

# 2026 February

 **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
2	3	4	5	6	7
Let's Silver Crossfit @ 9:30am - 10:30am	F4 @ 10am - 12pm <b>(Connection One)</b>	Let's Qigong @ 9:30am - 10:30am	Let's Line Dance @ 10:45am - 11:45am	Community Health Post @ 9am - 5pm	
Let's Talk News @ 10:30am - 11:30am	Let's Pick Up English @ 10am - 11am	Haircut Services @ 10am - 12:30pm	F4 @ 2pm - 4pm	Let's Meridien @ 9am - 10am	
Let's Learn Calligraphy @ 2pm - 3:30pm	F4 @ 2pm - 4pm	Let's Learn Baking/Cooking @ 2pm - 4pm	Eh How Ah? Card Game @ 4pm - 6pm	Let's Do Art @ 10am - 12pm	
Let's Adaptive Sports @ 3pm - 4pm <b>(Zone A RN)</b>	Strategise with Kakis @ 4pm - 6pm			Let's Steel Combat @ 1:30pm - 2:30pm	
Strategise with Kakis @ 3:30pm - 5:30pm	Eh How Ah? Card Game @ 4pm - 6pm			Strategise with Kakis @ 3pm - 5pm	
Let's KTV Together @ 3:30pm - 5:30pm					
9	10	11	12	13	14
Let's Gen Together - SJI Activity Day @ 9:30am -11am	F4 @ 10am - 12pm <b>(Connection One)</b>	Let's Qigong @ 9:30am - 10:30am	Let's Line Dance @ 10:45am - 11:45am	Community Health Post @ 9am - 5pm	
Let's Talk News @ 11am - 12pm	Let's Pick Up English @ 10am - 11am	Let's Celebrate Birthday @ 1pm - 2:30pm	F4 @ 2pm - 4pm	Let's Meridien @ 9am - 10am	
Let's Learn Calligraphy @ 2pm - 3:30pm	F4 @ 2pm - 4pm	Let's Gen with MFS [AAC] @ 3:30pm - 4:30pm	Eh How Ah? Card Game @ 4pm - 6pm	Let's Do Art @ 10am - 12pm	
Let's Adaptive Sports @ 3pm - 4pm <b>(Zone A RN)</b>	Strategise with Kakis @ 4pm - 6pm			Let's Steel Combat @ 1:30pm - 2:30pm	
Strategise with Kakis @ 3:30pm - 5:30pm	Eh How Ah? Card Game @ 4pm - 6pm			Strategise with Kakis @ 3pm - 5pm	
Let's KTV Together @ 3:30pm - 5:30pm					

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MON	TUE	WED	THU	FRI	SAT
<b>16</b> Let's Silver Crossfit @ 9:30am - 10:30am Let's Talk News @ 10:30am - 11:30am  <b>Centre Closed:</b> <b>Chinese New Year Eve</b>	<b>17</b>  <b>Centre Closed:</b> <b>Chinese New Year Day#1</b>	<b>18</b>  <b>Centre Closed:</b> <b>Chinese New Year Day#2</b>	Let's Line Dance @ 10:45am - 11:45am F4 @ 2pm - 4pm Eh How Ah? Card Game @ 4pm - 6pm	Community Health Post @ 9am - 5pm Let's Meridien @ 9am - 10am Let's Do Art @ 10am - 12pm Let's Steel Combat @ 1:30pm - 2:30pm Strategise with Kakis @ 3pm - 5pm	
<b>23</b> Let's Silver Crossfit @ 9:30am - 10:30am Let's Talk News @ 10:30am - 11:30am Let's Learn Calligraphy @ 2pm - 3:30pm Let's Adaptive Sports @ 3pm - 4pm ( <b>Zone A RN</b> ) Strategise with Kakis @ 3:30pm - 5:30pm Let's KTV Together @ 3:30pm - 5:30pm	<b>24</b> F4 @ 10am - 12pm ( <b>Connection One</b> ) Let's Pick Up English @ 10am - 11am F4 @ 2pm - 4pm Strategise with Kakis @ 4pm - 6pm Eh How Ah? Card Game @ 4pm - 6pm	Let's Qigong @ 9:30am - 10:30am Strategise with Kakis @ 4pm - 6pm Eh How Ah? Card Game @ 4pm - 6pm	Let's Line Dance @ 10:45am - 11:45am F4 @ 2pm - 4pm IMDA talk @ 4pm - 5:30pm	Community Health Post @ 9am - 5pm Let's Meridien @ 9am - 10am Let's Do Art @ 10am - 12pm Let's Steel Combat @ 1:30pm - 2:30pm Strategise with Kakis @ 3pm - 5pm	<b>28</b>

