

# 2025 May

 **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
			1	2	3
			LABOUR DAY - Centre Close	Taichi [Bay A] 9:30am - 10:30 am 10:30am - 11:30am	
				Let's KTV Together [Bay D] 1pm - 4pm Rummy O Game [Bay B] 2pm - 4pm	
5	6	7	8	9	10
OFFICE CLOSED in lieu of general elections	10am - 11am English Class - Basic [Bay B] 10am - 11am Basic Meditation Program (Male Exclusive) [Bay A] 11am - 12pm CALM 1.0 [Bay A]	Trial Let's Play Clay 11am - 12am	Zumba Gold [Bay A] 10am - 11am	Taichi [Bay A] 9:30am - 10:30 am 10:30am - 11:30am	<b>NEXT DAY SUNDAY 11:</b> Mother's Day Celebration [Tiong Bahru CC] 8am - 10am
	Let's KTV Together [Bay D] 1pm - 4pm SGH Community Nurse Post [Bay B, appointment only] 1pm - 4pm English Class - Intermediate [Bay B] 1:30pm - 2:30pm Acrylic Painting [Bay C] 2:30pm - 4:30pm	312 Meridian [Bay A] 1pm - 2pm Ukulele [Bay C] 1:30pm - 3:30pm Paper Quilling Art [Bay D] 2pm - 3pm Rummy O Game [Bay B] 2pm - 4pm Singing Class [Bay A] 3:30pm - 5pm	2pm - 4pm Repair Kopitiam trial 1pm - 2:15pm Relaxing Yoga [Bay A] 2pm - 5pm TCM [Bay B] 3pm - 4pm Steel Combat (Men) [Bay D] 6pm - 7pm Steel Combat (Men + Women) [Block 118A Playground]	Let's KTV Together [Bay D] 1pm - 4pm Let's Play Clay [Bay C] 2pm - 3pm Rummy O Game [Bay B] 2pm - 4pm May Birthdays Celebration! [Bay A] 2pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
VESAK DAY - Centre Close	English Class - Basic [Bay B] 10am - 11am Basic Meditation Program (Male Exclusive) [Bay A] 10am - 11am CALM 1.0 [Bay A] 11am - 12pm		Zumba Gold [Bay A] 10am - 11am	Taichi [Bay A] 9:30am - 10:30 am 10:30am - 11:30am	
	Let's KTV Together [Bay D] 1pm - 4pm SGH Community Nurse Post [Bay B, appointment only] 1pm - 4pm English Class - Intermediate [Bay B] 1:30pm - 2:30pm Acrylic Painting [Bay C] 2:30pm - 4:30pm	312 Meridian [Bay A] 1pm - 2pm Ukulele [Bay C] 1:30pm - 3:30pm Paper Quilling Art [Bay D] 2pm - 3pm Rummy O Game [Bay B] 2pm - 4pm Singing Class [Bay A] 3:30pm - 5pm	Relaxing Yoga [Bay A] 1pm - 2:15pm TCM [Bay B] 2pm - 5pm Steel Combat (Men) [Bay D] 3pm - 4pm Steel Combat (Men + Women) [Block 118A Playground] 6pm - 7pm	Let's KTV Together [Bay D] 1pm - 4pm Let's Play Clay [Bay C] 2pm - 3pm Rummy O Game [Bay B] 2pm - 4pm	
19	20	21	22	23	24
