




# 2025 December

 **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
1	2	3	4	5	6
Let's Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm <b>(Connection One)</b>	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	
Stay Well Series - Health Talk (Virtual) @ 2pm - 3:30pm	Let's Pick Up English @ 10am - 11am	Hair Cut @ 10am - 12:30pm	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Let's Adaptive Sports @ 3pm - 4pm <b>(Zone A RN)</b>	F4 @ 2pm - 4pm	Let's Adaptive Sports @ 3pm - 4pm <b>(Zone A RN)</b>	Let's Line Dance @ 10:45am - 11:45am	Let's Do Art @ 10am - 12pm	
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm	Let's Gen with MFS [MFS] @ 3:30pm - 4:30pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's KTV Together @ 3:30pm - 5:30pm	Fun with Switch @ 4pm - 6pm		Fun with Switch @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
Let's Lim Kopi @ 3:30pm - 4:30pm				Strategise with Kakis @ 3pm - 5pm	
8	9	10	11	12	13
Let's Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm <b>(Connection One)</b>	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	<b>Centre Closed:</b> <b>AAC Team Building Day</b>	
Let's Learn Calligraphy @ 2pm - 3:30pm	Let's Pick Up English @ 10am - 11am	Let's Do Magic! #10 @ 10am - 11:30am	Let's Learn Phonics @ 9:30am - 10:30am		
Let's Adaptive Sports @ 3pm - 4pm <b>(Zone A RN)</b>	F4 @ 2pm - 4pm	Eh How Ah? Workshop @ 2:30pm - 4:30pm	Let's Line Dance @ 10:45am - 11:45am		
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm	Let's Adaptive Sports @ 3pm - 4pm <b>(Zone A RN)</b>	F4 @ 2pm - 4pm		
Let's KTV Together @ 3:30pm - 5:30pm	Fun with Switch @ 4pm - 6pm		Fun with Switch @ 4pm - 6pm		
Let's Lim Kopi @ 3:30pm - 4:30pm					
15	16	17	18	19	20
Let's Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm <b>(Connection One)</b>	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	
Let's Learn Calligraphy @ 2pm - 3:30pm	Let's Pick Up English @ 10am - 11am	Let's Do Magic! #11 @ 10am - 11:30am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Let's Adaptive Sports @ 3pm - 4pm <b>(Zone A RN)</b>	F4 @ 2pm - 4pm	Let's Talk News (SPH) @ 1pm - 2pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Art @ 10am - 12pm	
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm		Ngee Ann Polytechnic Service Learning Day @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Singing Class @ 3:30pm - 5:30pm	Fun with Switch @ 4pm - 6pm		Fun with Switch @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
Let's Lim Kopi @ 3:30pm - 4:30pm				Strategise with Kakis @ 3pm - 5pm	

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MON

TUE

WED

THU

FRI

SAT

22	23	24	25	26	27
Let's Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm <b>(Connection One)</b>	Let's Qigong @ 9:30am - 10:30am	<b>Centre Closed: Christmas Day</b>	Community Health Post @ 9am - 5pm	
Let's Learn Calligraphy @ 2pm - 3:30pm	Let's Pick Up English @ 10am - 11am	Magic Magic!#12 @ 10am - 11:30am		Let's Meridien @ 9am - 10am	
Let's Adaptive Sports @ 3pm - 4pm <b>(Zone A RN)</b>	F4 @ 2pm - 4pm	Let's Adaptive Sports @ 3pm - 4pm <b>(Zone A RN)</b>		Let's Do Art @ 10am - 12pm	
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	Fun with Switch @ 4pm - 6pm			Let's Jam with Ukelele @ 2:45pm - 4:15pm	
Let's Lim Kopi @ 3:30pm - 4:30pm				Strategise with Kakis @ 3pm - 5pm	
29	30	31			
Let's Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm <b>(Connection One)</b>	Let's Qigong @ 9:30am - 10:30am			
Let's Learn Calligraphy @ 2pm - 3:30pm	Let's Pick Up English @ 10am - 11am	Let's Do Magic! #13 @ 10am - 11:30am			
Let's Adaptive Sports @ 3pm - 4pm <b>(Zone A RN)</b>	F4 @ 2pm - 4pm	Let's Adaptive Sports @ 3pm - 4pm <b>(Zone A RN)</b>			
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm				
Let's KTV Together @ 3:30pm - 5:30pm	Fun with Switch @ 4pm - 6pm				
Let's Lim Kopi @ 3:30pm - 4:30pm					

