

2026 March

 **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

2	3	4	5	6	7
<p>SGH Community Nurse Post BAY B 9am - 11am</p> <p>Senior Exercise BAY A 9.30am - 10.30am / 10.45am - 11.45am</p>	<p>SPH - Lets talk News BAY A 10am - 12pm</p> <p>Meditation BAY D Programme (MEN) 10am - 11am</p>	<p>SGH Community Nurse Post BAY B 9am - 4.30pm</p> <p>Food Wrapping upcycle BAY D 10.30am - 11.30am</p>	<p>Zumba Gold BAY A 10am - 11am</p> <p>Chair Zumba BAY A 11.15am - 12.15pm</p>	<p>Taichi BAY A 9.30am - 10.30am / 10.45am - 11.45am</p> <p>SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm</p>	
<p>Let's Lim Kopi (MEN) BAY C 2pm - 4pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Chair Yoga BAY A 3.30pm - 4.30pm</p>	<p>KTV Together Karaoke BAY D 1pm - 4pm</p> <p>SGH Community Nurse Post BAY B 1pm - 4pm</p> <p>Acrylic Painting BAY C 1.30pm - 3.30pm</p> <p>Relaxing Yoga BAY A 2.30pm - 3.30pm</p> <p>Seated Eight Brocades BAY A 4pm - 5pm</p> <p>Intermediate English BAY B 3.30pm - 4.30pm</p>	<p>312 Meridian Exercise BAY A 1pm - 2pm</p> <p>Ukulele BAY C 1.30pm - 3.30pm</p> <p>Paper Quilling Art BAY D 2pm - 3pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Singing Class BAY D 3.30pm - 5pm</p>	<p>TCM BAY B 2pm - 4pm</p> <p>Steel Combat Lite (MEN) BAY D 3pm - 4pm</p> <p>Steel Combat (M+W) Blk 118A Playground 6pm - 7pm</p>	<p>KTV Together Karaoke BAY D 1pm - 4pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>SOTA Art & Craft BAY A 3pm - 4pm</p>	

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MON

TUE

WED

THU

FRI

SAT

9	10	11	12	13	14
<p>SGH Community Nurse Post BAY B 9am - 11am</p> <p>Senior Exercise BAY A 9.30am - 10.30am / 10.45am - 11.45am</p>	<p>CENTER CLOSED Whole Day</p>	<p>SGH Community Nurse Post BAY B 9am - 4.30pm</p> <p>Repair Kopitiam 11/14 BAY A 10am - 12pm</p> <p>Food Wrapping upcycle BAY D 10.30am - 11.30am</p>	<p>Zumba Gold BAY A 10am - 11am</p> <p>Chair Zumba BAY A 11.15am - 12.15pm</p> <p>Cooking Class Thermomix Unbox demonstration BAY C 11am - 2pm</p>	<p>Taichi BAY A 9.30am - 10.30am / 10.45am - 11.45am</p> <p>SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm</p>	<p>Tiong Bahru CC PA Ration Distribution (Rental Flat only) 9am - 11am</p>
<p>Let's Lim Kopi (MEN) BAY C 2pm - 4pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Chair Yoga BAY A 3.30pm - 4.30pm</p>		<p>CENTER CLOSED Whole Day</p>	<p>312 Meridian Exercise BAY A 1pm - 2pm</p> <p>Ukulele BAY C 1.30pm - 3.30pm</p> <p>SG Assist (Social Communication) 3/4 Repair Kopitiam BAY A 2pm - 6pm</p> <p>Paper Quilling Art BAY D 2pm - 3pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Singing Class BAY D 3.30pm - 5pm</p>	<p>TCM BAY B 2pm - 4pm</p> <p>Steel Combat Lite (MEN) BAY D 3pm - 4pm</p> <p>Steel Combat (M+W) Blk 118A Playground 6pm - 7pm</p>	<p>KTV Together Karaoke BAY D 1pm - 4pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p>

