




2025 October

 **Centre Name:** AAC Bukit Merah
 **Centre Address:** 117 Jalan Bukit Merah #01-1683 S160117
 **Centre Contact:** 81632631/ 62732969






MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		SGH Community Nurse Post [Bay B] 9 am - 4.30 pm NTUC Health Inaugural AAC Day @ Temasek Poly 9am - 2pm	Let's Zumba Gold [Bay A] 10am - 11am	Let's Taichi (IL) [Bay A] 9.30am - 10.30 am / 10.45am - 11.45am SGActive Morning Exercise @ Blk 118 Pavillion 11am - 11.45am	Seniors Sports Competition - Floorball National Finals @ National Finals @ Sports Hub 9am - 1pm
		Let's Meridian [Bay A] 1pm - 2pm Let's Jam With Ukulele [Bay C] 1.30pm - 3.30pm Let's Do Paper Quilling [Bay D] 2pm - 3pm Strategise With Kakis [Bay B] 2pm - 4pm Singing Session [Bay A] 3.30pm - 5pm	Services - Wellness - TCM [Bay B] 2pm - 5pm Let's Steel Combat (Male Exclusive) [Bay D] 3pm - 4pm Let's Steel Combat (Combined) @ Blk 118A Playground 6pm - 7pm	Let's KTV Together [Bay D] 1pm - 4pm Strategise With Kakis [Bay B] 2pm - 4pm	

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ntuc Health

MON

TUE

WED

THU

FRI




SAT

6	7	8	9	10	11
SGH Community Nurse Post [Bay B] 9am - 11am Let's Exercise [Bay A] 9.30am - 10.30am / 10.45am - 11.45am	Stay Zen - Basic Meditation Program (Male Exclusive) [Bay D] 10am - 11am MYWORLD Kindergarden (VIA) [BAY A] Making Lantern For Mid Autumn 10 am -11.30 am	SGH Community Nurse Post [Bay B] 9 am - 4.30 pm Repair Kopitiam 1/14 [Bay A] 10am - 12pm	Let's Zumba Gold [Bay A] 10am - 11am	Let's Taichi (IL) [Bay A] 9.30am - 10.30 am / 10.45am - 11.45am SG Active Morning Exercise @ Blk 118B-118C Pavillion 11am - 11:45am	
Let's Lim Kopi [Bay C] 2pm - 4 pm Strategise With Kakis [Bay B] 2pm - 4pm Let's Do Chair Yoga [Bay A] 3.30pm - 4.30pm	SGH Community Nurse [Bay B] 1pm - 4pm Acrylic Painting [Bay C] 1.30pm - 3.30pm Haircut Session [Bay D] 2pm - 4pm SingHealth Impress Mind2S Survey [Bay A] 2pm - 5pm	Let's Meridian [Bay A] 1pm - 2pm Let's Jam With Ukulele [Bay C] 1.30pm - 3.30pm Let's Do Paper Quilling [Bay D] 2pm - 3pm Strategise With Kakis [Bay B] 2pm - 4pm Singing Session [Bay A] 3.30pm - 5pm	Services - Wellness - TCM [Bay B] 2pm - 5pm Let's Steel Combat (Male Exclusive) [Bay D] 3pm - 4pm Let's Steel Combat (Combined) @ Blk 118A Playground 6pm - 7pm	Let's KTV Together [Bay D] 1pm - 4pm Strategise With Kakis [Bay B] 2pm - 4pm Eh How Ah Card Game TRIAL [Bay A] 2pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
SGH Community Nurse Post [Bay B] 9am - 11am Let's Exercise [Bay A] 9:30am - 10:30am / 10:45am - 11:45am	Stay Zen - Basic Meditation Program (Male exclusive) [Bay D] 10am - 11am F4 exercise and communal dining [Bay A] 10am - 12pm	SGH Community Nurse Post [Bay B] 9 am - 4.30 pm Repair Kopitiam 2/14 [Bay A] 10am - 12pm	Let's Zumba Gold [Bay D] 10am - 11am	Let's Taichi (IL) [Bay A] 9.30am - 10.30 am / 10.45am - 11.45am SG Active Morning Exercise @ Blk 118B-118C Pavillion 11am - 11:45am	
Let's Lim Kopi [Bay C] 2pm - 4pm Strategise with Kakis [Bay B] 2pm - 4pm Let's Do Chair Yoga [Bay A] 3:30pm - 4:30pm	Let's KTV Together [Bay D] 1pm - 4pm SGH Community Nurse [Bay B] 1pm - 4pm Relaxing Yoga [Bay A] 1pm - 2pm Acrylic Painting [Bay C] 1:30pm - 3:30pm	Let's Meridian [Bay A] 1pm - 2pm Let's Jam With Ukulele [Bay C] 1:30pm - 3:30pm Let's Do Paper Quilling [Bay D] 2pm - 3pm Strategise With Kakis [Bay B] 2pm - 4pm Singing Session [Bay A] 3:30pm - 5pm	Birthday Celebration [Bay A] 2pm - 4pm Services - Wellness - TCM [Bay B] 2pm - 5pm Let's Steel Combat (Male Exclusive) [Bay C] 3pm - 4pm Let's Steel Combat (Combined) @ Blk 118A Playground 6pm - 7pm	Let's KTV Together [Bay D] 1pm - 4pm Strategise With Kakis [Bay B] 2pm - 4pm Deepavali Party [Bay A] 3:30pm - 5pm	

