

2026 October 十月

📍 **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)



ntuc Health

MON

TUE

WED

THU

FRI

SAT

Oct 1

2

3

8.30am - 2.45pm
 Let's Go Gai Gai - NTUC Health AAC Day
 职总保健活跃乐龄中心日
(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)

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)

10.15 - 11.15am
 Let's Aerobics (Hybrid Style)
 一起做有氧运动 (混合风格)

2 - 4pm
 Strategise with Kakis
 一起玩棋类游戏

12 - 1pm
 Let's Makan Together
 一起来Makan
(By Registration only 只限已登记的参与者)

2 - 3pm [Cantonment RN Blk 12]
 Let's Talk About Dementia
 一起来谈失智症
(Conducted in Mandarin/ 以华语进行)

2 - 4pm
 Strategise with Kakis
 一起玩棋类游戏

3.15 - 4pm [Cantonment RN Blk 12]
 Let's Exercise Together (Video)
 一起动起来 (视频)

9am - 4pm
 Community Health Post - SingHealth (Nurse)
 社区健康站 (护士)

**Centre Closed
 (中心关闭)**

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2026 October 十月

 **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)



 NTUC Health

MON	TUE	WED	THU	FRI	SAT
Oct 5	6	7	8	9	10
8.45am - 12pm [Kallang Basin] Let's DragonBoat 一起来划龙舟 <i>(By Registration only 只限已登 记的参与者)</i>	9 - 10am Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳 击 (混合风格) <i>(For Paid Registration only 须预先付费报名)</i>	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>	9 - 10am Let's Chair Zumba 一起跳尊巴 (乐龄版) / 椅子尊巴	7.45am - 1pm [Our Tampines Hub] Let's Walking Football (Finals) 一起来踢球 (大决赛) <i>(By Registration only 只限已登 记的参与者)</i>	Centre Closed (中心关闭)
9 - 10am Let's CrossFit (Video) 一起做 CrossFit (视频)	10.30am - 12pm Let's Be Eco Explorers! 一起做 环保探索家 <i>(By Registration only 只限已登 记的参与者)</i>	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 - 9am [Silat RC Blk 144] Let's Lim Kopi 一起喝咖啡	
10 - 11am Let's CrossFit (Video) 一起做 CrossFit (视频)	2 - 3.30pm Let's Learn to Make Eco-enzyme Cleaning Solution! 一起 尝试制作 环保酵素清 洁剂 <i>(By Registration only 只限已登 记的参与者)</i>	10 - 11am Let's Gym in a Bag - F4 <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	9 - 10am Let's Exercise Together (Video) 一起动起来 (视频)	
8.45am - 5pm [AAC Pioneer] Digital-Fab Lab Series: 3D Printing Workshop 3D打印工作坊 <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	11am - 12pm Let's Makan Together - F4 一起来 Makan - F4 <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)	
1.45 - 3.15pm Strategise with Kakis 一起玩棋 类游戏		2 - 4pm Strategise with Kakis 一起玩棋 类游戏		8.45am - 2pm [AAC Pioneer] Digital-Fab Lab Series Laser Cutting Workshop 激光切割工作坊 <i>(By Registration only 只限已登 记的参与者)</i>	
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>				2 - 4pm Strategise with Kakis 一起玩棋 类游戏	
9am - 1pm Community Health Post - SingHealth (Pharmacist) 社区健康站 (药剂师)				9am - 4pm Community Health Post - SingHealth (Nurse) 社区健康站 (护士)	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2026 October 十月

📍 **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)



ntuc Health

MON	TUE	WED	THU	FRI	SAT
Oct 12	13	14	15	16	17
8.45am - 12pm [Kallang Basin] Let's DragonBoat 一起来划龙舟 <i>(By Registration only 只限已登记的参与者)</i>	8.15 - 11am Let's Go Gai Gai - Singapore Botanic Gardens Seed Bank 一起去GaiGai - 新加坡植物园种子库 <i>(By Registration only 只限已登记的参与者)</i>	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>	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) Centre Closed (中心关闭)
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) <i>(For Paid Registration only 须预先付费报名)</i>	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)	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	
10 - 11am Let's CrossFit (Video) 一起做CrossFit(视频)	10.30am - 12pm Let's Be Eco Explorers! 一起做环保探索家 <i>(By Registration only 只限已登记的参与者)</i>	10 - 11am Let's Gym in a Bag <i>(By Registration only 只限已登记的参与者)</i>	11.45am - 1.30pm Stay Well Series: Kopi & Go Series by SingHealth 新保集团 Kopi & Go 系列 <i>(By Registration only 只限已登记的参与者)</i>	12 - 1pm [Cantonment RN Blk 12] Let's Makan Together 一起来Makan <i>(By Registration only 只限已登记的参与者)</i>	
1.45 - 2.45pm Let's Talk News 新闻聊一聊	2 - 4.30pm [Spottiswoode RN Blk 104] Let's Talk About Anti-Scam 一起来谈防骗 2pm - in Mandarin 华语场 3.30pm - in English 英语场	Centre Closed (中心关闭) Staff Event	2 - 5pm Let's KTV Together 一起来K歌	2 - 4.30pm [Cantonment RN Blk 12] Let's Talk About Anti-Scam 一起来谈防骗 2pm - in Mandarin 华语场 3.30pm - in English 英语场	
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	9am - 4pm Community Health Post - SingHealth (Nurse) 社区健康站(护士)	
3 - 4.30pm Let's Do Paper Quilling 一起做衍纸 <i>(By Registration only 只限已登记的参与者)</i>					
9am - 1pm Community Health Post - SingHealth (Pharmacist) 社区健康站(药剂师)					

