

2025 Nov 十一月

 **Centre Name:** AACC (Bukit Merah Silat)
 **Centre Address:** Blk 141 Jalan Bukit Merah #01-1172 S160141
 **Centre Contact:** 8292 2677 (Yeow Seng / Diana/ Meng Choo)





MON	TUE	WED	THU	FRI	SAT
Nov 3	4	5	6	7	8
9 - 10am [Silat RC Blk 144] Let's Exercise - ActiveSG Square Stepping 一起做运动 - ActiveSG 方形 踏步运动 <i>(By Registration 只限已登 记的参与者)</i>	10 - 11am Let's Exercise Together (Video) 一起动起来(视频)	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	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	Centre Closed (中心关闭)
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	3 - 4pm Strategise with Kakis 一起玩棋类游戏	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)	3.30pm - 5pm [Cantonment RC Blk 12] IMDA 'Identify & Protect Devices From Malicious Software' 资讯通信媒体发展局 - '保护 设备免受恶意软件侵害'	
2 - 3pm HPB Workshop 'FRIENDS! Together We Keep a Healthy Mind' 健康讲座 - '朋友们！一起保 持健康好心情'		2 - 4pm Strategise with Kakis 一起玩棋类游戏	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>	2 - 4pm Strategise with Kakis 一起玩棋类游戏	
3 - 4pm Strategise with Kakis 一起玩棋类游戏			2 - 5pm Strategise with Kakis 一起玩棋类游戏 Let's KTV Together 一起来k歌	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
Nov 10	11	12	13	14	15
9 - 10am [Silat RC Blk 144] Let's Exercise - ActiveSG Square Stepping 一起做运动 - ActiveSG 方形 踏步运动 <i>(By Registration 只限已登记的参与者)</i>	9 - 10am Let's Talk News 一起聊新闻	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	8 - 9am [Silat RC Blk 144] Let's Lim 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)	10 - 11am 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)	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 [Spottiswoode RC Blk 104] IMDA 'Know & Deal with False Info & Inappropriate Content' 资讯通信媒体发展局 - '认识 和应对虚假信息与不当内容'	2 - 4pm Strategise with Kakis 一起玩棋类游戏	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>	2 - 3:30pm IMDA 'Set Strong Password & Enable 2FA' 资讯通信媒体发展局 - '设置 强密码并启用 双重认证'	
	2 - 4pm Strategise with Kakis 一起玩棋类游戏		2 - 4pm Strategise with Kakis 一起玩棋类游戏	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
Nov 17	18	19	20	21	22
9 - 10am [Silat RC Blk 144] Let's Exercise - ActiveSG Square Stepping 一起做运动 - ActiveSG 方形 踏步运动 <i>(By Registration 只限已登记的 参与者)</i>	10 - 11am Let's Exercise Together (Video) 一起动起来(视频)	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	Centre Closed (中心关闭) Staff Event Centre Closed (中心关闭)	
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	2 - 3.30pm Digital - Fun! Let's Learn WhatsApp 一起学用WhatsApp <i>(By Registration 只限已登记的 参与者)</i>	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 Let's Celebrate Thanksgiving - Farewell 141 温馨惜别141与感恩庆祝会 <i>(By Registration 只限已登记的 参与者)</i>	2:00 - 4:30pm [Spottiswoode RC Blk 104] Legacy Planning Talk by Fei Yue Community Services 安心规划未来讲座 - 由飞跃社区服务主讲 2pm - in Mandarin 华语场 3:30pm - in English 英语场	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 只限已登记的 参与者)</i>	2 - 4pm Strategise with Kakis 一起玩棋类游戏		
				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
24	25	26	27	28	25
10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	9 - 10am Let's Talk News 新闻聊一聊	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	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	Centre Closed (中心关闭)
2 - 4pm Strategise with Kakis 一起玩棋类游戏	10 - 11am Let's Exercise 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	
	Centre Closed (中心关闭) Staff Event	1pm - 5pm [Silat RC Blk 144] Let's Lim Kopi 一起喝咖啡(只限男性) <i>(By Registration and Male Only 只限已登记的男性参与者)</i>	2 - 4pm Strategise with Kakis 一起玩棋类游戏	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			

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