




2025 July

 **Centre Name:** Active Ageing Centre (Bukit Merah View)
 **Centre Address:** Blk 117 Bukit Merah View #01-205 S'pore 151117
 **Centre Contact:** 6250 4069






 NTUC Health

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	F4 @ 10am - 12pm	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	
	F4 @ 2pm - 4pm	Let's Pick Up English @ 10am - 11am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
	Strategise with Kakis @ 4pm - 6pm	Hair Cut @ 10am - 12:30pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Nagomi Art @ 10am - 12pm	
		Let's Celebrate Birthday @ 4pm - 5:30pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
			Fun with Switch @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategise with Kakis @ 3pm - 5pm	
7	8	9	10	11	12
Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	
Nanyang Girls High School Activities @ 1pm - 2:30pm	NEA Dengue Talk @ 10am - 11am	Let's Pick Up English @ 10am - 11am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Strategise with Kakis @ 3pm - 5pm	F4 @ 2pm - 4pm	MINDEF Activities @ 2:30pm - 3:30pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Art @ 10am - 12pm	
Let's KTV Together @ 3pm - 5pm	Strategise with Kakis @ 4pm - 6pm	Let's Learn Baking/Cooking @ 4pm - 5:30pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's Lim Kopi @ 3pm - 4pm	Fun with Switch @ 4pm - 6pm		Fun with Switch @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategise with Kakis @ 3pm - 5pm	
14	15	16	17	18	19
Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	LPA Marquee Event @ 10am - 1pm
Strategise with Kakis @ 3pm - 5pm	F4 @ 2pm - 4pm	Let's Pick Up English @ 10am - 11am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Let's KTV Together @ 3pm - 5pm	Strategise with Kakis @ 4:30pm - 6pm	Let's Gen with MFS [AAC] @ 3:30pm - 4:30pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Nagomi Art @ 10am - 12pm	
Let's Lim Kopi @ 3pm - 4pm	Fun with Switch @ 4pm - 6pm		F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
			Fun with Switch @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategise with Kakis @ 3pm - 5pm	

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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。

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	
Strategise with Kakis @ 3pm - 5pm	F4 @ 2pm - 4pm	Let's Pick Up English @ 10am - 11am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Let's KTV Together @ 3pm - 5pm	Strategise with Kakis @ 4pm - 6pm	MINDEF Activities @ 2:30pm - 3:30pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Art @ 10am - 12pm	
Let's Lim Kopi @ 3pm - 4pm	Fun with Switch @ 4pm - 6pm		F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
			IMDA talk @ 4pm - 5:30pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategise with Kakis @ 3pm - 5pm	
28	29	30	31		
Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm		
Strategise with Kakis @ 3pm - 5pm	F4 @ 2pm - 4pm	Let's Pick Up English @ 10am - 11am	Let's Learn Phonics @ 9:30am - 10:30am		
Let's KTV Together @ 3pm - 5pm	Strategise with Kakis @ 4pm - 6pm		Let's Line Dance @ 10:45am - 11:45am		
Let's Lim Kopi @ 3pm - 4pm	Fun with Switch @ 4pm - 6pm		River Valley Pri School Activities @ 1:30pm-3pm		
			Fun with Switch @ 4pm - 6pm		