SGH Community Nurse Post [Bay B, by appointment only] 9am - 11am Senior Exercise [Bay A] 9:30am - 10:30am 10:45am - 11:45am	10am-11am English Class - Basic [Bay B] 10am-11am Basic Meditation Program (Male Exclusive) [Bay A] 11am - 12pm CALM 1.0 [Bay A]	<a href="#">10am - 12pm Health Talk, bone density check &amp; Activity</a>	Zumba Gold [Bay A] 10am - 11am	Taichi [Bay A] 9:30am - 10:30 am 10:30am - 11:30am	
Let's Lim Kopi [Bay C] 2pm - 4pm Rummy O Game [Bay B] 2pm - 4pm Chair Yoga [Bay A] 3:30pm - 4:30pm	1pm - 4pm Let's KTV Together [Bay D] 1pm - 4pm SGH Community Nurse Post [Bay B, appointment only] 1:30pm - 2:30pm English Class - Intermediate [Bay B] 2:30pm - 4:30pm Acrylic Painting [Bay C]	1pm - 2pm 312 Meridian [Bay A] 1:30pm - 3:30pm Ukulele [Bay C] 2pm - 3pm Paper Quilling Art [Bay D] 2pm-4pm Rummy O Game [Bay B] 3:30pm- 5pm Singing Class [Bay A]	1pm - 2:15pm Relaxing Yoga [Bay A] 2pm - 5pm TCM [Bay B] 3pm - 4pm Steel Combat (Men) [Bay D] 6pm - 7pm Steel Combat (Men + Women) [Block 118A Playground]	Let's KTV Together [Bay D] 1pm - 4pm Let's Play Clay [Bay C] 2pm - 3pm Rummy O Game [Bay B] 2pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
SGH Community Nurse Post [Bay B, appointment only] 9am - 11am Senior Exercise [Bay A] 9:30am - 10:30am 10:45am - 11:45am	<a href="#">HUNCLE - SARAH AAC</a> <a href="#">9am - 11:30am</a> English Class - Basic [Bay B] 10am - 11am Basic Meditation Program (Male Exclusive) [Bay A] 10am - 11am CALM 1.0 [Bay A] 11am - 12pm		Zumba Gold [Bay A] 10am - 11am	Taichi [Bay A] 9:30am - 10:30 am 10:30am - 11:30am	
Let's Lim Kopi [Bay C] 2pm - 4pm Rummy O Game [Bay B] 2pm - 4pm Chair Yoga [Bay A] 3:30pm - 4:30pm	Let's KTV Together [Bay D] 1pm - 4pm SGH Community Nurse Post [Bay B, appointment only] 1pm - 4pm English Class - Intermediate [Bay B] 1:30pm - 2:30pm Acrylic Painting [Bay C] 2:30pm - 4:30pm	312 Meridian [Bay A] 1pm - 2pm Ukulele [Bay C] 1:30pm - 3:30pm Paper Quilling Art [Bay D] 2pm - 3pm Rummy O Game [Bay B] 2pm - 4pm Singing Class [Bay A] 3:30pm - 5pm	Relaxing Yoga [Bay A] 1pm - 2:15pm TCM [Bay B] 2pm - 5pm Steel Combat (Men) [Bay D] 3pm - 4pm <a href="#">SOTA Dance [Bay A]</a> <a href="#">3pm - 5pm</a> Steel Combat (Men + Women) [Block 118A Playground] 6pm - 7pm	Arts @ Jurong Lake Gardens: Explore 2025 2pm - 4pm Let's KTV Together [Bay D] 1pm - 4pm Rummy O Game [Bay B] 2pm - 4pm <a href="#">NUS Silver Digital Coaching [Bay C or Bay A]</a> <a href="#">1:30pm - 3pm</a> Let's Play Clay [Bay C] 3pm - 4pm <a href="#">SOTA Dance [Bay A]</a> <a href="#">3pm - 5pm</a>	

