

2026 September 九月

📍 **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)



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MON	TUE	WED	THU	FRI	SAT
Aug 31	Sep 1	2	3	4	5
8.45am - 12pm [Kallang Basin] Let's Dragon Boat 一起来划龙舟 <i>(By Registration only 只限已登记的参与者)</i>	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 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)
9 - 10am Let's Exercise Together (Video) 一起动起来(视频)	10.15 - 11.15am Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳击 (混合风格)	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 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	9am - 1pm Let's CALM 一起做防肌肉萎缩运动 <i>(By Registration only 只限已登记的参与者)</i>	12 - 1pm Let's Makan Together 一起来Makan <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 CALM (Video) 一起做防肌肉萎缩运动(视频) <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	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)	
1.45 - 2.45pm Let's Talk News 新闻聊一聊					
2.45 - 4.30pm 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>					
9am - 1pm SingHealth Community Health Post (Pharmacist) 社区健康站 (药剂师)					

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MON Sep 7	TUE 8	WED 9	THU 10	FRI 11	SAT 12	SUN 13
8.45am - 12pm [Kallang Basin] Let's Dragon Boat 一起来划龙舟 <i>(By Registration only)</i> 只限已登记的参与者	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	8 - 9am [Silat RC Blk 144] Let's Lim Kopi 一起喝咖啡	3.15 - 4.45pm [Everton RN Blk 5] Let's Talk About Stroke Prevention 一起来谈预防中风 <i>(Conducted in Mandarin/以华语进行)</i>	12.45 - 6pm Let's Go Gai Gai - Cantonese Opera 一起去GaiGai - 粤剧 <i>(By Registration only)</i> 只限已登记的参与者
8.30 - 11.30am Let's Go Gai Gai - Duck Tour 一起去GaiGai - 鸭子船之旅 <i>(For Paid Registration only)</i> 须预先付费报名	10.15 - 11.15am Let's Piloxing Lite (Hybrid Style) 一起做皮拉提拳击 (混合风格)	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)		
9 - 10am Let's CrossFit (Video) 一起做CrossFit (视频)	2 - 3.30pm Let's Learn Bokashi Compositing 一起尝试厨余堆肥法 <i>(By Registration only)</i> 只限已登记的参与者	10 - 11am Let's Gym in a Bag - F4 <i>(By Registration only)</i> 只限已登记的参与者	10 - 11.30am [Telok Blangah Community Club] Let's Walking Football 一起来踢球 <i>(By Registration only)</i> 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)		
10 - 11am Let's CrossFit (Video) 一起做CrossFit (视频)	2 - 3.30pm [Spottiswoode RN Blk 104] Let's Talk About Stroke Prevention 一起来谈预防中风 <i>(Conducted in English/以英语进行)</i>	11am - 12pm Let's Makan Together - F4 一起来Makan - F4 <i>(By Registration only)</i> 只限已登记的参与者	11.45am - 1.30pm Stay Well Series: Kopi & Go Series by SingHealth 新保集团 Kopi & Go 系列 <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		
2 - 3.30pm Strategise with Kakis 一起玩棋类游戏	2 - 4pm Strategise with Kakis 一起玩棋类游戏	2 - 3.30pm [ICCP] Let's Talk About Stroke Prevention [ICCP] 一起来谈预防中风 <i>(Conducted in Mandarin/以华语进行)</i>	2 - 5pm Let's KTV Together 一起来k歌	2 - 3.30pm [Cantonment RN Blk 12] Let's Talk About Stroke Prevention 一起来谈预防中风 <i>(Conducted in Mandarin/以华语进行)</i>		
3.30 - 4.30pm Let's Gen Together - Kindergarten 代际交流 - 幼儿园 <i>(By Registration only)</i> 只限已登记的参与者		3.30 - 5pm Strategise with Kakis 一起玩棋类游戏	2 - 5pm Strategise with Kakis 一起玩棋类游戏	3.45 - 4.30pm [Cantonment RN Blk 12] Let's Exercise Together (Video) 一起动起来 (视频)		
9am - 1pm SingHealth Community Health Post (Pharmacist) 社区健康站 (药剂师)				9am - 4pm SingHealth Community Health Post (Nurse) 社区健康站 (护士)		

