




2026 April

 **Centre Name:** AAC (Bukit Merah View)
 **Centre Address:** Blk 117 Bukit Merah View #01-205 S151117
 **Centre Contact:** 6250 4069






MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Let's Qigong @ 9:30am - 10:30am	Let's Learn Phonics @ 9:30am - 10:30am	Centre Closed: Good Friday	
		Hair Cut Services @ 10am - 12:30pm	Let's Line Dance @ 10:45am - 11:45am		
		Let's Do Art @ 2pm - 4pm	F4 @ 2pm - 4pm		
		Project Helping Hands Services @ 2pm - 5pm	Eh How Ah? Card Game @ 4pm - 6pm		
6	7	8	9	10	11
Let's Silver Crossfit @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Let's Learn Phonics @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	
Let's Talk News @ 10:30am - 11:30am	Let's Pick Up English @ 10am - 11am	Project Helping Hands Services @ 2pm - 5pm	Let's Line Dance @ 10:45am - 11:45am	Let's Meridien @ 9am - 10am	Stay
Stay Well Series - Health Talk (Virtual) @ 2pm - 3:30pm	F4 @ 2pm - 4pm	Let's Celebrate Birthday @ 4pm - 5:30pm	Eh How Ah? Card Game @ 4pm - 6pm	Scent Healing @ 10am - 11am	
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm			Let's Steel Combat @ 1:30pm - 2:30pm	
Let's KTV Together @ 3:30pm - 5:30pm	Eh How Ah? Card Game @ 4pm - 6pm			Let's Do Nagomi Art @ 3pm - 5pm	
				Strategise with Kakis @ 3pm - 5pm	
13	14	15	16	17	18
Let's Silver Crossfit @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Let's Learn Phonics @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	
Let's Talk News @ 10:30am - 11:30am	Let's Pick Up English @ 10am - 11am	Let's Join Singapore Poly Activity Day @ 10am - 11:30am	Let's Walking Football @ 9:45am - 11:30am	Let's Meridien @ 9am - 10am	
Let's Learn Calligraphy @ 2pm - 3:30pm	F4 @ 2pm - 4pm	Project Helping Hands Services @ 2pm - 5pm	Let's Line Dance @ 10:45am - 11:45am	Scent Healing @ 10am - 11am	
Strategise with Kakis @ 3:30pm - 5:30pm	Let's Join Singapore Poly Activity Day @ 4pm - 5:30pm	Let's Gen with MFS [Virtual] @ 3:30pm - 4:30pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's KTV Together @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm		Singapore Poly Activity Day @ 4pm - 5:30pm	Let's Do Nagomi Art @ 3pm - 5pm	
	Eh How Ah? Card Game @ 4pm - 6pm		Eh How Ah? Card Game @ 4pm - 6pm	Strategise with Kakis @ 3pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Let's Silver Crossfit @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Let's Learn Phonics @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	
Let's Talk News @ 10:30am - 11:30am	Let's Pick Up English @ 10am - 11am	Let's Learn Baking / Cooking @ 10am - 12pm	Let's Line Dance @ 10:45am - 11:45am	Let's Meridien @ 9am - 10am	
Let's Learn Calligraphy @ 2pm - 3:30pm	F4 @ 2pm - 4pm	Project Helping Hands Services @ 2pm - 5pm	F4 @ 2pm - 4pm	Scent Healing @ 10am - 11am	
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm	Let's Adaptive Sports @ 3pm - 4pm (Zone A RN)	Eh How Ah? Card Game @ 4pm - 6pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's Learn to Sing @ 3:30pm - 5:30pm	Eh How Ah? Card Game @ 4pm - 6pm			Let's Adaptive Sports @ 3pm - 4pm (Zone A RN)	
				Strategise with Kakis @ 3pm - 5pm	
27	28	29	30		
Let's Silver Crossfit @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Let's Learn Phonics @ 9:30am - 10:30am		
Let's Talk News @ 10:30am - 11:30am	Let's Pick Up English @ 10am - 11am	Project Helping Hands Services @ 2pm - 5pm	Let's Walking Football @ 9:45am - 11:30am		
Let's Learn Calligraphy @ 2pm - 3:30pm	F4 @ 2pm - 4pm	Let's Adaptive Sports @ 3pm - 4pm (Zone A RN)	Let's Line Dance @ 10:45am - 11:45am		
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm		F4 @ 2pm - 4pm		
Let's KTV Together @ 3:30pm - 5:30pm	Eh How Ah? Card Game @ 4pm - 6pm		Eh How Ah? Card Game @ 4pm - 6pm		