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MON

TUE

WED

THU

FRI




SAT

20	21	22	23	24	25
SGH Community Nurse Post [Bay B] 9am - 11am Let's Exercise [Bay A] 9:30am - 10:30am / 10:45am - 11:45am	Stay Zen - Basic Meditation Program (Male exclusive) [Bay D] 10am - 11am F4 exercise and communal dining [Bay A] 10am - 12pm	SGH Community Nurse Post [Bay B] 9 am - 4.30pm Moderna Health Talk 10am - 1pm	Let's Zumba Gold [Bay A] 10am - 11am	Let's Taichi (IL) [Bay A] 9.30am - 10.30 am / 10.45am - 11.45am SG Active Morning Exercise @ Blk 118B-118C Pavillion 11am - 11:45am	
Let's Lim Kopi [Bay C] 2pm - 4pm Strategise With Kakis [Bay B] 2pm - 4pm Let's Do Chair Yoga [Bay A] 3:30pm - 4:30pm	Let's KTV Together [Bay D] 1pm - 4pm SGH Community Nurse Post [Bay B] 1pm - 4pm Acrylic Painting [Bay C] 1.30pm - 3.30pm	Let's Meridian [Bay A] 1pm - 2pm Let's Jam With Ukulele [Bay C] 1:30pm - 3:30pm Let's Do Paper Quilling [Bay D] 2pm - 3pm Strategise With Kakis [Bay B] 2pm - 4pm	Services - Wellness - TCM [Bay B] 2pm - 5pm Let's Steel Combat (Male Exclusive) [Bay D] 3pm - 4pm Let's Steel Combat (Combined) @ Blk 118A Playground 6pm - 7pm	Let's KTV Together [Bay D] 1pm - 4pm Strategise With Kakis [Bay B] 2pm - 4pm SMU - LPA [A] 2 pm to 5 pm	IMDA Digital For Life @ VivoCity 2pm - 4pm

