

2026 September

 **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	4	5
	Stay Zen - Basic Meditation Program (Male exclusive) BAY D 10am - 11am	Let's Learn to Repair BAY D 10am - 12pm	Community Health Post (Dietetics Services) BAY C 9am - 1pm (By Appointment Only) Let's Walking Football [118 Court] 10am-11.30am Let's Zumba Gold 118 Pavillion 10am - 11am Let's Chair Zumba 118 Pavillion 2pm - 3pm	Let's Taichi (IL) 118 Pavillion 9.30am - 10.30am / 10.45am - 11.45am Let's Gym in a Bag 117 Void Deck 11.15am - 12pm	
	Let's Do Acrylic Art BAY D 1.30pm - 3pm	Let's Meridian (IL) 117 Void Deck 1pm - 2pm Let's Jam with Ukulele BAY D 1.30pm - 3.30pm Let's Do Paper Quilling Art BAY C 2pm - 3pm Community Health Post (Pharmacy Services) 2pm - 6pm (By Appointment Only) Let's Learn to Sing BAY D 3.45pm-5.15pm	TCM BAY C 2pm - 4pm Let's Steel Combat(M+W) BAY D 3pm - 4pm	Let's KTV Together BAY D 1pm - 4pm Strategise with Kakis (Rummy O Game) 117 Void Deck 2pm - 4pm	

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MON

TUE

WED

THU

FRI

SAT

7	8	9	10	11	12
Community Health Post (SGH) BAY C 9am - 4pm Let's Exercise Together 117 Void Deck 9.30am - 10.30am / 10.45am - 11.45am	Stay Zen - Basic Meditation Program (Male exclusive) BAY D 10am - 11am	Malay Kopi & Sembang [Block 201] 10am - 11.30am Let's Talk About How to Connect Wireless@SGX by IMDA 讲座 - 主题: 如何连接新加坡交易所的无线网络 [D] 10am - 11.30am	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 Taich (IL) 118 Pavillion 9.30am - 10.30am / 10.45am - 11.45am Let's Gym in a Bag 117 Void Deck 11.15am - 12pm	
Let's Lim Kopi (MEN) Block 201 2pm - 4pm Strategise with Kakis (Rummy O Game) BAY D 2pm - 4pm Let's Chair Yoga 117 Void Deck 3.30pm - 4.30pm	Let's Do Acrylic Art BAY D 1.30pm - 3pm	Let's Meridian (IL) 117 Void Deck 1pm - 2pm Let's Jam with Ukulele BAY D 1.30pm - 3.30pm Let's Do Paper Quilling Art BAY C 2pm - 3pm Community Health Post (Pharmacy Services) 2pm - 6pm (By Appointment Only) Let's Learn to Sing BAY D 3.45pm - 5.15pm	TCM BAY C 2pm - 4pm Let's Steel Combat(M+W) BAY D 3pm - 4pm	Let's KTV Together BAY D 1pm - 4pm Strategise with Kakis (Rummy O Game) 117 Void Deck 2pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Community Health Post (SGH) BAY C 9am - 4pm Let's Exercise Together 117 Void Deck 9.30am - 10.30am / 10.45am - 11.45am	Stay Well Series - Health Talk by RHS CHP (Understanding Frailty Vision and Hearing Health) [D] 10.30am – 12.30pm	Let's Learn to Repair BAY D 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	Center close Whole day for Team Building Day (9am - 6pm)	
Let's Lim Kopi (MEN) Block 201 2pm - 4pm Strategise with Kakis (Rummy O Game) BAY D 2pm - 4pm Let's Chair Yoga 117 Void Deck 3.30pm - 4.30pm	Let's Do Acrylic Art BAY D 1.30pm - 3pm	Let's Meridian (IL) 117 Void Deck 1pm - 2pm Let's Jam with Ukulele BAY D 1.30pm - 3.30pm Let's Do Paper Quilling Art BAY C 2pm - 3pm Community Health Post (Pharmacy Services) 2pm - 6pm (By Appointment Only) Let's Learn to Sing BAY D 3.45pm-5.15pm	TCM BAY C 2pm - 4pm Let's Steel Combat(M+W) BAY D 3pm - 4pm		

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MON

TUE

WED

THU

FRI

SAT

21	22	23	24	25	26
Community Health Post (SGH) BAY C 9am - 4pm Let's Exercise Together 117 Void Deck 9.30am - 10.30am / 10.45am - 11.45am Let's Support (Introductory Session Geri: Ko Yuek Talk) BAY D 10am - 11am	Let's Celebrate Mid Autumn with K2 children- 与K2儿童共度中秋佳节 [D] 10am - 11.30am	Let's Learn to Repair BAY D 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 118 Pavillion 10am - 11am Let's Chair Zumba 118 Pavillion 2pm - 3pm	Let's Taichi (IL) 118 Pavillion 9.30am - 10.30am / 10.45am - 11.45am Let's Gym in a Bag 117 Void Deck 11.15am - 12pm	
Let's Lim Kopi (MEN) Block 201 2pm - 4pm Strategise with Kakis (Rummy O Game) BAY D 2pm - 4pm Let's Chair Yoga 117 Void Deck 3.30pm - 4.30pm	Let's Do Acrylic Art BAY D 1.30pm - 3pm	Let's Meridian (IL) 117 Void Deck 1pm - 2pm Let's Jam with Ukulele BAY D 1.30pm - 3.30pm Let's Do Paper Quilling Art BAY C 2pm - 3pm Community Health Post (Pharmacy Services) 2pm - 6pm (By Appointment Only) Let's Celebrate Birthday@ Tiong Bahru CC 2pm - 4pm Let's Learn to Sing BAY D 3.45pm - 5.15pm	TCM BAY C 2pm - 4pm Let's Steel Combat(M+W) BAY D 3pm - 4pm	Strategise with Kakis (Rummy O Game) 117 Void Deck 2pm - 4pm Stay Well Series - Health Talk by RHS Rehab Health Talk- Locomotion, Exercise and Fall Prevention BAY D 2pm - 4pm Let's Brisk Walk 5pm - 6pm	

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SAT

28	29	30			
Community Health Post (SGH) BAY C 9am - 4pm Let's Exercise Together 117 Void Deck 9.30am - 10.30am / 10.45am - 11.45am	Let's Talk News [D] 10am - 12pm	Let's Learn to Repair BAY D 10am - 12pm Let's Learn to Repair BAY D 10am - 12pm 早上10点至中午12点			
Let's Lim Kopi (MEN) Block 201 2pm - 4pm Strategise with Kakis (Rummy O Game) BAY D 2pm - 4pm Let's Chair Yoga 117 Void Deck 3.30pm - 4.30pm	Let's Do Acrylic Art BAY D 1.30pm - 3pm	Let's Meridian (IL) 117 Void Deck 1pm - 2pm Let's Jam with Ukulele BAY D 1.30pm - 3.30pm Let's Do Paper Quilling Art BAY C 2pm - 3pm Community Health Post (Pharmacy Services) 2pm - 6pm (By Appointment Only) Let's Walking Football - Championship 2026 (Qualifiers) @ Tampines Hub 2.30pm - 4pm Let's Learn to Sing BAY D 3.45pm-5.15pm			

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