




# 2026 July

 **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 |
|--|--|--|--|--|-----|
|  |  | 1  | 2  | 3  | 4   |
|  |  | Let's Qigong @ 9:30am - 10:30am                                    | Community Pharmacist @ 2pm - 6pm                             | Community Health Post @ 9am - 4pm                    |     |
|  |  | Haircut Services @ 10am - 12:30pm                                  | Let's Learn Phonics @ 9:30am - 10:30am                       | Let's Meridien @ 9am - 10am                          |     |
|  |  | Let's Learn 3D Printing @ 1:30pm - 3:30pm                          | Let's Line Dance @ 10:45am - 11:45am                         | Let's Do Bead Art @ 10am - 12pm                      |     |
|  |  | Let's Join Project Helping Hands Services @ 2pm - 5pm              | Let's Walking Football @ 9:45am - 11:30am                    | Let's Steel Combat @ 1pm - 2pm                       |     |
|  |  | Let's Adaptive Sports @ 3pm - 4pm <b>(Zone A RN)</b>               | F4 @ 2pm - 4pm   | Let's Adaptive Sports @ 2pm - 4pm <b>(Zone A RN)</b> |     |
|  |  |  | Let's Learn Steel Tongue Drum - Self-Practice @ 4:30pm - 5pm | Lets' Learn Steel Tongue Drum - Class #1 @ 3pm - 4pm |     |
|  |  |  |  | Let's Learn Steel Tongue Drum - Class #2 @ 4pm - 5pm |     |
|  |  |  |  | Strategise with Kakis @ 3pm - 5pm                    |     |
| 6  | 7  | 8  | 9  | 10   | 11  |
| Let's Silver Crossfit @ 9:30am - 10:30am | F4 @ 10am - 12pm <b>(Connection One)</b>                     | Let's Qigong @ 9:30am - 10:30am                                    | Community Pharmacist @ 2pm - 6pm                             | Community Health Post @ 9am - 4pm                    |     |
| Let's Learn Calligraphy @ 2pm - 3:30pm   | Let's Pick Up English @ 10am - 11am                          | Let's Say Yes to Waste Less by NEA (Bilingual) @ 10:30am - 11:30am | Let's Learn Phonics @ 9:30am - 10:30am                       | Let's Meridien @ 9am - 10am                          |     |
| Strategise with Kakis @ 3:30pm - 5:30pm  | F4 @ 2pm - 4pm   | Let's Learn 3D Printing @ 1:30pm - 3:30pm                          | Let's Line Dance @ 10:45am - 11:45am                         | Let's Do Bead Art @ 10am - 12pm                      |     |
| Let's KTV Together @ 3:30pm - 5:30pm     | Strategise with Kakis @ 4pm - 6pm                            | Let's Join Project Helping Hands Services @ 2pm - 5pm              | F4 @ 2pm - 4pm   | Let's Steel Combat @ 1pm - 2pm                       |     |
|  | Let's Learn Steel Tongue Drum - Self-Practice @ 4:30pm - 5pm | Let's Adaptive Sports @ 3pm - 4pm <b>(Zone A RN)</b>               | Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm   | Let's Adaptive Sports @ 2pm - 4pm <b>(Zone A RN)</b> |     |
|  |  | Let's Celebrate Birthday @ 4pm - 5:30pm                            |  | Let's Learn Steel Tongue Drum - Class #1 @ 3pm - 4pm |     |
|  |  |  |  | Let's Learn Steel Tongue Drum - Class #2 @ 4pm - 5pm |     |
|  |  |  |  | Strategise with Kakis @ 3pm - 5pm                    |     |

