


2026 June

 **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	5	6
<p style="text-align: center;">CENTER CLOSED Whole Day - Vesak Day</p>	<p>Community Health Post (SGH) BAY B 9am - 4pm</p> <p>Let's Talk News BAY A 10am - 12pm</p> <p>Stay Zen - Basic Meditation Program (Male exclusive) BAY D 10am - 11am</p> <p>Let's Talk About Stroke Awareness [D] 11am - 12.30pm</p>	<p>Fun!Fund - Drone Soccer Competition Training 3 / 4 sessions @ Clementi CC 9.30am - 12.30pm</p> <p>Malay Kopi & Sembang BAY C 1030am - 12pm</p>	<p>Let's Walking Football Championship 2026 (Training) @ 118 Pavillion - 4/10 sessions 9.45am - 11.30am</p> <p>Let's Zumba Gold BAY A 10am - 11am</p> <p>Let's Chair Zumba BAY A 11.15am - 12.15pm</p>	<p>Let's Taichi (IL) BAY A 9.30am - 10.30am / 10.45am - 11.45am</p> <p>Let's Gym in the Bag Blk 118 Pavillion 11.15am - 12pm</p>	
	<p>Let's KTV Together BAY D 1pm - 4pm</p> <p>Let's do Acrylic Painting BAY C 1.30pm - 3.30pm</p> <p>Let's Go Gai Gai - Jurong Frog Farm (via registration) 1.30pm - 4.30pm</p> <p>Haircut Services BAY B 2pm - 5pm</p> <p>Let's Yoga BAY A 2.30pm - 3.30pm</p>	<p>Let's Meridian (IL) BAY A 1pm - 2pm</p> <p>Let's Jam with Ukulele BAY C 1.30pm - 3.30pm</p> <p>Let's Do Paper Quilling Art BAY D 2pm - 3pm</p> <p>Strategise with Kakis (Rummy O Game) BAY B 2pm - 4pm</p> <p>Community Health Post (Pharmacy Services) 2pm - 6pm (By Appointment Only)</p> <p>Let's Learn to Sing BAY D 3.30pm - 5pm</p> <p>Let's Join SOTA Eldercare games [A] 3.30pm - 4.30pm</p>	<p>TCM BAY B 2pm - 4pm</p> <p>Let's Steel Combat Lite (Male Exclusive) BAY D 3pm - 4pm</p> <p>Let's Steel Combat (M+W) Blk 118A Playground 6pm - 7pm</p>	<p>Let's KTV Together BAY D 1pm - 4pm</p> <p>Strategise with Kakis (Rummy O Game) BAY B 2pm - 4pm</p> <p>Let's Brisk Walk 5pm - 6pm</p>	

