




# 2025 October 十月

 **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)



**ntuc Health**

MON Sep 29	TUE 30	WED Oct 1	THU Oct 2	FRI Oct 3	SAT Oct 4
<b>9 - 10am [Silat RC Blk 144]</b> 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>	<b>10 - 11am</b> Let's Exercise Together (Video) 一起动起来(视频)	<b>9am - 2pm</b> NTUC Health's Inaugural AAC Day 职总保健 ‘首届乐龄活动中心日’ <i>(By Registration 只限已登记的                      参与者)</i>	<b>9 - 10am</b> Let's Chair Zumba 一起跳尊巴 (乐龄版) / 椅子尊巴	<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	<b>Centre Closed (中心关闭)</b>
<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	<b>2 - 4pm</b> Let's Celebrate Mid-Autumn Festival 一起庆祝中秋节 <i>(By Registration 只限已登记                      的参与者)</i>	<b>9 - 10am [Silat RC Blk 144]</b> 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>	<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	<b>10 - 11:30am</b> <b>[Cantonment RC Blk 12]</b> HPB Workshop 'Healthy Grandchild, Happy Me' 健康讲座 - '孙儿健康, 我开心'	
<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏		<b>10 - 11am</b> Let's Exercise Together (Video) 一起动起来(视频)	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏  Let's KTV Together 一起来k歌	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	
		<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏		<b>9am - 4pm [Silat RC Blk 144]</b> SingHealth Community Nurse Post 社区健康站	

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**ntuc Health**

MON Oct 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11
<b>9 - 10am [Silat RC Blk 144]</b> 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>	<b>10 - 11am</b> Let's Exercise Together (Video) 一起动起来(视频)	<b>9 - 10am [Silat RC Blk 144]</b> 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>	<b>9 - 10am</b> Let's Chair Zumba 一起跳尊巴 (乐龄版) / 椅子尊巴	<b>8 - 9am [Silat RC Blk 144]</b> Let's La Kopi 一起喝咖啡	<b>Centre Closed (中心关闭)</b>
<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>10 - 11am</b> Let's Exercise Together (Video) 一起动起来(视频)	<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来(线上运动)	
<b>2 - 3pm</b> HPB Workshop 'Move It Feel Young' 健康讲座 - '动起来, 青春不老'		<b>2 - 3pm</b> NEA Talk 'Say YES to Waste Less' 国家环境局讲座 《说 YES 减少浪费》	<b>11:30am - 12:30pm</b> Let's Makan Together 一起来Makan <i>(By Registration            只限已登 记的参与者)</i>	<b>2 - 3:30pm</b> IMDA 'Identify & A.C.T. Against Common Scams' 资讯通信媒体发展局 - '识别 与防止常见的骗局' Digital Clinic with IMDA - 与IMDA咨询	<b>5 - 8pm [Silat RC Blk 144]</b> Family Day Carnival 家庭日嘉 年华
<b>3 - 4pm</b> Strategise with Kakis 一起玩棋类游戏		<b>3 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏  Let's KTV Together 一起来k歌	<b>9am - 4pm [Silat RC Blk 144]</b> SingHealth Community Nurse Post 社区健康站	

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MON	TUE	WED	THU	FRI	SAT
Oct 13	14	15	16	17	18
<b>9 - 10am [Silat RC Blk 144]</b> 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>	<b>10 - 11am</b> Let's Exercise Together (Video) 一起动起来 (视频)	<b>9 - 10am [Silat RC Blk 144]</b> 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>	<b>9 - 10am</b> Let's Chair Zumba 一起跳尊巴 (乐龄版) / 椅子尊巴	<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	<b>Centre Closed (中心关闭)</b>
<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	<b>10 - 11am [Silat RC Blk 144]</b> Let's Gen Together - Kindergarten 代际交流 - 幼儿园 <i>(By Registration 只限已登记的参与者)</i>	<b>10 - 11am</b> Let's Exercise Together (Video) 一起动起来 (视频)	<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	
<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>2 - 3:30pm</b> <b>[Spottiswoode RC Blk 104]</b> IMDA 'Manage Screen Time & Set Device Limits' Workshop 资讯通信媒体发展局 - '管理 屏幕时间与设定使用限制' 培 训课程	<b>2 - 4pm</b> Let's Celebrate Deepavali 一起庆祝屠妖节 <i>(By Registration 只限已登记的参与者)</i>	<b>11:30am - 12:30pm</b> Let's Makan Together 一起来Makan <i>(By Registration 只限已登记的参与者)</i>	<b>3.30pm - 5pm</b> <b>[Cantonment RC Blk 12]</b> IMDA 'Store, Retrieve & Delete Info on Mobile Devices' 资讯通信媒体发展局 - '储存 检索及删除手机资料'	
	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏		<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏  Let's KTV Together 一起来k歌	<b>9am - 4pm [Silat RC Blk 144]</b> SingHealth Community Nurse Post 社区健康站	

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MON	TUE	WED	THU	FRI	SAT
Oct 20	21	22	23	24	25
Deepavali 屠妖节  Centre Closed (中心关闭)	<b>10 - 11am</b> Let's Exercise Together (Video) 一起动起来 (视频)	<b>9 - 10am [Silat RC Blk 144]</b> 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>	<b>9 - 10am</b> Let's Chair Zumba 一起跳尊巴 (乐龄版) / 椅子尊巴	<b>8 - 10am</b> Let's Go Gai Gai and Explore Singapore (Fun Walk) 一起快步走 (运动)	Centre Closed (中心关闭)
	<b>2 - 3:30pm</b> Singapore Police Force 'Anti-Scam Talk' 新加坡警察部队防骗讲座	<b>10 - 11am</b> Let's Exercise Together (Video) 一起动起来 (视频)	<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	
		<b>2 - 4pm</b> 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>	<b>11:30am - 12:30pm</b> Let's Makan Together 一起来Makan <i>(By Registration 只限已登记的参与者)</i>	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	
			<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏  Let's KTV Together 一起来k歌	<b>9am - 4pm [Silat RC Blk 144]</b> SingHealth Community Nurse Post 社区健康站	

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MON	TUE	WED	THU	FRI	SAT
Oct 27	28	29	30	31	Nov 1
<b>9 - 10am [Silat RC Blk 144]</b> 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>	<b>10 - 11am</b> Let's Exercise Together (Video) 一起动起来 (视频)	<b>9 - 10am [Silat RC Blk 144]</b> 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>	<b>9 - 10am</b> Let's Chair Zumba 一起跳尊巴 (乐龄版) / 椅子尊巴	<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	<b>Centre Closed (中心关闭)</b>
<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	<b>2 - 3pm</b> <b>[Spottiswoode RC Blk 104]</b> HPB Workshop 'Healthy Grandchild, Happy Me' 健康讲座 - '孙儿健康, 我开心'	<b>10 - 11am</b> Let's Exercise Together (Video) 一起动起来 (视频)	<b>10 - 11am</b> Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	
<b>2 - 3pm</b> What's Cooking? 今天煮什么? <i>(By Registration 只限已登 记的 参与者)</i>	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏	<b>2 - 4pm</b> Strategise with Kakis 一起玩棋类游戏  Let's KTV Together 一起来k歌	<b>9am - 4pm [Silat RC Blk 144]</b> SingHealth Community Nurse Post 社区健康站	
<b>3 - 4pm</b> Let's Get Together - Taste, Learn & Share (Halloween Theme) 当我们同在一起 - 尝一口,学 一点,乐一乐		<b>2 - 4pm [Silat RC Blk 144]</b> Let's Lim Kopi (Men's Talk) 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>			

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