAY D</b> 1pm - 4pm</p> <p><b>Let's Do Acrylic Art BAY C</b> 1.30pm - 3.30pm</p> <p><b>Let's Yoga (IL) BAY A</b> 2.15pm - 3.15pm</p> <p><b>Let's Level up with Intermediate English BAY B</b> 2pm - 3pm</p>	<p><b>Let's Meridian (IL) BAY A</b> 1pm - 2pm</p> <p><b>Let's Jam with Ukulele BAY C</b> 1.30pm - 3.30pm</p> <p><b>Let's Do Paper Quilling Art BAY D</b> 2pm - 3pm</p> <p><b>Strategise with Kakis (Rummy O Game) BAY B</b> 2pm - 4pm</p> <p><b>Community Health Post (Pharmacy Services)</b> 2pm - 6pm (By Appointment Only)</p> <p><b>Let's Learn to Sing BAY D</b> 3.30pm - 5pm</p>	<p><b>TCM BAY B</b> 2pm - 4pm</p> <p><b>Let's Steel Combat Lite (Male Exclusive) BAY D</b> 3pm - 4pm</p> <p><b>Let's Steel Combat (M+W) Blk 118A Playground</b> 6pm - 7pm</p>	<p><b>Let's KTV Together BAY D</b> 1pm - 4pm</p> <p><b>Strategise with Kakis (Rummy O Game) BAY B</b> 2pm - 4pm</p> <p><b>Let's Go Gai Gai - Garden Festival + RN</b> 2pm - 4.30pm</p>	

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MON

TUE

WED

THU

FRI

SAT

13	14	15	16	17	18
<p><b>Community Health Post (SGH) BAY B</b> 9am - 11am</p> <p><b>Let's Exercise Together BAY A</b> 9.30am - 10.30am / 10.45am - 11.45am</p>	<p><b>Community Health Post (SGH) BAY B</b> 9am - 4pm</p> <p><b>Stay Zen- Basic Meditation Programme (MEN) BAY D</b> 10am - 11am</p>		<p><b>Let's Walking Football Championship 2026 (Training) @ 118 Pavilion - 7/10 session</b> 9.45am - 11.30am</p> <p><b>Let's Learn to Repair BAY D</b> 10am - 12pm</p> <p><b>Let's Zumba Gold BAY A</b> 10am - 11am</p> <p><b>Let's Chair Zumba BAY A</b> 11.15am - 12.15pm</p>	<p><b>Let's Taichi BAY A</b> 9.30am - 10.30am / 10.45am - 11.45am</p> <p><b>Let's Gym in the Bag Blk 118 Pavillion</b> 11.15am - 12pm</p> <p><b>Let's Go Gai Gai - Outing National Gallery by DBS</b> 12.30pm - 5.30pm</p>	
<p><b>Let's Lim Kopi (MEN) BAY C</b> 2pm - 4pm</p> <p><b>Strategise with Kakis (Rummy O Game) BAY B</b> 2pm - 4pm</p> <p><b>Let's Chair Yoga BAY A</b> 3.30pm - 4.30pm</p>	<p><b>Let's KTV Together BAY D</b> 1pm - 4pm</p> <p><b>Let's Do Acrylic Arts BAY C</b> 1.30pm - 3.30pm</p> <p><b>Let's Yoga BAY A</b> 2.15pm - 3.15pm</p> <p><b>Let's Level up with Intermediate English BAY B</b> 2pm - 3pm</p>	<p><b>Let's Meridian BAY A</b> 1pm - 2pm</p> <p><b>Let's Jam with Ukulele BAY C</b> 1.30pm - 3.30pm</p> <p><b>Let's Do Paper Quilling Art BAY D</b> 2pm - 3pm</p> <p><b>Strategise with Kakis (Rummy O Game) BAY B</b> 2pm - 4pm</p> <p><b>Community Health Post (Pharmacy Services)</b> 2pm - 6pm (By Appointment Only)</p> <p><b>Let's Learn to Sing BAY D</b> 3.30pm - 5pm</p>	<p><b>TCM BAY B</b> 2pm - 4pm</p> <p><b>Let's Celebrate (Birthday)+SOTA Elder Groove BAY A</b> 2pm - 4pm</p> <p><b>Let's Steel Combat Lite (MEN) BAY D</b> 3pm - 4pm</p> <p><b>Let's Steel Combat (M+W) Blk 118A Playground</b> 6pm - 7pm</p>	<p><b>Let's KTV Together BAY D</b> 1pm - 4pm</p> <p><b>Strategise with Kakis (Rummy O Game) BAY B</b> 2pm - 4pm</p>	<p><b>Let's Go Gai Gai - Mediacorp Sheng Siong show</b> 6pm - 9pm</p>

