

2025 August 八月

 **Centre Name:** Active Ageing Centre (Care) (Bukit Merah Silat)
 **Centre Address:** Blk 141 Jalan Bukit Merah #01-1172 Spore 160141
 **Centre Contact:** 8292 2677 (Raymond/ Diana/ Meng Choo)





MON	TUE	WED	THU	FRI	SAT
Jul 28	Jul 29	Jul 30	Jul 31	1	2
9 - 10am Let's Exercise - HPB 'CALM 1.0' 一起做运动 - 对抗与年龄相关的肌肉流失 <i>(By Registration 只限已登记的参与者)</i>	10 - 11am Let's Exercise Together (Video) 一起动起来 (视频)	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	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	10 - 11.30am Let's Be Eco Explorers! (Post-Trip) with Singapore University of Social Sciences (SUSS) 一起做环保探索家 <i>(By Registration 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)	2 - 4pm Strategise with Kakis 一起玩棋类游戏	9 - 10am Let's Exercise - HPB 'CALM 1.0' 一起做运动 - 对抗与年龄相关的肌肉流失 <i>(By Registration 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)	10 - 11:30am [Cantonment RC Blk 12] HPB Workshop 'Move It, Feel Young' 健康讲座 - 动起来, 青春不老	
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)	11:30am - 12:30pm Let's Makan Together 一起来 Makan <i>(By Registration 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	2 - 4pm Strategise with Kakis 一起玩棋类游戏 Let's KTV Together 一起来k歌	9am - 4pm [Silat RC Blk 144] SingHealth Community Nurse Post 社区健康站	
		2 - 4pm [Silat RC Blk 144] Let's Lim Kopi (Men's Talk) 一起喝咖啡 (只限男性) <i>(By Registration and Male Only 只限已登记的男性参与者)</i>			

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MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
8:50 - 10:00am Let's Exercise - 'CALM 1.0' 一起做运动 - 对抗与年龄相关的肌肉流失 <i>(By Registration 只限已登记的参与者)</i>	10 - 11am Let's Exercise Together (Video) 一起动起来(视频)	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) National Day 国庆日
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	2 - 3:30pm Green Series Part 1: DIY Self-Watering Planters 环保系列: 自制自浇花盆 <i>(By Registration 只限已登记的参与者)</i>	8:50 - 10:00am Let's Exercise - 'CALM 1.0' 一起做运动 - 对抗与年龄相关的肌肉流失 <i>(By Registration 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)	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	
2 - 4pm Strategise with Kakis 一起玩棋类游戏		10:30 - 11:30am SG60 Let's Sing & Exercise Together! SG60一起唱国歌做运动!	11:30am - 12:30pm Let's Makan Together 一起来Makan <i>(By Registration 只限已登记的参与者)</i>	2 - 3:30pm IMDA "Manage Screen Time & Set Device Limits" Workshop 资讯通信媒体发展局 - '管理屏幕时间与设定使用限制' 培训课程 Digital Clinic with IMDA - 与IMDA咨询	
		2 - 4pm SG60 Mini Carnival - Let's Celebrate National Day! SG60一起欢庆国庆日!	2 - 4pm Strategise with Kakis 一起玩棋类游戏 Let's KTV Together 一起来k歌	1:30 - 5pm DIY Keychain Making (Part 2 - Ngee Ann Poly) 钥匙圈手作活动 (义安理工学院) <i>(By Registration 只限已登记的参与者)</i>	
				9am - 4pm [Silat RC Blk 144] SingHealth Community Nurse Post 社区健康站	

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
Centre Closed (中心关闭) Replacement Holiday for National Day 国庆日	10 - 11am Let's Exercise Together (Video) 一起动起来 (视频)	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	8:50 - 10:00am Let's Exercise - 'CALM 1.0' 一起做运动 - 对抗与年龄相关的 肌肉流失 <i>(By Registration 只限已登记的参 与者)</i>	Centre Closed (中心关闭)
	2 - 3:30pm [Spottiswoode RC Blk 104] IMDA "Practise Netiquette" Workshop 资讯通信媒体发展 局 - '学习网络礼仪' 培训课程 Digital Clinic with IMDA - 与IMDA咨询	8:50 - 10:00am Let's Exercise - 'CALM 1.0' 一起做运动 - 对抗与年龄相关的 肌肉流失 <i>(By Registration 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)	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	
	2 - 3:30pm Green Series Part 2: Eco-Enzyme Solutions 环保系列: 自制环保酵素 <i>(By Registration 只限已登记的参 与者)</i>	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 只限已登记的参与者)</i>	9am - 4pm [Silat RC Blk 144] SingHealth Community Nurse Post 社区健康站	
		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 只限已登记的参 与者)</i>	2 - 4pm Strategise with Kakis 一起玩棋类游戏 Let's KTV Together 一起来k歌	Centre Closed (中心关闭) Staff Event	

