

2026 Jan 一月

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)



MON	TUE	WED	THU	FRI	SAT
Dec 29	30	31	Jan 1	2	3
			New Year's Day  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) 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	Centre Closed (中心关闭)
Jan 5	6	7	8	9	10
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)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频) 10 - 11am Let's Piloxing (Seated) 一起做皮拉提拳击 (坐式)	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 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	8 - 9am [Silat RC Blk 144] Let's La Kopi 一起喝咖啡	
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)	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)	Centre Closed (中心关闭)
		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 只限已登记的参与者)</i>	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	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 [Silat RC Blk 144] SingHealth Community Nurse Post 社区健康站	

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NTUC Health

MON

TUE

WED

THU

FRI

SAT

Jan 12

13

14

15

16

17

9 - 10am
 Let's Talk News (SPH)
 新闻聊一聊

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)
*(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)

10 - 11am
 Let's Exercise Together
 (Online - Zoom)
 一起动起来(线上运动)

10 - 11am
 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)

10 - 11am [Silat RC Blk 144]
 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
 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

2 - 4pm
 Strategise with Kakis
 一起玩棋类游戏

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
*(By Registration only
只限已登记的参与者)*

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

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

Jan 19

20

21

22

23

9 - 10am
 Let's Exercise Together (Video)
 一起动起来(视频)

9 - 10am
 Let's 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)

10 - 11am
 Let's Exercise Together
 (Online - Zoom)
 一起动起来(线上运动)

10 - 11am
 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
 (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
 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

2 - 4pm
[Spottiswoode RC Blk 104]
 IMDA Workshop 'Online Shopping'
 资讯通信媒体发展局培训课程
 '网上购物'
(Conducted in English)

11 - 11.45am
 Let's Upcycle - Coffee Grounds
 Body Scrub Workshop
 一起升级改造废弃物 -
 咖啡渣身体磨砂膏工作坊
(By Registration only
只限已登记的参与者)

2 - 4pm
[Cantonment RC Blk 12]
 IMDA Workshop 'Online Shopping'
 资讯通信媒体发展局培训课程
 '网上购物'
(Conducted in Mandarin)

2 - 4pm
[ICCP] IMDA Workshop
 'Online Shopping'
 资讯通信媒体发展局培训课程
 '网上购物'
(Conducted in Mandarin)

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

Centre Closed
(中心关闭)

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

Jan 26

27

28

29

30

31

9 - 10am
 Let's Talk News (SPH)
 新闻聊一聊

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 - 11am
 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)

2 - 4pm
 Strategise with Kakis
 一起玩棋类游戏

2 - 4pm
 Let's Learn to Tech - Gamified
 Digital Literacy Workshop
 一起学科技 -
 游戏化数码培训课程
(By Registration only
只限已登记的参与者)

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)

Centre Closed
(中心关闭)

4 - 5pm
 Strategise with Kakis
 一起玩棋类游戏

2 - 4pm
 Let's Lim Kopi (Men's Talk)
 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]
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