



2025 June

 **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
2	3	4	5	6	7
SGH Community Nurse Post [Bay B] 9am - 11am Let's Exercise [Bay A] 9:30am - 10:30am / 10:45am - 11:45am	Therapeutic Horticulture Outing (Botanic Gardens) 1/8 9am - 11am 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	OTAH [Bay A] 10:30am - 11:30am	Let's Zumba Gold [Bay A] 10am - 11am	Let's Taichi (IL) [Bay A] 9:30am - 10:30 am / 10:30am - 11:30am CHP Health Talk - Prostate 11:30am - 12:30pm	
Let's Lim Kopi [Bay C] 2pm - 3pm 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 Service - Haircut [Bay A] 2pm - 4pm Acrylic Painting [Bay C] 2:30pm - 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 Singing Session [Bay A] 3:30pm - 5pm	Let's Celebrate Birthday [Bay A] 2pm - 4pm 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 NUS Silver Digital Coaching [Bay A] 2pm - 4pm Let's Play Clay [Bay C] 3pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
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 CALM 1.0 [Bay A] 11am - 12pm	OTAH [Bay A] 10:30am - 11:30am	Let's Zumba Gold [Bay A] 10am - 11am	Let's Taichi (IL) [Bay A] 9:30am - 10:30 am / 10:30am - 11:30am	Rummy O Competition Day by Youth Corp with Students 9am - 12pm
Let's Lim Kopi [Bay C] 2pm - 3pm 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) [Bay B] 1:30pm - 2:30pm Acrylic Painting [Bay C] 2:30pm - 4:30pm Relaxing Yoga [Bay A] 3pm - 4pm NUS & Repair Kopitiam [Bay A] 4pm - 5:30pm	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 Singing Session [Bay A] 3:30pm - 5pm	Services - Wellness - TCM [Bay B] 2pm - 5pm SOTA Art And Craft [Bay A] 2:15pm - 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 Let's Play Clay [Bay C] 3pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
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 CALM 1.0 [Bay A] 11am - 12pm	OTAH [Bay A] 10:30am - 11:30am	Drone Soccer [Bay A] 1/6 9am - 12pm Let's Zumba Gold [Bay D] 10am - 11am	Let's Taichi (IL) [Bay A] 9.30am - 10.30 am / 10.30am - 11.30am NUS & Repair Kopitiam Products [Bay C] 10:30am - 11:30am	
Let's Lim Kopi [Bay C] 2pm - 3pm 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) [Bay B] 1:30pm - 2:30pm Acrylic Painting [Bay C] 2:30pm - 4:30pm Relaxing Yoga [Bay A] 3pm - 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 Singing Session [Bay A] 3:30pm - 5pm	Services - Wellness - TCM [Bay B] 2pm - 5pm Let's Steel Combat (Male Exclusive) [Bay C] 3pm - 4pm Therapeutic Horticulture [Bay D] 2/8 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 NUS Silver Digital Coaching [Bay A] 1:30pm - 3pm Let's Play Clay [Bay C] 3pm - 4pm	Sheng Siong Show @ Mediacorp 6:30pm - 10pm

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
SGH Community Nurse Post [Bay B] 9am - 11am Let's Exercise [Bay A] 9:30am - 10:30am / 10:45am - 11:45am	HUNCLE – REACH 9am - 11:30am 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	OTAH [Bay A] 10:30am - 11:30am	Let's Zumba Gold [Bay A] 10am - 11am	Quarterly AAC Town Hall – Centre Close	
Let's Lim Kopi [Bay C] 2pm - 3pm Strategise With Kakis [Bay B] 2pm - 4pm Drone Soccer [Bay D] 2/6 2pm - 5pm Let's Do Chair Yoga [Bay A] 3:30pm - 4:30pm	Let's KTV Together [Bay D] 1pm - 4pm SGH Community Nurse Post [Bay B] 1pm - 4pm Level up (English) [Bay B] 1:30pm - 2:30pm Acrylic Painting [Bay C] 2:30pm - 4:30pm Relaxing Yoga [Bay A] 3pm - 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 Singing Session [Bay A] 3:30pm - 5pm	Services - Wellness - TCM [Bay B] 2pm - 5pm SOTA Art And Craft 2:15pm - 5pm Let's Steel Combat (Male Exclusive) [Bay D] 3pm - 4pm Let's Steel Combat (Combined) [Blk 118A Playground] 6pm - 7pm		

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MON	TUE	WED	THU	FRI	SAT
30					
SGH Community Nurse Post [Bay B] 9am - 11am Drone Soccer [Bay D] 3/6 9am - 12pm Let's Exercise [Bay A] 9:30am - 10:30am / 10:45am - 11:45am					
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					

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