

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

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)
(By Registration and Male only
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)

7

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
(By Registration only
只限已登记的参与者)

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
(By Registration only
只限已登记的参与者)

11am - 12.30pm
Healthier Minds for Healthier Lives
健康心灵成就健康生活
(Conducted in Mandarin)
(By Registration only
只限已登记的参与者)

3.30pm - 4.30pm
Let's Gen Together - Kindergarten
代际交流 - 幼儿园
(By Registration only
只限已登记的参与者)

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'
(Conducted in English)

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'
(Conducted in Mandarin)

2 - 4pm
Strategise with Kakis
一起玩棋类游戏

2 - 4pm
Strategise with Kakis
一起玩棋类游戏

Centre Closed
(中心关闭)

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'
(Conducted in Mandarin)

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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MON	TUE	WED	THU	FRI	SAT
9 9 - 10am Let's Exercise Together (Video) 一起动起来(视频)	10 9 - 10am Let's Do Kpop (Standing) 一起做韩式韵律操 (站式)	11 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>	12 9 - 10am Let's Chair Zumba 一起跳尊巴 (乐龄版) / 椅子尊巴	13 8 - 9am [Silat RC Blk 144] Let's Lim Kopi 一起喝咖啡	14
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)	Centre Closed (中心关闭)
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	Centre Closed (中心关闭) Staff Event
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			

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
9 - 10am Let's Exercise Together (Video) 一起动起来(视频)			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)	
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 (Online - Zoom) 一起动起来(线上运动)	
Centre Closed (中心关闭)	Centre Closed (中心关闭)	Centre Closed (中心关闭)	2 - 4pm Strategise with Kakis 一起玩棋类游戏	1.30 - 3.30pm [Tiong Bahru Plaza] [ICCP] Let's Celebrate Lunar New Year 一起庆祝农历新年 <i>(By Registration only 只限已登记的参与者)</i>	Centre Closed (中心关闭)
Lunar New Year - Eve	Lunar New Year 农历新年	Lunar New Year 农历新年		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

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NTUC Health

MON

TUE

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SAT

23

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)
*(By Registration and Male only
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

8.30 - 10.30am
 Let's Go Gai Gai and Explore
 Singapore (Fun Walk)
 一起快步走 (运动)
*(By Registration only
只限已登记的参与者)*

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
*(By Registration only
只限已登记的参与者)*

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)
*(By Registration and Male only
只限已登记的男性参与者)*

9am - 4pm [Silat RC Blk 144]
 Community Health Post
 (SingHealth)
 社区健康站

Centre Closed
(中心关闭)

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