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 July

 **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       |
|--|--|--|--|--|-----------|
| <b>13</b>                                      | <b>14</b>  | <b>15</b>  | <b>16</b>  | <b>17</b>  | <b>18</b> |
| Let's Silver Crossfit @ 9:30am - 10:30am       | F4 @ 10am - 12pm ( <b>Connection One</b> )                   | Let's Qigong @ 9:30am - 10:30am                        | Community Pharmacist @ 2pm - 6pm                       | Community Health Post @ 9am - 4pm                      |           |
| Let's Talk News @ 10:30am - 11:30am            | Let's Pick Up English @ 10am - 11am                          | Let's Do Candle Art @ 10am - 11:30am                   | Let's Learn Phonics @ 9:30am - 10:30am                 | Let's Meridien @ 9am - 10am                            |           |
| Let's Learn Calligraphy @ 2pm - 3:30pm         | F4 @ 2pm - 4pm   | Let's Learn 3D Printing @ 1:30pm - 3:30pm              | 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 Join Project Helping Hands Services @ 2pm - 5pm  | Let's Walking Football @ 9:45am - 11:30am              | Let's Steel Combat @ 1pm - 2pm                         |           |
| Let's KTV Together @ 3:30pm - 5:30pm           | Let's Learn Steel Tongue Drum - Self-Practice @ 4:30pm - 5pm | Let's Adaptive Sports @ 3pm - 4pm ( <b>Zone A RN</b> ) | F4 @ 2pm - 4pm   | Let's Adaptive Sports @ 2pm - 4pm ( <b>Zone A RN</b> ) |           |
|  |  | Let's Gen with MFS @ 3:30pm - 4:30pm                   | Let's Steel Tongue Drum - Self-Practice @ 4:30pm - 5pm | Let's Steel Tongue Drum - Class #1 @ 3pm - 4pm         |           |
|  |  |  |  | Let's Steel Tongue Drum - Class #2 @ 4pm - 5pm         |           |
|  |  |  |  | Strategise with Kakis @ 3pm - 5pm                      |           |
| <b>20</b>                                      | <b>21</b>  | <b>22</b>  | <b>23</b>  | <b>24</b>  | <b>25</b> |
| Let's Silver Crossfit @ 9:30am - 10:30am       | F4 @ 10am - 12pm ( <b>Connection One</b> )                   | Let's Qigong @ 9:30am - 10:30am                        | Community Pharmacist @ 2pm - 6pm                       | Community Health Post @ 9am - 4pm                      |           |
| Interest Group: Magic! Magic! @ 10:30am - 12pm | Let's Pick Up English @ 10am - 11am                          | Let's Do Sand Art @ 10am - 11:30am                     | Let's Learn Phonics @ 9:30am - 10:30am                 | Let's Meridien @ 9am - 10am                            |           |
| Let's Learn Calligraphy @ 2pm - 3:30pm         | F4 @ 2pm - 4pm   | Let's Learn 3D Printing @ 1:30pm - 3:30pm              | Let's Line Dance @ 10:45am - 11:45am                   | Let's Do Art @ 10am - 12pm                             |           |
| NIE Just Another Day @ 2pm - 3pm               | Strategise with Kakis @ 4pm - 6pm                            | Let's Join Project Helping Hands Services @ 2pm - 5pm  | F4 @ 2pm - 4pm   | Let's Steel Combat @ 1pm - 2pm                         |           |
| Strategise with Kakis @ 3:30pm - 5:30pm        | Let's Learn Steel Tongue Drum - Self-Practice @ 4:30pm - 5pm | Let's Adaptive Sports @ 3pm - 4pm ( <b>Zone A RN</b> ) | IMDA Digital Club @ 4pm - 6pm                          | Let's Adaptive Sports @ 2pm - 4pm ( <b>Zone A RN</b> ) |           |
| Let's Learn to Sing @ 3:30pm - 5:30pm          |  |  |  | Let's Learn Steel Tongue Drum - Class #1 @ 3pm - 4pm   |           |
|  |  |  |  | Let's Learn Steel Tongue Drum - Class #2 @ 4pm - 5pm   |           |
|  |  |  |  | Strategise with Kakis @ 3pm - 5pm                      |           |

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 July

 **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

| 27                                       | 28   | 29  | 30   | 31   |  |
|--|--|---|--|--|--|
| Let's Silver Crossfit @ 9:30am - 10:30am | F4 @ 10am - 12pm <b>(Connection One)</b>                     | Let's Qigong @ 9:30am - 10:30am                       | Community Pharmacist @ 2pm - 6pm                             | Community Health Post @ 9am - 4pm  |  |
| Let's Talk News @ 10:30am - 11:30am      | Let's Pick Up English @ 10am - 11am                          | Let's 3D Printing @ 1:30pm - 3:30pm                   | Let's Learn Phonics @ 9:30am - 10:30am                       | Let's Meridien @ 9am - 10am  |  |
| Let's Learn Calligraphy @ 2pm - 3:30pm   | F4 @ 2pm - 4pm   | Let's Join Project Helping Hands Services @ 2pm - 5pm | 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 Adaptive Sports @ 3pm - 4pm <b>(Zone A RN)</b>  | Let's Walking Football @ 9:45am - 11:30am                    | Let's Steel Combat @ 1pm - 2pm   |  |
| Let's KTV Together @ 3:30pm - 5:30pm     | Let's Learn Steel Tongue Drum - Self-Practice @ 4:30pm - 5pm |   | F4 @ 2pm - 4pm   | Let's Adaptive Sports @ 2pm - 4pm <b>(Zone A RN)</b>   |  |
|  |  |   | Let's Learn Steel Tongue Drum - Self-Practice @ 4:30pm - 5pm | Let's Gen Together with Ngee Ann Poly (Drone Flying) @ 2:30pm - 4:30pm <b>(Connection One)</b> |  |
|  |  |   |  | Let's Learn Steel Tongue Drum - Class #1 @ 3pm - 4pm   |  |
|  |  |   |  | Let's Learn Steel Tongue Drum - Class #2 @ 4pm - 5pm   |  |
|  |  |   |  | Strategise with Kakis @ 3pm - 5pm  |  |

