




# 2025 April

 **Centre Name:** Active Ageing Centre (Bukit Merah View)  
 **Centre Address:** Blk 117 Bukit Merah View #01-205 S'pore 151117  
 **Centre Contact:** 6250 4069






MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
<b>Public Holiday: Hari Raya Puasa</b>	Walking Football (wk#17) @ 10am -11:30am	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	
	F4 @ 10am - 12pm	Let's Pick Up English @ 10am - 11am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
	F4 @ 2pm - 4pm	Hair Cut @ 10am - 12:30pm	Let's Line Dance @ 10:30am - 11:30am	Let's Do Art @ 9am - 10:30am	
	Strategize with Kakis @ 4:30pm - 6pm	Let's Learn Baking/Cooking @ 2pm - 4pm	F4 @ 2pm - 4pm	Let's Square Step#10 @ 11am - 12pm	
			Fun with Switch @ 4:30pm - 5:30pm	Let's Steel Combat @ 1:30pm - 2:30pm	
			Let's Jam with Ukelele @ 2:45pm - 4:15pm		
			Strategize with Kakis @ 3pm - 5pm		
7	8	9	10	11	12
Silver Crossfit @ 10am - 11am	Walking Football (wk#18) @ 2:30pm -4pm	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	
Health Talk (Virtual) @ 2pm - 3:30pm	F4 @ 10am - 12pm	Let's Pick Up English @ 10am - 11am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Strategize with Kakis @ 3:30pm - 5:30pm	F4 @ 2pm - 4pm	Let's Celebrate Birthday @ 4pm - 5:30pm	Let's Line Dance @ 10:30am - 11:30am	Let's Do Art @ 9am - 10:30am	
Let's KTV Together @ 3:30pm - 5:30pm	Strategize with Kakis @ 4:30pm - 6pm		F4 @ 2pm - 4pm	Let's Square Step#11 @ 11am - 12pm	
Let's Lim Kopi @ 3pm - 4pm			Fun with Switch @ 4:30pm - 5:30pm	Let's Steel Combat @ 1:30pm - 2:30pm	
			Let's Celebrate Hari Raya Puasa @ 7pm - 8:30pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategize with Kakis @ 3pm - 5pm	
14	15	16	17	18	19
Silver Crossfit @ 10am - 11am	Walking Football (wk#19) @ 2:30pm -4pm	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	
Strategize with Kakis @ 3pm - 5pm	F4 @ 10am - 12pm	Let's Pick Up English @ 10am - 11am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Singing Class @ 3pm - 5pm	F4 @ 2pm - 4pm	MINDEF Do Good at BMV @ 2:30pm - 3:30pm	Let's Line Dance @ 10:30am - 11:30am	Let's Do Art @ 9am - 10:30am	
Let's Lim Kopi @ 3pm - 4pm	Strategize with Kakis @ 4:30pm - 6pm		F4 @ 2pm - 4pm	Let's Square Step#12 @ 11am - 12pm	
			Fun with Switch @ 4:30pm - 5:30pm	Let's Steel Combat @ 1:30pm - 2:30pm	
				Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategize with Kakis @ 3pm - 5pm	

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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。

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MON		TUE		WED		THU		FRI		SAT	
21		22		23		24		25		26	
Silver Crossfit @ 10am - 11am	Walking Football Finals (wk#20) @ 9am -11:30am	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm							
Strategize with Kakis @ 3pm - 5pm	F4 @ 10am - 12pm	Let's Pick Up English @ 10am - 11am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am							
Let's KTV Together @ 3pm - 5pm	CHP Health Talk (Virtual) @ 2pm - 3pm	Let's Gen with MFS [AAC] @ 3:30pm - 4:30pm	Let's Line Dance @ 10:30am - 11:30am	Let's Do Art @ 9:30am - 11am							
Let's Lim Kopi @ 3pm - 4pm	Strategize with Kakis @ 4:30pm - 6pm		F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm							
			IMDA talk @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm							
				Strategize with Kakis @ 3pm - 5pm							
28		29		30							
Silver Crossfit @ 10am - 11am	Edible Garden City Green Series [AAC] @ 10am -11:30am	<b>Centre close</b>									
Strategize with Kakis @ 3pm - 5pm	F4 @ 10am - 12pm										
Let's KTV Together @ 3pm - 5pm	F4 @ 2pm - 4pm										
Let's Lim Kopi @ 3pm - 4pm	Strategize with Kakis @ 4:30pm - 6pm										

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# 2025 四月

📍 **Centre Name:** 活跃乐龄中心 (红山景)  
 🏠 **Centre Address:** Blk 117 Bukit Merah View #01-205 Spore 151117  
 📞 **Centre Contact:** 6250 4069



