

2025 April 四月

 **Centre Name:** Active Ageing Centre (Care) (Bukit Merah Silat)
 **Centre Address:** Blk 141 Jalan Bukit Merah #01-1172 S160141
 **Centre Contact:** 6251 8047 / 82922677 (Woon / Raymond/Diana)



ntuc Health

MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5
	Let's Stretch Band with HPB 一起做弹力带拉筋操 @ 9 - 10am (By Invitation only - Research Program, 仅限受邀者 - 研究计划)	Let's Steel Combat 一起做钢铁拳击 (精简版) @ Blk 144 Jalan Bukit Merah, 9 - 10 am *(Men only, 只限男性)	Let's Chair Zumba 一起跳尊巴(乐龄版) / 椅子尊巴 9 - 10 am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Centre Closed (中心关闭)
	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am		
	Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Let's Celebrate Hari Raya! 一起来庆祝开斋节! @ 2pm - 4pm	Let's Makan Together 一起来 Makan@ 11:30am - 12:30pm (By Invitation)	Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	
			Let's do Paper Art - Paper Flowers 一起做纸艺 - 纸花艺术 @ Blk 144 Jln Bukit Merah RC @ 2 - 3 pm		
			Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm		
			Let's KTV Together 一起来k歌@ 2-4pm	SingHealth Community Nurse Post 社区健康站 @ Silat RC aCentre Blk 144 Jln Bukit Merah @ 9am - 4 pm	

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Let's Stretch Band with HPB 一起做弹力带拉筋操 @ 9 - 10am (By Invitation only - Research Program, 仅限受邀者 - 研究计划)	Let's Steel Combat 一起做钢铁拳击 (精简版) @ Blk 144 Jalan Bukit Merah, 9 - 10 am *(Men only, 只限男性)	Let's Chair Zumba 一起跳尊巴(乐龄版) / 椅子尊巴 9 - 10 am	Let's La Kopi 一起喝咖啡@Blk 144 by Silat RC @8am - 9am	Centre Closed (中心关闭)
	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	
Stay Well Series 保健系列 - 健康讲座 - - Coping with Depression 应对忧郁症 @ 2pm - 3pm - Bilingual 双语 (Virtual Talk)	Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Let's Celebrate Birthday! 一起来庆祝生日! @ 2pm - 4pm (By Invitation)	Let's Makan Together 一起来Makan @ 11:30am - 12:30pm (By Invitation)	Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	
	Digital - IMDA Go-Digital - Workshop 资讯通信媒体发展局 - 数码乐龄计划 - 培训课程		Let's do Paper Art - Paper Flowers 一起做纸艺 - 纸花艺术 @ Blk 144 Jln Bukit Merah RC @ 2 - 3 pm		
Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	"Generative Artificial Intelligence (GEN AI) 了解生成式人工智能(GEN AI)的基础知识" - Part 1 @ 2 - 3:30pm @ Spottiswoode Park RN - English 英语		Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm		
	Digital Clinic with IMDA - 与IMDA咨询 @ Spottiswoode Park RN 3:30 - 4:15 pm		Let's KTV Together 一起来k歌@ 2-4pm	SingHealth Community Nurse Post 社区健康站 @ Silat RC Centre Blk 144 Jln Bukit Merah @ 9am - 4 pm	

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 9 - 10am	Let's Stretch Band with HPB 一起做弹力带拉筋操@ 9 - 10am (By Invitation only - Research Program, 仅限受邀者 - 研究计划)	Let's Steel Combat 一起做钢铁拳击 (精简版) @ Blk 144 Jalan Bukit Merah, 9 - 10 am *(Men only, 只限男性)	Let's Chair Zumba 一起跳尊巴(乐龄版) / 椅子尊巴 9 - 10 am	Centre Closed (中心关闭) Public Holiday - Good Friday 耶稣受难日	Centre Closed (中心关闭)
	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 9 - 10am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am		
Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Let's Lim Kopi (Men's Talk) 一起喝咖啡(只限男性) All Male Coffee and Titbits gathering @ 2 - 4pm Let's do ScrapBooking Art 一起做剪贴簿 @ Silat RC Centre Blk 144 2 - 4pm	Let's Makan Together 一起来 Makan@ 11:30am - 12:30pm (By Invitation) Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm Let's KTV Together 一起来k歌@ 2-4pm		

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
Let's Go Gai Gai to Bird Paradise! 一起去飞禽公园 Gai Gai! 9 - 1130pm & Let's Makan Together 一起来 Makan@ 12- 1:00pm	Let's Stretch Band with HPB 一起做 弹力带拉筋操@ 9 - 10am (By Invitation only - Research Program, 仅限受邀者 - 研究计划)	Let's Steel Combat 一起做钢铁拳击 (精简版) @ Blk 144 Jalan Bukit Merah, 9 - 10 am *(Men only, 只限男性)	Let's Chair Zumba 一起跳尊巴(乐龄 版) / 椅子尊巴 9 - 10 am	Let's Brisk Walk and Breakfast Together 一起快步走 (运动)和共享早餐 with DBS@ 9 - 11am	Let's Do Good with Thye Hua Kwan and Ngee Ann Polytechnic - Mind Simulation Games 与太和关和义安理工学院同乐- 智力游戏 9 - 11 am
Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Centre Closed (中心关闭)
Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Let's Makan Together 一起来 Makan@ 11:30am - 12:30pm (By Invitation)	Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	
		Let's Celebrate! - Volunteer Appreciation Gathering 志愿者答谢会 @ 4 - 6 pm	Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm Let's KTV Together 一起来k歌@ 2-4pm	SingHealth Community Nurse Post 社区健康站 @ Silat RC Centre Blk 144 Jln Bukit Merah @ 9am - 4 pm	

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MON	TUE	WED	THU	FRI	SAT
28	29	30			
Let's Exercise with Razak on Zoom — 起跟Razak线上做运动 @ 10 - 11am	Let's Stretch Band with HPB 一起做弹力带拉筋操@ 9 - 10am (By Invitation only - Research Program, 仅限受邀者 - 研究计划) "Project Citizens" Senior Engagement Program - By Founders' Memorial 与建国先贤纪念馆的“公民计划” @ Silat RC Centre Blk 144 @ 10 - 12pm	Centre Closed (中心关闭) Staff Event			Centre Closed (中心关闭)
Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm				

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