2026 November

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
Community Health Post (SGH) BAY B 9am - 4pm **Let's DragonBoat** **9am- 1pm** **Let's Exercise Together** 117 Void Deck 9.30am - 10.30am / 10.45am - 11.45am **Stay Well Series- Cognitive and Brain Health Talk** BAY A **10:30am – 12:30pm**	**Community Health Post (SGH)BAY B** 9am - 4pm	**Let's Learn to Repair** BAY A **10am-12pm** **Malay Kopi & SembangBlock 201** **10am – 11.30am**	**Community Health Post (Dietetics Services)** BAY C 9am - 1pm (By Appointment Only) **Let's Zumba Gold** BAY A 10am - 11am **Let's Chair Zumba** 118 Pavillion **(code:B4315)** **2pm - 3pm**	Centre Closed- Workshop 中心关闭 - 工作坊	
Let's Lim Kopi (MEN) Block 201 2pm - 4pm **Strategise with Kakis (Rummy O Game)** BAY B 2pm - 4pm **Let's DrumFit @ Blk 8 Jalan Membina** **2pm – 3:30pm** **Let's Chair Yoga** BAY A 3.30pm - 4.30pm	**Let's Do Acrylic Art** BAY A 1.30pm - 3pm **Centre Closed In the Afternoon** **中心下午休息**	**Let's Meridian (IL)** 117 Void Deck 1pm - 2pm **Let's Jam with Ukulele** BAY A 1.30pm - 3.30pm **Let's Do Paper Quilling Art** BAY B 2pm - 3pm **Community Health Post (Pharmacy Services)** BAY B 2pm - 6pm (By Appointment Only) **Let's Learn to Sing** BAY A 3.45pm-5.15pm	**TCM** BAY B 2pm - 4pm **Let's Steel Combat(M+W)** **117 Void Deck** 3pm - 4pm **Let's Dragonboat - extension training** BAY A **4pm-5pm**		

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。

2026 November

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
9	10	11	12	13	14
Center Closed - Deepavali Public Holiday (In Lieu) **中心关闭 - 排灯节公共假日（补休）**	**Community Health Post (SGH)** **BAY B** 9am - 4pm **Let's Do Acrylic Art** **BAY A** 1.30pm - 3pm **Let's Do Relaxing Yoga** **BAY A** 3:30pm - 4:30pm	**Let's Learn to Repair** **BAY A** **10am-12pm** **Let's Meridian (IL)** **117 Void Deck** 1pm - 2pm **Let's Jam with Ukulele** **BAY A** 1.30pm - 3.30pm **Let's Do Paper Quilling Art** **BAY B** 2pm - 3pm **Community Health Post (Pharmacy Services)** **BAY B** 2pm - 6pm (By Appointment Only) **Let's Learn to Sing** **BAY A** 3.45pm-5.15pm	**Community Health Post (Dietetics Services)** **BAY C** 9am - 1pm (By Appointment Only) **Let's Zumba Gold** **BAY A** 10am - 11am **Let's Chair Zumba** **118 Pavillion (code:B4315)** **2pm - 3pm** **TCM** **BAY B** 2pm - 4pm **Let's Support: Popeye Workshop 3/4 -** **BAY A** **2pm – 4pm** **Let's Steel Combat(M+W)** **117 Void Deck** 3pm - 4pm **Let's Dragonboat - extension training** **BAY A** **4pm-5pm**	**Let's Taichi (IL)** **BAY A** 9.30am - 10.30am / 10.45am - 11.45am **Let's Gym in a Bag** **118 Pavillion** 11.15am - 12pm **Let's Celebrate Grandparents' Day** **BAY A** **10am– 11:30am** **Let's KTV Together** **BAY A** 1pm - 4pm **Strategise with Kakis (Rummy O Game)** **BAY B** 2pm - 4pm **Let's Dragonboat - Race** **2pm – 6pm**	

