

2026 May 五月

📍 **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)



NTUC Health

MON May 4	TUE 5	WED 6	THU 7	FRI 8	SAT 9
<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 只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 La 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 (Seated) 一起做皮拉提拳击 (坐式)</p>	<p>9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)</p>	<p>10 - 11am Let's Exercise Together (Video) 一起动起来 (视频)</p>	<p>2 - 4pm [Cantonment RN Blk 12] Let's Talk About 'Stay Safe & Smart In The Age of Gen AI' by IMDA (Gen AI Part 1) 资讯通信媒体发展局培训课程 '在生成式人工智能 (Gen AI) 时代保持安全和机智' <i>(Conducted in Mandarin/以华语进行)</i></p>	
<p>2 - 3.30pm Strategise with Kakis 一起玩棋类游戏</p>	<p>1 - 6pm Let's Support Research (Recruitment & Screening) 一起参与研究计划 (招募和筛选) <i>(Conducted in Mandarin/以华语进行) (By Registration only 只限已登记的参与者)</i></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 只限已登记的参与者)</i></p>	<p>4.15 - 5pm [Cantonment RC Blk 12] Let's Exercise Together (Video) 一起动起来 (视频)</p>	
<p>3.30 - 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></p>	<p>2 - 4pm [Spottiswoode RN Blk 104] Let's Talk About 'Stay Safe & Smart In The Age of Gen AI' by IMDA (Gen AI Part 1) 资讯通信媒体发展局培训课程 '在生成式人工智能 (Gen AI) 时代保持安全和机智' <i>(Conducted in English/以英语进行)</i></p>	<p>2 - 4pm [ICCP] Let's Talk About 'Stay Safe & Smart In The Age of Gen AI' by IMDA (Gen AI Part 1) [ICCP] 资讯通信媒体发展局培训课程 '在生成式人工智能 (Gen AI) 时代保持安全和机智' <i>(Conducted in Mandarin/以华语进行)</i></p>	<p>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></p>	<p>9am - 6pm Centre Closed (中心关闭)</p>	
	<p>2 - 4pm Strategise with Kakis 一起玩棋类游戏</p>	<p>4 - 5pm Strategise with Kakis 一起玩棋类游戏</p>	<p>1 - 6pm Let's Support Research (Recruitment & Screening) 一起参与研究计划 (招募和筛选) <i>(Conducted in English/以英语进行) (By Registration only 只限已登记的参与者)</i></p>	<p>Staff Event</p>	

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NTUC Health

MON	TUE	WED	THU	FRI	SAT
May 11	12	13	14	15	16
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)</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	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)	
12.30 - 6pm Let's Support Research (Enrolment) 一起参与研究计划 (注册) <i>(By Registration only)</i> 只限已登记的参与者	2 - 4pm Let's Celebrate Mother's Day 一起庆祝母亲节 Let's Do Fun Craft! 一起做手工 <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)	11:30am - 12:30pm Let's Makan Together (SOI) 一起来Makan (SOI) <i>(By Registration only)</i> 只限已登记的参与者	9am - 12pm SingHealth Community Nurse Post 社区健康站	
1.45 - 2.45pm Let's Talk News 新闻聊一聊		12.30 - 6pm Let's Support Research (Enrolment) 一起参与研究计划 (注册) <i>(By Registration only)</i> 只限已登记的参与者	2 - 5pm Let's KTV Together 一起来K歌	12 - 6pm Centre Closed (中心关闭)	
2.45 - 4.30pm Strategise with Kakis 一起玩棋类游戏		2 - 4pm Strategise with Kakis 一起玩棋类游戏	2 - 5pm Strategise with Kakis 一起玩棋类游戏	Staff Event	

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MON	TUE	WED	THU	FRI	SAT
May 18	19	20	21	22	23
<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 只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>8.30am - 12.30pm Let's Go Gai Gai - Bollywood Farm 一起去GaiGai - 宝莱坞农场 (English tour/英语游览团) <i>(By Registration only 只限已登记的参与者)</i></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 (Seated) 一起做皮拉提拳击 (坐式)</p>	<p>9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)</p>	<p>10 - 11am Let's Exercise Together (Video) 一起动起来 (视频)</p>	<p>9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)</p>	
<p>2 - 4.30pm [ICCP] Let's Talk About CPF, My Healthcare and Anti-scam [ICCP] 一起来谈公积金、医疗保健 与防诈骗</p>	<p>12.30 - 5.00pm Let's Support Research (Enrolment and Onboarding) 一起参与研究计划 (注册和□取) <i>(By Registration only 只限已登记的参与者)</i></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 只限已登记的参与者)</i></p>	<p>10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)</p>	
	<p>2 - 4pm Strategise with Kakis 一起玩棋类游戏</p>	<p>2 - 4pm [Silat RN Blk 144] Strategise with Kakis 一起玩棋类游戏</p>	<p>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></p>	<p>2 - 4pm Strategise with Kakis 一起玩棋类游戏</p>	
		<p>2 - 4pm Let's Lim Kopi (Men's Talk) 一起喝咖啡 (只限男性)</p> <p>Let's Makan Together 一起来Makan <i>(By Registration and Male only 只限已登记的男性参与者)</i></p>	<p>2 - 4pm Strategise with Kakis 一起玩棋类游戏</p>	<p>9am - 4pm SingHealth Community Nurse Post 社区健康站</p>	

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MON	TUE	WED	THU	FRI	SAT
May 25	26	27	28	29	30
9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	8.30am - 2pm Let's Gen Together - Carnival at Clementi Town Secondary School 代际交流 - 锦文中学嘉年华 <i>(By Registration)</i> 只限已登记的参与者	Hari Raya Haji 哈芝节 Centre Closed (中心关闭)	9.30 - 11.30am Let's Gen Together - Guangyang Secondary School 代际交流 - 光阳中学 <i>(By Registration)</i> 只限已登记的参与者	8 - 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 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	9 - 10am Let's Kpop X-Lite (Standing) 一起做韩式韵律操 (站式)		2 - 5pm Let's KTV Together 一起来唱歌	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	
2 - 4pm Strategise with Kakis 一起玩棋类游戏	10.15 - 11.15am Let's Piloxing Lite (Seated) 一起做皮拉提拳击 (坐姿)		2 - 5pm Strategise with Kakis 一起玩棋类游戏	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	
2 - 3.30pm Let's Support Research 一起参与研究计划 <i>(Conducted in English/以英语进行)</i> <i>(By Registration only)</i> 只限已登记的参与者	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)</i> 只限已登记的参与者			2 - 4pm Strategise with Kakis 一起玩棋类游戏	
4 - 5.30pm Let's Support Research 一起参与研究计划 <i>(Conducted in Mandarin/以华语进行)</i> <i>(By Registration only)</i> 只限已登记的参与者				9am - 4pm SingHealth Community Nurse Post 社区健康站	

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