

2025 Sept

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





ntuc Health

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
SGH Community Nurse Post [Bay B] 9am - 11am Let's Exercise [Bay A] 9:30am - 10:30am / 10:45am - 11:45am	Let's Pick Up (English) [Bay B] 10am - 11am Stay Zen - Basic Meditation Program (Male Exclusive) [Bay D] 10am - 11am CALM 1.0 Square Stepping [Bay A] 11am - 12pm	SGH Community Nurse Post [Bay B] 8:30am - 4pm Drone Soccer (6/6) 9am - 12pm	Let's Zumba Gold [Bay A] 10am - 11am	Let's Taichi (IL) [Bay A] 9:30am - 10:30 am / 10:30am - 11:30am CHP Health Talk (Sleep) 11:30am - 12:30pm	
Let's Lim Kopi [Bay C] 2pm - 3pm 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 Level up (English) [Bay B] 1:30pm - 2:30pm 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	Services - Wellness - TCM [Bay B] 2pm - 5pm THK Cognitive Wellness Carnival 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 Let's Play Clay [Bay C] 3pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
SGH Community Nurse Post [Bay B] 9am - 11am Let's Exercise [Bay A] 9:30am - 10:30am / 10:45am - 11:45am	Let's Pick Up (English) [Bay B] 10am - 11am Stay Zen - Basic Meditation Program (Male Exclusive) [Bay D] 10am - 11am CALM 1.0 Square Stepping [Bay A] 11am - 12pm	SGH Community Nurse Post [Bay B] 8:30am - 4pm	Let's Zumba Gold [Bay A] 10am - 11am	Centre Close - Quarterly Town Hall	
Mooncake Making Workshop 10am - 11:30am Let's Lim Kopi [Bay C] 2pm - 3pm 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 Level up (English) [Bay B] 1:30pm - 2:30pm Acrylic Painting [Bay C] 1:30pm - 3:30pm Relaxing Yoga [Bay A] 1pm - 2pm SingHealth Impress Mind2S Survey [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 SingHealth Impress Mind2S Survey 2pm - 5pm Singing Session [Bay A] 3:30pm - 5pm	Services - Wellness - TCM [Bay B] 2pm - 5pm SingHealth Impress Mind2S Survey 2pm - 5pm Let's Steel Combat (Male Exclusive) [Bay D] 3pm - 4pm Let's Steel Combat (Combined) [Blk 118A Playground] 6pm - 7pm		

*In green highlight = TBC

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
SGH Community Nurse Post [Bay B] 9am - 11am Let's Exercise [Bay A] 9:30am - 10:30am / 10:45am - 11:45am	Let's Pick Up (English) [Bay B] 9am - 10am 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] 8:30am - 4pm Jurong Lake Gardens outing 9am - 1pm	Let's Zumba Gold [Bay D] 10am - 11am	Let's Taichi (IL) [Bay A] 9.30am - 10.30 am / 10.30am - 11.30am	
Let's Lim Kopi [Bay C] 2pm - 3pm Strategise with Kakis [Bay B] 2pm - 4pm SingHealth Impress Mind2S Survey 1pm - 3pm 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 Level up (English) [Bay B] 1:30pm - 2:30pm Acrylic Painting [Bay C] 1:30pm - 3:30pm Relaxing Yoga [Bay A] 1pm - 2pm SingHealth Impress Mind2S Survey 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 IMDA Gen AI (in Chinese) 2/2 3:30pm - 5pm	Birthday Celebration 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 Let's Play Clay [Bay C] 3pm - 4pm	

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MON

TUE

WED

THU

FRI

SAT



22	23	24	25	26	27
SGH Community Nurse Post [Bay B] 9am - 11am Let's Exercise [Bay A] 9:30am - 10:30am / 10:45am - 11:45am	HUNCLE - REACH 9am - 11:30am Let's Pick Up (English) [Bay B] 10am - 11am 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] 8:30am - 4pm	Let's Zumba Gold [Bay A] 10am - 11am NEA Dengue Talk 11:15am - 12:15pm	Let's Taichi (IL) [Bay A] 9.30am - 10.30 am / 10.30am - 11.30am	
Let's Lim Kopi [Bay C] 2pm - 3pm Strategise With Kakis [Bay B] 2pm - 4pm Let's Do Chair Yoga [Bay A] 3:30pm - 4:30pm Gardens By The Bay Mid-Autumn Festival Outing 5:30pm - 9pm	Let's KTV Together [Bay D] 1pm - 4pm SGH Community Nurse Post [Bay B] 1pm - 4pm Relaxing Yoga [Bay A] 1pm - 2pm Level up (English) [Bay B] 1:30pm - 2:30pm 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	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 Celebrate Mid Autumn with DBS 2pm - 5pm Let's Play Clay [Bay C] 3pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
29	30				
SGH Community Nurse Post [Bay B] 9am - 11am Let's Exercise [Bay A] 9:30am - 10:30am / 10:45am - 11:45am	Let's Pick Up (English) [Bay B] 10am - 11am Stay Zen - Basic Meditation Program (Male exclusive) [Bay D] 10am - 11am F4 exercise and communal dining [Bay A] 10am - 12pm				
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 Level up (English) [Bay B] 1:30pm - 2:30pm Acrylic Painting [Bay C] 1:30pm - 3:30pm				

