




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 (Connection One)	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 (Zone A RN)	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 (Connection One)	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 (Zone A RN)	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					

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。

2026 February



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
16	17	18	19	20	21
Let's Silver Crossfit @ 9:30am - 10:30am	Centre Closed: Chinese New Year Day#1	Centre Closed: Chinese New Year Day#2	Let's Line Dance @ 10:45am - 11:45am	Community Health Post @ 9am - 5pm	
Let's Talk News @ 10:30am - 11:30am			F4 @ 2pm - 4pm	Let's Meridien @ 9am - 10am	
Centre Closed: Chinese New Year Eve			Eh How Ah? Card Game @ 4pm - 6pm	Let's Do Art @ 10am - 12pm	
				Let's Steel Combat @ 1:30pm - 2:30pm	
				Strategise with Kakis @ 3pm - 5pm	
23	24	25	26	27	28
Let's Silver Crossfit @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)	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	Strategise with Kakis @ 4pm - 6pm	F4 @ 2pm - 4pm	Let's Meridien @ 9am - 10am	
Let's Learn Calligraphy @ 2pm - 3:30pm	F4 @ 2pm - 4pm	Eh How Ah? Card Game @ 4pm - 6pm	IMDA talk @ 4pm - 5:30pm	Let's Do Art @ 10am - 12pm	
Let's Adaptive Sports @ 3pm - 4pm (Zone A RN)	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					

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。

2026 二月






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
2	3	4	5	6	7
混合健身 @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)	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 (Zone A RN)	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 (Connection One)	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 (Zone A RN)	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					

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。

2026 二月

 **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
16	17	18	19	20	21
混合健身 @ 9:30am - 10:30am	中心关闭: 农历新年初一	中心关闭: 农历新年初二	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			F4 @ 2pm - 4pm	一起练八段锦与洪光关节操 @ 9am - 10am	
中心关闭: 农历新年除夕			呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm	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
混合健身 @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)	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	与朋友一起策略 (桌游) @ 4pm - 6pm	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	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm	乐学数码讲座 @ 4pm - 5:30pm	一起学美术 @ 10am - 12pm	
适应性运动 @ 3pm - 4pm (Zone A RN)	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					

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。