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。

2026 November

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
16	**17**	**18**	**19**	**20**	**21**
Community Health Post (SGH) BAY B 9am - 4pm **Let's Exercise Together** BAY A 9.30am - 10.30am / 10.45am - 11.45am **Fab Lab: 3D Printing** **10am – 1pm**		**Let's Learn to Repair** BAY A **10am-12pm** **Malay Kopi & Sembang [Block 201]** **10am – 11.30am**	**Community Health Post (Dietetics Services)** BAY C 9am - 1pm (By Appointment Only) **Let's Zumba Gold** BAY A 10am - 11am **Let's Chair Zumba** 118 Pavillion **(code:B4315)** **2pm - 3pm**	**Let's Taichi (IL)** BAY A 9.30am - 10.30am / 10.45am - 11.45am **Let's Gym in a Bag** 118 Pavillion 11.15am - 12pm	
Let's Lim Kopi (MEN) Block 201 2pm - 4pm **Strategise with Kakis (Rummy O Game)** BAY B 2pm - 4pm **Let's DrumFit @ Blk 8 Jalan Membina** **2pm – 3:30pm** **Let's Chair Yoga** BAY A 3.30pm - 4.30pm	**Centre Closed- Town Hall** **中心关闭**	**Let's Meridian (IL)** 117 Void Deck 1pm - 2pm **Let's Jam with Ukulele** BAY A 1.30pm - 3.30pm **Let's Do Paper Quilling Art** BAY B 2pm - 3pm **Community Health Post (Pharmacy Services)** BAY B 2pm - 6pm (By Appointment Only) **Let's Learn to Sing** BAY A 3.45pm-5.15pm	**TCM** BAY B 2pm - 4pm **Let's Celebrate Birthday [A]** **2pm – 4pm** **Let's Steel Combat(M+W)** 117 Void Deck 3pm - 4pm	**Let's KTV Together** BAY A 1pm - 4pm **Strategise with Kakis (Rummy O Game)** BAY B 2pm - 4pm **NTUC Health Dinner & Dance 2026** 6pm – 9pm	

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。

2026 November

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
23	**24**	**25**	**26**	**27**	**28**
Community Health Post (SGH) **BAY B** 9am - 4pm **Let's Exercise Together** **BAY A** 9.30am - 10.30am / 10.45am - 11.45am	**Community Health Post (SGH)BAY B** 9am - 4pm **Current Affairs U&Me BAY A** **10am - 12pm**	**Let's Learn to Repair BAY A** **10am-12pm**	**Community Health Post (Dietetics Services) BAY C** 9am - 1pm (By Appointment Only) **Let's Zumba Gold BAY A** 10am - 11am **Let's Chair Zumba 118 Pavillion** **2pm - 3pm**	**Let's Taichi (IL) BAY A** 9.30am - 10.30am / 10.45am - 11.45am **Let's Gym in a Bag 118 Pavillion** 11.15am - 12pm	
Let's Lim Kopi (MEN) Block 201 2pm - 4pm **Strategise with Kakis (Rummy O Game)** **BAY B** 2pm - 4pm **Intro Rummy O Competition** **BAY A** **2pm – 5pm**	**Let's Do Acrylic Art BAY A** 1.30pm - 3pm **Relaxing Yoga BAY A** 3:30pm - 4:30pm	**Let's Meridian (IL) 117 Void Deck** 1pm - 2pm **Let's Jam with Ukulele BAY A** 1.30pm - 3.30pm **Let's Do Paper Quilling Art** **BAY B** 2pm - 3pm **Community Health Post (Pharmacy Services) BAY B** 2pm - 6pm (By Appointment Only) **Let's Learn to Sing BAY A** 3.45pm-5.15pm	**TCM BAY B** 2pm - 4pm **Let's Support: Popeye Workshop 4/4 - BAY A** **2pm – 4pm** **Let's Steel Combat(M+W)** **117 Void Deck** 3pm - 4pm **Let's Brisk Walk 一起快步走** **5pm - 6pm 下午5点至6点**	**Let's KTV Together BAY A** 1pm - 4pm **Strategise with Kakis (Rummy O Game)** **BAY B** 2pm - 4pm **Let's Celebrate Deepavali** **3pm – 5pm**	

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。

2026 November

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
30					
Community Health Post (SGH) **BAY B** 9am - 4pm **Let's Exercise Together** **BAY A** 9.30am - 10.30am / 10.45am - 11.45am					
Let's Lim Kopi (MEN) **Block 201** 2pm - 4pm **Strategise with Kakis (Rummy O Game)** **BAY B** 2pm - 4pm **Let's DrumFit @ Blk 8 Jalan Membina** **2pm – 3:30pm** **Let's Chair Yoga** **BAY A** 3.30pm - 4.30pm					

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。