

2026 *October*

-  **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
			1	2	3
			Community Health Post (Dietetics Services) BAY B 9am - 1pm (By Appointment Only) Let's Go Gai Gai - AAC Day 2026 @ Temasek Polytechnic Sports & Arts Centre 10am – 2pm	Center Close- Packing day 中心关闭- 包装日 9am – 6pm 早上9点至下午6点	
			Center Close- Packing day 中心关闭- 包装日 2pm– 6pm 下午2点至下午6点		

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

5	6	7	8	9	10
Community Health Post (SGH) BAY B 9am - 4pm Let's DragonBoat Training 9am- 1pm Let's Exercise Together 117 Void Deck 9.30am - 10.30am / 10.45am - 11.45am	Community Health Post (SGH) BAY B 9am - 4pm Stay Zen - Basic Meditation Program (Male exclusive) BAY A 10am - 11am	Malay Kopi & Sembang Block 201 10am -11.30am Let's Learn to Repair BAY A 10am-12pm	Community Health Post (Dietetics Services) BAY B 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 Walking Football Championship 2026 (Finals) @Tampines Hub 9am – 12pm 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 Chair Yoga BAY A 3.30pm - 4.30pm	Let's Do Acrylic Art BAY A 1.30pm - 3pm Haircut Services 117 Void Deck 2pm– 4pm	Let's Meridian (IL) BAY A 1pm - 2pm Let's Do Paper Quilling Art BAY B 2pm - 3pm Stay Well Series (RHS): Pharmacist Health Talk on Medication BAY B 2pm – 4pm Community Health Post (Pharmacy Services) BAY B 2pm - 6pm (By Appointment Only) Let's Learn to Sing BAY A 4pm-6pm	TCM BAY B 2pm - 4pm Let's Steel Combat(M+W) 117 Void Deck 3pm - 4pm Let's DragonBoat - Extended Training BAY A 4pm-5pm	Let's KTV Together BAY A 1pm - 4pm Strategise with Kakis (Rummy O Game) BAY B 2pm - 4pm	

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MON

TUE

WED

THU

FRI

SAT

12	13	14	15	16	17
Community Health Post (SGH) BAY B 9am - 4pm Let's DragonBoat Training 9am- 1pm Let's Exercise Together BAY A 9.30am - 10.30am / 10.45am - 11.45am	Community Health Post (SGH) BAY B 9am - 4pm RHS CHP HEALTH TALK 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 Let's Chair Yoga BAY A 3.30pm - 4.30pm	Let's Do Acrylic Art BAY A 1.30pm - 3pm	Let's Meridian (IL) BAY A 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 1/4 BAY A 2pm– 4:00pm Let's Steel Combat(M+W) 117 Void Deck 3pm - 4pm Let's DragonBoat - Extended Training BAY A 4pm-5pm	Let's KTV Together BAY A 1pm - 4pm Strategise with Kakis (Rummy O Game) BAY B 2pm - 4pm Let's Celebrate Birthday BAY A 2pm – 4pm	

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MON

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SAT

19	20	21	22	23	24
Community Health Post (SGH) BAY B 9am - 4pm Let's DragonBoat Training 9am- 1pm Let's Exercise Together BAY A 9.30am - 10.30am / 10.45am - 11.45am	Community Health Post (SGH) BAY B 9am - 4pm Stay Zen - Basic Meditation Program (Male exclusive) BAY A 10am - 11am	Malay Kopi & Sembang [Block 201] 10am – 11.30am Let's Learn to Repair BAY A 10am-12pm	Community Health Post (Dietetics Services) BAY B 9am - 1pm (By Appointment Only) Let's Zumba Gold 118 Pavillion 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 Go Gai Gai - Digital For Life @ Vivo
Let's Lim Kopi (MEN) Block 201 2pm - 4pm Strategise with Kakis (Rummy O Game) BAY B 2pm - 4pm Let's Chair Yoga BAY A 3.30pm - 4.30pm	Let's Do Acrylic Art BAY A 1.30pm - 3pm	Let's Meridian (IL) BAY A 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 Stay Well Series (RHS): Rehab Health Talk on Nutrition BAY A 2pm – 4pm Let's Steel Combat(M+W) 117 Void Deck 3pm - 4pm Let's DragonBoat - Extended Training BAY A 4pm-5pm	Let's KTV Together BAY A 1pm - 4pm Strategise with Kakis (Rummy O Game) BAY B 2pm - 4pm Let's Brisk Walk 5pm - 6pm	

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MON

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SAT

26	27	28	29	30	31
Community Health Post (SGH) BAY B 9am - 4pm Let's DragonBoat Training 9am- 1pm Let's Exercise Together BAY A 9.30am - 10.30am / 10.45am - 11.45am	Community Health Post (SGH)BAY B 9am - 4pm Stay Zen - Basic Meditation Program (Male exclusive) BAY D 10am - 11am Let's Talk News 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 118 Pavillion 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 Let's Chair Yoga BAY A 3.30pm - 4.30pm	Let's Do Acrylic Art BAY A 1.30pm - 3pm	Let's Meridian (IL) BAY A 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) 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 2/4 BAY A 2pm – 4pm Let's Steel Combat(M+W) 117 Void Deck 3pm - 4pm Let's DragonBoat - Extended Training BAY A 4pm-5pm	Let's KTV Together BAY D 1pm - 4pm Strategise with Kakis (Rummy O Game) BAY B 2pm - 4pm	

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