

2025 Dec 十二月

 **Centre Name:** AACC (Bukit Merah Silat)
 **Centre Address:** Blk 141 Jalan Bukit Merah #01-1172 S160141
 **Centre Contact:** 8292 2677 (Yeow Seng / Diana/ Meng Choo)



MON	TUE	WED	THU	FRI	SAT
Dec 1	2	3	4	5	6
9 - 10am 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)	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 - 11am Let's Exercise Together (Video) 一起动起来(视频)	Centre Closed (中心关闭)
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)	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)	
2 - 3pm [ICCP] HPB Talk 'Healthy Grandchild, Happy Me' 健康讲座 '孙儿健康, 我开心'		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>			

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MON	TUE	WED	THU	FRI	SAT
Dec 8	9	10	11	12	13
9 - 10am 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)	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 Lim Kopi 一起喝咖啡	Centre Closed (中心关闭)
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)	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)	9am - 4pm [Silat RC Blk 144] SingHealth Community Nurse Post 社区健康站	
	2 - 3:30pm [Spottiswoode RC Blk 104] Let's Talk About IMDA 'Identify & A.C.T. Against Common Scams' Workshop 资讯通信媒体发展局培训课程 '识别与防止常见的骗局'	10 - 11am Let's Exercise Together (Video) 一起动起来(视频)	3.30pm - 5pm [Cantonment RC Blk 12] Let's Talk About IMDA 'Protect Data Privacy' Workshop 资讯通信媒体发展局培训课程 '保护个人资料隐私'	Centre Closed (中心关闭) Staff Event	

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2025 Dec 十二月

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





MON	TUE	WED	THU	FRI	SAT
Dec 15	16	17	18	19	20
2 - 3pm [Cantonment RC Blk 12] Let's Talk About NEA - 'Say YES to Waste Less' 国家环境局讲座 '说 YES 减少浪费'	2 - 3pm [Spottiswoode RC Blk 104] Let's Talk About NEA - 'Say YES to Waste Less' 国家环境局讲座 '说 YES 减少浪费'	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 (Video) 一起动起来(视频)	10 - 11am Let's Exercise Together (Video) 一起动起来(视频)	2 - 4pm Let's Talk About Healthy Body, Happy Mind - by Ngee Ann Polytechnic 身心健康, 快乐人生 - 义安理工学院 <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 - 5pm [ICCP] Let's Celebrate Christmas! 一起来庆祝圣诞节 <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
Dec 22	23	24	25	26	27
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)	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>	Christmas Day 圣诞节  Centre Closed (中心关闭)	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	Centre Closed (中心关闭)
2 - 4pm 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)		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	
Dec 29	30	31			
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	9 - 10am Let's Talk News (SPH) 新闻聊一聊	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>			
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 - 11am Let's Exercise Together (Video) 一起动起来(视频)			
	2 - 4pm Strategise with Kakis 一起玩棋类游戏				

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