

# 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)



**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
Dec 29	30	31	Jan 1	2	3
			New Year's Day  Centre Closed (中心关闭)	<b>9 - 10am</b> Let's Exercise Together (Video) 一起动起来 (视频) <b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动) <b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏 <b>9am - 4pm [Silat RC Blk 144]</b> SingHealth Community Nurse Post 社区健康站	Centre Closed (中心关闭)
Jan 5	6	7	8	9	10
<b>9 - 10am</b> Let's Exercise Together (Video) 一起动起来 (视频)	<b>9 - 10am</b> Let's Exercise Together (Video) 一起动起来 (视频)	<b>9 - 10am [Silat RC Blk 144]</b> 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>	<b>9 - 10am</b> Let's Chair Zumba 一起跳尊巴 (乐龄版) / 椅子尊巴	<b>8 - 9am [Silat RC Blk 144]</b> Let's La Kopi 一起喝咖啡	Centre Closed (中心关闭)
<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	<b>10 - 11am</b> Let's Piloxing (Seated) 一起做皮拉提拳击 (坐式)	<b>9 - 10am</b> Let's Exercise Together (Video) 一起动起来 (视频)	<b>10 - 11am</b> Let's Exercise Together (Video) 一起动起来 (视频)	<b>9 - 10am</b> Let's Exercise Together (Video) 一起动起来 (视频)	
<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>10 - 11am</b> Let's Exercise Together (Video) 一起动起来 (视频)	<b>11:30am - 12:30pm</b> Let's Makan Together 一起来Makan <i>(By Registration only 只限已登记的参与者)</i>	<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	
		<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	
				<b>9am - 4pm [Silat RC Blk 144]</b> 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

**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

Centre Closed  
(中心关闭)

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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 (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**

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  
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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**

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)

**2 - 4pm**

Strategise with Kakis  
一起玩棋类游戏

**4 - 5pm**

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 - 4pm**

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]**  
SingHealth Community Nurse Post  
社区健康站

**Centre Closed  
(中心关闭)**

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