

2025 May 五月

 **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)



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MON	TUE	WED	THU	FRI	SAT
28 APR	29 APR	30 APR	1	2 MAY	3
10 - 11am 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 <i>(By Invitation 只限已登记的参与者)</i>	9 - 10am [Blk 144 Jln Bt Merah] 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>	Centre Closed (中心关闭) Labour Day - 劳动节	10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	Centre Closed (中心关闭)
	10 - 12pm [Silat RC Blk 144] "Project Citizens" - By Founders' Memorial 与建国先贤纪念馆的“公民计划” <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	Centre Closed (中心关闭) Staff Event		3:30 - 4:30 pm [My First Skool @Blk 54 Chin Swee Road] Let's Gen Together - Kindergarten 代际交流 - 幼儿园 <i>(By Invitation 只限已登记的参与者)</i>	
				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
5	6	7	8	9	10
Centre Closed (中心关闭) Replacement Holiday for Polling Day 补假日	9 - 11am Let's Stretch Band with HPB - Functional Assessment 一起做弹力带拉筋操 - 功能评估活动 (By Registration Only 只限已登记的参与者)	9 - 10am [Blk 144 Jln Bt Merah] 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)
	10 - 12pm [Silat RC Blk 144] "Project Citizens" - By Founders' Memorial 与建国先贤纪念馆的“公民计划”(By Registration Only 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	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 - 4pm Let's Celebrate Mother's Day! 一起来庆祝母亲节! 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)	2 - 3:30pm IMDA "Practise Netiquette" Workshop 资讯通信媒体发展局 - '运用网上礼仪,尊重他人尊重 自己' 培训课程	
			2 - 4pm Strategise with Kakis 一起玩棋类游戏 Let's KTV Together 一起来k歌	3:30 - 4:15pm Digital Clinic with IMDA - 与IMDA咨询	
				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
12	13	14	15	16	17
Centre Closed (中心关闭) Public Holiday - Vesak Day 卫塞节	10 - 11am Let's Exercise with Razak on Zoom 一起跟Razak线上做运动	9 - 10am [Blk 144 Jln Bt Merah] 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	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	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 Stay Well Series - Health Talk 保健系列 - 健康讲座 Healthy Living: Body & Mind 身心健康, 活出健康	
		2 - 4pm Let's Celebrate Birthday! 一起来庆祝生日! (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)	9am - 4pm [Silat RC Blk 144] SingHealth Community Nurse Post 社区健康站	
			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
19	20	21	22	23	24
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 [Blk 144 Jln Bt Merah] 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	9.30 - 11.30 am Let's Do Good with Thye Hua Kwan and Ngee Ann Polytechnic - Mind Simulation Games 与太和关和义安理工学院同乐-智力游戏
2 - 4pm Strategise with Kakis 一起玩棋类游戏	2 - 4pm Strategise with Kakis 一起玩棋类游戏	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	Centre Closed (中心关闭)
2 - 3pm Stay Well Series - Skin and Nails Care (Virtual Talk) 保健系列 - 皮肤与指甲护理(双语线上讲座)		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)	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 [Silat RC Blk 144] Let's do Scrap Booking Art 一起做剪贴簿 <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k歌		

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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
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 [Blk 144 Jln Bt Merah] 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 - 5pm DIY Keychain Making (Part 1) 钥匙圈手作活动 (1) <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 Let's Celebrate Rice Dumpling Festival! 一起来 庆祝端午节! 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>	9am - 4pm [Silat RC Blk 144] SingHealth Community Nurse Post 社区健康站	
		4 - 6pm 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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