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2025 七月

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星期一

星期二

星期三

星期四

星期五

星期六

1		2		3		4		5			
	F4 @ 10am - 12pm	一起练气功 @ 9:30am - 10:30am	社区护理站 @ 9am - 5pm	社区护理站 @ 9am - 5pm							
	F4 @ 2pm - 4pm	一起学英语 @ 10am - 11am	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) @ 4pm - 6pm	理发 @ 10am - 12:30pm	一起跳排舞 @ 10:45am - 11:45am	一起学和谐粉彩绘画 @ 10am - 12pm							
		一起庆生 @ 4pm - 5:30pm	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm							
			一起玩电动游戏 @ 4pm - 6pm	优克里里弹唱 @ 2:45pm - 4:15pm							
				与朋友一起策略 (桌游) @ 3pm - 5pm							
7		8		9		10		11		12	
混合健身 @ 10am - 11am	F4 @ 10am - 12pm	一起练气功 @ 9:30am - 10:30am	社区护理站 @ 9am - 5pm	社区护理站 @ 9am - 5pm							
南洋女中活动 @ 1pm - 2:30pm	国家环境局骨痛热症讲座 @ 10am - 11am	一起学英语 @ 10am - 11am	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) @ 3pm - 5pm	F4 @ 2pm - 4pm	与国防部队互动 @ 2:30pm - 3:30pm	一起跳排舞 @ 10:45am - 11:45am	一起学美术 @ 9:30am - 11am							
一起KTV @ 3pm - 5pm	与朋友一起策略 (桌游) @ 4pm - 6pm	一起学烘焙 /厨艺 @ 4pm - 5:30pm	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm							
一起喝咖啡 @ 3pm - 4pm	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							
				与朋友一起策略 (桌游) @ 3pm - 5pm							
14		15		16		17		18		19	
混合健身 @ 10am - 11am	F4 @ 10am - 12pm	一起练气功 @ 9:30am - 10:30am	社区护理站 @ 9am - 5pm	社区护理站 @ 9am - 5pm	遗产计划活动· @ 10am - 1pm						
与朋友一起策略 (桌游) @ 3pm - 5pm	F4 @ 2pm - 4pm	一起学英语 @ 10am - 11am	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							
一起学唱歌 @ 3pm - 5pm	与朋友一起策略 (桌游) @ 4pm - 6pm	与MFS互动 [AAC] @ 3:30pm - 4:30pm	一起跳排舞 @ 10:45am - 11:45am	一起学和谐粉彩绘画 @ 10am - 12pm							
一起喝咖啡 @ 3pm - 4pm	一起玩电动游戏 @ 4pm - 6pm		F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm							
			一起玩电动游戏 @ 4pm - 6pm	优克里里弹唱 @ 2:45pm - 4:15pm							
				与朋友一起策略 (桌游) @ 3pm - 5pm							

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星期一		星期二		星期三		星期四		星期五		星期六	
21		22		23		24		25		26	
混合健身 @ 10am - 11am		F4 @ 10am - 12pm		一起练气功 @ 9:30am - 10:30am		社区护理站 @ 9am - 5pm		社区护理站 @ 9am - 5pm			
与朋友一起策略 (桌游) @ 3pm - 5pm		F4 @ 2pm - 4pm		一起学英语 @ 10am - 11am		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KTV @ 3pm - 5pm		与朋友一起策略 (桌游) @ 4pm - 6pm		与国防部队互动 @ 2:30pm - 3:30pm		一起跳排舞 @ 10:45am - 11:45am		一起学美术 @ 9:30am - 11am			
一起喝咖啡 @ 3pm - 4pm		一起玩电动游戏 @ 4pm - 6pm				F4 @ 2pm - 4pm		一起练钢铁拳击 @ 1:30pm - 2:30pm			
						乐学数码讲座 @ 4pm-6pm		优克里里弹唱 @ 2:45pm - 4:15pm			
								与朋友一起策略 (桌游) @ 3pm - 5pm			
28		29		30		31					
混合健身 @ 10am - 11am		F4 @ 10am - 12pm		一起练气功 @ 9:30am - 10:30am		社区护理站 @ 9am - 5pm					
与朋友一起策略 (桌游) @ 3pm - 5pm		F4 @ 2pm - 4pm		一起学英语 @ 10am - 11am		一起学英语自然拼读法 @ 9:30am - 10:30am					
一起KTV @ 3:30pm - 5:30pm		与朋友一起策略 (桌游) @ 4pm - 6pm				一起跳排舞 @ 10:45am - 11:45am					
一起喝咖啡 @ 3pm - 4pm		一起玩电动游戏 @ 4pm - 6pm				与立化小学互动 @ 1:30pm-3pm					
						一起玩电动游戏 @ 4pm - 6pm					

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