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MON

TUE

WED

THU

FRI

SAT

8	9	10	11	12	13
<p>Community Health Post (SGH) BAY B 9am - 11am</p> <p>Let's Exercise Together BAY A 9.30am - 10.30am / 10.45am - 11.45am</p>	<p>Community Health Post (SGH) BAY B 9am - 4pm</p> <p>Let's Talk News BAY A 10am - 12pm</p> <p>Stay Zen - Basic Meditation Program (Male exclusive) BAY D 10am - 11am</p> <p>Let's Talk About Stroke Awareness [D] 11am - 12.30pm</p>	<p>Let's Talk ABOUT Instant Messaging (WHATSAPP) (By IMDA) [A] 10am - 11.30am</p> <p>Repair Kopitiam BAY A 10am-12pm</p>	<p>Community Health Post (Dietetics Services) 9am - 1pm (By Appointment Only)</p> <p>Let's Zumba Gold BAY A 10am - 11am</p> <p>Let's Chair Zumba BAY A 11.15am - 12.15pm</p>	<p>Let's Taichi (IL) BAY A 9.30am - 10.30am / 10.45am - 11.45am</p> <p>Let's Gym in a Bag Blk 118 Pavillion 11.15am - 12pm</p>	<p>Let's Go Gai Gai - Singapore Zoo 6.45am - 2.30pm</p>
<p>Let's Lim Kopi (MEN) BAY C 2pm - 4pm</p> <p>Strategise with Kakis (Rummy O Game) BAY B 2pm - 4pm</p> <p>Let's Chair Yoga BAY A 3.30pm - 4.30pm</p>	<p>Let's KTV Together BAY D 1pm - 4pm</p> <p>Let's Do Acrylic Art BAY C 1.30pm - 3.30pm</p> <p>Let's Yoga (IL) BAY A 2.30pm - 3.30pm</p> <p>Relaxation Singing bowl Sound bath 3/4 [A] 4pm-5pm</p>	<p>Let's Meridian (IL) BAY A 1pm - 2pm</p> <p>Let's Jam with Ukulele BAY C 1.30pm - 3.30pm</p> <p>Let's Do Paper Quilling Art BAY D 2pm - 3pm</p> <p>Strategise with Kakis (Rummy O Game) BAY B 2pm - 4pm</p> <p>Community Health Post (Pharmacy Services) 2pm - 6pm (By Appointment Only)</p> <p>Let's Learn to Sing BAY D 3.30pm - 5pm</p>	<p>TCM BAY B 2pm - 4pm</p> <p>Let's Steel Combat Lite (Male Exclusive) BAY D 3pm - 4pm</p> <p>Let's Steel Combat (M+W) Blk 118A Playground 6pm - 7pm</p>	<p>Let's KTV Together BAY D 1pm - 4pm</p> <p>Let's Talk About Sleep Hygiene & Restful Sleep) (By Ngee Ann poly Nursing Students) [A] 1pm - 4pm</p> <p>Strategise with Kakis (Rummy O Game) BAY B 2pm - 4pm</p>	

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MON

TUE

WED

THU

FRI




SAT

15	16	17	18	19	20
<p>Community Health Post (SGH) BAY B 9am - 11am</p> <p>Let's Exercise Together BAY A 9.30am - 10.30am / 10.45am - 11.45am</p>	<p>Community Health Post (SGH) BAY B 9am - 4pm</p> <p>Let's Talk News BAY A 10am - 12pm</p> <p>Stay Zen- Basic Meditation Programme (MEN) BAY D 10am - 11am</p>	<p>Fun!Fund - Drone Soccer Competition Training 3 / 4 sessions @ Clementi CC 9.30am - 12.30pm</p> <p>Malay Kopi & Sembang BAY C 1030am - 12pm</p>	<p>Let's Walking Football Championship 2026 (Training) @ 118 Pavallion - 5 / 10 sessions 9.45am - 11.30am</p> <p>Let's Zumba Gold BAY A 10am - 11am</p> <p>Let's Chair Zumba BAY A 11.15am - 12.15pm</p>	<p>Let's Taichi BAY A 9.30am - 10.30am / 10.45am - 11.45am</p> <p>Let's Gym in the Bag Blk 118 Pavillion 11.15am - 12pm</p>	
<p>Let's Lim Kopi (MEN) BAY C 2pm - 4pm</p> <p>Strategise with Kakis (Rummy O Game) BAY B 2pm - 4pm</p> <p>Let's Chair Yoga BAY A 3.30pm - 4.30pm</p>	<p>Let's KTV Together BAY D 1pm - 4pm</p> <p>Let's Do Acrylic Arts BAY C 1.30pm - 3.30pm</p> <p>Let's Yoga BAY A 2.30pm - 3.30pm</p> <p>Relaxation Singing bowl Sound bath 4/4 [A] 4pm-5pm</p>	<p>Let's Meridian BAY A 1pm - 2pm</p> <p>Let's Jam with Ukulele BAY C 1.30pm - 3.30pm</p> <p>Let's Do Paper Quilling Art BAY D 2pm - 3pm</p> <p>Strategise with Kakis (Rummy O Game) BAY B 2pm - 4pm</p> <p>Community Health Post (Pharmacy Services) 2pm - 6pm (By Appointment Only)</p> <p>Let's Learn to Sing BAY D 3.30pm - 5pm</p>	<p>TCM BAY B 2pm - 4pm</p> <p>Let's Steel Combat Lite (MEN) BAY D 3pm - 4pm</p> <p>Let's Steel Combat (M+W) Blk 118A Playground 6pm - 7pm</p>	<p>Let's KTV Together BAY D 1pm - 4pm</p> <p>Strategise with Kakis (Rummy O Game) BAY B 2pm - 4pm</p> <p>Let's Brisk Walk 5pm - 6pm</p>	

