




# 2025 August

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






 NTUC Health

MON	TUE	WED	THU	FRI	SAT
				1	2
				Community Health Post @ 9am - 5pm	
				Let's Meridien @ 9am - 10am	
				Let's Do Art @ 10am - 12pm	
				Let's Steel Combat @ 1:30pm - 2:30pm	
				Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategise with Kakis @ 3pm - 5pm	
4	5	6	7	8	9
Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	<b>Public Holiday: National Day</b>
Strategise with Kakis @ 3pm - 5pm	F4 @ 2pm - 4pm	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	Strategise with Kakis @ 4pm - 6pm	Hair Cut @ 10am - 12:30pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Art @ 10am - 12pm	
Let's Lim Kopi @ 3pm - 4pm	Fun with Switch @ 4pm - 6pm	Square Stepping @ 11am - 12pm (Connection One)	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
		MINDEF Activities @ 2:30pm - 3:30pm	Nanyang Girls High School Activities @ 4pm - 5pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategise with Kakis @ 3pm - 5pm	
11	12	13	14	15	16
<b>Centre Close: Holiday Off-in-lieu</b>	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	
	F4 @ 2pm - 4pm	Let's Learn Baking/Cooking @ 9:30am - 11am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
	Strategise with Kakis @ 4pm - 6pm	Let's Pick Up English @ 10am - 11am	Let's Line Dance @ 10:45am - 11:45am	Let's Do Art @ 10am - 12pm	
	Fun with Switch @ 4pm - 6pm	Square Stepping @ 11am - 12pm (Connection One)	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
		Let's Gen with MFS [AAC] @ 3:30pm - 4:30pm	Fun with Switch @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategise with Kakis @ 3pm - 5pm	

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 August

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



**NTUC Health**

MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	
Magic Magic! @ 1pm - 2pm	F4 @ 2pm - 4pm	Let's Pick Up English @ 10am - 11am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Strategize with Kakis @ 3pm - 5pm	Strategize with Kakis @ 4pm - 6pm	Square Stepping @ 11am - 12pm (Connection One)	Let's Line Dance @ 10:45am - 11:45am	Let's Do Nagomi Art @ 10am - 12pm	
Adaptive Sports @ 3pm - 4pm (Zone A RN)	Fun with Switch @ 4pm - 6pm	MINDEF Activities @ 2:30pm - 3:30pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Singing Class @ 3pm - 5pm		Adaptive Sports @ 3pm - 4pm (Zone A RN)	Fun with Switch @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
Let's Lim Kopi @ 3pm - 4pm		Let's Celebrate Birthday @ 4pm - 5:30pm		Strategize with Kakis @ 3pm - 5pm	
25	26	27	28	29	30
Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	
Magic Magic! @ 1pm - 2pm	F4 @ 2pm - 4pm	Let's Pick Up English @ 10am - 11am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Strategize with Kakis @ 3pm - 5pm	Strategize with Kakis @ 4pm - 6pm	Square Stepping @ 11am - 12pm (Connection One)	Let's Line Dance @ 10:45am - 11:45am	Let's Do Nagomi Art @ 10am - 12pm	
Adaptive Sports @ 3pm - 4pm (Zone A RN)	Fun with Switch @ 4pm - 6pm	Adaptive Sports @ 3pm - 4pm (Zone A RN)	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's KTV Together @ 3pm - 5pm			IMDA talk @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
Let's Lim Kopi @ 3pm - 4pm				Strategize with Kakis @ 3pm - 5pm	