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# 2026 二月

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MON TUE WED THU FRI SAT

2	3	4	5	6	7
混合建身 @ 9:30am - 10:30am	F4 @ 10am - 12pm ( <b>Connection One</b> )	一起练气功 @ 9:30am - 10:30am	一起跳排舞 @ 10:45am - 11:45am	社区护理站 @ 9am - 5pm	
我们来聊新闻 @ 10:30pm - 11:30pm	一起学英语 @ 10am - 11am	理发 @ 10am - 12:30pm	F4 @ 2pm - 4pm	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	一起学烘焙/厨艺 @ 2pm - 4pm	呃怎么啊卡片游戏(桌游) @ 4pm - 6pm	一起学美术 @ 10am - 12pm	
适应性运动 @ 3pm - 4pm ( <b>Zone A RN</b> )	与朋友一起策略(桌游) @ 4pm - 6pm			一起练钢铁拳击 @ 1:30pm - 2:30pm	
与朋友一起策略(桌游) @ 3:30pm - 5:30pm	呃怎么啊卡片游戏(桌游) @ 4pm - 6pm			与朋友一起策略(桌游) @ 3pm - 5pm	
一起KTV @ 3:30pm - 5:30pm					
9	10	11	12	13	14
圣若瑟书院活动日 @ 9:30am - 11am	F4 @ 10am - 12pm ( <b>Connection One</b> )	一起练气功 @ 9:30am - 10:30am	一起跳排舞 @ 10:45am - 11:45am	社区护理站 @ 9am - 5pm	
我们来聊新闻 @ 10:30pm - 11:30pm	一起学英语 @ 10am - 11am	一起庆生 @ 1pm - 2:30pm	F4 @ 2pm - 4pm	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	与MFS互动[中心] @ 3:30pm - 4:30pm	呃怎么啊卡片游戏(桌游) @ 4pm - 6pm	一起学美术 @ 10am - 12pm	
适应性运动 @ 3pm - 4pm ( <b>Zone A RN</b> )	与朋友一起策略(桌游) @ 4pm - 6pm			一起练钢铁拳击 @ 1:30pm - 2:30pm	
与朋友一起策略(桌游) @ 3:30pm - 5:30pm	呃怎么啊卡片游戏(桌游) @ 4pm - 6pm			与朋友一起策略(桌游) @ 3pm - 5pm	
一起KTV @ 3:30pm - 5:30pm					

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
混合建身 @ 9:30am - 10:30am  我们来聊新闻 @ 10:30pm - 11:30pm  <b>中心关闭: 农历新年除夕</b>	<b>中心关闭: 农历新年初一</b>	<b>中心关闭: 农历新年初二</b>	一起跳排舞 @ 10:45am - 11:45am  F4 @ 2pm - 4pm  呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm	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  与朋友一起策略 (桌游) @ 3pm - 5pm	
23	24	25	26	27	28
混合建身 @ 9:30am - 10:30am  我们来聊新闻 @ 10:30pm - 11:30pm  一起学书法 @ 2pm - 3:30pm  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  一起KTV @ 3:30pm - 5:30pm	F4 @ 10am - 12pm ( <b>Connection One</b> )  一起学英语 @ 10am - 11am  F4 @ 2pm - 4pm  与朋友一起策略 (桌游) @ 4pm - 6pm  呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm	一起练气功 @ 9:30am - 10:30am  与朋友一起策略 (桌游) @ 4pm - 6pm  呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm	一起跳排舞 @ 10:45am - 11:45am  F4 @ 2pm - 4pm  乐学数码讲座 @ 4pm - 5:30pm	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  与朋友一起策略 (桌游) @ 3pm - 5pm	

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