

2026 August

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



NTUC Health

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Let's Silver Crossfit @ 9:30am - 10:30am (GUI)	Let's Join Senior National Sports Games (Finals) @ 8am - 1pm	Let's Qigong @ 9:30am - 10:30am	Community Pharmacist @ 2pm - 6pm	Community Health Post @ 9am - 4pm	
Stay Well Series: Health Talk (Virtual) @ 2pm - 3:30pm	F4 @ 10am - 12pm (Connection One)	Haircut Services @ 10am - 12:30pm	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Strategise with Kakis @ 3:30pm - 5:30pm	Let's Pick Up English @ 10am - 11am	Project Helping Hands Services @ 2pm - 5pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Art @ 10am - 12pm	
	F4 @ 2pm - 4pm		F4 @ 2pm - 4pm	Let's Steel Combat @ 1pm - 2pm	
	Strategise with Kakis @ 4pm - 6pm		Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm	Let's Learn Steel Tongue Drum Class#1 @ 3pm - 4pm	
	Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm			Let's Learn Steel Tongue Drum Class#2 @ 4pm - 5pm	
				Strategise with Kakis @ 3pm - 5pm	
10	11	12	13	14	15
Centre Closed: National Day Replacement Holiday	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Community Pharmacist @ 2pm - 6pm	Community Health Post @ 9am - 4pm	
	Let's Pick Up English @ 10am - 11am	Project Helping Hands Services @ 2pm - 5pm	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
	F4 @ 2pm - 4pm	Let's Go Gai Gai - LKH Crocodile Farm outing @ 2:30pm - 5pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Art @ 10am - 12pm	
	Strategise with Kakis @ 4pm - 6pm		F4 @ 2pm - 4pm	Let's Steel Combat @ 1pm - 2pm	
	Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm		Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm	Let's Learn Steel Tongue Drum Class#1 @ 3pm - 4pm	
				Let's Learn Steel Tongue Drum Class#2 @ 4pm - 5pm	
				Strategise with Kakis @ 3pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	
Let's Dragon Boat Training @ 9am - 11am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Community Pharmacist @ 2pm - 6pm	Community Health Post @ 9am - 4pm	
Let's Silver Crossfit @ 9:30am - 10:30am	Let's Pick Up English @ 10am - 11am	Let's Do Art @ 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	Let's Learn 3D Printing @ 1:30pm - 3pm	Let's Learn Phonics @ 9:30am - 10:30am	Let's Archery & Qigong (ICCP) @ 9am - 1pm	
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm	Project Helping Hands Services @ 2pm - 5pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Art @ 10am - 12pm	
	Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm		F4 @ 2pm - 4pm	Let's Steel Combat @ 1pm - 2pm	
			Air Liquide CSR @ 2pm - 4:30pm	Let's Learn Steel Tongue Drum Class#1 @ 3pm - 4pm	
			Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm	Let's Learn Steel Tongue Drum Class#2 @ 4pm - 5pm	
				Strategise with Kakis @ 3pm - 5pm	
24	25	26	27	28	
Let's Dragon Boat Training @ 9am - 11am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Community Pharmacist @ 2pm - 6pm	Community Health Post @ 9am - 4pm	
Silver Crossfit @ 9:30am - 10:30am	Let's Pick Up English @ 10am - 11am	Let's Do Art @ 10am - 11:30am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Digital - Fab Lab Series - 3D Printing Workshop at NTUC Health AAC (Pioneer) @ 10am-4pm	F4 @ 2pm - 4pm	Let's Learn 3D Printing @ 1:30pm - 3pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Art @ 10am - 12pm	
Let's Learn Calligraphy @ 2pm - 3:30pm	Strategise with Kakis @ 4pm - 6pm	Project Helping Hands Services @ 2pm - 5pm	F4 @ 2pm - 4pm	Laser Cutting Workshop at Pioneer Fab Lab @ 10am-1pm	
Strategise with Kakis @ 3:30pm - 5:30pm	Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm		IMDA Digital Club @ 4pm - 6pm	Let's Steel Combat @ 1pm - 2pm	
Let's Learn Singing @ 3:30pm - 5:30pm				Let's Learn Steel Tongue Drum Class#1 @ 3pm - 4pm	
				Let's Learn Steel Tongue Drum Class#2 @ 4pm - 5pm	
				Strategise with Kakis @ 3pm - 5pm	
31					
Let's Dragon Boat Training @ 9am - 11am					
Let's Silver Crossfit @ 9:30am - 10:30am					
Let's Learn Calligraphy @ 2pm - 3:30pm					
Strategise with Kakis @ 3:30pm - 5:30pm					

