

2025 June 六月

 **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/ Sheryl)





MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	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)</i> 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	10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	Centre Closed (中心关闭)
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 with Razak on Zoom 一起跟Razak线上做运动	10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	2 - 4pm Strategise with Kakis 一起玩棋类游戏	
2 - 3pm Stay Well Series - Become Smarter in Making Healthy Habits (Virtual Talk) 保健系列 - 皮肤与指甲护理 (双语线上讲座)		2 - 4pm Strategise with Kakis 一起玩棋类游戏	11:30am - 12:30pm Let's Makan Together 一起来Makan <i>(By Registration)</i> 只限已登记的参与者)	9am - 4pm [Silat RC Blk 144] SingHealth Community Nurse Post 社区健康站	
2 - 4pm [Silat RC Blk 144] Brain Power! A Mental Fitness Programme 最强大脑! 乐龄心理健康节目 <i>(By Registration)</i> 只限已登记的参与者)			2 - 4pm Strategise with Kakis 一起玩棋类游戏 Let's KTV Together 一起来唱歌		

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Centre Closed (中心关闭) Replacement Holiday for Hari Raya Haji 哈芝节补假	10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	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 - 9am [Silat RC Blk 144] Let's La Kopi 一起喝咖啡	Centre Closed (中心关闭)
	2 - 3:30pm [Spottiswoode RC Blk 104] IMDA "Protect Data Privacy" Workshop 资讯通信媒体发展局 - '保护个人资料' 培训课程 3:30 - 4:15pm Digital Clinic with IMDA - 与IMDA咨询	10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	9 - 10am Let's Brisk Walk 一起快步走 (运动)	
	2 - 3pm Strategise with Kakis 一起玩棋类游戏	2 - 4pm Let's Celebrate Father's Day! 一起来庆祝父亲节! Let's Do Fun Craft! 一起做手工 (By Registration 只限已登记的参与者)	11:30am - 12:30pm Let's Makan Together 一起来Makan (By Registration 只限已登记的参与者)	10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	
	3 - 4pm [Silat RC Blk 144] Let's Gen Together - Kindergarten 代际交流 - 幼儿园 (By Registration 只限已登记的参与者)		2 - 4pm Strategise with Kakis 一起玩棋类游戏 Let's KTV Together 一起来k歌	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
10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	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 Chair Zumba 一起跳尊巴(乐龄版)/椅子尊巴	10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	Centre Closed (中心关闭)
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 with Razak on Zoom 一起跟Razak线上做运动	10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	1:30 - 5:30pm Let's Go Gai Gai to National Gallery Singapore with DBS 一起去新加坡国家美术馆 Gai Gai! <i>(By Registration 只限已登记的参与者)</i>	
2 - 4pm [Silat RC Blk 144] Brain Power! A Mental Fitness Programme 最强大脑! 乐龄心理健康节目 <i>(By Registration 只限已登记的参与者)</i>	2 - 4pm [Cantonment RC Blk 12] Let's do Scrap Booking Art 一起做剪贴簿 Let's Chit Chat! 一喝茶聊天! <i>(By Registration 只限已登记的参与者)</i>	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 只限已登记的参与者)</i>	11:30am - 12:30pm Let's Makan Together 一起来Makan <i>(By Registration 只限已登记的参与者)</i>	2 - 3:30pm IMDA "Identify & Protect Devices From Malicious Software" Workshop 资讯通信媒体发展局 - '保护设备免受恶意软件侵害' 培训课程 3:30 - 4:15pm Digital Clinic with IMDA 与IMDA咨询	3 - 4pm [Everton RC Blk 6] Health Talk "Prevention Better Than Cure" by SGH Community Nurses 健康讲座“身心健康, 活出健康”由新加坡中央医院社区护士主讲 <i>(By Registration 只限已登记的参与者)</i>
			2 - 4pm Strategise with Kakis 一起玩棋类游戏 Let's KTV Together 一起来k歌	9am - 4pm [Silat RC Blk 144] SingHealth Community Nurse Post 社区健康站	

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	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 Chair Zumba 一起跳尊巴(乐龄版)/椅子尊巴	Centre Closed (中心关闭) Staff Event	Centre Closed (中心关闭)
2 - 4pm Strategise with Kakis 一起玩棋类游戏	2 - 3pm LTA "Commuter Safety" Talk 陆路交通管理局'巴士安全知识'讲座	10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动		
	3 - 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) <i>(By Registration and Male Only 只限已登记的男性参与者)</i>	11:30am - 12:30pm Let's Makan Together 一起来Makan <i>(By Registration 只限已登记的参与者)</i>		
	2 - 3:30pm [Spottiswoode RC Blk 104] Health Talk "Prevention Better Than Cure" by SGH Community Nurses 健康讲座“身心健康, 活出健康”由新加坡中央医院社区护士主讲	6:30 - 8pm Volunteer Appreciation Gathering 志愿者答谢会	2 - 4pm Strategise with Kakis 一起玩棋类游戏 Let's KTV Together 一起来k歌		

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MON	TUE	WED	THU	FRI	SAT
30					
10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动					
2 - 4pm Strategise with Kakis 一起玩棋类游戏					

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