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 八月

 **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		
								社区护理站 @ 9am - 5pm			
								一起练八段锦与洪光关节操 @ 9am - 10am			
								一起学美术 @ 10am - 12pm			
								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			
4		5		6		7		8	9		
混合健身 @ 10am - 11am		F4 @ 10am - 12pm (Connection One)		一起练气功 @ 9:30am - 10:30am		社区护理站 @ 9am - 5pm		社区护理站 @ 9am - 5pm		公共假期： 国庆日	
与朋友一起策略 (桌游) @ 3pm - 5pm		F4 @ 2pm - 4pm		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		与朋友一起策略 (桌游) @ 4pm - 6pm		理发 @ 10am - 12:30pm		一起跳排舞 @ 10:45am - 11:45am		一起学美术 @ 10am - 12pm			
一起喝咖啡 @ 3pm - 4pm		一起玩电动游戏 @ 4pm - 6pm		方块踏步运动 @ 11am - 12pm (Connection One)		F4 @ 2pm - 4pm		一起练钢铁拳击 @ 1:30pm - 2:30pm			
				与国防部队互动 @ 2:30pm - 3:30pm		与南洋女中活动 @ 4pm - 5pm		优克里里弹唱 @ 2:45pm - 4:15pm			
								与朋友一起策略 (桌游) @ 3pm - 5pm			
11		12		13		14		15	16		
中心关闭： 假期补充		F4 @ 10am - 12pm (Connection One)		一起练气功 @ 9:30am - 10:30am		社区护理站 @ 9am - 5pm		社区护理站 @ 9am - 5pm			
		F4 @ 2pm - 4pm		一起学烘焙/厨艺 @ 9:30am - 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) @ 4pm - 6pm		一起学英语 @ 10am - 11am		一起跳排舞 @ 10:45am - 11:45am		一起学美术 @ 10am - 12pm			
		一起玩电动游戏 @ 4pm - 6pm		方块踏步运动 @ 11am - 12pm (Connection One)		F4 @ 2pm - 4pm		一起练钢铁拳击 @ 1:30pm - 2:30pm			
				与MFS互动 [AAC] @ 3:30pm - 4:30pm		一起玩电动游戏 @ 4pm - 6pm		优克里里弹唱 @ 2:45pm - 4:15pm			
								与朋友一起策略 (桌游) @ 3pm - 5pm			

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 八月

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

18	19	20	21	22	23
混合健身 @ 10am - 11am	F4 @ 10am - 12pm (Connection One)	一起练气功 @ 9:30am - 10:30am	社区护理站 @ 9am - 5pm	社区护理站 @ 9am - 5pm	
一起变魔术 @ 1pm - 2pm	F4 @ 2pm - 4pm	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) @ 3pm - 5pm	与朋友一起策略 (桌游) @ 4pm - 6pm	方块踏步运动 @ 11am - 12pm (Connection One)	一起跳排舞 @ 10:45am - 11:45am	一起学和谐粉彩绘画 @ 10am - 12pm	
适应性运动 @ 3pm - 4pm (Zone A RN)	一起玩电动游戏 @ 4pm - 6pm	与国防部队互动 @ 2:30pm - 3:30pm	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起学唱歌 @ 3pm - 5pm		适应性运动 @ 3pm - 4pm (Zone A RN)	一起玩电动游戏 @ 4pm - 6pm	优克里里弹唱 @ 2:45pm - 4:15pm	
一起喝咖啡 @ 3pm - 4pm		一起庆生 @ 4pm - 5:30pm		与朋友一起策略 (桌游) @ 3pm - 5pm	
25	26	27	28	29	30
混合健身 @ 10am - 11am	F4 @ 10am - 12pm (Connection One)	一起练气功 @ 9:30am - 10:30am	社区护理站 @ 9am - 5pm	社区护理站 @ 9am - 5pm	
一起变魔术 @ 1pm - 2pm	F4 @ 2pm - 4pm	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) @ 3pm - 5pm	与朋友一起策略 (桌游) @ 4pm - 6pm	方块踏步运动 @ 11am - 12pm (Connection One)	一起跳排舞 @ 10:45am - 11:45am	一起学和谐粉彩绘画 @ 10am - 12pm	
适应性运动 @ 3pm - 4pm (Zone A RN)	一起玩电动游戏 @ 4pm - 6pm	适应性运动 @ 3pm - 4pm (Zone A RN)	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起KTV @ 3pm - 5pm			乐学数码讲座 @ 4pm-6pm	优克里里弹唱 @ 2:45pm - 4:15pm	
一起喝咖啡 @ 3pm - 4pm				与朋友一起策略 (桌游) @ 3pm - 5pm	

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。