

2025 March

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






MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Services - Wellness - CHP 9:30am - 12pm Let's Exercise 9:30am - 10:30am / 10.45am- 11.45am	Let's Pick Up (English) 10am - 11am Stay Zen - Basic Meditation Program (Male exclusive) 10am - 11am	HAYDAY 10am - 11am	Services - Wellness - CHP 9:30am - 12pm Let's Zumba Gold 10am - 11am	Let's Taichi (IL) 9:30am - 10:30 am / 10:30am - 11:30am	DBS POP UP Market 9:30am-2pm
Let's Lim Kopi 2pm - 3pm Strategise with Kakis 2pm - 4pm Let's Do Chair Yoga 3:30pm - 4:30pm	Exergame - Happy Feet 1pm - 2pm Let's Level Up (English) 1:30pm -2:30pm Acrylic Painting 2pm - 3pm Let's KTV Together 2pm - 4pm Services - Wellness - CHP 1pm - 5pm	Let's Meridian 1pm - 2pm Let's Do Paper Quilling 2pm - 3pm Let's Jam With Ukulele 2pm - 3:30pm Strategize With Kakis 2pm - 4pm Singing Class 3:30pm - 5pm	Relaxing Yoga 1pm - 2pm Services - Wellness - TCM 2pm - 5pm Let's Steel Combat (Male Exclusive) 3pm - 4pm Let's Steel Combat 6pm - 7pm	Strategise With Kakis 2pm - 4pm Let's KTV Together 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
10	11	12	13	14	15
Services - Wellness - CHP 9:30am - 12pm Let's Exercise 9:30am - 10:30am / 10:45am - 11:45am	Let's Pick Up (English) 10am - 11am Stay Zen - Basic Meditation Program (Male Exclusive) 10am - 11am		Services - Wellness - CHP 9:30am - 12pm Let's Zumba Gold 10am - 11am	Let's Taichi (IL) 9:30am - 10:30 am / 10:30am - 11:30am	
Let's Lim Kopi 2pm - 3pm Strategise With Kakis 2pm - 4pm Let's Do Chair Yoga 3:30pm - 4:30pm	Exergame - Happy Feet 1pm - 2pm Let's Level up (English) 1:30pm - 2:30pm Acrylic Painting 2pm - 3pm Let's KTV Together 2pm - 4pm Services - Wellness - CHP 1pm - 5pm	Let's Meridian 1pm - 2pm Let's Do Paper Quilling 2pm - 3pm Let's Jam With Ukulele 2pm - 3:30pm Strategize With Kakis 2pm - 4pm Singing Class 3:30pm - 5pm	Relaxing Yoga 1pm - 2pm Services - Wellness - TCM 2pm - 5pm Let's Celebrate Birthday 2pm - 4pm Let's Steel Combat (Male Exclusive) 3pm - 4pm Let's Steel Combat 6pm - 7pm	Strategise With Kakis 2pm - 4pm Let's KTV Together 2pm - 4pm	

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MON

TUE

WED

THU

FRI

SAT

17

18

19

20

21

22

Services - Wellness - CHP
9:30am - 12pm
Let's Exercise
9:30am - 10:30am /
10.45am- 11.45am

Let's Pick Up (English)
10am - 11am
Stay Zen - Basic Meditation
Program (Male exclusive)
10am - 11am

IMDA GEN AI PART 2
(English)
10am-12pm

CDC Cleaning Service
9am - 5pm
Services - Wellness - CHP
9:30am - 12pm
Let's Zumba Gold
10am - 11am

Let's Taichi (IL)
9.30am - 10.30 am /
10.30am - 11.30am

Let's Lim Kopi
2pm - 3pm
Strategise with Kakis
2pm - 4pm
Let's Do Chair Yoga
3:30pm - 4:30pm

Exergame - Happy Feet
1pm - 2pm
Let's Level Up (English)
1:30pm -2:30pm
Acrylic Painting
2pm - 3pm
Let's KTV Together
2pm - 4pm
Services - Wellness - CHP
1pm - 5pm

Let's Meridian
1pm - 2pm
Let's Do Paper Quilling
2pm - 3pm
Let's Jam Wth Ukulele
2pm - 3:30pm
Strategise With Kakis
2pm - 4pm
SOTA Dance
3pm - 5pm

Relaxing Yoga
1pm - 2pm
Services - Wellness - TCM
2pm - 5pm
Let's Steel Combat
(Male Exclusive)
3pm - 4pm
Let's Steel Combat
6pm - 7pm

Strategise With Kakis
2pm - 4pm
Let's KTV Together
2pm - 4pm
SOTA RECYCLING ART
1pm - 4pm

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MON

TUE

WED

THU

FRI




SAT

24	25	26	27	28	
Services - Wellness - CHP 9:30am - 12pm Let's Exercise 9:30am - 10:30am / 10:45am - 11:45am	Let's Pick Up (English) 10am - 11am Stay Zen - Basic Meditation Program (Male exclusive) 10am - 11am		Services - Wellness - CHP 9:30am - 12pm Let's Zumba Gold 10am - 11am	Let's Taichi (IL) 9.30am - 10.30 am / 10.30am - 11.30am	
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MON

TUE

WED

THU

FRI

SAT

31

CLOSED
(HARI RAYA PUASA)

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