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MON

TUE

WED

THU

FRI

SAT

16	17	18	19	20	21
<p>SGH Community Nurse Post BAY B 9am - 11am</p> <p>Senior Exercise BAY A 9.30am - 10.30am / 10.45am - 11.45am</p>	<p>SPH - Lets talk News BAY A 10am - 12pm</p> <p>Meditation Programme (MEN) BAY D 10am - 11am</p>	<p>SGH Community Nurse Post BAY B 9am - 4.30pm</p> <p>IMDA Know/Deal with False info - Chinese BAY A 10am - 11.30am</p> <p>Food Wrapping upcycle BAY D 10.30am - 11.30am</p>	<p>Zumba Gold BAY A 10am - 11am</p> <p>Chair Zumba BAY A 11.15am - 12.15pm</p>	<p>Taichi BAY A 9.30am - 10.30am / 10.45am - 11.45am</p> <p>SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm</p>	
<p>Let's Lim Kopi (MEN) BAY C 2pm - 4pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Chair Yoga BAY A 3.30pm - 4.30pm</p>	<p>KTV Together Karaoke BAY D 1pm - 4pm</p> <p>SGH Community Nurse Post BAY B 1pm - 4pm</p> <p>Acrylic Painting BAY C 1.30pm - 3.30pm</p> <p>Relaxing Yoga BAY A 2.30pm - 3.30pm</p> <p>Seated Eight Brocades BAY A 4pm - 5pm</p> <p>Intermediate English BAY B 3.30pm - 4.30pm</p>	<p>312 Meridian Exercise BAY A 1pm - 2pm</p> <p>Ukulele BAY C 1.30pm - 3.30pm</p> <p>Paper Quilling Art BAY D 2pm - 3pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Singing Class BAY D 3.30pm - 5pm</p>	<p>TCM BAY B 2pm - 4pm</p> <p>Birthday Celebration + Sota Dance BAY A 2pm - 4pm</p> <p>Steel Combat Lite (MEN) BAY D 3pm - 4pm</p> <p>Steel Combat (M+W) Blk 118A Playground 6pm - 7pm</p>	<p>KTV Together Karaoke BAY D 1pm - 4pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p>	

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MON

TUE

WED

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FRI

SAT

23	24	25	26	27	28
<p>Center close for Hari Raya (PH- in lieu)</p>	<p>SPH - Lets talk News BAY A 10am - 12pm</p> <p>Meditation Programme (MEN) BAY D 10am - 11am</p>	<p>SGH Community Nurse Post BAY B 9am - 4.30pm</p> <p>Repair Kopitiam 12/14 BAY A 10 am - 12 pm</p> <p>Food Wrapping upcycle BAY D 10.30am - 11.30am</p>	<p>Zumba Gold BAY A 10am - 11am</p> <p>Chair Zumba BAY A 11.15am - 12.15pm</p>	<p>Taichi BAY A 9.30am - 10.30am / 10.45am - 11.45am</p> <p>SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm</p>	<p>RN Church ration Distribution 2.30pm - 4.30pm</p>
<p>Center close for Hari Raya (PH- in lieu)</p>	<p>KTV Together Karaoke BAY D 1pm - 4pm</p> <p>SGH Community Nurse Post BAY B 1pm - 4pm</p> <p>Acrylic Painting BAY C 1.30pm - 3.30pm</p> <p>Relaxing Yoga BAY A 2.30pm - 3.30pm</p> <p>Seated Eight Brocades BAY A 4pm - 5pm</p> <p>Intermediate English BAY B 3.30pm - 4.30pm</p>	<p>312 Meridian Exercise BAY A 1pm - 2pm</p> <p>Ukulele BAY C 1.30pm - 3.30pm</p> <p>SG Assist (Social Communication) 4/4 Repair Kopitiam BAY A 2pm - 6pm</p> <p>Paper Quilling Art BAY D 2pm - 3pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p> <p>Singing Class BAY D 3.30pm - 5pm</p>	<p>TCM BAY B 2pm - 4pm</p> <p>Steel Combat Lite (MEN) BAY D 3pm - 4pm</p> <p>Steel Combat (M+W) Blk 118A Playground 6pm - 7pm</p>	<p>KTV Together Karaoke BAY D 1pm - 4pm</p> <p>Rummy O Game BAY B 2pm - 4pm</p>	

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