

2026 Feb 二月

📍 **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)



ntuc Health

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	9 - 10am Let's Do Kpop (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	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 (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)	
2 - 3.30pm Let's Do Fun Craft! for CNY 一起做农历新年手工 <i>(By Registration only)</i> 仅限已登记的参与者	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 only)</i> 仅限已登记的参与者	11am - 12.30pm Healthier Minds for Healthier Lives 健康心灵成就健康生活 <i>(Conducted in Mandarin)</i> <i>(By Registration only)</i> 仅限已登记的参与者	
3.30pm - 4.30pm Let's Gen Together - Kindergarten 代际交流 - 幼儿园 <i>(By Registration only)</i> 仅限已登记的参与者	2 - 4pm [Spottiswoode RC Blk 104] IMDA Workshop 'Online Banking & E-payment' 资讯通信媒体发展局培训课程 '网络银行与电子支付服务' <i>(Conducted in English)</i>	2 - 4pm [ICCP] IMDA Workshop 'Online Banking & E-payment' 资讯通信媒体发展局培训课程 '网络银行与电子支付服务' <i>(Conducted in Mandarin)</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 [Cantonment RC Blk 12] IMDA Workshop 'Online Banking & E-payment' 资讯通信媒体发展局培训课程 '网络银行与电子支付服务' <i>(Conducted in Mandarin)</i>	
				4.15pm - 5pm [Cantonment RC Blk 12] Let's Exercise Together (Video) 一起动起来 (视频)	
				9am - 4pm [Silat RC Blk 144] Community Health Post (SingHealth) 社区健康站	

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9	10	11	12	13	14
9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	9 - 10am Let's Do Kpop (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 Lim 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 (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)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	
11am - 12pm 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)	11.15am - 12.15pm Let's Do Fun Craft! for CNY 一起做农历新年手工 <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)	
2 - 4pm 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 只限已登记的参与者)</i>	2 - 4pm Strategise with Kakis 一起玩棋类游戏	9am - 4pm [Silat RC Blk 144] Community Health Post (SingHealth) 社区健康站	
2 - 5pm Let's Go Gai Gai - CNY Shopping 一起去GaiGai - 新年购物 <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		Centre Closed (中心关闭) Staff Event	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
<div>9 - 10am</div> <div>Let's Exercise Together (Video)</div> <div>一起动起来 (视频)</div>	<div>Centre Closed</div> <div>(中心关闭)</div> <div>Lunar New Year</div> <div>农历新年</div>	<div>Centre Closed</div> <div>(中心关闭)</div> <div>Lunar New Year</div> <div>农历新年</div>	<div>9 - 10am</div> <div>Let's Chair Zumba</div> <div>一起跳尊巴 (乐龄版) / 椅子尊巴</div>	<div>9 - 10am</div> <div>Let's Exercise Together (Video)</div> <div>一起动起来 (视频)</div>	<div>Centre Closed</div> <div>(中心关闭)</div>
<div>10 - 11am</div> <div>Let's Exercise Together (Online - Zoom)</div> <div>一起动起来 (线上运动)</div>			<div>10 - 11am</div> <div>Let's Exercise Together (Video)</div> <div>一起动起来 (视频)</div>	<div>10 - 11am</div> <div>Let's Exercise Together (Online - Zoom)</div> <div>一起动起来 (线上运动)</div>	
<div>Centre Closed</div> <div>(中心关闭)</div> <div>Lunar New Year - Eve</div>			<div>2 - 4pm</div> <div>Strategise with Kakis</div> <div>一起玩棋类游戏</div>	<div>1.30 - 3.30pm [Tiong Bahru Plaza]</div> <div>[ICCP] Let's Celebrate Lunar New Year</div> <div>一起庆祝农历新年</div> <div>(By Registration only 只限已登记的参与者)</div>	
				<div>2 - 4pm</div> <div>Strategise with Kakis</div> <div>一起玩棋类游戏</div>	
				<div>9am - 4pm [Silat RC Blk 144]</div> <div>Community Health Post (SingHealth)</div> <div>社区健康站</div>	

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	9 - 10am Let's Do Kpop (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	8.30 - 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)
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	10.15 - 11.15am Let's Piloxing (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)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	
11am - 12pm 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 - 4pm Let's KTV Together 一起来K歌	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	
2 - 4.30pm Cognitive Wellness Day 认知身心健康日 <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	2 - 4pm Strategise with Kakis 一起玩棋类游戏	
		2 - 5pm Let's Lim Kopi (Men's Outing) 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>		9am - 4pm [Silat RC Blk 144] Community Health Post (SingHealth) 社区健康站	

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