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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)	English Class 英文课 BAY A BASIC: 9 am - 10 am 早上9点半至10点 (基本) INTM: 1:30pm - 2:30pm BAY B 下午1点半至2点半 (中级)	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
	F4 activity BAY A* F4 活动 10am - 12pm 早上10点至中午	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	KTV Together Karaoke BAY D 卡拉OK 1pm - 4pm 下午1点至4点
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	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	Rummy O Game BAY B 数字游戏 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	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) 6pm - 7pm 下午6点至7点	
Let's Lim Kopi (MEN) BAY C 男士咖啡座谈 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)	Rummy O Game BAY B 数字游戏 2pm - 4pm 下午2点至4点	*F4 activities start on Tues 16 Sept, every week Tues until mid-Nov	
Rummy O Game BAY B 数字游戏 2pm - 4pm 下午2点至4点	Relaxing Yoga BAY A 瑜伽课程 1pm - 2pm 下午1点至2点	Singing Class BAY A 专业唱歌课程 3:30pm - 5pm 下午3点半至5点		
Chair Yoga BAY A 椅子瑜伽 3:30pm - 4:30pm 下午3点半至4点半	Acrylic Painting BAY C 油画活 动室 1:30pm - 3:30pm 下午1点半至3点半			

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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
	CALM 1.0 Square Stepping 肌肉强化运动 - 方块踏步 [A] 11am - 12pm 早上11点至中午12点	Drone Soccer (6/6) 无人机足球 (6/6) [D] 9am - 12pm 早上9点至中午12点	Cognitive Wellness Carnival with THK 太和观认知健康嘉年华 [A] 2pm - 4.30pm 下午2点至4点半	CHP Health Talk - Sleep 护士健康讲座 - 睡眠的重要性 [D] 11:30am - 12:30pm 早上11点半至中午12点半	
8	9	10	11	12	13
Mooncake Making Workshop [A] 月饼制作工坊 1pm-2:30pm 下午1点至2点半	CALM 1.0 Square Stepping 肌肉强化运动 - 方块踏步 [A] 11am - 12pm 早上11点至中午12点 * SingHealth Impress Mind2S Survey 新保集团调查问卷 2pm - 5pm 下午2点至5点	*SingHealth F4 Survey 新保集团调查问卷 2pm - 5pm 下午2点至5点	Therapeutic Horticulture 8/8 Growing Pickling Root Veg 疗愈园艺 - 种植腌制根茎蔬菜 [D] 2pm - 3:30pm 下午2点至3点半 *SingHealth Impress Mind2S [A] Survey 新保集团调查问卷 2pm - 5pm 下午2点至5点	CENTRE CLOSE – QUARTERLY TOWN HALL 员工培训-中心关闭	
15	16	17	18	19	20
*SingHealth Impress Mind2S Survey 新保集团调查问卷 1pm-3pm 下午1点至3点	*SingHealth Impress Mind2S Survey 新保集团调查问卷 2pm - 5pm 下午2点至5点	Jurong Lake Gardens outing 裕廊湖花园游玩活动 9am - 1pm 早上9点至下午1点 IMDA GEN AI (in Chinese) 2/2 IMDA 人工智能 课程(中文) 2/2 [A] 3:30pm - 5pm 下午3点半至5点	Let's Celebrate Birthday 9月生日庆祝会 [A] 2pm - 4pm 下午2点至4点		
22	23	24	25	26	27
Gardens By The Bay Mid-Autumn Festival Outing 滨海湾花园中秋节活动 5:30pm - 9pm 晚上5点半至9点	HUNCLE - REACH (Men Only) 汉哥活动 (男士) [Location] 9am - 11:30am 早上9点至11点半		NEA Dengue Talk [D] 国家环境局讲座-登革热 11:15am - 12:15am 早上11点15分至中午12点15分	Celebrate Mid Autumn with DBS [A] 一起来庆祝中秋节(DBS) 2pm - 5pm 下午2点至5点	
29	30				

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- Upon completion of all Singhealth survey incentive will be given.
完成所有 新保集团调查问卷 后将获得奖励。