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MON

TUE

WED

THU

FRI




SAT

27	28	29	30	31	
SGH Community Nurse Post [Bay B] 9am - 11am Let's Exercise [Bay A] 9.30am - 10.30am / 10.45am - 11.45am	HUNCLE @ Happy Hawkers @201 Kim Tian Road 9am - 11.30am F4 exercise and communal dining [Bay A] 10am - 12pm	SGH Community Nurse Post [Bay B] 9 am - 4.30 pm	Let's Zumba Gold [Bay A] 10am - 11am	Let's Taichi (IL) [Bay A] 9.30am - 10.30 am / 10.45am - 11.45am SG Active Morning Exercise @ Blk 118B-118C Pavillion 11am - 11.45am	
Let's Lim Kopi [Bay C] 2pm - 4pm Strategise with Kakis [Bay B] 2pm - 4pm Let's Do Chair Yoga [Bay A] 3.30pm - 4.30pm	Let's KTV Together [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	Let's Meridian [Bay A] 1pm - 2pm Let's Jam With Ukulele [Bay C] 1.30pm - 3.30pm Let's Do Paper Quilling [Bay D] 2pm - 3pm Strategise With Kakis [Bay B] 2pm - 4pm	Services - Wellness - TCM [Bay B] 2pm - 5pm Let's Steel Combat (Male Exclusive) [Bay D] 3pm - 4pm Let's Steel Combat (Combined) @ Blk 118A Playground 6pm - 7pm	Let's KTV Together [Bay D] 1pm - 4pm NEA Recycling Talk [Bay A] 2pm - 3.30pm Strategise With Kakis [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)	F4 activity BAY A* (Start from 16th Sep and end 16 Dec 2025) F4 活动(从9月16日开) 10am - 12pm 早上10点至中午	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点半	
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	Meditation Time (MEN) BAY D 男士基本打坐 课程 10am - 11am 早上10点至11点	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 11am - 11:45am 早上11点至11点45	
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 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	
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			
	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 *Last Lesson on 15 Oct 2025			

*** Important : No Lesson - Cancellation Dates ***

重要通知: 课程取消通知

*F4 activities|F4活动

Tues : 7 Oct , 28 Oct | 星期二: 10月7日, 28日

*Relaxing Yoga|瑜伽课程

Tues : 7 Oct, 14 Oct, 21 Oct | 星期二: 10月7日, 14日, 21日

*Meditation Time (MEN)|男士打坐 课程

Tues : 28 Oct | 星期二: 10月28日

*KTV Together Karaoke|卡拉OK

Tues : 7 Oct 星期二: 10月7日

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		NTUC Health Inaugural AAC Day @ Temasek Poly 9am - 2pm 职总保健AAC日@淡马锡理工学院 早上9点至下午2点			Seniors Sports Competition Floorball (NCOS) National Finals @ Sports Hub 9am - 1pm 乐龄体育竞赛：地板球 全国总决赛 @ 体育城 早上9点至下午1点
6	7	8	9	10	11
	Haircut Session [D] 剪头发 [D] 2pm - 4pm 下午2点至4点 Singhealth Impress Mind2S Survey [A] 新保集团认知调查问卷活动[A] 2pm - 5pm 下午2点至5点 MYWORLD Kindergarden (VIA) [A] Making Lantern For Mid Autumn 与MYWORLD幼稚园小朋友制作灯笼 [A] 10 am -11.30 am 早上10点至11.30 am	Repair Kopitiam 1/14 [A] 修好铺 [A] 10am - 12pm 早上10点至中午		Eh How Ah Card Game Trial [A] 呃怎么样啊？纸牌游戏 [A] 2pm - 4pm 下午2点至4点	
13	14	15	16	17	18
		Repair Kopitiam 2/14 [A] 修好铺 [A] 10am - 12pm 早上10点至中午	Oct Birthday Celebration [A] 十月生日庆祝会 [A] 2pm - 4pm 下午2点至4点	Deepavali Party - Indian Only!! [A] 屠妖节庆祝会 - 仅限印度乐龄人士[A] 3:30pm - 5pm 下午3点半至5点	
20	21	22	23	24	25
		Moderna Health Talk [A] 莫得那健康 讲座 [A] 10am - 1pm 早上10点至下午1点		SMU - LPA Talk [A] 新加坡国立大学 讲座 - 永久授权书[A] 2pm to 5pm 下午2点至5点	IMDA Digital For Live @ VivoCity IMDA 数字生活节日参观@怡丰城 2pm - 4pm 下午2点至4点
27	28	29	30	31	
	HUNCLE - NTUC HEALTH 汉哥活动(男士) 9am - 11:30am 早上9点至11点半			NEA Recycling Talk [A] 国家环境局讲座-回收利用[A] 2pm - 3:30pm 下午2点至3点半	