

# 2026 July 七月

📍 **Centre Name:** AACC (Bukit Merah Silat)  
 🏠 **Centre Address:** Blk 145 Jalan Bukit Merah #01-1094 S160145  
 📞 **Centre Contact:** 8292 2677  
 (Christina / Diana / Meng Choo / Yeow Seng)



NTUC Health

MON	TUE	WED	THU	FRI	SAT
June 29	30	Jul 1	2	3	4
		<b>9 - 10am [Silat RN 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 Exercise Together (Video) 一起动起来(视频)	Centre Closed (中心关闭)
		<b>9 - 10am</b> Let's Exercise Together (Video) 一起动起来(视频)	<b>10.15 - 11.15am</b> Let's Aerobics (Hybrid Style) 一起做有氧运动(混合风格)	<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 Exercise Together (Video) 一起动起来(视频)	<b>12 - 1pm</b> Let's Makan Together 一起来Makan <i>(By Registration only                      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	<b>9am - 4pm</b> SingHealth Community Health Post (Nurse) 社区健康站(护士)	

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NTUC Health

MON Jul 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11
<p><b>9 - 10am</b> Let's Exercise Together (Video) 一起动起来 (视频)</p>	<p><b>9 - 10am</b> Let's Kpop X-Lite (Standing) 一起做韩式韵律操 (站式)</p>	<p><b>9 - 10am [Silat RN Blk 144]</b> Let's Steel Combat 一起做钢铁拳击 (精简版) <i>(By Registration and Male only 仅限已登记的男性参与者)</i></p>	<p><b>9 - 10am</b> Let's Chair Zumba 一起跳尊巴(乐龄版) / 椅子尊巴</p>	<p><b>8 - 9am [Silat RC Blk 144]</b> Let's Lim Kopi 一起喝咖啡</p>	<p><b>Centre Closed (中心关闭)</b></p>
<p><b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)</p>	<p><b>10.15 - 11.15am</b> Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳击 (混合风格)</p>	<p><b>9 - 10am</b> Let's Exercise Together (Video) 一起动起来 (视频)</p>	<p><b>10.15 - 11.15am</b> Let's Aerobics (Hybrid Style) 一起做有氧运动 (混合风格)</p>	<p><b>9 - 10am</b> Let's Exercise Together (Video) 一起动起来 (视频)</p>	
<p><b>2 - 3.30pm</b> Strategise with Kakis 一起玩棋类游戏</p>	<p><b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏</p>	<p><b>10 - 11am</b> Let's Exercise Together (Video) 一起动起来 (视频)</p>	<p><b>10 - 11.30am</b> [Telok Blangah Community Club] Let's Walking Football 一起来踢球 <i>(By Registration only 仅限已登记的参与者)</i></p>	<p><b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)</p>	
<p><b>3.30 - 4.30pm</b> Let's Gen Together - Kindergarten 代际交流 - 幼儿园 <i>(By Registration only 仅限已登记的参与者)</i></p>	<p><b>2 - 5.30pm</b> Let's Support Research 一起参与研究计划 2pm - English session 英语场 4pm - Mandarin session 华语场 <i>(By Registration only 仅限已登记的参与者)</i></p>	<p><b>12pm - 1.30pm</b> Let's Makan Together (SOI) 一起来Makan (SOI) <i>(By Registration only 仅限已登记的参与者)</i></p>	<p><b>2 - 5pm</b> Let's KTV Together 一起来唱歌</p>	<p><b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏</p>	
<p><b>9am - 1pm</b> SingHealth Community Health Post (Pharmacist) 社区健康站(药剂师)</p>		<p><b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏</p>	<p><b>2 - 5pm</b> Strategise with Kakis 一起玩棋类游戏</p>	<p><b>9am - 4pm</b> SingHealth Community Health Post (Nurse) 社区健康站(护士)</p>	