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MON

TUE

WED

THU

FRI

SAT

20	21	22	23	24	25
<p><b>Community Health Post (SGH) BAY B</b> 9am - 11am</p> <p><b>Let's Exercise Together BAY A</b> 9.30am - 10.30am / 10.45am - 11.45am</p>	<p><b>Community Health Post (SGH) BAY B</b> 9am - 4pm</p> <p><b>Current affair U&amp;Me BAY A</b> 10.30am - 11.30am</p> <p><b>Stay Zen - Basic Meditation Programme (Male Exclusive) BAY D</b> 10am - 11am</p>		<p><b>Community Health Post (Dietetics Services)</b> 9am - 1pm (By Appointment Only)</p> <p><b>Let's Zumba Gold BAY A</b> 10am - 11am</p> <p><b>Let's Learn to Repair BAY D</b> 10am - 12pm</p> <p><b>Let's Chair Zumba BAY A</b> 11.15am - 12.15pm</p>	<p><b>Let's Taichi BAY A</b> 9.30am - 10.30am / 10.45am - 11.45am</p> <p><b>Let's Gym in the Bag Blk 118 Pavillion</b> 11.15am - 12pm</p>	
<p><b>Let's Lim Kopi (MEN) BAY C</b> 2pm - 4pm</p> <p><b>Strategise with Kakis (Rummy O Game) BAY B</b> 2pm - 4pm</p> <p><b>Let's Chair Yoga (IL) BAY A</b> 3.30pm - 4.30pm</p>	<p><b>Let's KTV Together BAY D</b> 1pm - 4pm</p> <p><b>Let's Do Acrylic Arts BAY C</b> 1.30pm - 3.30pm</p> <p><b>Let's Yoga BAY A</b> 2.15pm - 3.15pm</p> <p><b>Let's Level up with Intermediate English BAY B</b> 2pm - 3pm</p> <p><b>Let's DrumFit by Sota Elder Groove BAY A</b> 4pm - 5pm</p>	<p><b>Let's Meridian BAY A</b> 1pm - 2pm</p> <p><b>Let's Jam with Ukulele BAY C</b> 1.30pm - 3.30pm</p> <p><b>Let's Do Paper Quilling BAY D</b> 2pm - 3pm</p> <p><b>Strategise with Kakis (Rummy O Game) BAY B</b> 2pm - 4pm</p> <p><b>Community Health Post (Pharmacy Services)</b> 2pm - 6pm (By Appointment Only)</p> <p><b>Let's Learn to Sing BAY D</b> 3.30pm - 5pm</p>	<p><b>TCM BAY B</b> 2pm - 4pm</p> <p><b>Let's Steel Combat Lite (MEN) BAY D</b> 3pm - 4pm</p> <p><b>Let's Steel Combat (M+W) Blk 118A Playground</b> 6pm - 7pm</p>	<p><b>Let's KTV Together BAY D</b> 1pm - 4pm</p> <p><b>Strategise with Kakis (Rummy O Game) BAY B</b> 2pm - 4pm</p>	

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MON	TUE	WED	THU	FRI	SAT
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<p><b>Community Health Post (SGH) BAY B</b> 9am - 11am</p> <p><b>Let's Exercise Together BAY A</b> 9.30am - 10.30am / 10.45am - 11.45am</p>	<p><b>Community Health Post (SGH) BAY B</b> 9am - 4pm</p> <p><b>Stay Zen- Basic Meditation Programme (Male Exclusive) BAY D</b> 10am - 11am</p>		<p><b>Community Health Post (Dietetics Services)</b> 9am - 1pm (By Appointment Only)</p> <p><b>Let's Walking Football Championship 2026 (Training) @ 118 Pavilion - 7/10 session</b> 9.45am - 11.30am</p> <p><b>Let's Learn to Repair BAY D</b> 10am - 12pm</p> <p><b>Let's Zumba Gold BAY A</b> 10am - 11am</p> <p><b>Let's Chair Zumba BAY A</b> 11.15am - 12.15pm</p>	<p><b>Let's Taichi BAY A</b> 9.30am - 10.30am / 10.45am - 11.45am</p> <p><b>Let's Gym in the Bag</b> <b>Blk 118 Pavillion</b> 11.15am - 12pm</p>	
<p><b>Let's Lim Kopi (MEN) BAY C</b> 2pm - 4pm</p> <p><b>Strategise with Kakis (Rummy O Game) BAY B</b> 2pm - 4pm</p> <p><b>Let's Chair Yoga BAY A</b> 3.30pm - 4.30pm</p>	<p><b>Let's KTV Together BAY D</b> 1pm - 4pm</p> <p><b>Let's Do Acrylic Painting BAY C</b> 1.30pm - 3.30pm</p> <p><b>Let's Yoga BAY A</b> 2.15pm - 3.15pm</p> <p><b>Let's Level up with Intermediate English BAY B</b> 2pm - 3pm</p> <p><b>Let's Talk About- NEA Say YES To Waste Less (SYTWL) Talk BAY C</b> 3pm - 5pm</p>	<p><b>Let's Meridian BAY A</b> 1pm - 2pm</p> <p><b>Let's Jam with Ukulele BAY C</b> 1.30pm - 3.30pm</p> <p><b>Let's Do Paper Quilling BAY D</b> 2pm - 3pm</p> <p><b>Strategise with Kakis (Rummy O Game) BAY B</b> 2pm - 4pm</p> <p><b>Community Health Post (Pharmacy Services)</b> 2pm - 6pm (By Appointment Only)</p> <p><b>Let's Learn to Sing BAY D</b> 3.30pm - 5pm</p>	<p><b>TCM BAY B</b> 2pm - 4pm</p> <p><b>Let's Steel Combat Lite (MEN) BAY D</b> 3pm - 4pm</p> <p><b>Let's Steel Combat (M+W)</b> <b>Blk 118A Playground</b> 6pm - 7pm</p>	<p><b>Let's KTV Together BAY D</b> 1pm - 4pm</p> <p><b>Strategise with Kakis (Rummy O Game) BAY B</b> 2pm - 4pm</p> <p><b>Let's Brisk Walk</b> 5pm - 6pm</p>	

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