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2026 October 十月

📍 **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)



ntuc Health

MON Oct 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24
8.45am - 12pm [Kallang Basin] Let's DragonBoat 一起来划龙舟 <i>(By Registration only 只限已登记的参与者)</i>	9 - 10am Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳击 (混合风格) <i>(For Paid Registration only 须预先付费报名)</i>	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>	9 - 10am Let's Chair Zumba 一起跳尊巴 (乐龄版) / 椅子尊巴	8 - 9.30am Let's Go Gai Gai and Explore Singapore (Fun Walk) - Beginner 一起快步走 (运动) 初级 <i>(By Registration only 只限已登记的参与者)</i>	10.30am - 2pm IMDA Go-Digital - Digital for Life Festival (Vivocity) 资讯通信媒体发展局-数码乐龄计划 - 数码益终身节 (怡丰城) <i>(By Registration only 只限已登记的参与者)</i>
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) <i>(For Paid Registration only 须预先付费报名)</i>	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)	
10 - 11am Let's CrossFit (Video) 一起做CrossFit (视频)	2 - 3.30pm Let's Learn Seed and Spice Art Together! 一起尝试种子与香料艺术 <i>(By Registration only 只限已登记的参与者)</i>	10 - 11am Let's Gym in a Bag <i>(By Registration only 只限已登记的参与者)</i>	8.45am - 2pm [AAC Pioneer] Digital - Fab Lab Series: Digital Embroidery Workshop 数码刺绣工作坊 <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)	
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 Let's Celebrate Birthday! 一起来庆祝生日!	12 - 1.30pm Let's Makan Together (Date a Friend) 一起来Makan (与朋友有约) <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	
3 - 4.30pm Let's Do Paper Quilling 一起做 衍纸 <i>(By Registration only 只限已登记的参与者)</i>		Let's Learn Creative Dopamine Language 一起来学习创意多巴胺语言 <i>(By Registration only 只限已登记的参与者)</i>	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	2 - 3pm [Cantonment RN Blk 12] Let's Talk About Dementia 一起来谈失智症 <i>(Conducted in English/ 以英语进行)</i>	
9am - 1pm Community Health Post - SingHealth (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	2 - 4pm Strategise with Kakis 一起玩棋类游戏	3.15 - 4pm [Cantonment RN Blk 12] Let's Exercise Together (Video) 一起动起来 (视频)	
				9am - 4pm Community Health Post - SingHealth (Nurse) 社区健康站 (护士)	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2026 October 十月

📍 **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)



NTUC Health

MON	TUE	WED	THU	FRI	SAT
Oct 26	27	28	29	30	31
8.45am - 12pm [Kallang Basin] Let's DragonBoat 一起来划龙舟 <i>(By Registration only 只限已登记的参与者)</i>	9 - 10am Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳击 (混合风格) <i>(For Paid Registration only 须预先付费报名)</i>	9am - 6pm Centre Closed (中心关闭) Staff Event	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 <i>(By Registration only 只限已登记的参与者)</i>	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) <i>(For Paid Registration only 须预先付费报名)</i>		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)	
10 - 11am Let's CrossFit (Video) 一起做CrossFit (视频)	2 - 3.30pm Let's Learn to Make Jam with Tropical Fruit 一起尝试制作热带水果自制果酱 <i>(By Registration only 只限已登记的参与者)</i>		11.30am - 1pm Let's Be Eco Explorers! 一起做环保探索家 <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)	
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 - 5pm Let's Lim Kopi (Men's Talk) 一起喝咖啡 (只限男性) 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>	11.45am - 1.30pm Stay Well Series: Kopi & Go Series by SingHealth 新保集团 Kopi & Go 系列 <i>(By Registration only 只限已登记的参与者)</i>	
3 - 4.30pm Let's Do Paper Quilling 一起做 衍纸 <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	
9am - 1pm Community Health Post - SingHealth (Pharmacist) 社区健康站 (药剂师)				2 - 5pm Let's Support Research 一起参与研究计划 <i>(By Registration only 只限已登记的参与者)</i>	
				9am - 4pm Community Health Post - SingHealth (Nurse) 社区健康站 (护士)	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。