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MON	TUE	WED	THU	FRI	SAT
Sep 14	15	16	17	18	19
8.45am - 12pm [Kallang Basin] Let's Dragon Boat 一起来划龙舟 (By Registration only 只限已登记的参与者)	9 - 10am 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) (For Paid Registration and Male only 男性须预先付费报名)	9 - 10am Let's Chair Zumba 一起跳尊巴(乐龄版) / 椅子尊巴	9am - 6pm Centre Closed (中心关闭) Staff Event	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)
9 - 10am Let's CrossFit (Video) 一起做CrossFit (视频)	10.15 - 11.15am 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 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) (For Paid Registration only 须预先付费报名)		
10 - 11am Let's CrossFit (Video) 一起做CrossFit (视频)	2 - 3.30pm Let's Learn To Make Fruit Vinegar 一起尝试制作水果醋 (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)	10 - 11.30am [Telok Blangah Community Club] Let's Walking Football 一起来踢球 (By Registration only 只限已登记的参与者)		
1.45 - 2.45pm Let's Talk News 新闻聊一聊	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 - 1pm Let's Makan Together 一起来Makan (By Registration only 只限已登记的参与者)		
2.45 - 4.30pm Strategise with Kakis 一起玩棋类游戏		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)	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	2.15 - 5.30pm 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)		
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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MON Sep 21	TUE 22	WED 23	THU 24	FRI 25	SAT 26
8.45am - 12pm [Kallang Basin] Let's Dragon Boat 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 - Community Garden with Sustainable Practices 一起去GaiGai - 游览可持续社区花园 <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>(For Paid Registration and Male only 男性须预先付费报名)</i>	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) 一起快步走(运动) <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)	9 - 11.30am [Happy Hawker] The Men From H.U.N.C.L.E 来自 H.U.N.C.L.E 的男性 <i>(By Registration and Male only 只限已登记的男性参与者)</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) <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 - 11am Let's CrossFit (Video) 一起做CrossFit(视频)	9 - 10am 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 - 11am Let's Gym in a Bag <i>(By Registration only 只限已登记的参与者)</i>	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>	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	10.15 - 11.15am 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>	2 - 4pm Strategise with Kakis 一起玩棋类游戏	11.30am - 1pm Let's Gen Together with SUSS 一起做环保探索家 <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>	2 - 4pm Strategise with Kakis 一起玩棋类游戏		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 - 5pm Let's Celebrate Mid Autumn Festival 一起庆祝中秋节 Let's Makan Together 一起来Makan <i>(By Registration only 只限已登记的参与者)</i>	
9am - 1pm SingHealth Community Health Post (Pharmacist) 社区健康站(药剂师)	2 - 5pm Let's Learn Mobile Videography 一起学用手机摄像 <i>(By Registration only 只限已登记的参与者)</i>		2 - 5pm Let's KTV Together 一起来K歌	9am - 4pm SingHealth Community Health Post (Nurse) 社区健康站(护士)	
			2 - 5pm Strategise with Kakis 一起玩棋类游戏		

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MON Sep 28	TUE 29	WED 30	THU Oct 1	FRI 2	SAT 3
8.30am - 12.30pm Let's Lim Kopi (Men's Outing) 一起喝咖啡(男士出游日) <i>(For Paid Registration and Male only 男性须预先付费报名)</i>	9 - 10am 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 [Silat RN Blk 144] Let's Steel Combat 一起做钢铁拳击(精简版) <i>(For Paid Registration and Male only 男性须预先付费报名)</i>			Centre Closed (中心关闭)
8.45am - 12pm [Kallang Basin] Let's Dragon Boat 一起来划龙舟 <i>(By Registration only 只限已登记的参与者)</i>	10.15 - 11.15am 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)			
9 - 10am Let's CrossFit (Video) 一起做CrossFit (视频)	2 - 3.30pm Let's Grow Leafy Vegetables in Pots 一起在家种植蔬菜 <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>			
10 - 11am Let's CrossFit (Video) 一起做CrossFit (视频)	2 - 4pm Strategise with Kakis 一起玩棋类游戏	12.30 - 5pm [Our Tampines Hub] Let's Walking Football (Qualifying Rounds) 一起来踢球 (预选赛) <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 - 4pm Strategise with Kakis 一起玩棋类游戏			
2.45 - 4.30pm 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>					
9am - 1pm SingHealth Community Health Post (Pharmacist) 社区健康站 (药剂师)					

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