

2026 June 六月

📍 **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 1	2	3	4	5	6
Vesak Day 卫塞节 Centre Closed (中心关闭)	9 - 10am Let's Kpop X-Lite (Standing) 一起做韩式韵律操 (站式)	9 - 10am [Silat RN 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	9 - 10am Let's Exercise Together (Video) 一起动起来(视频)	Centre Closed (中心关闭)
	10.15 - 11.15am Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳击(混合风格)	9 - 10am Let's Exercise Together (Video) 一起动起来(视频)	10 - 11am Let's Aerobics (Hybrid Style) 一起做有氧运动(混合风格)	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	
	2 - 5.30pm 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 只限已登记的参与者)</i>	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>	1 - 5.30pm Let's Support Research (Duke-NUS) 一起参与研究计划 (杜克-新加坡国立大学) <i>(By Registration only 只限已登记的参与者)</i>	
	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 Strategise with Kakis 一起玩棋类游戏	
		2.30 - 5.30pm Let's Support Research (Duke-NUS) 一起参与研究计划 (杜克-新加坡国立大学) <i>(By Registration only 只限已登记的参与者)</i>		9am - 4pm SingHealth Community Nurse Post 社区健康站	

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MON June 8	TUE 9	WED 10	THU 11	FRI 12	SAT 13
<p>9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)</p>	<p>9 - 10am Let's Kpop X-Lite (Standing) 一起做韩式韵律操 (站式)</p>	<p>9 - 10am [Silat RN Blk 144] 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>9 - 10am Let's Chair Zumba 一起跳尊巴乐龄版 / 椅子尊巴</p>	<p>8 - 9am [Silat RC Blk 144] Let's Lim Kopi 一起喝咖啡</p>	<p>Centre Closed (中心关闭)</p>
<p>10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)</p>	<p>10.15 - 11.15am Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳击 (混合风格)</p>	<p>9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)</p>	<p>10 - 11am Let's Aerobics (Hybrid Style) 一起做有氧运动 (混合风格)</p>	<p>9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)</p>	
<p>2 - 3.30pm Strategise with Kakis 一起玩棋类游戏</p>	<p>2 - 4pm Strategise with Kakis 一起玩棋类游戏</p>	<p>10 - 11am Let's Exercise Together (Video) 一起动起来 (视频)</p>	<p>10 - 11.30am [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>10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)</p>	
<p>3.30 - 4.30pm 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>2 - 4pm [Spottiswoode RN Blk 104] Let's Talk About 'How to Use Common Gen AI Tools' by IMDA (Gen AI Part 2) 资讯通信媒体发展局培训课程 '如何使用生成式人工智能' <i>(Conducted in English/以英语进行)</i></p>	<p>2 - 4pm [ICCP] Let's Talk About 'How to Use CommonGen AI Tools' by IMDA (Gen AI Part 2) [ICCP] 资讯通信媒体发展局培训课程 '如何使用生成式人工智能' <i>(Conducted in Mandarin/以华语进行)</i></p>	<p>11:30am - 12:30pm 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>1pm - 4pm Let's Gen Together - Ngee Ann Polytechnic 代际交流 - 义安理工学院 <i>(By Registration only 仅限已登记的参与者)</i></p>	
	<p>2 - 5.30pm 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>4 - 5pm Strategise with Kakis 一起玩棋类游戏</p>	<p>2 - 5pm Let's KTV Together 一起来唱歌</p>	<p>2 - 4pm [Cantonment RN Blk 12] Let's Talk About 'How to Use Common Gen AI Tools' by IMDA (Gen AI Part 2) 资讯通信媒体发展局培训课程 '如何使用生成式人工智能' <i>(Conducted in Mandarin/以华语进行)</i></p>	
			<p>2 - 5pm Strategise with Kakis 一起玩棋类游戏</p>	<p>4.15 - 5pm [Cantonment RC Blk 12] Let's Exercise Together (Video) 一起动起来 (视频)</p>	
				<p>9am - 4pm SingHealth Community Nurse Post 社区健康站</p>	

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MON June 15	TUE 16	WED 17	THU 18	FRI 19	SAT 20
9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	9 - 10am Let's Kpop X-Lite (Standing) 一起做韩式韵律操 (站式)	9 - 10am [Silat RN 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	8 - 10.30am Let's Go Gai Gai and Explore Singapore (Fun Walk) 一起快步走 (运动) <i>(By Registration only 只限已登记的参与者)</i>	Centre Closed (中心关闭)
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	10.15 - 11.15am Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳击 (混合风格)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	10 - 11am Let's Aerobics (Hybrid Style) 一起做有氧运动 (混合风格)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	
1.45 - 2.45pm Let's Talk News 新闻聊一聊	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)	11:30am - 12:30pm [Cantonment RC Blk 12] Let's Makan Together 一起来 Makan <i>(By Registration 只限已登记的参与者)</i>	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	
2.45 - 4.30pm Strategise with Kakis 一起玩棋类游戏	2 - 5.30pm 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 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 only 只限已登记的参与者)</i>	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 [Silat RN Blk 144] Strategise with Kakis 一起玩棋类游戏		9am - 4pm SingHealth Community Nurse Post 社区健康站	

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MON	TUE	WED	THU	FRI	SAT
June 22	23	24	25	26	27
9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	9 - 10am Let's Kpop X-Lite (Standing) 一起做韩式韵律操 (站式)	9 - 10am [Silat RN Blk 144] 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>	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)	Centre Closed (中心关闭)
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	10.15 - 11.15am Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳击 (混合风格)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	10 - 11am Let's Aerobics (Hybrid Style) 一起做有氧运动 (混合风格)	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	
2 - 4pm Stay Well Series - Nutrition Talk 保健系列 - 营养讲座 <i>(By Registration only 仅限已登记的参与者)</i>	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 - 11.30am [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>	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 - 5.30pm 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>	12 - 1.30pm Let's Celebrate Father's Day 一起庆祝父亲节 <i>(By Registration and Male only 仅限已登记的男性参与者)</i>	2 - 5pm Let's KTV Together 一起来k歌	9am - 4pm SingHealth Community Nurse Post 社区健康站	
		2 - 5.30pm Let's Lim Kopi (Men's Outing) 一起喝咖啡(仅限男性) <i>(By Registration and Male only 仅限已登记的男性参与者)</i>	2 - 5pm Strategise with Kakis 一起玩棋类游戏		
		2.30 - 4pm Strategise with Kakis 一起玩棋类游戏			

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MON	TUE	WED	THU	FRI	SAT
June 29	30	Jul 1	2	3	4
9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	9 - 10am Let's Kpop X-Lite (Standing) 一起做韩式韵律操 (站式)				Centre Closed (中心关闭)
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	10.15 - 11.15am Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳击 (混合风格)				
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