星期一

星期二

星期三

星期四

星期五




星期六

	1	2	3	4	5
<b>Public Holiday: Hari Raya Puasa</b>	步行足球 @ 10am - 11:30am	一起练气功 @ 9:30am - 10:30am	社区护理站 @ 9am - 5pm	社区护理站 @ 9am - 5pm	
	F4 @ 10am - 12pm	一起学英语 @ 10am - 11am	一起学英语自然拼读法 @ 9:30am - 10:30am	一起练八段锦与洪光关节操 @ 9am - 10am	
	F4 @ 2pm - 4pm	理发 @ 10am - 12:30pm	一起跳排舞 @ 10:30am - 11:30am	一起学美术 @ 9am - 10:30am	
	与朋友一起策略 (桌游) @ 4:30pm - 6pm	一起学烘焙/厨艺 @ 2pm - 4pm	F4 @ 2pm - 4pm	方块踏步运动 @ 11am - 12pm	
			一起玩电动游戏 @ 4:30pm - 5:30pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
			优克里里弹唱 @ 2:45pm - 4:15pm		
			与朋友一起策略 (桌游) @ 3pm - 5pm		
7	8	9	10	11	12
混合健身 @ 10am - 11am	步行足球 @ 2:30pm - 4:00pm	一起练气功 @ 9:30am - 10:30am	社区护理站 @ 9am - 5pm	社区护理站 @ 9am - 5pm	
健康讲座 @ 2pm - 3:30pm	F4 @ 10am - 12pm	一起学英语 @ 10am - 11am	一起学英语自然拼读法 @ 9:30am - 10:30am	一起练八段锦与洪光关节操 @ 9am - 10am	
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm	F4 @ 2pm - 4pm	一起庆生 @ 4pm - 5:30pm	一起跳排舞 @ 10:30am - 11:30am	一起学美术 @ 9am - 10:30am	
一起KTV @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4:30pm - 6pm		F4 @ 2pm - 4pm	方块踏步运动 @ 11am - 12pm	
一起喝咖啡 @ 3pm - 4pm			一起玩电动游戏 @ 4:30pm - 5:30pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
			一起庆祝开斋节 @ 7pm - 8:30pm	优克里里弹唱 @ 2:45pm - 4:15pm	
				与朋友一起策略 (桌游) @ 3pm - 5pm	
14	15	16	17	18	19
混合健身 @ 10am - 11am	步行足球 @ 2:30pm - 4:00pm	一起练气功 @ 9:30am - 10:30am	社区护理站 @ 9am - 5pm	社区护理站 @ 9am - 5pm	
与朋友一起策略 (桌游) @ 3pm - 5pm	F4 @ 10am - 12pm	一起学英语 @ 10am - 11am	一起学英语自然拼读法 @ 9:30am - 10:30am	一起练八段锦与洪光关节操 @ 9am - 10am	
一起学唱歌 @ 3pm - 5pm	F4 @ 2pm - 4pm	与国防部队互动 @ 2:30pm - 3:30pm	一起跳排舞 @ 10:30am - 11:30am	一起学美术 @ 9am - 10:30am	
一起喝咖啡 @ 3pm - 4pm	与朋友一起策略 (桌游) @ 4:30pm - 6pm		F4 @ 2pm - 4pm	方块踏步运动 @ 11am - 12pm	
			一起玩电动游戏 @ 4:30pm - 5:30pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
				优克里里弹唱 @ 2:45pm - 4:15pm	
				与朋友一起策略 (桌游) @ 3pm - 5pm	

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星期一

星期二

星期三

星期四

星期五

星期六

21		22		23		24		25		26	
混合健身 @ 10am - 11am		步行足球大决赛 @ 9:00am - 11:30am		一起练气功 @ 9:30am - 10:30am		社区护理站 @ 9am - 5pm		社区护理站 @ 9am - 5pm			
与朋友一起策略 (桌游) @ 3pm - 5pm		F4 @ 10am - 12pm		一起学英语 @ 10am - 11am		一起学英语自然拼读法 @ 9:30am - 10:30am		一起练八段锦与洪光关节操 @ 9am - 10am			
一起KTV @ 3pm - 5pm		CHP 健康讲座 @ 2pm - 3pm		与MFS互动 [AAC] @ 3:30pm - 4:30pm		一起跳排舞 @ 10:30am - 11:30am		一起学美术 @ 9:30am - 11:00am			
一起喝咖啡 @ 3pm - 4pm		与朋友一起策略 (桌游) @ 4:30pm - 6pm				F4 @ 2pm - 4pm		一起练钢铁拳击 @ 1:30pm - 2:30pm			
						乐学数码讲座 @ 4pm-6pm		优克里里弹唱 @ 2:45pm - 4:15pm			
								与朋友一起策略 (桌游) @ 3pm - 5pm			
28		29		30							
混合健身 @ 10am - 11am		EDC 园艺课程 [AAC] @ 10am -11:30am		<b>中心关闭</b>							
与朋友一起策略 (桌游) @ 3pm - 5pm		F4 @ 10am - 12pm									
一起KTV @ 3pm - 5pm		F4 @ 2pm - 4pm									
一起喝咖啡 @ 3pm - 4pm		与朋友一起策略 (桌游) @ 4:30pm - 6pm									

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