2026 November 十一月

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)



MON	TUE	WED	THU	FRI	SAT
Nov 2	3	4	5	6	7
8.45am - 12pm [Kallang Basin] Let's DragonBoat 一起来划龙舟 *(By Registration only* *只限已登记的参与者)*	**9 - 10am** Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳击 (混合风格) *(For Paid Registration only* *须预先付费报名)*	**8.30am - 12pm** Let's Be Eco Explorers! (Outing) 一起做环保探索家 (出游日) *(By Registration only* *只限已登记的参与者)*	**9 - 10am** Let's Chair Zumba 一起跳尊巴(乐龄版) / 椅子尊巴	Centre Closed (中心关闭) Staff Event	Centre Closed (中心关闭)
9 - 10am Let's CrossFit (Video) 一起做CrossFit（视频）	**10.15 - 11.15am** Let's Kpop X-Lite (Standing) 一起做韩式韵律操 (站式) *(For Paid Registration only* *须预先付费报名)*	**9 - 10am [Silat RN Blk 144]** 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)*	**10.15 - 11.15am** Let's Aerobics (Hybrid Style) 一起做有氧运动（混合风格）		
10 - 11am Let's CrossFit (Video) 一起做CrossFit（视频）	**12.30 - 5pm** Let's Support Research 一起参与研究计划 *(By Registration only* *只限已登记的参与者)*	**9 - 10am** Let's Exercise Together (Video) 一起动起来（视频）	**12 - 1pm** Let's Makan Together 一起来Makan *(By Registration only* *只限已登记的参与者)*		
1.45 - 3.15pm Strategise with Kakis 一起玩棋类游戏	**2 - 4.30pm** [ICCP] Let's Talk About Anti-Scam [ICCP] 一起来谈防骗 2pm - in Mandarin 华语场 3.30pm - in English 英语场	**10 - 11am** Let's Gym in a Bag *(By Registration only* *只限已登记的参与者)*	**1.30 - 3pm** Let's Gen Together - River Valley Primary School 代际交流 - 立化小学		
3.30 - 4.30pm Let's Gen Together - Kindergarten 代际交流 - 幼儿园 *(By Registration only* *只限已登记的参与者)*		**12.30 - 5pm** Let's Support Research 一起参与研究计划 *(By Registration only* *只限已登记的参与者)*			
9am - 1pm SingHealth Community Health Post **(Pharmacist)** 社区健康站 **(药剂师)**		**2 - 4pm** Strategise with Kakis 一起玩棋类游戏			

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MON	TUE	WED	THU	FRI	SAT
Nov 9	10	11	12	13	14
Deepavali 屠妖节 Centre Closed (中心关 闭)	**10.15 - 11.15am** Let's Kpop X-Lite (Standing) 一起做 韩式韵律操 (站式) *(For Paid Registration only* *须预先付 费报名)*	**9 - 10am [Silat RN Blk 144]** 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 Lim Kopi 一起喝咖啡	**3 - 6pm** Let's Go Gai Gai - Sailing at the Bay 一起去体 验滨海湾帆船 *(By Registration only* *只限已登 记的参与者)*
	2 - 5pm Sustainability Showcase 可持续发展成果展示 *(By Registration only* *只限已登 记的参与者)*	**9 - 10am** Let's Exercise Together (Video) 一起 动起来 (视频)	**10.15 - 11.15am** Let's Aerobics (Hybrid Style) 一起做有氧运 动(混合 风格)	**8 - 10.00am** Let's Go Gai Gai and Explore Singapore (Fun Walk) - Beginner 一起快步走 (运动) 初级 *(By Registration only* *只限已登 记的参与者)*	Centre Closed (中心关 闭)
	12 - 1.30pm (Spottiswoode RN Blk 104) Let's Makan Together (Date a Friend) 一起来 Makan (与朋友有 约) *(By Registration only* *只限已登 记的参与者)*	**10 - 11am** Let's Gym in a Bag - F4 *(By Registration only* *只限已登 记的参与者)*	**11.45am - 1.30pm** Kopi & Go Series by SingHealth 新保集 团 Kopi & Go 系列 *(By Registration only* *只限已登 记的参与者)*	**9 - 10am** Let's Exercise Together (Video) 一起 动起来 (视频)	
		11am - 12pm Let's Makan Together - F4 一起来 makan - F4	**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 - 3pm [ICCP] Let's Talk About Dengue Prevention [ICCP] 一起来 谈预防骨痛 热症 *(Conducted in Bilingual / 双语进行)*	**2 - 5pm** Strategise with Kakis 一起玩棋 类游戏	**1 - 5pm** Let's DragonBoat (Race Day) 一起划 龙舟 (比赛日) *(By Registration only* *只限已登 记的参与者)*	
			2.15 - 5.30pm [Silat RN Blk 144] Let's Go Gai Gai - Sailing at the Bay 一起去体 验滨海湾帆船 *(By Registration only* *只限已登 记的参与者)*	**2 - 4pm** Strategise with Kakis 一起玩棋 类游戏	
				9am - 4pm SingHealth Community Health Post **(Nurse)** 社区健康站 **(护士)**	