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MON	TUE	WED	THU	FRI	SAT
Jul 13	14	15	16	17	18
<b>9 - 10am</b> Let's Exercise Together (Video) 一起动起来 (视频)	<b>9 - 10am</b> Let's Kpop X-Lite (Standing) 一起做韩式韵律操 (站式)	<b>9 - 10am [Silat RN Blk 144]</b> 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)	<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 Exercise Together (Video) 一起动起来 (视频)	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>10.15 - 11.15am</b> Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳击 (混合风格)	<b>9 - 10am</b> Let's Exercise Together (Video) 一起动起来 (视频)	<b>10.15 - 11.15am</b> Let's Aerobics (Hybrid Style) 一起做有氧运动 (混合风格)	<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	
<b>1.45 - 2.45pm</b> Let's Talk News 新闻聊一聊	<b>2 - 4pm [Spottiswoode RN Blk 104]</b> Leave Well Series - Legacy Planning Workshop - Advanced Care Planning 遗产与遗嘱规划 - 预先护理计划	<b>9am - 12pm</b> Let's CALM 一起做防肌肉萎缩运动 <i>(By Registration only)</i> 仅限已登记的参与者)	<b>12 - 1pm</b> Let's Makan Together 一起来 Makan <i>(By Registration only)</i> 仅限已登记的参与者)	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	
<b>2.45 - 4.30pm</b> Strategise with Kakis 一起玩棋类游戏	<b>2 - 5.30pm</b> Let's Support Research 一起参与研究计划 2pm - English session 英语场 4pm - Mandarin session 华语场 <i>(By Registration only)</i> 仅限已登记的参与者)	<b>10 - 11am</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 [Cantonment RN Blk 12]</b> Leave Well Series - Legacy Planning Workshop - Advanced Care Planning 遗产与遗嘱规划 - 预先护理计划	
<b>9am - 1pm</b> SingHealth Community Health Post (Pharmacist) 社区健康站 (药剂师)		<b>2 - 4pm</b> [ICCP] Leave Well Series - Legacy Planning Workshop - Advanced Care Planning [ICCP] 遗产与遗嘱规划 - 预先护理计划		<b>4.15 - 5pm [Cantonment RC Blk 12]</b> Let's Exercise Together (Video) 一起动起来 (视频)	
		<b>4 - 5pm</b> Strategise with Kakis 一起玩棋类游戏		<b>9am - 4pm</b> SingHealth Community Health Post (Nurse) 社区健康站 (护士)	

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MON	TUE	WED	THU	FRI	SAT
Jul 20	21	22	23	24	25
<b>9 - 10am</b> Let's Exercise Together (Video) 一起动起来 (视频)	<b>9 - 10am</b> Let's Kpop X-Lite (Standing) 一起做韩式韵律操 (站式)	<b>9 - 10am [Silat RN Blk 144]</b> Let's Steel Combat 一起做钢铁拳击 (精简版) <i>(By Registration and Male only)</i> 只限已登记的男性参与者	<b>9 - 10am</b> Let's Chair Zumba 一起跳尊巴 (乐龄版) / 椅子尊巴	<b>8 - 10.30am</b> Let's Go Gai Gai and Explore Singapore (Fun Walk) 一起快步走 (运动) <i>(By Registration only)</i> 只限已登记的参与者	<b>Centre Closed</b> (中心关闭)
<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	<b>10.15 - 11.15am</b> Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳击 (混合风格)	<b>9 - 10am</b> Let's Exercise Together (Video) 一起动起来 (视频)	<b>10.15 - 11.15am</b> Let's Aerobics (Hybrid Style) 一起做有氧运动 (混合风格)	<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 CALM 一起做防肌肉萎缩运动 <i>(By Registration only)</i> 只限已登记的参与者	<b>10 - 11.30am</b> [Telok Blangah Community Club] Let's Walking Football 一起来踢球 <i>(By Registration only)</i> 只限已登记的参与者	<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	
<b>2 - 4pm [AAC Bukit Merah Blk 117]</b> Not Another Day <i>(By Registration only)</i> 只限已登记的参与者	<b>2 - 5.30pm</b> Let's Support Research 一起参与研究计划 2pm - English session 英语场 4pm - Mandarin session 华语场 <i>(By Registration only)</i> 只限已登记的参与者	<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 only)</i> 只限已登记的参与者	<b>2 - 4pm</b> Stay Well Series - Nutrition Talk 保健系列 - 营养讲座 <i>(By Registration only)</i> 只限已登记的参与者	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	
<b>3 - 4.30pm</b> Let's Do Paper Quilling 一起做衍纸 <i>(By Registration only)</i> 只限已登记的参与者		<b>2 - 4pm [Silat RN Blk 144]</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>3 - 4.30pm</b> Let's Do Paper Quilling 一起做衍纸 <i>(By Registration only)</i> 只限已登记的参与者	
<b>9am - 1pm</b> SingHealth Community Health Post (Pharmacist) 社区健康站 (药剂师)				<b>9am - 4pm</b> SingHealth Community Health Post (Nurse) 社区健康站 (护士)	