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 Centre Contact: **62732969 / 81632631**



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MON	TUE	WED	THU	FRI	
SGH Community Nurse Post BAY B 社区护士站 9am - 11am 早上9点至11点 (By Appointment Only) (需要预约)	English Class BAY B 英文课 BASIC: 10am - 11am 早上10点至11点 (基本) INTM: 1:30pm - 2:30pm 下午1点半至2点半 (中级)	312 Meridian Exercise BAY A 312经络运动 1pm - 2pm 下午1点至2点	Zumba Gold BAY A 尊巴黄金 10am - 11am 早上10点至11点	Taichi BAY A 太极课程 9:30am - 10:30am 早上9点半至10点半 10:30am - 11:30am 早上10点半至11点半	
		Ukulele BAY C 尤克里里 1:30pm - 3:30pm 下午1点半至3点半	Relaxing Yoga BAY A 瑜伽课程 1pm - 2:15pm 下午1点至2点15		
	Senior Exercise BAY A 乐龄运动 9:30am - 10:30am 早上9点半至10点半 1045am - 1145am 早上10点45至11点45	Basic Meditation(MEN) BAY D 男士基本打坐 课程 10am - 11am 早上10点至11点	Paper Quilling Art BAY D 卷纸艺术 2pm - 3pm 下午2点至3点	TCM BAY B 中医 2pm - 5pm 下午2点至5点	KTV Together Karaoke BAY D 卡拉OK 1pm - 4pm 下午1点至4点
		CALM 1.0 BAY A 肌肉强化运动 11am - 12pm 早上11点至下午 12点	Rummy O Game BAY B 数字游戏 2pm - 4pm 下午2点至4点	Steel Combat Lite (MEN) BAY D 钢铁拳击 (男士) 3pm - 4pm 下午3点至4点	Let's Play Clay* BAY C 模型黏土工作坊 2pm - 3pm 下午2点至3点
Let's Lim Kopi (MEN) BAY C 男士咖啡座谈 2pm - 4pm 下午2点至4点	KTV Together Karaoke BAY D 卡拉OK 1pm - 4pm 下午1点至4点	Singing Class BAY A 专业唱歌课程 3:30pm - 5pm 下午3点半至5点	Steel Combat (M+W) Blk 118A Playground 钢铁拳击 (男士+女士) 6pm - 7pm 下午6点至7点	Rummy O Game BAY B 数字游戏 2pm - 4pm 下午2点至4点	
Rummy O Game BAY B 数字游戏 2pm - 4pm 下午2点至4点	SGH Community Nurse Post BAY B 社区护士站 1pm - 4pm 下午1点至4点 (By Appointment Only) (需要预约)			*shifted to 3pm - 4pm on Fri 30 May only. 5 月 30 日工作 坊时间改为下午 3 点至 4 点	
Chair Yoga BAY A 椅子瑜伽 3:30pm - 4:30pm 下午3点半至4点半	Acrylic Painting BAY C 油画活 动室 2:30pm - 4:30pm 下午2点半至4点半				

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MON	TUE	WED	THU	FRI	SAT
			1	2	3
			Labour Day, Centre Close 公共假期(劳动节), 中心休息		General Elections 大选
5	6	7	8	9	10
Centre Close in lieu of General Elections – 中心休息		Let's Play Clay – Trial Session 模型黏土工作坊 11am - 12pm 早上11点至下午12点	Repair Kopitiam 修好铺 2pm - 4pm 下午2点至4点	Let's Celebrate Birthday 五月生日庆祝会 2pm - 4pm 下午2点至4点	NEXT DAY 11 MAY → 5月11日(星期天) Mother's Day @ Tiong Bahru CC 中峇鲁联络所母亲节庆祝活动 8am - 10am 早上8点至10点
12	13	14	15	16	17
Vesak Day, Centre Close 卫塞节, 中心休息					
19	20	21	22	23	24
		Health Talk & Bone Density Check & Interactive Games 健康讲座, 骨质密度检查, 玩游戏			
26	27	28	29	30	31
	HUNCLE (Men only) 汉哥活动(男士) Blk 201 Jln Bukit Merah 9am - 11am 早上9点至11点		SOTA Dance (Bay A) 与SOTA学生一起跳舞 3pm - 5pm 下午3点至5点	Outing - Arts @ JLG: Explore 2025 裕廊湖滨花园郊游活动 9am-12pm 上午9点至中午12点 NUS Silver Digital Coaching (Bay C) NUS学生智能教学 1:30pm - 3pm 下午1点半至3点 SOTA Dance (Bay A) 与SOTA学生一起跳舞 3pm - 5pm 下午3点至5点	

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