

# 2026 January

**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
				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	3
			Centre Closed: New Year's Day		
5	6	7	8	9	10
Let's Do 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	
Health Talk (Virtual) @ 2pm - 3:30pm	Let's Pick Up English @ 10am - 11am	Haircut Services @ 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 Celebrate Birthday @ 2pm - 3:30pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Magic! #13 @ 10am - 11:30am	
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm		F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's KTV Together @ 3:30pm - 5:30pm	Eh How Ah? Card Game @ 4pm - 6pm		Eh How Ah? Card Game @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
Let's Lim Kopi @ 3:30pm - 4:30pm				Strategise with Kakis @ 3pm - 5pm	
12	13	14	15	16	17
Let's Do 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 Talk News (SPH) @ 1:30pm - 2:30pm	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 Gen Together with MFS [virtual] @ 3:30pm - 4:30pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Magic! #14 @ 10am - 11:30am	
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm		F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's KTV Together @ 3:30pm - 5:30pm	Eh How Ah? Card Game @ 4pm - 6pm		Eh How Ah? Card Game @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
Let's Lim Kopi @ 3:30pm - 4:30pm				Strategise with Kakis @ 3pm - 5pm	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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**ntuc** Health

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

19	20	21	22	23	24
Let's Do 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 Talk News (SPH) @ 1:30pm - 2:30pm	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 Learn Baking/Cooking @ 3pm - 5pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Magic! #15 @ 10am - 11:30am	
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm		F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's Learn to Sing @ 3:30pm - 5:30pm	Eh How Ah? Card Game @ 4pm - 6pm		Let's Talk About Digital Banking (IMDA) @ 4pm - 5:30pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
Let's Lim Kopi @ 3:30pm - 4:30pm				Strategise with Kakis @ 3pm - 5pm	
26	27	28	29	30	31
Let's Do 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	
CHP Health Talk [AAC] - 2pm-3pm	Let's Pick Up English @ 10am - 11am	Let's Talk News (SPH) @ 1:30pm - 2:30pm	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 Line Dance @ 10:45am - 11:45am	Let's Do Magic! #16 @ 10am - 11:30am	
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm		F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's KTV Together @ 3:30pm - 5:30pm	Eh How Ah? Card Game @ 4pm - 6pm		Eh How Ah? Card Game @ 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**

**1**

**2**

**3**

**Centre Closed: New Year's Day**


**5**

**6**

**7**

**8**

**9**

**10**

一起混合建身 @ 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	一起庆生 @ 2pm - 3:30pm	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		F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm		
一起KTV @ 3:30pm - 5:30pm	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm		呃怎么啊卡片游戏 (桌游) @ 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		

**12**

**13**

**14**

**15**

**16**

**17**

一起混合建身 @ 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	我们来聊新闻 @ 1:30pm - 2:30pm	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	与MFS互动 [线上] @ 3:30pm - 4:30pm	一起跳排舞 @ 10:45am - 11:45am	一起变魔术 @ 10am - 11:30am		
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm		F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm		
一起KTV @ 3:30pm - 5:30pm	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm		呃怎么啊卡片游戏 (桌游) @ 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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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
一起混合建身 @ 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	我们来聊新闻 @ 1:30pm - 2:30pm	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	一起学烘焙/厨艺 @ 3pm - 5pm	一起跳排舞 @ 10:45am - 11:45am	一起变魔术 @ 10am - 11:30am	
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm		F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起学唱歌 @ 3:30pm - 5:30pm	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm		数字银行讲座 (IMDA) @ 4pm - 5:30pm	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	
26	27	28	29	30	31
一起混合建身 @ 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	
CHP 健康讲座 @ 2pm - 3pm	一起学英语 @ 10am - 11am	我们来聊新闻 @ 1:30pm - 2:30pm	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		一起跳排舞 @ 10:45am - 11:45am	一起变魔术 @ 10am - 11:30am	
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm		F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起KTV @ 3:30pm - 5:30pm	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm		呃怎么啊卡片游戏 (桌游) @ 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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