

# 2025 February 二月

📍 **Centre Name:** Active Ageing Centre (Care) (Bukit Merah Silat)  
 🏠 **Centre Address:** Blk 141 Jalan Bukit Merah #01-1172 Spore 160141  
 📞 **Centre Contact:** 6251 8047 / 82922677 (Woon / Raymond)



MON 3	TUE 4	WED 5	THU 6	FRI 7	SAT 8
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 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	<b>Centre Closed (中心关闭)</b>
<b>Stay Well Series 保健系列</b> - 健康讲座 - - Healthy Mind, Healthy Lives @ 2pm - 3:30pm - Bilingual 双语 (Virtual Talk)	<b>Stay Well Series 保健系列</b> - 健康讲座 - - HPB Program - Balik Kampung I Can do This (Resilience) 我能做到(韧性) @ 2pm - 3pm - Bilingual 双语	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 @ 3:30 - 5pm		<b>Let's Celebrate Chinese New Year!</b> 一起来庆祝农历新年! @ 2pm - 4pm	Let's Makan Together 一起来Makan@ 11:30am - 12:30pm (By Invitation Only)	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 KTV Together 一起来唱歌 @ 2-4pm	SingHealth Community Nurse Post @ Silat RC Centre Blk 144 Jln Bukit Merah @ 9am - 4 pm	

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	<p>Let's Stretch Band with HPB 一起做弹力带拉筋操 @ 9 - 10am  <b>(By Invitation only - Research Program, 仅限受邀者 - 研究计划)</b></p> <p>Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am</p>	<p>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)</p> <p>Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am</p>	<p>Let's Chair Zumba 一起跳尊巴(乐龄版) / 椅子尊巴                      9 - 10 am</p> <p>Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am</p>	<p>Let's La Kopi 一起喝咖啡 @ Blk 144 by Silat RC @ 8am - 9am</p> <p>Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am</p>	<p>Functional Screening @ Silat RC Centre Blk 144 Jln Bukit Merah - 9 am - 1 pm  <b>(Limited numbers, Registration Required)</b></p>
<p>Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm</p>	<p><b>Stay Well Series 保健系列 - 健康讲座 -</b>                      - HPB Program - Balik Kampung                      Am I Okay (Emotional Intelligence)                      我还好吗 (情商) @ 2pm - 3pm                      - Bilingual 双语</p>	<p><b>Let's Celebrate Birthday! 一起来庆祝生日!</b>                      @ 2pm - 4pm                      (By Invitation Only)</p>	<p>Let's Makan Together 一起来 Makan@                      11:30am - 12:30pm                      (By Invitation Only)</p> <p>Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm</p> <p>Let's KTV Together 一起来k歌 @ 2-4pm</p>	<p><b>Digital - IMDA Go-Digital - Workshop</b>                      资讯通信媒体 发展局 - 数码乐龄计划 - 培训课程                      "Generative Artificial Intelligence (GEN AI) 了解生成式人工智能 (GEN AI) 的基础知识" - <b>Part 1</b>                      @ 2 - 4pm                      - Mandarin 华语</p> <p><b>Digital Clinic with IMDA - 与IMDA咨询</b>                      4pm - 5:30pm.</p> <p>SingHealth Community Nurse Post @ Silat RC Centre Blk 144 Jln Bukit Merah @ 9am - 4 pm</p>	

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
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 <b>(By Invitation only - Research Program, 仅限受邀者 - 研究计划)</b>	Let's Steel Combat 一起做钢铁拳击(精简版) @ Blk 144 Jalan Bukit Merah, 9 - 10 am *(Men only, 仅限男性)	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	<b>Centre Closed (中心关闭)</b>
	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	Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	<b>Let's Lim Kopi (Men's Talk) 一起喝咖啡(仅限男性)</b>  All Male Coffee and Titbits gathering @ 2 - 4pm	Let's Makan Together 一起来Makan@ 11:30am - 12:30pm (By Invitation Only) Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	<b>Stay Well Series 保健系列 - 健康讲座 - HPB Senior Health Talk - Let's be Strong Together! 让我们一起坚强吧!</b> 2 - 3 pm - Bilingual 双语	
			Let's KTV Together 一起来k歌@ 2-4pm		

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	1
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 <b>(By Invitation only - Research Program, 仅限受邀者 - 研究计划)</b>	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	<b>Centre Closed (中心关闭)</b>
	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 Brisk Walk 一起快步走 (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	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 Only)	<b>Towards Healthier Hearts Workshop - @ Henderson CC 1 - 4:30 pm</b>	
			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 KTV Together 一起来唱歌 @ 2-4pm	SingHealth Community Nurse Post @ Silat RC Centre Blk 144 Jln Bukit Merah @ 9am - 4 pm	

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