

2026 Mar 三月

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



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
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 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	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	9am - 12.30pm [Silat RC Blk 144] Functional Screening 健康检查 <i>(By Registration only 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)	10.15 - 11.15am Let's Piloxing Lite (Seated) 一起做皮拉提拳击 (坐式)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	10 - 11am Let's Exercise Together (Video) 一起动起来 (视频)	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	Centre Closed (中心关闭)
12 - 1.30pm Let's Celebrate Lunar New Year with Rotary Club of Tanjong Pagar 一起和丹戎巴葛扶轮社 庆祝农历新年 <i>(By Registration only 只限已登记的参与者)</i>	2 - 3.30pm Let's Pick Up Basic English 一起学基本英语 <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>	2 - 3.30pm Let's Gen Together - Sing and Dance Together 代际交流 - 一起来唱歌和跳舞 <i>(By Registration only 只限已登记的参与者)</i>	
2.30 - 3.30pm Strategise with Kakis 一起玩棋类游戏	3.30 - 5pm 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	3.30 - 5pm Strategise with Kakis 一起玩棋类游戏	
3.30pm - 4.30pm Let's Gen Together - Kindergarten 代际交流 - 幼儿园 <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	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	2 - 4pm [Spottiswoode RC Blk 104] IMDA Workshop 'Transact Online: Citizen Services' 资讯通信媒体发展局培训课程 '在网上交易: 数码公民' (Conducted in English/ 以英语进行)	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 仅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)
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	9am - 6pm Centre Closed (中心关闭) Staff Event	9 - 10am Let's Exercise Together (Video) 一起动起来(视频)	10 - 11am Let's Exercise Together (Video) 一起动起来(视频)	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		10 - 11am Let's Exercise Together (Video) 一起动起来(视频)	2 - 5pm Let's KTV Together 一起来K歌	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 - 4pm [ICCP] IMDA Workshop 'Transact Online: Citizen Services' 资讯通信媒体发展局培训课程 '在网上交易: 数码公民' (Conducted in Mandarin/以华语进行)	2 - 5pm Strategise with Kakis 一起玩棋类游戏	2 - 4pm [Cantonment RC Blk 12] IMDA Workshop 'Transact Online: Citizen Services' 资讯通信媒体发展局培训课程 '在网上交易: 数码公民' (Conducted in Mandarin/以华语进行)	
		4 - 5pm Strategise with Kakis 一起玩棋类游戏		4.15pm - 5pm [Cantonment RC Blk 12] Let's Exercise Together (Video) 一起动起来(视频)	
				2 - 4pm 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
16	17	18	19	20	21
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 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	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 (Seated) 一起做皮拉提拳击 (坐式)	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	10 - 11am Let's Exercise Together (Video) 一起动起来 (视频)	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	
2 - 4pm Strategise with Kakis 一起玩棋类游戏	2 - 3.30pm Digital - Fun! Let's Learn Mobile Photography 一起用手机摄像 <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)	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 Let's Learn to Tech - Gamified Digital Literacy Workshop 一起学科技 - 游戏化数码培训课程 <i>(By Registration only 只限已登记的参与者)</i>	
	3.30 - 5pm Strategise with Kakis 一起玩棋类游戏	2 - 4pm Strategise with Kakis 一起玩棋类游戏		4 - 5pm 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
23	24	25	26	27	28
9am - 6pm Centre Closed (中心关闭) Hari Raya Puasa	9 - 10am Let's Kpop X-Lite (Standing) 一起做韩式韵律操(站式)	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	8.30 - 10.30am 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	Centre Closed (中心关闭)
	10.15 - 11.15am Let's Piloxing Lite (Seated) 一起做皮拉提拳击(坐式)	9 - 10am Let's Exercise Together (Video) 一起动起来(视频)	10 - 11am Let's Exercise Together (Video) 一起动起来(视频)	9 - 10am Let's Exercise Together (Video) 一起动起来(视频)	
	2 - 3.30pm Let's Celebrate Hari Raya 一起庆祝开斋节 <i>(By Registration)</i> 只限已登记的参与者	10 - 11am Let's Exercise Together (Video) 一起动起来(视频)	2 - 5pm Let's KTV Together 一起来K歌	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	
	4 - 5pm Strategise with Kakis 一起玩棋类游戏	2 - 4pm [Silat RC Blk 144] Strategise with Kakis 一起玩棋类游戏	2 - 5pm Strategise with Kakis 一起玩棋类游戏	2 - 3.30pm Digital - Fun! Let's Learn Mobile Videography 一起用手机摄像 <i>(By Registration only)</i> 只限已登记的参与者	
		2 - 4pm Let's Lim Kopi (Men's Talk) 一起喝咖啡(只限男性) <i>(By Registration and Male only)</i> 只限已登记的男性参与者		3.30 - 5pm 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
30	31				
9 - 10am Let's Exercise Together (Video) 一起动起来(视频)	9 - 11.30am Let's Gen Together - North Vista Secondary School 代际交流 - 德新中学 <i>(By Registration)</i> 只限已登记的参与者)				
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	2 - 3.30pm Digital - Fun! Let's Plan Your Own Holidays 一起安排您的假期 <i>(By Registration only)</i> 只限已登记的参与者)				
1.45 - 2.45pm Let's Talk News 新闻聊一聊	3.30 - 5pm Strategise with Kakis 一起玩棋类游戏				
2.45 - 4.30pm Strategise with Kakis 一起玩棋类游戏					

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