

# 2025 July 七月

 **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  
(Raymond/ Diana/ Meng Choo)





MON	TUE	WED	THU	FRI	SAT
30 June	1	2	3	4	5
<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	<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>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	<b>Centre Closed</b> (中心关闭)
<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>2.30 - 5pm</b> <b>[Delta Sports Complex]</b> Let's Exercise - HPB 'CALM 1.0' Pre-Assessment 一起做运动 - 对抗与年龄相关的肌肉流失(预评估) <i>(By Registration 只限已登记的参与者)</i>	<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	<b>10 - 11:30am</b> <b>[Cantonment RC Blk 12]</b> HPB Workshop 'Let's be Strong Together' 健康讲座 - 一起变得更强壮	
		<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	<b>11:30am - 12:30pm</b> Let's Makan Together 一起来Makan <i>(By Registration 只限已登记的参与者)</i>	<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  Let's KTV Together 一起来k歌	<b>9am - 4pm [Silat RC Blk 144]</b> SingHealth Community Nurse Post 社区健康站	<b>6 - 7pm [Cantonment RC]</b> Family Day Carnival 家庭日嘉年华

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
<b>9 - 10am</b> Let's Exercise - HPB 'CALM 1.0' 一起做运动 - 对抗与年龄相关的肌肉流失 <i>(By Registration只限已登记的参与者)</i>	<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	<b>9am - 12pm</b> Let's Go NICA Senior Champs Showcase 一起去乐龄冠军展示会 <i>(By Registration只限已登记的参与者)</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	<b>Centre Closed (中心关闭)</b>
<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	<b>2 - 3pm</b> Let's Gen Together - Harmony of Memories (Xinyao) Part 1 代际交流 - 音缘曲忆 (新谣) 第一场	<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>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	<b>9 - 10am</b> Let's Exercise - HPB 'CALM 1.0' 一起做运动 - 对抗与年龄相关的肌肉流失 <i>(By Registration只限已登记的参与者)</i>	
<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>3 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	<b>11:30am - 12:30pm</b> Let's Makan Together 一起来Makan <i>(By Registration只限已登记的参与者)</i>	<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	
		<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  Let's KTV Together 一起来k歌	<b>2 - 3pm</b> Let's Gen Together - Harmony of Memories (Xinyao) Part 2 代际交流 - 音缘曲忆 (新谣) 第二场	
				<b>3 - 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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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
<b>9 - 10am</b> Let's Exercise - HPB 'CALM 1.0' 一起做运动 - 对抗与年龄相关的肌肉流失 <i>(By Registration 只限已登记的参与者)</i>	<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	<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>9 - 10am</b> Let's Explore, Spot & Stroll: Fun Walk 一起快步走 (运动)	<b>10 - 11.30am</b> Let's Be Eco Explorers! with Singapore University of Social Sciences (SUSS) 一起做环保探索家 <i>(By Registration 只限已登记的参与者)</i>
<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>9 - 10am</b> Let's Exercise - HPB 'CALM 1.0' 一起做运动 - 对抗与年龄相关的肌肉流失 <i>(By Registration 只限已登记的参与者)</i>	<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	
<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>3 - 4pm [Silat RC Blk 144]</b> Let's Gen Together - Kindergarten 代际交流 - 幼儿园 <i>(By Registration 只限已登记的参与者)</i>	<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	<b>11:30am - 12:30pm</b> Let's Makan Together 一起来Makan <i>(By Registration 只限已登记的参与者)</i>	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	
		<b>2 - 4pm</b> Let's Celebrate Birthday! 一起来庆祝生日!  Let's Do Fun Craft! 一起做手工 <i>(By Registration 只限已登记的参与者)</i>	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏  Let's KTV Together 一起来k歌	<b>9am - 4pm [Silat RC Blk 144]</b> SingHealth Community Nurse Post 社区健康站	<b>Centre Closed (中心关闭)</b>

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
<b>9 - 10am</b> Let's Exercise - HPB 'CALM 1.0' 一起做运动 - 对抗与年龄相关的肌肉流失 <i>(By Registration 只限已登记的参与者)</i>	<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟 Razak 线上做运动	<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>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟 Razak 线上做运动	<b>Centre Closed (中心关闭)</b>
<b>9:30 - 10:30am</b> <b>[Everton RC Blk 6]</b> Let's do Craft - Folding Fan Colouring 一起做手工 – 彩绘折扇 <i>(By Registration 只限已登记的参与者)</i>	<b>2 - 3pm</b> <b>[Spottiswoode RC Blk 104]</b> HPB Workshop 'Let's be Strong Together' 健康讲座 - 一起变得更强壮	<b>9 - 10am</b> Let's Exercise - HPB 'CALM 1.0' 一起做运动 - 对抗与年龄相关的肌肉流失 <i>(By Registration 只限已登记的参与者)</i>	<b>9am - 12:30pm</b> Let's Go Explore Sungei Buloh with Singapore University of Social Sciences (SUSS) 一起去双溪布洛探索! <i>(By Registration 只限已登记的参与者)</i>	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	
<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟 Razak 线上做运动	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟 Razak 线上做运动	<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟 Razak 线上做运动	<b>2:30 - 4pm</b> <b>[Cantonment RC Blk 12]</b> Legacy Planning Talk by SATA CommHealth 安心规划未来讲座	
<b>2 - 4pm</b> Let's Celebrate Racial Harmony Day! 一起来庆祝种族和谐日! <i>(By Registration 只限已登记的参与者)</i>		<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>11:30am - 12:30pm</b> Let's Makan Together 一起来 Makan <i>(By Registration 只限已登记的参与者)</i>	<b>9am - 4pm [Silat RC Blk 144]</b> SingHealth Community Nurse Post 社区健康站	
			<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏 Let's KTV Together 一起来 k 歌		

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
28	29	30	31		
<b>9 - 10am</b> Let's Exercise - HPB 'CALM 1.0' 一起做运动 - 对抗与年龄相关的肌肉流失 <i>(By Registration 只限已登记的参与者)</i>	<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	<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>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>9 - 10am</b> Let's Exercise - HPB 'CALM 1.0' 一起做运动 - 对抗与年龄相关的肌肉流失 <i>(By Registration 只限已登记的参与者)</i>	<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动		
<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏		<b>10 - 11am</b> Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	<b>11:30am - 12:30pm</b> Let's Makan Together 一起来Makan <i>(By Registration 只限已登记的参与者)</i>		
		<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  Let's KTV Together 一起来k歌		
		<b>2 - 4pm [Silat RC Blk 144]</b> Let's Lim Kopi (Men's Talk) 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>			

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