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MON	TUE	WED	THU	FRI	SAT
Jul 27	28	29	30	31	Aug 1
<b>9 - 10am</b> Let's Exercise Together (Video) 一起动起来 (视频)	<b>9 - 10am</b> Let's Kpop X-Lite (Standing) 一起做韩式韵律操 (站式)	<b>9 - 10am [Silat RN Blk 144]</b> 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	<b>9 - 10am</b> Let's Chair Zumba 一起跳尊巴 (乐龄版) / 椅子尊巴	<b>8am - 12.30pm</b> Let's Go Gai Gai - Hay Dairies Goat Farm 一起去GaiGai - Hay Dairies 羊场 <i>(By Registration only)</i> 仅限已登记的参与者	<b>Centre Closed</b> (中心关闭)
<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	<b>10.15 - 11.15am</b> Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳击 (混合风格)	<b>9 - 10am</b> Let's Exercise Together (Video) 一起动起来 (视频)	<b>10.15 - 11.15am</b> Let's Aerobics (Hybrid Style) 一起做有氧运动 (混合风格)	<b>9 - 10am</b> Let's Exercise Together (Video) 一起动起来 (视频)	
<b>11am - 12pm</b> Let's CALM (Video) 一起做防肌肉萎缩运动 (视频) <i>(By Registration only)</i> 仅限已登记的参与者	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>10 - 11am</b> Let's CALM 一起做防肌肉萎缩运动 <i>(By Registration only)</i> 仅限已登记的参与者	<b>2 - 5pm</b> Let's KTV Together 一起来k歌	<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	
<b>1.45 - 2.45pm</b> Let's Talk News 新闻聊一聊	<b>2 - 5.30pm</b> Let's Support Research 一起参与研究计划 2pm - English session 英语场 4pm - Mandarin session 华语场 <i>(By Registration only)</i> 仅限已登记的参与者	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>2 - 5pm</b> Strategise with Kakis 一起玩棋类游戏	<b>2 - 4pm</b> Let's Lim Kopi (Men's Talk) 一起喝咖啡 (仅限男性)  Let's Makan Together 一起来Makan <i>(By Registration and Male only)</i> 仅限已登记的男性参与者	
<b>2.45 - 4.30pm</b> Strategise with Kakis 一起玩棋类游戏		<b>3 - 4.30pm</b> Let's Do Paper Quilling 一起做 衍纸 <i>(By Registration only)</i> 仅限已登记的参与者		<b>2 - 4pm [Silat RN Blk 144]</b> Strategise with Kakis 一起玩棋类游戏	
<b>3 - 4.30pm</b> Let's Do Paper Quilling 一起做 衍纸 <i>(By Registration only)</i> 仅限已登记的参与者				<b>9am - 4pm</b> SingHealth Community Health Post (Nurse) 社区健康站 (护士)	
<b>9am - 1pm</b> SingHealth Community Health Post (Pharmacist) 社区健康站 (药剂师)					

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