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MON

TUE

WED

THU

FRI



SAT

22	23	24	25	26	27
<p>Let's Drum Fit + Games (By SOTA Lifelight Program) 1/2 [A] 1.30pm - 3.30pm</p> <p>Community Health Post (SGH) BAY B 9am - 11am</p> <p>Let's Exercise Together BAY A 9.30am - 10.30am / 10.45am - 11.45am</p>	<p>Community Health Post (SGH) BAY B 9am - 4pm</p> <p>SPH - Current Affair BAY A 10am - 12pm</p> <p>Stay Zen - Basic Meditation Programme (Male Exclusive) BAY D 10am - 11am</p>	<p>Repair Kopitiam BAY A 10am-12pm</p>	<p>Community Health Post (Dietetics Services) 9am - 1pm (By Appointment Only)</p> <p>Let's Zumba Gold BAY A 10am - 11am</p> <p>Let's Chair Zumba BAY A 11.15am - 12.15pm</p>	<p>Let's Taichi BAY A 9.30am - 10.30am / 10.45am - 11.45am</p> <p>Let's Gym in the Bag Blk 118 Pavillion 11.15am - 12pm</p>	
<p>Let's Lim Kopi (MEN) BAY C 2pm - 4pm</p> <p>Strategise with Kakis (Rummy O Game) BAY B 2pm - 4pm</p> <p>Let's Chair Yoga (IL) BAY A 3.30pm - 4.30pm</p>	<p>Let's KTV Together BAY D 1pm - 4pm</p> <p>Let's Do Acrylic Arts BAY C 1.30pm - 3.30pm</p> <p>Let's Yoga BAY A 2.30pm - 3.30pm</p>	<p>Let's Meridian BAY A 1pm - 2pm</p> <p>Let's Jam with Ukulele BAY C 1.30pm - 3.30pm</p> <p>Let's Do Paper Quilling BAY D 2pm - 3pm</p> <p>Strategise with Kakis (Rummy O Game) BAY B 2pm - 4pm</p> <p>Community Health Post (Pharmacy Services) 2pm - 6pm (By Appointment Only)</p> <p>Let's DrumFit & Games (SOTA Lifelight Program) 2/2 BAY A 3pm - 5pm</p> <p>Let's Learn to Sing BAY D 3.30pm - 5pm</p>	<p>TCM BAY B 2pm - 4pm</p> <p>Let's Steel Combat Lite (MEN) BAY D 3pm - 4pm</p> <p>Let's Steel Combat (M+W) Blk 118A Playground 6pm - 7pm</p>	<p>Let's KTV Together BAY D 1pm - 4pm</p> <p>Strategise with Kakis (Rummy O Game) BAY B 2pm - 4pm</p> <p>Let's Celebrate Birthday & Games (By SOTA lifelight program) [A] 2pm - 4pm</p>	

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SAT

29	30				
<p>Community Health Post (SGH) BAY B 9am - 11am</p> <p>Let's Exercise Together BAY A 9.30am - 10.30am / 10.45am - 11.45am</p>	<p>Community Health Post (SGH) BAY B 9am - 4pm</p> <p>Let's Talk News BAY A 10am - 12pm</p> <p>Stay Zen- Basic Meditation Programme (Male Exclusive) BAY D 10am - 11am</p>				
<p>Let's Lim Kopi (MEN) BAY C 2pm - 4pm</p> <p>Strategise with Kakis (Rummy O Game) BAY B 2pm - 4pm</p> <p>Let's Chair Yoga BAY A 3.30pm - 4.30pm</p>	<p>Let's KTV Together BAY D 1pm - 4pm</p> <p>Let's Do Acrylic Painting BAY C 1.30pm - 3.30pm</p> <p>Let's Yoga BAY A 2.30pm - 3.30pm</p>				

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