

2025 November

 **Centre Name:** AAC (Bukit Merah)
 **Centre Address:** 117 Jalan Bukit Merah #01-1683 S160117
 **Centre Contact:** 8163 2631/ 6273 2969



ntuc Health

MON

TUE

WED

THU

FRI

SAT

3	4	5	6	7	8
SGH Community Nurse Post BAY B 9am - 11am Senior Exercise BAY A 9:30am - 10:30am / 10.45am - 11.45am	Meditation Time (MEN) BAY D 10am - 11am F4 activity 6/12 BAY A 10am - 12pm	SGH Community Nurse Post BAY B 9 am - 4.30 pm Repair Kopithaim 3/14 BAY A 10 am- 12pm	Zumba Gold BAY A 10am - 11am	Taichi BAY A 9:30am - 10:30am / 10:45am - 11:45am SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm	Grandparents' Day Celebration @ Tiong Bahru CC 1 pm to 4.30 pm
Let's Lim Kopi (MEN) BAY C 2pm - 4pm Rummy O Game BAY B 2pm - 4pm Chair Yoga BAY A 3.30pm - 4.30pm	KTV Together Karaoke BAY D 1pm - 4pm SGH Community Nurse Post BAY B 1pm - 4pm Relaxing Yoga BAY A 1pm - 2pm Acrylic Painting BAY C 1.30pm - 3.30pm	312 Meridian Exercise 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 Coffee Barista Workshop BAY A 3pm-4.30pm Singing Class 3/10 BAY D 3.30pm - 5pm	TCM BAY B 2pm - 5pm Steel Combat Lite (MEN) BAY D 3pm - 4pm Steel Combat (M+W) Blk 118A Playground 6pm - 7pm	KTV Together Karaoke BAY D 1pm - 4pm Rummy O Game BAY B 2pm - 4pm	Deevapali Party @ Bukit Panjang CC 5pm to 8pm

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
SGH Community Nurse Post BAY B 9am - 11am Senior Exercise BAY A 9:30am - 10:30am / 10.45am - 11.45am	Meditation Time (MEN) BAY D 10am - 11am F4 activity 7/12 BAY A 10am - 12pm	SGH Community Nurse Post BAY B 9 am - 4.30 pm Repair Kopithaim 4/14 BAY A 10 am- 12pm IMDA-Identify & ACT against Common Scams - Chinese BAY D 10.15am-11.45am	Zumba Gold BAY A 10am - 11am	Taichi BAY A 9:30am - 10:30am / 10:45am - 11:45am SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm	
Let's Lim Kopi (MEN) BAY C 2pm - 4pm Rummy O Game BAY B 2pm - 4pm Chair Yoga BAY A 3:30pm - 4:30pm	KTV Together Karaoke BAY D 1pm - 4pm SGH Community Nurse Post BAY B 1pm - 4pm Relaxing Yoga BAY A 1pm - 2pm Acrylic Painting BAY C 1:30pm - 3:30pm	312 Meridian Exercise 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 4/10 BAY D 3:30pm - 5pm	Let's Celebrate Birthday with SOTA BAY A 2pm-4pm TCM BAY B 2pm - 5pm Steel Combat Lite (MEN) BAY D 3pm - 4pm Steel Combat (M+W) Blk 118A Playground 6pm - 7pm	KTV Together Karaoke BAY D 1pm - 4pm Bake Gingerbread Man Cookie & House BAY A 2pm-3.30pm Rummy O Game BAY B 2pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
SGH Community Nurse Post BAY B 9am - 11am Senior Exercise BAY A 9:30am - 10:30am / 10.45am - 11.45am	F4 activity 8/12 BAY A 10am - 12pm	SGH Community Nurse Post BAY B 9 am - 4.30 pm MyWorld Kindergarten Acitivy with Seniors BAY A 10am - 11.30am	Uncle - Men @ Happy Hawker, 201 Kim Tian Rd 9am-11:30am Zumba Gold BAY A 10am - 11am	Centre Close - Quarterly Town Hall	
Let's Lim Kopi (MEN) BAY C 2pm - 4pm Rummy O Game BAY B 2pm - 4pm Chair Yoga BAY A 3:30pm - 4:30pm	KTV Together Karaoke BAY D 1pm - 4pm SGH Community Nurse Post BAY B 1pm - 4pm Relaxing Yoga BAY A 1pm - 2pm Acrylic Painting BAY C 1:30pm - 3:30pm	312 Meridian Exercise 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 5/10 BAY D 3:30pm - 5pm	TCM BAY B 2pm - 5pm Steel Combat Lite (MEN) BAY D 3pm - 4pm Steel Combat (M+W) Blk 118A Playground 6pm - 7pm		

