

2026 August 八月

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



ntuc Health

MON Aug 3	TUE 4	WED 5	THU 6	FRI 7	SAT 8
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 RN 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	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 (Hybrid Style) 一起做皮拉提拳击 (混合风格)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	10.15 - 11.15am Let's Aerobics (Hybrid Style) 一起做有氧运动 (混合风格)	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	
11am - 12pm Let's CALM (Video) 一起做防肌肉萎缩运动 (视频) <i>(By Registration only)</i> 只限已登记的参与者	12.30 - 5pm Let's Support Research 一起参与研究计划 <i>(By Registration only)</i> 只限已登记的参与者	10 - 11am Let's CALM 一起做防肌肉萎缩运动 <i>(By Registration only)</i> 只限已登记的参与者	12 - 1pm Let's Makan Together 一起来Makan <i>(By Registration only)</i> 只限已登记的参与者	2 - 4pm Strategise with Kakis 一起玩棋类游戏	
1.30 - 3pm Let's Do Paper Quilling 一起做 衍纸 <i>(By Registration only)</i> 只限已登记的参与者	2 - 4pm Strategise with Kakis 一起玩棋类游戏	12.30 - 5pm Let's Support Research 一起参与研究计划 <i>(By Registration only)</i> 只限已登记的参与者	2 - 4pm Strategise with Kakis 一起玩棋类游戏	3 - 4.30pm Let's Do Paper Quilling 一起做 衍纸 <i>(By Registration only)</i> 只限已登记的参与者	
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	3 - 5pm Let's Support Research 一起参与研究计划 <i>(By Registration only)</i> 只限已登记的参与者	9am - 4pm SingHealth Community Health Post (Nurse) 社区健康站 (护士)	
3.30 - 4.30pm Let's Gen Together - Kindergarten 代际交流 - 幼儿园 <i>(By Registration only)</i> 只限已登记的参与者					
9am - 1pm SingHealth Community Health Post (Pharmacist) 社区健康站 (药剂师)					

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MON	TUE	WED	THU	FRI	SAT
Aug 10	11	12	13	14	15
National Day 国庆日 Centre Closed (中心关闭)	9 - 10am Let's Kpop X-Lite (Standing) 一起做韩式韵律操 (站式)	9 - 10am [Silat RN 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	8 - 9am [Silat RC Blk 144] Let's Lim Kopi 一起喝咖啡	9am - 12pm Let's Join NTUC Health Active Ageing Centre (Care) (Bukit Merah Silat) OPEN HOUSE! 活跃乐龄中心开放日 <i>(By Registration only)</i> 只限已登 记的参与者)
	10.15 - 11.15am Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳 击 (混合风格)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	10 - 11.30am [Telok Blangah Community Club] Let's Walking Football 一起来踢球 <i>(By Registration only)</i> 只限已登 记的参与者)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	Centre Closed (中心关闭)
	12 - 6pm Centre Closed (中心关闭) Staff Event	10 - 11am Let's CALM - F4 一起做防肌肉萎 缩运动 - F4 <i>(By Registration only)</i> 只限已登 记的参与者)	10.15 - 11.15am Let's Aerobics (Hybrid Style) 一起做有氧运 动(混合风格)	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	
		11am - 12pm Let's Makan Together - F4 一起来 Makan - F4 <i>(By Registration only)</i> 只限已登 记的参与者)	12 - 6pm Centre Closed (中心关闭) Staff Event	11am - 12pm Let's CALM (Video) 一起做防肌肉萎 缩运动(视频) <i>(By Registration only)</i>	
		2 - 4pm Strategise with Kakis 一起玩棋 类游戏		9am - 4pm SingHealth Community Health Post (Nurse) 社区健康站 (护士)	
		3 - 4.30pm Let's Do Paper Quilling 一起做 衍纸 <i>(By Registration only)</i> 只限已登 记的参与者)			

