

2026 Apr 四月

📍 **Centre Name:** AACC (Bukit Merah Silat)
 🏠 **Centre Address:** Blk 145 Jalan Bukit Merah #01-1094 S160145
 📞 **Centre Contact:** 8292 2677 (Diana / Meng Choo / Yeow Seng)



MON	TUE	WED	THU	FRI	SAT
Mar 30	31	Apr 1	2	3	4
		9 - 10am [Silat RC Blk 144] Let's Steel Combat 一起做钢铁拳击(精简版) <i>(By Registration and Male only 只限已登记的男性参与者)</i>	9 - 10am Let's Chair Zumba 一起跳尊巴(乐龄版) / 椅子尊巴	Good Friday 耶稣受难日 Centre Closed (中心关闭)	Centre Closed (中心关闭)
		9 - 10am Let's Exercise Together (Video) 一起动起来(视频)	10 - 11am Let's Exercise Together (Video) 一起动起来(视频)		
		10 - 11am Let's Exercise Together (Video) 一起动起来(视频)	11:30am - 12:30pm Let's Makan Together 一起来Makan <i>(By Registration only 只限已登记的参与者)</i>		
		2 - 4pm Strategise with Kakis 一起玩棋类游戏	2 - 4pm Strategise with Kakis 一起玩棋类游戏		

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MON	TUE	WED	THU	FRI	SAT
Apr 6	7	8	9	10	11
9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	9 - 10am Let's Kpop X-Lite (Standing) 一起做韩式韵律操 (站式)	9 - 10am [Silat RC Blk 144] Let's Steel Combat 一起做 钢铁拳击 (精简版) <i>(By Registration and Male only 只限已登记的男性参与者)</i>	9 - 10am Let's Chair Zumba 一起跳尊巴 (乐龄版) / 椅子尊巴	8 - 9am [Silat RC Blk 144] Let's La Kopi 一起喝咖啡	Centre Closed (中心关闭)
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	10.15 - 11.15am Let's Piloxing Lite (Seated) 一起做皮拉提拳击 (坐姿)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	10 - 11am Let's Exercise Together (Video) 一起动起来 (视频)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	
2 - 3.30pm Strategise with Kakis 一起玩棋类游戏	2 - 4pm Strategise with Kakis 一起玩棋类游戏	10 - 11am Let's Exercise Together (Video) 一起动起来 (视频)	10 - 11.30am [Delta Sports Hub] Let's Walking Football 一起来踢球 <i>(By Registration only 只限已登记的参与者)</i>	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	
3.30 - 4.30pm Let's Gen Together - Kindergarten 代际交流 - 幼儿园 <i>(By Registration only 只限已登记的参与者)</i>		2 - 4pm Strategise with Kakis 一起玩棋类游戏	2 - 5pm Let's KTV Together 一起来k歌	2 - 3pm Scent Healing (Introduction Session) 自然香氛, 养生之道 <i>(By Registration only 只限已登记的参与者)</i>	
			2 - 5pm Strategise with Kakis 一起玩棋类游戏	3.30 - 5pm Let's Gen Together - Sing and Dance Together 代际交流 - 一起来唱歌和跳舞 <i>(By Registration only 只限已登记的参与者)</i>	
				9am - 4pm SingHealth Community Health Post 社区健康站	

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MON	TUE	WED	THU	FRI	SAT
Apr 13	14	15	16	17	18
9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	9 - 10am Let's Kpop X-Lite (Standing) 一起做韩式韵律操 (站式)	9 - 10am [Silat RC Blk 144] Let's Steel Combat 一起做 钢铁拳击 (精简版) <i>(By Registration and Male only 只限已登记的男性参与者)</i>	9 - 10am Let's Chair Zumba 一起跳尊巴 (乐龄版) / 椅子尊巴	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	Centre Closed (中心关闭)
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	10.15 - 11.15am Let's Piloxing Lite (Seated) 一起做皮拉提拳击 (坐式)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	10 - 11am Let's Exercise Together (Video) 一起动起来 (视频)	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	
1.45 - 2.45pm Let's Talk News 新闻聊一聊	2 - 4pm Strategise with Kakis 一起玩棋类游戏	10 - 11am Let's Exercise Together (Video) 一起动起来 (视频)	2.45 - 3.45pm Let's Gen Together - Singapore Polytechnic 际交流 - 新加坡理工学院 <i>(By Registration only 只限已登记的参与者)</i>	2 - 4pm Strategise with Kakis 一起玩棋类游戏	
2.45 - 4.30pm Strategise with Kakis 一起玩棋类游戏	2 - 4pm [Spottiswoode RC Blk 104] IMDA Workshop 'Transact Online: Learn NLB Mobile' 资讯通信媒体 发展局培训课程 '在网上交易: 阅读学习' <i>(Conducted in English/以英语进行)</i>	2 - 4pm [ICCP] IMDA Workshop 'Transact Online: Learn NLB Mobile' 资讯通信媒体 发展局培训课程 '在网上交易: 阅读学习' <i>(Conducted in Mandarin/以华语进行)</i>	4 - 5pm Strategise with Kakis 一起玩棋类游戏	2 - 4pm [Cantonment RC Blk 12] IMDA Workshop 'Transact Online: Learn NLB Mobile' 资讯通信媒体 发展局培训课程 '在网上交易: 阅读学习' <i>(Conducted in Mandarin/以华语进行)</i>	
3 - 4pm Lifestyle Massage 日常按摩术 <i>(By Registration only 只限已登记的参与者)</i>		4 - 5pm Strategise with Kakis 一起玩棋类游戏		4.15 - 5pm [Cantonment RC Blk 12] Let's Exercise Together (Video) 一起动起来 (视频)	
				9am - 4pm SingHealth Community Nurse Post 社区健康站	