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	
SGH Community Nurse Post BAY B 9am - 11am Senior Exercise BAY A 9:30am - 10:30am / 10.45am - 11.45am	F4 activity 9/12 BAY A 10am - 12pm SPH Current Affair BAY D 10am - 11am	SGH Community Nurse Post BAY B 9 am - 4.30 pm	Zumba Gold BAY A 10am - 11am	Taichi BAY A 9:30am - 10:30am / 10:45am - 11:45am SG Active Morning Exercise Blk 118 Pavillion 11.15am - 12pm	
Let's Lim Kopi (MEN) BAY C 2pm - 4pm Rummy O Game BAY B 2pm - 4pm Chair Yoga BAY A 3:30pm - 4:30pm	Center close in the afternoon for Staff training	312 Meridian Exercise 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 6/10 BAY D 3:30pm - 5pm	TCM BAY B 2pm - 5pm Steel Combat Lite (MEN) BAY D 3pm - 4pm Steel Combat (M+W) Blk 118A Playground 6pm - 7pm	KTV Together Karaoke BAY D 1pm - 4pm Rummy O Game BAY B 2pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
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)	Meditation Program (Male Exclusive) BAY D 男士基本打坐 课程 10am - 11am 早上10点至11点	SGH Community Nurse Post 社区 护士站 BAY B 9 am - 4.30 pm 早上9点至4点半 (By Appointment Only) (需要预约)	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 10:45am - 11:45am 早上10点半至11点45	
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	F4 activity BAY A F4 活动 10am - 12pm 早上10点至中午 Start on 16th Sep and end 16 Dec 2025 ; 从9月16日开始, 12 月16日结束	312 Meridian Exercise BAY A 312经络运动 1pm - 2pm 下午1点至2点	TCM BAY B 中医 2pm - 5pm 下午2点至5点	SG Active Morning Exercise Blk 118 Pavillion 体育关 怀晨间运动 Blk 118 亭 11.15am - 12pm 早上11点15至12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	Ukulele BAY C 尤克里里 1:30pm - 3:30pm 下午1点半至3点半	Steel Combat Lite (MEN) BAY D 钢铁拳击 (男士) 3pm - 4pm 下午3点至4点	KTV Together Karaoke BAY D 卡拉OK 1pm - 4pm 下午1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 社区 护士站 BAY B 1pm - 4pm 下午1点至4点 (By Appointment Only) (需要预约)	Paper Quilling Art BAY D 卷纸艺术 2pm - 3pm 下午2点至3点	Steel Combat (M+W) Blk 118A Playground 钢铁拳击 (男士+女士) Blk 118A 操场 6pm - 7pm 傍晚6点至7点	Rummy O Game BAY B 数字游戏 2pm - 4pm 下午2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	Relaxing Yoga BAY A 瑜伽 课程 1pm - 2pm 下午1点至2点	Rummy O Game BAY B 数字游戏 2pm - 4pm 下午2点至4点	*** Important : No Lesson - Cancellation Dates *** ***重要通知: 课程取消通知*** Meditation Time (MEN) 男士基本打坐课程 Tues : 18 Nov & 25 Nov 星期二 : 11 月18日, 25日 Center Close on Fri : 21 Nov 中心关闭 星期五 : 11 月21日 All activities cancelled 所有活动取消 Center Close on Tues : 25 Nov Afternoon 中心关闭 星期二 : 11 月25日 下午 All afternoon activities cancelled 所有下午活动取消		
	Acrylic Painting BAY C 油画活 动室 1:30pm - 3:30pm 下午1点半至3点半	Singing Class BAY D 专业唱歌 课程 3:30pm - 5pm 下午3点半至5点 Start on 22 Oct and end 24 Dec 2025 ; 从10 月22日开始, 12月24 日结束)			

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MON	TUE	WED	THU	FRI	SAT
					1
3	4	5	6	7	8
		Repair Kopitiam 3/14 [A] 修好铺 [A] 10am- 12pm 早上10 点至12点 Coffee Barista Workshop [A] 咖啡师工作坊 [A] 3pm-4.30pm 下午3点至4点半			Grandparents' Day Celebration @ Tiong Bahru CC (Fully Taken) 中峇鲁联络所祖父母节庆祝活动 (售罄) 1pm to 4.30pm 下午1点至4点 半 Bukit Panjang CC Deepavali Party 武吉班让联络所屠妖节派对 5pm to 8pm 下午5点至晚上8点
10	11	12	13	14	15
		Repair Kopithaim 4/14 [A] 修好铺 [A] 10am-12pm 早上10 点至12点 IMDA-Identify & ACT against Common Scams - Chinese[D] 识别并防范常见诈骗 - 中文[D] 10.15am-11.45am 早上10 点15至11 点45	Let's Celebrate Birthday with SOTA[A] 11月生日庆祝会 [A] 2pm-4pm 下午2点至4点	Bake Gingerbread Man Cookie & House [A] 制作姜饼人和房子 饼干 [A] 2pm-3.30 pm 下午2点至3点 半	
17	18	19	20	21	22
		MyWorld Kindergarten Acitvty with Seniors [A] 与MyWorld幼稚园小朋友交流活 动[A] 10am-11.30am 早上10点至11点半	Huncle - Men @ Happy Hawker 汉哥活动 (男士) @ Tiong Bahru CC 9am-11:30am 早上9点至11点半	Centre Close - Staff meeting 员工开会, 中心关 闭	
24	25	26	27	28	29
	SPH Current Affair [D] SPH时事新闻 [D] 10am-11am 早上10点至11点 Centre Close In Afternoon- Staff Training 员工培训, 下午中心关闭				