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MON	TUE	WED	THU	FRI	SAT
Nov 16	17	18	19	20	21
9 - 10am Let's CrossFit (Video) 一起做 CrossFit（视频）	9am - 6pm Centre Closed (中心关 闭) Staff Event	**9 - 10am [Silat RN Blk 144]** 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	**9am - 1pm [Cantonment RN Blk 12]** Functional Screening 健康 检查 *(By Registration only* *只限已登 记的参与者)*	Centre Closed (中心关 闭)
10 - 11am Let's CrossFit (Video) 一起做 CrossFit（视频）		**9 - 10am** Let's Exercise Together (Video) 一起 动起来（视频）	**9.30am - 12pm** Let's Support Research 一起参与研究 计划 *(By Registration only* *只限已登 记的参与者)*	**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 - 11am** Let's Gym in a Bag *(By Registration only* *只限已登 记的参与者)*	**10.15 - 11.15am** 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）	
3 - 4.30pm Let's Do Paper Quilling 一起做 衍纸 *(By Registration only* *只限已登 记的参与者)*		**2 - 4pm** Let's Celebrate Birthday! 一起来 庆祝生日！ Let's Learn Creative Dopamine Language 一起来学 习创意多巴胺 语言 *(By Registration only* *只限已登 记的参与者)*	**12 - 1.30pm** Let's Makan Together (Date a Friend) 一起来 Makan (与朋友有 约) *(By Registration only* *只限已登 记的参与者)*	**2 - 4pm** Strategise with Kakis 一起玩棋 类游戏	
9am - 1pm SingHealth Community Health Post **(Pharmacist)** 社区健康站 **（药剂师）**		**2 - 4pm [Silat RN Blk 144]** Strategise with Kakis 一起玩棋 类游戏	**2pm - 3.30pm** Let's Do Acrylic Painting 一起来作画 *(By Registration only* *只限已登 记的参与者)*	**9am - 4pm** SingHealth Community Health Post **(Nurse)** 社区健康站 **（护士）**	
			2 - 4pm Strategise with Kakis 一起玩棋 类游戏		

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MON	TUE	WED	THU	FRI	SAT
Nov 23	24	25	26	27	28
9 - 10am Let's CrossFit (Video) 一起做 CrossFit（视频）	**9 - 10am** Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳 击 (混合 风格) *(For Paid Registration only* *须预先付 费报名）*	**9 - 10am [Silat RN Blk 144]** 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 - 10.30am** Let's Go Gai Gai and Explore Singapore (Fun Walk) - Intermediate 一起快步走 （运动) - 中级 *(By Registration only* *只限已登 记的参与者 ）*	Centre Closed (中心关 闭)
10 - 11am Let's CrossFit (Video) 一起做 CrossFit（视频）	**10.15 - 11.15am** Let's Kpop X-Lite (Standing) 一起做 韩式韵律操 (站式) *(For Paid Registration only* *须预先付 费报名）*	**9 - 10am** Let's Exercise Together (Video) 一起动起来（视频）	**10.15 - 11.15am** 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 Current affairs U&Me 时事新闻你和我	**11.30am - 1pm** Let's Be Eco Explorers! 一起做 环保探索家 *(By Registration only* *只限已登 记的参与者 ）*	**10 - 11am** Let's Gym in a Bag *(By Registration only* *只限已登 记的参与者 ）*	**1 - 5pm** Functional Screening 健康 检查 *(By Registration only* *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）	
2.45 - 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 - 4pm** Let's Lim Kopi (Men's Talk) 一起喝咖啡 *(By Registration and Male only* *只限已登 记的男性参与者 ）*		**2 - 4pm** Strategise with Kakis 一起玩棋 类游戏	
3 - 4.30pm Let's Do Paper Quilling 一起做 衍纸 *(By Registration only* *只限已登 记的参与者 ）*		**2 - 4pm [Silat RN Blk 144]** Strategise with Kakis 一起玩棋 类游戏		**3 - 5pm [Blk 117 AAC BM]** Let's Celebrate Deepavali! 一起来 庆屠妖 节! *(By Registration only* *只限已登 记的参与者 ）*	
9am - 1pm SingHealth Community Health Post **(Pharmacist)** 社区健康站 **（药剂师）**				**2 - 3pm [Cantonment RN Blk 12]** Let's Talk About Dengue Prevention 一起来 谈预防骨痛 热症 *(Conducted in Bilingual / 双语进行）*	
				3.15 - 4pm [Cantonment RC Blk 12] Let's Exercise Together (Video) 一起动起来（视频）	
				9am - 4pm SingHealth Community Health Post **(Nurse)** 社区健康站 **（护士）**	

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MON	TUE	WED	THU	FRI	SAT
Nov 30	Dec 1	2	3	4	5
9 - 10am Let's CrossFit (Video) 一起做CrossFit（视频） **10 - 11am** Let's CrossFit (Video) 一起做CrossFit（视频） **2 - 4pm** Strategise with Kakis 一起玩棋类游戏 **3 - 4.30pm** Let's Do Paper Quilling 一起做 衍纸 *(By Registration only* *只限已登记的参与者)* **9am - 1pm** SingHealth Community Health Post **(Pharmacist)** 社区健康站 **(药剂师)**					**Centre Closed** **(中心关闭)**

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