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MON	TUE	WED	THU	FRI	SAT
Apr 20	21	22	23	24	25
9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	9 - 10am Let's Kpop X-Lite (Standing) 一起做韩式韵律操 (站式)	9 - 10am [Silat RC Blk 144] Let's Steel Combat 一起做钢铁拳击 (精简版) <i>(By Registration and Male only)</i> 仅限已登记的男性参与者	9 - 10am Let's Chair Zumba 一起跳尊巴 (乐龄版) / 椅子尊巴	8.30 - 10.30am Let's Go Gai Gai - Explore Singapore (Fun Walk) 一起快步走 (运动) <i>(By Registration only)</i> 仅限已登记的参与者	Centre Closed (中心关闭)
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	10.15 - 11.15am Let's Piloxing Lite (Seated) 一起做皮拉提拳击 (坐姿)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	10 - 11am Let's Exercise Together (Video) 一起动起来 (视频)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	
2 - 4pm Leaving a Legacy and How to Journey with Parkinson's Disease 留下生命的足迹和 帕金森病之旅	2 - 4pm Strategise with Kakis 一起玩棋类游戏	10 - 11am Let's Exercise Together (Video) 一起动起来 (视频)	10 - 11.30am [Delta Sports Hub] Let's Walking Football 一起来踢球 <i>(By Registration only)</i> 仅限已登记的参与者	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	
4 - 5pm Strategise with Kakis 一起玩棋类游戏		2 - 4pm Let's Celebrate Birthday! 一起来庆祝生日! Let's Do Fun Craft! 一起做手工 <i>(By Registration only)</i> 仅限已登记的参与者	11:30am - 12:30pm [Cantonment RC Blk 12] Let's Makan Together 一起来Makan <i>(By Registration only)</i> 仅限已登记的参与者	2 - 3pm Let's Pick Up Basic English 一起学基本英语 <i>(By Registration only)</i> 仅限已登记的参与者	
			2 - 3.30pm Strategise with Kakis 一起玩棋类游戏	3 - 4.30pm Strategise with Kakis 一起玩棋类游戏	
			4 - 5.30pm Let's Gen Together - Clementi Town Secondary 代际交流 - 金文泰中学 <i>(By Registration only)</i> 仅限已登记的参与者	9am - 4pm SingHealth Community Health Post 社区健康站	

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MON	TUE	WED	THU	FRI	SAT
Apr 27	28	29	30	May 1	2
9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	9 - 10am Let's Kpop X-Lite (Standing) 一起做韩式韵律操 (站式)	9 - 10am [Silat RC Blk 144] Let's Steel Combat 一起做钢铁拳击(精简版) <i>(By Registration and Male only)</i> 只限已登记的男性参与者	9 - 10am Let's Chair Zumba 一起跳尊巴(乐龄版) / 椅子尊巴	Labour Day 劳动节 Centre Closed (中心关闭)	Centre Closed (中心关闭)
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	10.15 - 11.15am Let's Piloxing Lite (Seated) 一起做皮拉提拳击 (坐式)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	10 - 11am Let's Exercise Together (Video) 一起动起来 (视频)		
1.45 - 2.45pm Let's Talk News 新闻聊一聊	2 - 4pm Strategise with Kakis 一起玩棋类游戏	10 - 11am Let's Exercise Together (Video) 一起动起来 (视频)	2 - 5pm Let's KTV Together 一起来唱歌		
2.45 - 4.30pm Strategise with Kakis 一起玩棋类游戏		2 - 4pm Strategise with Kakis 一起玩棋类游戏	2 - 5pm Strategise with Kakis 一起玩棋类游戏		
3 - 4pm Scent Healing (Destress) 天然香氛, 舒缓压力 <i>(By Registration only)</i> 只限已登记的参与者		2 - 5pm Let's Lim Kopi (Men's Outing) 一起喝咖啡(男士出游日) Let's Appreciate Coffee 一起鉴赏咖啡 <i>(By Registration and Male only)</i> 只限已登记的男性参与者			

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