O Centre Name: AAC Bukit Merah

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





1 Health

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Services - Wellness -	Let's Pick Up (English)	HAYDAY	Services - Wellness - CHP	Let's Taichi (IL)	DBS POP UP
CHP	10am - 11am	10am - 11am	9:30am - 12pm	9:30am - 10:30 am /	Market
9:30am - 12pm	Stay Zen - Basic		Let's Zumba Gold	10:30am - 11:30am	9:30am-2pm
Let's Exercise	Meditation Program		10am - 11am		
9:30am - 10:30am /	(Male exclusive)				
10.45am- 11.45am	10am - 11am				
Let's Lim Kopi	Exergame - Happy Feet	Let's Meridian	Relaxing Yoga	Strategise With Kakis	
2pm - 3pm	1pm - 2pm	1pm - 2pm	1pm - 2pm	2pm - 4pm	
Strategise with Kakis	Let's Level Up (English)	Let's Do Paper	Services - Wellness - TCM	Let's KTV Together	
2pm - 4pm	1:30pm -2:30pm	Quilling	2pm - 5pm	2pm - 4pm	
Let's Do Chair Yoga 3:30pm - 4:30pm	Acrylic Painting	2pm - 3pm	Let's Steel Combat		
3.30pm 4.30pm	2pm - 3pm	Let's Jam With	(Male Exclusive)		
	Let's KTV Together	Ukulele	3pm - 4pm		
	2pm - 4pm	2pm - 3:30pm	Let's Steel Combat		
	Services - Wellness - CHP	Strategize With	6pm - 7pm		
	1pm - 5pm	Kakis			
		2pm - 4pm			
		Singing Class			
		3:30pm - 5pm			

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

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Centre Contact: 81632631/ 62732969





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	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

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MON	TUE	WED	THU	FRI	SAT

24	25	26	27	28
Services - Wellness - CHP 9:30am - 12pm Let's Exercise	Let's Pick Up (English) 10am - 11am Stay Zen - Basic Meditation		Services - Wellness - CHP 9:30am - 12pm Let's Zumba Gold	Let's Taichi (IL) 9.30am - 10.30 am / 10.30am - 11.30am
9:30am - 10:30am / 10:45am - 11:45am	Program (Male exclusive) 10am - 11am		10am - 11am	
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	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 Kaki 2pm - 4pm Let's KTV Together 2pm - 4pm

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MON	TUE	WED	THU	FRI	SAT
31					
CLOSED (HARI RAYA PUASA)					