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# 2025 十二月



**Centre Name:** 活跃乐龄中心 (红山景)

**Centre Address:** Blk 117 Bukit Merah View #01-205 S151117

**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	6
一起混合健身 @ 10am - 11am	F4 @ 10am - 12pm <b>(Connection One)</b>	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	一起学英语 @ 10am - 11am	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	
一起适应性运动 @ 3pm - 4pm <b>(Zone A RN)</b>	F4 @ 2pm - 4pm	一起适应性运动 @ 3pm - 4pm <b>(Zone A RN)</b>	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) @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm	与MFS互动 [AAC] @ 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	一起玩电动游戏 @ 4pm - 6pm		一起玩电动游戏 @ 4pm - 6pm	优克里里弹唱 @ 2:45pm - 4:15pm	
一起喝咖啡 @ 3:30pm - 4:30pm				与朋友一起策略 (桌游) @ 3pm - 5pm	
8	9	10	11	12	13
一起混合健身 @ 10am - 11am	F4 @ 10am - 12pm <b>(Connection One)</b>	一起练气功 @ 9:30am - 10:30am	社区护理站 @ 9am - 5pm	<b>中心关闭: 团队建设日</b>	
一起学书法 @ 2pm - 3:30pm	一起学英语 @ 10am - 11am	一起变魔术 @ 10am - 11:30am	一起学英语自然拼读法 @ 9:30am - 10:30am		
一起适应性运动 @ 3pm - 4pm <b>(Zone A RN)</b>	F4 @ 2pm - 4pm	Eh How Ah? 工作坊 @ 2:30pm - 4:30pm	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	一起适应性运动 @ 3pm - 4pm <b>(Zone A RN)</b>	F4 @ 2pm - 4pm		
一起KTV @ 3:30pm - 5:30pm	一起玩电动游戏 @ 4pm - 6pm		一起玩电动游戏 @ 4pm - 6pm		
一起喝咖啡 @ 3:30pm - 4:30pm					
15	16	17	18	19	20
一起混合健身 @ 10am - 11am	F4 @ 10am - 12pm <b>(Connection One)</b>	一起练气功 @ 9:30am - 10:30am	社区护理站 @ 9am - 5pm	社区护理站 @ 9am - 5pm	
一起学书法 @ 2pm - 3:30pm	一起学英语 @ 10am - 11am	一起变魔术 @ 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	
一起适应性运动 @ 3pm - 4pm <b>(Zone A RN)</b>	F4 @ 2pm - 4pm	我们来聊新闻 @ 1pm - 2pm	一起跳排舞 @ 10:45am - 11:45am	一起学和谐粉彩绘画 @ 10am - 12pm	
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm		义安理工学院服务学习日 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起学唱歌 @ 3:30pm - 5:30pm	一起玩电动游戏 @ 4pm - 6pm		一起玩电动游戏 @ 4pm - 6pm	优克里里弹唱 @ 2:45pm - 4:15pm	
一起喝咖啡 @ 3:30pm - 4:30pm				与朋友一起策略 (桌游) @ 3pm - 5pm	

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# 2025 十二月

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星期一

星期二

星期三

星期四

星期五

星期六

22	23	24	25	26	27
一起混合健身 @ 10am - 11am	F4 @ 10am - 12pm <b>(Connection One)</b>	一起练气功 @ 9:30am - 10:30am	<b>中心关闭: 圣诞节</b>	社区护理站 @ 9am - 5pm	
一起学书法 @ 2pm - 3:30pm	一起学英语 @ 10am - 11am	一起变魔术 @ 10am - 11:30am		一起练八段锦与洪光关节操 @ 9am - 10am	
一起适应性运动 @ 3pm - 4pm <b>(Zone A RN)</b>	F4 @ 2pm - 4pm	适应性运动 @ 3pm - 4pm <b>(Zone A RN)</b>		一起学和谐粉彩绘画 @ 10am - 12pm	
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	一起玩电动游戏 @ 4pm - 6pm			优克里里弹唱 @ 2:45pm - 4:15pm	
一起喝咖啡 @ 3:30pm - 4:30pm				与朋友一起策略 (桌游) @ 3pm - 5pm	
29	30	31			
一起混合健身 @ 10am - 11am	F4 @ 10am - 12pm <b>(Connection One)</b>	一起练气功 @ 9:30am - 10:30am			
一起学书法 @ 2pm - 3:30pm	一起学英语 @ 10am - 11am	一起变魔术 @ 10am - 11:30am			
一起适应性运动 @ 3pm - 4pm <b>(Zone A RN)</b>	F4 @ 2pm - 4pm	适应性运动 @ 3pm - 4pm <b>(Zone A RN)</b>			
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KTV @ 3:30pm - 5:30pm	一起玩电动游戏 @ 4pm - 6pm				
一起喝咖啡 @ 3:30pm - 4:30pm					

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