

2025 Sept 九月




📍 **Centre Name:** Active Ageing Centre (Care) (Bukit Merah Silat)
 🏠 **Centre Address:** Blk 141 Jalan Bukit Merah #01-1172 Spore 160141
 ☎️ **Centre Contact:** 8292 2677 (Raymond/ Diana/ Meng Choo)



MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
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)	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 (Online - Zoom) 一起动起来 (线上运动)	10 - 11:30am [Cantonment RC Blk 12] HPB Workshop 'Friends! Together we keep a healthy mind' 健康讲座 - 朋友！一起守护 我们的健康心灵	
2 - 3pm HPB Workshop 'Let's be Strong Together' 健康讲座 - 一起变得更强壮		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 - 4pm 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	

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。

2025 Sept 九月

 **Centre Name:** Active Ageing Centre (Care) (Bukit Merah Silat)
 **Centre Address:** Blk 141 Jalan Bukit Merah #01-1172 Spore 160141
 **Centre Contact:** 8292 2677 (Raymond/ Diana/ Meng Choo)






ntuc Health

MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
<div>9 - 10am [Silat RC Blk 144]</div> <div>Let's Exercise - ActiveSG Square Stepping 一起做运动 - ActiveSG 方形踏步运动</div> <div>(By Registration只限已登记的参与者)</div>	<div>8.30 - 11:30am</div> <div>Trishaw Riding: Let’s Go Gai Gai to Jurong Central Park 三轮车兜风:一起去裕廊中央公园</div> <div>(By Registration只限已登记的参与者)</div>	<div>9 - 10am [Silat RC Blk 144]</div> <div>Let's Steel Combat 一起做钢铁拳击(精简版)</div> <div>(By Registration and Male Only只限已登记的男性参与者)</div>	<div>9 - 10am</div> <div>Let's Chair Zumba 一起跳尊巴 (乐龄版) /椅子尊巴</div>	<div>8 - 9am [Silat RC Blk 144]</div> <div>Let's La Kopi 一起喝咖啡</div>	<div>Centre Closed (中心关闭)</div>
<div>9:30 - 10:30am [Everton RC Blk 6]</div> <div>Legacy Planning Talk by Fei Yue Community Services 安心规划未来讲座-</div> <div>(By Registration只限已登记的参与者)</div>	<div>10 - 11am</div> <div>Let's Exercise Together (Video) 一起动起来 (视频)</div>	<div>10 - 11am</div> <div>Let's Exercise Together (Video) 一起动起来 (视频)</div>	<div>10 - 11am</div> <div>Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)</div>	<div>9am - 4pm [Silat RC Blk 144]</div> <div>SingHealth Community Nurse Post 社区健康站</div>	
<div>10 - 11am</div> <div>Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)</div>	<div>2 - 3:30pm [Spottiswoode RC Blk 104]</div> <div>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'</div>	<div>2 - 3:30pm</div> <div>IMDA "Know & Deal with False Info & Inappropriate Content" Workshop 资讯通信媒体发展局 - '认识和应对虚假信息不当内容' 培训课程</div>	<div>11:30am - 12:30pm</div> <div>Let's Makan Together 一起来Makan</div> <div>(By Registration只限已登记的参与者)</div>	<div>Centre Closed (中心关闭)</div> <div>Staff Event</div>	
<div>2 - 4pm</div> <div>Strategise with Kakis 一起玩棋类游戏</div>	<div>2 - 4pm</div> <div>Strategise with Kakis 一起玩棋类游戏</div>		<div>2 - 4pm</div> <div>Strategise with Kakis 一起玩棋类游戏</div> <div>Let's KTV Together 一起来k歌</div>		
<div>9am - 4pm [Silat RC Blk 144]</div> <div>SingHealth Community Nurse Post 社区健康站</div>					

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。

2025 Sept 九月

 **Centre Name:** Active Ageing Centre (Care) (Bukit Merah Silat)
 **Centre Address:** Blk 141 Jalan Bukit Merah #01-1172 Spore 160141
 **Centre Contact:** 8292 2677 (Raymond/ Diana/ Meng Choo)








MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
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)	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 (Online - Zoom) 一起动起来(线上运动)	2 - 3pm Stay Well Series - Health Talk by RHS 'All About Benign Prostate hypertrophy' 保健系列 - 健康讲座 '了解前列腺'	
2 - 4pm Strategise with Kakis 一起玩棋类游戏	3:30 - 4:30pm [Silat RC Blk 144] 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>	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>	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>	3.30 - 5pm [Cantonment RC Blk 12] IMDA Evaluate Info Online Using Mobile Devices 资讯通信媒体发展局 - 使用手机设备评估信息 Digital Clinic with IMDA - 与IMDA咨询	
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 Let's KTV Together 一起来k歌	9am - 4pm [Silat RC Blk 144] SingHealth Community Nurse Post 社区健康站	

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。

2025 Sept 九月

 **Centre Name:** Active Ageing Centre (Care) (Bukit Merah Silat)
 **Centre Address:** Blk 141 Jalan Bukit Merah #01-1172 Spore 160141
 **Centre Contact:** 8292 2677 (Raymond/ Diana/ Meng Choo)








MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
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>	8am - 11.30am Let's Go Gai Gai - World Para Swimming Championships 一起去'世界残疾人游泳锦标赛' <i>(By Registration 只限已登记的参与者)</i>	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	8.30 - 11am Let's Go Gai Gai and Explore Singapore (Fun Walk) 一起快步走 (运动) <i>(By Registration 只限已登记的参与者)</i>	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 - 3pm What's Cooking? 今天煮什么? <i>(By Registration 只限已登记的参与者)</i>	2 - 3pm [Spottiswoode RC Blk 104] HPB Workshop 'Friends! Together we keep a healthy mind' 健康讲座 - 朋友! 一起守护我们的健康心灵	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 - 5pm Let's Celebrate Mid-Autumn with DBS Private Banking 一起欢庆中秋! <i>(By Registration 只限已登记的参与者)</i>	
3 - 4pm Let's Get Together - Taste, Learn & Share 当我们同在一起 - 尝一口,学一点,乐一乐	2 - 4pm Strategise with Kakis 一起玩棋类游戏	2 - 4pm [Silat RC Blk 144] 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>	2 - 4pm Strategise with Kakis 一起玩棋类游戏 Let's KTV Together 一起来k歌	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				9am - 4pm [Silat RC Blk 144] SingHealth Community Nurse Post 社区健康站	

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。

2025 Sept 九月

 **Centre Name:** Active Ageing Centre (Care) (Bukit Merah Silat)
 **Centre Address:** Blk 141 Jalan Bukit Merah #01-1172 Spore 160141
 **Centre Contact:** 8292 2677 (Raymond/ Diana/ Meng Choo)



ntuc Health

MON 29	TUE 30	WED Oct 1	THU Oct 2	FRI Oct 3	SAT Oct 4
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)	9am - 2pm 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>	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)	2 - 4pm Let's Celebrate Mid-Autumn Festival 一起庆祝中秋节	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>	10 - 11am Let's Exercise Together (Online - Zoom) 一起动起来 (线上运动)	10 - 11:30am [Cantonment RC Blk 12] HPB Workshop 'Healthy Grandchild, Happy Me'	
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)	2 - 4pm Strategise with Kakis 一起玩棋类游戏 Let's KTV Together 一起来k歌	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		9am - 4pm [Silat RC Blk 144] SingHealth Community Nurse Post 社区健康站	5 - 8pm [Silat RC Blk 144] Family Day Carnival 家庭日嘉年华

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。