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		一起练气功 @ 9:30am - 10:30am	一起学英语自然拼读法 @ 9:30am - 10:30am	中心关闭: 圣周五	
		理发 @ 10am - 12:30pm	一起跳排舞 @ 10:45am - 11:45am		
		一起学美术 @ 2pm - 4pm	F4 @ 2pm - 4pm		
		爱心好帮手SG计划 @ 2pm - 5pm	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm		
6	7	8	9	10	11
混合健身 @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)	一起练气功 @ 9:30am - 10:30am	一起学英语自然拼读法 @ 9:30am - 10:30am	社区护理站 @ 9am - 5pm	
我们来聊新闻 @ 10:30pm - 11:30pm	一起学英语 @ 10am - 11am	爱心好帮手SG计划 @ 2pm - 5pm	一起跳排舞 @ 10:45am - 11:45am	一起练八段锦与洪光关节操 @ 9am - 10am	
健康讲座 @ 2pm - 3:30pm	F4 @ 2pm - 4pm	一起庆生 @ 4pm - 5:30pm	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm	天然健康香氛 @ 10am - 11am	
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm			一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起KTV @ 3:30pm - 5:30pm	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm			一起学和谐粉彩绘画 @ 3pm - 5pm	
				与朋友一起策略 (桌游) @ 3pm - 5pm	
13	14	15	16	17	18
混合健身 @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)	一起练气功 @ 9:30am - 10:30am	一起学英语自然拼读法 @ 9:30am - 10:30am	社区护理站 @ 9am - 5pm	
我们来聊新闻 @ 10:30pm - 11:30pm	一起学英语 @ 10am - 11am	新加坡理工学院活动日 @ 10am - 11:30am	步行足球 @ 9:45am - 11:30am	一起练八段锦与洪光关节操 @ 9am - 10am	
一起学书法 @ 2pm - 3:30pm	F4 @ 2pm - 4pm	爱心好帮手SG计划 @ 2pm - 5pm	一起跳排舞 @ 10:45am - 11:45am	天然健康香氛 @ 10am - 11am	
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm	新加坡理工学院活动日 @ 4pm - 5:30pm	与MFS互动 [中心] @ 3:30pm - 4:30pm	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起KTV @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm		新加坡理工学院活动日 @ 4pm - 5:30pm	一起学和谐粉彩绘画 @ 3pm - 5pm	
	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm		呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm	与朋友一起策略 (桌游) @ 3pm - 5pm	

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20	21	22	23	24	25
混合健身 @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)	一起练气功 @ 9:30am - 10:30am	一起学英语自然拼读法 @ 9:30am - 10:30am	社区护理站 @ 9am - 5pm	
我们来聊新闻 @ 10:30pm - 11:30pm	一起学英语 @ 10am - 11am	一起学烘焙/厨艺 @ 10am - 12pm	一起跳排舞 @ 10:45am - 11:45am	一起练八段锦与洪光关节操 @ 9am - 10am	
一起学书法 @ 2pm - 3:30pm	F4 @ 2pm - 4pm	爱心好帮手SG计划 @ 2pm - 5pm	F4 @ 2pm - 4pm	天然健康香氛 @ 10am - 11am	
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm	适应性运动 @ 3pm - 4pm (Zone A RN)	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起学唱歌 @ 3:30pm - 5:30pm	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm			适应性运动 @ 3pm - 4pm (Zone A RN)	
				与朋友一起策略 (桌游) @ 3pm - 5pm	
27	28	29	30		
混合健身 @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)	一起练气功 @ 9:30am - 10:30am	一起学英语自然拼读法 @ 9:30am - 10:30am		
我们来聊新闻 @ 10:30pm - 11:30pm	一起学英语 @ 10am - 11am	爱心好帮手SG计划 @ 2pm - 5pm	步行足球 @ 9:45am - 11:30am		
一起学书法 @ 2pm - 3:30pm	F4 @ 2pm - 4pm	适应性运动 @ 3pm - 4pm (Zone A RN)	一起跳排舞 @ 10:45am - 11:45am		
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm		F4 @ 2pm - 4pm		
一起KTV @ 3:30pm - 5:30pm	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm		呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm		

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