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MON	TUE	WED	THU	FRI	SAT
Aug 17	18	19	20	21	22
9 - 11am [Kallang Basin] Let's Dragon Boat 一起来划龙舟 <i>(By Registration only 只限已登记的参与者)</i>	9 - 10am Let's Kpop X-Lite (Standing) 一起做韩式韵律操 (站式)	9 - 10am [Silat RN 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)
9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	10.15 - 11.15am Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳击 (混合风格)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	10.15 - 11.15am Let's Aerobics (Hybrid Style) 一起做有氧运动 (混合风格)	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 - 11am Let's CALM 一起做防肌肉萎缩运动 <i>(By Registration only)</i>	2 - 5pm Let's KTV Together 一起来K歌	12 - 1pm [Cantonment RN Blk 12] Let's Makan Together 一起来Makan <i>(By Registration 只限已登记的参与者)</i>	
11am - 12pm Let's CALM (Video) 一起做防肌肉萎缩运动 (视频) <i>(By Registration only 只限已登记的参与者)</i>	2 - 5pm [Spottiswoode RN Blk 104] Leave Well Series - Legacy Planning Workshop - Will Writing 遗产与遗嘱规划 - 遗嘱写作 2pm - in Mandarin 华语场 3.30pm - in English 英语场	2 - 5pm [ICCP] Leave Well Series - Legacy Planning Workshop - Will Writing [ICCP] 遗产与遗嘱规划 - 遗嘱写作 2pm - in Mandarin 华语场 3.30pm - in English 英语场	2 - 5pm Strategise with Kakis 一起玩棋类游戏	2 - 5pm [Cantonment RN Blk 12] Leave Well Series - Legacy Planning Workshop - Will Writing 遗产与遗嘱规划 - 遗嘱写作 2pm - in Mandarin 华语场 3.30pm - in English 英语场	
1.45 - 2.45pm Let's Talk News 新闻聊一聊			2.45 - 5.45pm [Silat RN Blk 144] Let's Gen Together - Outing to Bartley Secondary School 代际交流 - 出游到巴特礼中学 <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				9am - 4pm SingHealth Community Health Post (Nurse) 社区健康站 (护士)	
3 - 4.30pm Let's Do Paper Quilling 一起做衍纸 <i>(By Registration only 只限已登记的参与者)</i>					
9am - 1pm SingHealth Community Health Post (Pharmacist) 社区健康站 (药剂师)					

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MON	TUE	WED	THU	FRI	SAT
Aug 24	25	26	27	28	29
9 - 11am [Kallang Basin] Let's Dragon Boat 一起来划龙舟 <i>(By Registration only 只限已登记的参与者)</i>	9 - 10am Let's Kpop X-Lite (Standing) 一起做韩式韵律操(站式)	9 - 10am [Silat RN 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 - 10.30am Let's Go Gai Gai and Explore Singapore (Fun Walk) 一起快步走(运动) <i>(By Registration only 只限已登记的参与者)</i>	Centre Closed (中心关闭)
9 - 10am Let's Exercise Together (Video) 一起动起来(视频)	10.15 - 11.15am Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳击(混合风格)	9 - 10am Let's Exercise Together (Video) 一起动起来(视频)	10.15 - 11.15am Let's Aerobics (Hybrid Style) 一起做有氧运动(混合风格)	9 - 10am Let's Exercise Together (Video) 一起动起来(视频)	
9am - 12.30pm [Silat RN Blk 144] Let's Go Gai Gai - Jurong Frog Farm 一起去GaiGai - 裕廊青蛙农场 <i>(By Registration only 只限已登记的参与者)</i>	2 - 4pm [Silat RN Blk 144] Strategise with Kakis 一起玩棋类游戏	10 - 11am Let's CALM 一起做防肌肉萎缩运动 <i>(By Registration only 只限已登记的参与者)</i>	10 - 11.30am [Telok Blangah Community Club] 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)	
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	2 - 4pm Let's Celebrate Birthday! 一起来庆祝生日!	2 - 4pm Let's Lim Kopi (Men's Talk) 一起喝咖啡(只限男性)	2 - 4pm Stay Well Series - Nutrition Talk 保健系列 - 营养讲座 <i>(By Registration only 只限已登记的参与者)</i>	11.45am - 1.30pm Stay Well Series - Health Talk by SingHealth Nurses 保健系列 - 健康讲座由新保集团护士主讲 <i>(By Registration only 只限已登记的参与者)</i>	
11am - 12pm Let's CALM (Video) 一起做防肌肉萎缩运动(视频) <i>(By Registration only 只限已登记的参与者)</i>	Let's Learn Creative Dopamine Language 一起来学习创意多巴胺语言 <i>(By Registration only 只限已登记的参与者)</i>	Let's Makan Together 一起来Makan <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	2 - 4pm Strategise with Kakis 一起玩棋类游戏	
2 - 4pm Strategise with Kakis 一起玩棋类游戏				9am - 4pm SingHealth Community Health Post (Nurse) 社区健康站(护士)	
3 - 4.30pm Let's Do Paper Quilling 一起做衍纸 <i>(By Registration only 只限已登记的参与者)</i>					
9am - 1pm SingHealth Community Health Post (Pharmacist) 社区健康站(药剂师)					

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MON	TUE	WED	THU	FRI	SAT
Aug 31	Sep 1	2	3	4	5
9 - 11am [Kallang Basin] Let's Dragon Boat 一起来划龙舟 <i>(By Registration only)</i> 只限已登记的参与者					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 (Online - Zoom) 一起动起来 (线上运动)					
11am - 12pm Let's CALM (Video) 一起做防肌肉萎缩运动 (视频) <i>(By Registration only)</i> 只限已登记的参与者					
1.45 - 2.45pm Let's Talk News 新闻聊一聊					
2.45 - 4.30pm Strategise with Kakis 一起玩棋类游戏					
3 - 4.30pm Let's Do Paper Quilling 一起做 衍纸 <i>(By Registration only)</i> 只限已登记的参与者					
9am - 1pm SingHealth Community Health Post (Pharmacist) 社区健康站 (药剂师)					

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