

2025 March 三月

📍 **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 (Woon / Raymond)



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| MON 3 | TUE 4 | WED 5 | THU 6 | FRI 7 | SAT 8 |
|--|--|--|--|--|---|
| Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am | Let's Stretch Band with HPB 一起做弹力带拉筋操 @ 9 - 10am (By Invitation only - Research Program, 仅限受邀者 - 研究计划) | Let's Steel Combat 一起做钢铁拳击 (精简版) @ Blk 144 Jalan Bukit Merah, 9 - 10 am *(Men only, 只限男性) | Let's Chair Zumba 一起跳尊巴(乐龄版) / 椅子尊巴 9 - 10 am | Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am | DBS Pop-Up Market @ Radin Mas CC (10 - 12 pm) (By Invitation) |
| 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 @ 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 @ 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 @ 10 - 11am |
| Stay Well Series 保健系列 - 健康讲座 - - Understanding Menopause, 了解更年期 @ 2pm - 3pm - Bilingual 双语 (Virtual Talk) | Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | Let's Celebrate Birthday! 一起来庆祝生日! @ 2pm - 4pm (By Invitation) | Let's Makan Together 一起来 Makan@ 11:30am - 12:30pm (By Invitation) | Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | Centre Closed (中心关闭) |
| Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 3 - 4pm | Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | Let's do Expressive Art with Tsao Foundation 与乐龄的表达艺术 Silat RC Centre Blk 144 Jalan Bukit Merah @ 2- 4 pm | Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm |
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NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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| MON | TUE | WED | THU | FRI | SAT |
|--|---|--|--|--|-------------------------|
| 10 | 11 | 12 | 13 | 14 | 15 |
| Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am | Let's Stretch Band with HPB 一起做弹力带拉筋操@ 9 - 10am (By Invitation only - Research Program, 仅限受邀者 - 研究计划) | Let's Steel Combat 一起做钢铁拳击(精简版) @ Blk 144 Jalan Bukit Merah, 9 - 10 am *(Men only, 只限男性) | Let's Chair Zumba 一起跳尊巴(乐龄版) / 椅子尊巴 9 - 10 am | Let's La Kopi 一起喝咖啡@Blk 144 by Silat RC @8am - 9am | Centre Closed (中心关闭) |
| 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 @ 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 @ 10 - 11am | Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am | |
| Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | Let's Makan Together 一起来Makan @ 11:30am - 12:30pm (By Invitation) | Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | Outing to Lee Kong Chian Natural History Museum 游览李光前自然历史博物馆 10 - 12 pm | Digital - IMDA Go-Digital - Workshop 资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 "Generative Artificial Intelligence (GEN AI) 了解生成式人工智能(GEN AI)的基础知识" - Part 2 @ 2 - 3:30 pm - Mandarin 华语 | |
| Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | "Healthier Minds for Healthier Lives" by NTU Confucius Institute 健康心灵成就健康生活 Spottiswoode Park RC @ 2-4 pm | Let's do Expressive Art with Tsao Foundation 与乐龄的表达艺术 Silat RC Centre Blk 144 Jalan Bukit Merah @ 2- 4 pm | Digital Clinic with IMDA - IMDA 数码诊所 3:30 - 4:30 pm | |
| | | | Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | SingHealth Community Nurse Post 社区健康站 @ Silat RC Centre Blk 144 Jln Bukit Merah @ 9am - 4 pm | |
| | | | Let's KTV Together 一起来k歌@ 2-4pm | | |

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| MON | TUE | WED | THU | FRI | SAT |
|--|---|---|--|--|-----------------------------|
| 17 | 18 | 19 | 20 | 21 | 22 |
| Let's Exercise with Razak on Zoom — 一起跟Razak线上做运动 @ 9 - 10am | Let's Stretch Band with HPB 一起做弹力带拉筋操@ 9 - 10am (By Invitation only - Research Program, 仅限受邀者 - 研究计划) | Let's Steel Combat 一起做钢铁拳击 (精简版) @ Blk 144 Jalan Bukit Merah, 9 - 10 am *(Men only, 只限男性) | Let's Chair Zumba 一起跳尊巴(乐龄版) / 椅子尊巴 9 - 10 am | Let's Exercise with Razak on Zoom — 一起跟Razak线上做运动 @ 10 - 11am | Centre Closed (中心关闭) |
| Let's Exercise with Razak on Zoom — 一起跟Razak线上做运动 @ 9 - 10am | Let's Exercise with Razak on Zoom — 一起跟Razak线上做运动 @ 9 - 10am | 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 @ 10 - 11am | Let's Exercise with Razak on Zoom — 一起跟Razak线上做运动 @ 10 - 11am | |
| Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | Let's Lim Kopi (Men's Talk) 一起喝咖啡(只限男性) All Male Coffee and Titbits gathering @ 2 - 4pm | Let's Makan Together 一起来 Makan@ 11:30am - 12:30pm (By Invitation) Let's do Expressive Art with Tsao Foundation 与乐龄的表达艺术 Silat RC Centre Blk 144 Jalan Bukit Merah @ 2- 4 pm | Stay Well Series 保健系列 - 健康讲座 - HPB Senior Health Talk - FRIENDS! Together we keep a healthy mind 我们一起保持健康的心态! 2 - 3 pm - Bilingual 双语 | |
| | | | Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | | |
| | | | Let's KTV Together 一起来k歌@ 2-4pm | SingHealth Community Nurse Post 社区健康站 @ Silat RC Centre Blk 144 Jln Bukit Merah @ 9am - 4 pm | |

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| MON | TUE | WED | THU | FRI | SAT |
|--|---|---|---|---|----------------------|
| 24 | 25 | 26 | 27 | 28 | 29 |
| Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am | Let's Stretch Band with HPB 一起做弹力带拉筋操@ 9 - 10am (By Invitation only - Research Program, 仅限受邀者 - 研究计划) | Let's Steel Combat 一起做钢铁拳击(精简版) @ Blk 144 Jalan Bukit Merah, 9 - 10 am *(Men only, 只限男性) | Let's Chair Zumba 一起跳尊巴(乐龄版)/椅子尊巴 9 - 10 am | Let's Brisk Walk and Breakfast Together 一起快步走(运动)和共享早餐 with DBS@ 9 - 11am | Centre Closed (中心关闭) |
| 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 @ 10 - 11am | Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am | Let's do Good with Hwa Chong Institute 与华侨中学同乐 10 - 12 pm | Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am | |
| Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | Let's Makan Together 一起来 Makan@ 11:30am - 12:30pm (By Invitation) | Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | Let's do Expressive Art with Tsao Foundation 与乐龄的表达艺术 Silat RC Centre Blk 144 Jalan Bukit Merah @ 2- 4 pm | Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | |
| | Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | | | Stay Well Series 保健系列 - 健康讲座 - HPB Senior Health Talk - How to reduce my risk of vascular dementia? 如何降低患血管性痴呆的风险? 2 - 3 pm - Bilingual 双语 | |
| | | | Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm | SingHealth Community Nurse Post 社区健康站 @ Silat RC Centre Blk 144 Jln Bukit Merah @ 9am - 4 pm | |
| | | | Let's KTV Together 一起来k歌@ 2-4pm | | |
| 31 | | | | | |
| Centre Closed (中心关闭) Selamat Hari Raya! | | | | | Centre Closed (中心关闭) |

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