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2026 八月

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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
混合健身 @ 9:30am - 10:30am	全国乐龄运动会 (大决赛) @ 8am - 1pm	一起练气功 @ 9:30am - 10:30am	社区药剂师 @ 2pm - 6pm	社区护理站 @ 9am - 4pm	
健康讲座 @ 2pm - 3:30pm	F4 @ 10am - 12pm (Connection One)	理发 @ 10am - 12:30pm	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	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	一起学美术 @ 10am - 12pm	
	F4 @ 2pm - 4pm		F4 @ 2pm - 4pm (Gek Huay)	一起练钢铁拳击 @ 1pm - 2pm	
	与朋友一起策略 (桌游) @ 4pm - 6pm		空灵鼓自习课 @ 4:30pm - 5pm	一起学空灵鼓 @ 3pm - 4pm	
	空灵鼓自习课 @ 4:30pm - 5pm			一起学空灵鼓 @ 4pm - 5pm	
				与朋友一起策略 (桌游) @ 3pm - 5pm	
10	11	12	13	14	15
中心关闭: 补国庆日	F4 @ 10am - 12pm (Connection One)	一起练气功 @ 9:30am - 10:30am	社区药剂师 @ 2pm - 6pm	社区护理站 @ 9am - 4pm	
	一起学英语 @ 10am - 11am	爱心好帮手SG计划 @ 2pm - 5pm	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	一起去看鳄鱼 @ 2:30pm - 5pm	一起跳排舞 @ 10:45am - 11:45am	一起学美术 @ 10am - 12pm	
	与朋友一起策略 (桌游) @ 4pm - 6pm		F4 @ 2pm - 4pm (Gek Huay)	一起练钢铁拳击 @ 1pm - 2pm	
	空灵鼓自习课 @ 4:30pm - 5pm		空灵鼓自习课 @ 4:30pm - 5pm	一起学空灵鼓 @ 3pm - 4pm	
				一起学空灵鼓 @ 4pm - 5pm	
				与朋友一起策略 (桌游) @ 3pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	
一起划龙舟 @ 9am - 11am	F4 @ 10am - 12pm (Connection One)	一起练气功 @ 9:30am - 10:30am	社区药剂师 @ 2pm - 6pm	社区护理站 @ 9am - 4pm	
混合健身 @ 9:30am - 10:30am	一起学英语 @ 10am - 11am	一起学美术 @ 10am - 11:30am	步行足球补课 @ 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	一起学 3D 打印 @ 1:30pm - 3:30pm	一起学英语自然拼读法 @ 9:30am - 10:30am	一起射击和练气功 (ICCP) @ 9am - 1pm	
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm	爱心好帮手SG计划 @ 2pm - 5pm	一起跳排舞 @ 10:45am - 11:45am	一起学美术 @ 10am - 12pm	
	空灵鼓自习课 @ 4:30pm - 5pm		F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1pm - 2pm	
			与Air Liquide 活动日 @ 2pm - 4:30pm	一起学空灵鼓 @ 3pm - 4pm	
			空灵鼓自习课 @ 4:30pm - 5pm	一起学空灵鼓 @ 4pm - 5pm	
				与朋友一起策略 (桌游) @ 3pm - 5pm	
24	25	26	27	28	
一起划龙舟 @ 9am - 11am	F4 @ 10am - 12pm (Connection One)	一起练气功 @ 9:30am - 10:30am	社区药剂师 @ 2pm - 6pm	社区护理站 @ 9am - 4pm	
混合健身 @ 9:30am - 10:30am	一起学英语 @ 10am - 11am	一起学美术 @ 10am - 11:30am	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3D打印 (Pioneer Fab Lab) @ 10am-4pm	F4 @ 2pm - 4pm	一起学 3D 打印 @ 1:30pm - 3:30pm	一起跳排舞 @ 10:45am - 11:45am	一起学美术 @ 10am - 12pm	
一起学书法 @ 2pm - 3:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm	爱心好帮手SG计划 @ 2pm - 5pm	F4 @ 2pm - 4pm	一起学激光切割 (Pioneer Fab Lab) @ 10am-1pm	
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm	空灵鼓自习课 @ 4:30pm - 5pm		乐学数码俱乐部 @ 4pm - 6pm	一起练钢铁拳击 @ 1pm - 2pm	
一起学唱歌 @ 3:30pm - 5:30pm				一起学空灵鼓 @ 3pm - 4pm	
				一起学空灵鼓 @ 4pm - 5pm	
				与朋友一起策略 (桌游) @ 3pm - 5pm	
31					
一起划龙舟 @ 9am - 11am					
混合健身 @ 9:30am - 10:30am					
一起学书法 @ 2pm - 3:30pm					
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm					

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