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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
8:50 - 10:00am Let's Exercise - 'CALM 1.0' 一起做运动 - 对抗与年龄相关的肌肉流失 <i>(By Registration 只限已登记的参与者)</i>	10 - 11am Let's Exercise Together (Video) 一起动起来 (视频)	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	8:30am - 10:30am Let's Explore, Spot & Stroll: Fun Walk 一起快步走 (运动)	Centre Closed (中心关闭)
9:30 - 10:30am [Everton RC Blk 6] Health Talk 'Fall Prevention: Proper Foot Wear and Vision' 健康讲座'预防跌倒 – 正确的鞋子与视力保健' <i>(By Registration 只限已登记的参与者)</i>	2 - 3:30pm Green Series Part 3: Nature-Inspired Terracotta Pot Painting 环保系列: 陶瓷花盆绘画 <i>(By Registration 只限已登记的参与者)</i>	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)	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	3:30 - 4:30pm [Silat RC Blk 144] Let's Gen Together - Kindergarten 代际交流 - 幼儿园 <i>(By Registration 只限已登记的参与者)</i>	2.30 - 5pm [Delta Sports Complex] Let's Exercise - 'CALM 1.0' Post-Assessment 一起做运动 - 对抗与年龄相关的肌肉流失 (后期评估) <i>(By Registration 只限已登记的参与者)</i>	11:30am - 12:30pm Let's Makan Together 一起来Makan <i>(By Registration 只限已登记的参与者)</i>	2 - 3pm Legacy Planning Talk by Montfort Care 安心规划未来讲座	
2 - 4pm Let's Gen Together - River Valley Primary School 代际交流 - 立化小学 <i>(By Registration 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 Let's KTV Together 一起来k歌	3:30 - 4:30pm [Cantonment RC Blk 12] IMDA "Search for Info Online" Workshop 资讯通信媒体发展局 - '网上搜寻资料' 培训课程 Digital Clinic with IMDA - 与IMDA咨询	
2 - 4pm Strategise with Kakis 一起玩棋类游戏				9am - 4pm [Silat RC Blk 144] SingHealth Community Nurse Post 社区健康站	

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
9 - 10am [Silat RC Blk 144] Let's Exercise - ActiveSG Square Stepping 一起做运动 - ActiveSG 方形 踏步运动 <i>(By Registration 只限已登 记的 参与者)</i>	9.30 - 11:30am Green Series Part 4: Let's Go Gai Gai to Sensory Garden 环保系列: 感官花园探索之旅 <i>(By Registration 只限已登 记的 参与者)</i>	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	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	Centre Closed (中心关闭)
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	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)	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	2 - 4pm Strategise with Kakis 一起玩棋类游戏	
2 - 3pm NEA Talk - Dengue Prevention 国家环境局讲座 - 登革热预 防	2 - 4pm Strategise with Kakis 一起玩棋类游戏	2 - 3pm [Spottiswoode RC Blk 104] HPB Workshop 'Move It, Feel Young' 健康讲座 - 动起来, 青春不老	11:30am - 12:30pm Let's Makan Together 一起来Makan <i>(By Registration 只限已登 记的参与者)</i>	9am - 4pm [Silat RC Blk 144] SingHealth Community Nurse Post 社区健康站	
3 - 4pm Strategise with Kakis 一起玩棋类游戏		2 - 4pm [Silat RC Blk 144] Let's Lim Kopi (Men's Talk) 一起喝咖啡(只限男性) <i>(By Registration and Male Only 只限已登 记的男性参与者)</i>	2 - 4pm Strategise with Kakis 一起玩棋类游戏 Let's KTV Together 一起来k歌		

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