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 七月

📍 **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 |
|--------------------------------|-----------------------------------|----------------------------------|-------------------------------|-------------------------------|-----|
|                                |                                   | 1                                | 2                             | 3                             | 4   |
|                                |                                   | 一起练气功 @ 9:30am - 10:30am         | 社区药剂师 @ 2pm - 6pm             | 社区护理站 @ 9am - 4pm             |     |
|                                |                                   | 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     |     |
|                                |                                   | 一起学3D打印 @ 1:30pm - 3:30pm        | 一起跳排舞 @ 10:45am - 11:45am     | 一起学珠子艺术 @ 10am - 12pm         |     |
|                                |                                   | 爱心好帮手SG计划 @ 2pm - 5pm            | 步行足球补课 @ 9:45am - 11:30am     | 一起练钢铁拳击 @ 1pm - 2pm           |     |
|                                |                                   | 适应性运动 @ 3pm - 4pm (Zone A RN)    | F4 @ 2pm - 4pm                | 适应性运动 @ 2pm - 4pm (Zone A RN) |     |
|                                |                                   |                                  | 空灵鼓自习课 @ 4:30pm - 5pm         | 一起学空灵鼓 @ 3pm - 4pm            |     |
|                                |                                   |                                  |                               | 一起学空灵鼓 @ 4pm - 5pm            |     |
|                                |                                   |                                  |                               | 与朋友一起策略 (桌游) @ 3pm - 5pm      |     |
| 6                              | 7                                 | 8                                | 9                             | 10                            | 11  |
| 混合健身 @ 9:30am - 10:30am        | F4 @ 10am - 12pm (Connection One) | 一起练气功 @ 9:30am - 10:30am         | 社区药剂师 @ 2pm - 6pm             | 社区护理站 @ 9am - 4pm             |     |
| 一起学书法 @ 2pm - 3:30pm           | 一起学英语 @ 10am - 11am               | 国家环境局讲座 (双语) @ 10:30am - 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     |     |
| 与朋友一起策略 (桌游) @ 3:30pm - 5:30pm | F4 @ 2pm - 4pm                    | 一起学 3D 打印 @ 1:30pm - 3:30pm      | 一起跳排舞 @ 10:45am - 11:45am     | 一起学珠子艺术 @ 10am - 12pm         |     |
| 一起KTV @ 3:30pm - 5:30pm        | 与朋友一起策略 (桌游) @ 4pm - 6pm          | 爱心好帮手SG计划 @ 2pm - 5pm            | F4 @ 2pm - 4pm                | 一起练钢铁拳击 @ 1pm - 2pm           |     |
|                                | 空灵鼓自习课 @ 4:30pm - 5pm             | 适应性运动 @ 3pm - 4pm (Zone A RN)    | 空灵鼓自习课 @ 4:30pm - 5pm         | 适应性运动 @ 2pm - 4pm (Zone A RN) |     |
|                                |                                   | 一起庆生 @ 4pm - 5:30pm              |                               | 一起学空灵鼓 @ 3pm - 4pm            |     |
|                                |                                   |                                  |                               | 一起学空灵鼓 @ 4pm - 5pm            |     |
|                                |                                   |                                  |                               | 与朋友一起策略 (桌游) @ 3pm - 5pm      |     |

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 七月

📍 **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       |
|--------------------------------|--|--|-------------------------------|--|-----------|
| <b>13</b>                      | <b>14</b>                                  | <b>15</b>                              | <b>16</b>                     | <b>17</b>                              | <b>18</b> |
| 混合健身 @ 9:30am - 10:30am        | F4 @ 10am - 12pm ( <b>Connection One</b> ) | 一起练气功 @ 9:30am - 10:30am               | 社区药剂师 @ 2pm - 6pm             | 社区护理站 @ 9am - 4pm                      |           |
| 我们来聊新闻 @ 10:30pm - 11:30pm     | 一起学英语 @ 10am - 11am                        | 一起学 3D 打印 @ 1:30pm - 3:30pm            | 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              |           |
| 一起学书法 @ 2pm - 3:30pm           | F4 @ 2pm - 4pm                             | 爱心好帮手SG计划 @ 2pm - 5pm                  | 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                   | 适应性运动 @ 3pm - 4pm ( <b>Zone A RN</b> ) | 步行足球补课 @ 9:45am - 11:30am     | 一起练钢铁拳击 @ 1pm - 2pm                    |           |
| 一起KTV @ 3:30pm - 5:30pm        | 空灵鼓自习课 @ 4:30pm - 5pm                      | 与MFS互动 [中心] @ 3:30pm - 4:30pm          | F4 @ 2pm - 4pm                | 适应性运动 @ 2pm - 4pm ( <b>Zone A RN</b> ) |           |
|                                |  |  | 空灵鼓自习课 @ 4:30pm - 5pm         | 一起学空灵鼓 @ 3pm - 4pm                     |           |
|                                |  |  |                               | 一起学空灵鼓 @ 4pm - 5pm                     |           |
|                                |  |  |                               | 与朋友一起策略 (桌游) @ 3pm - 5pm               |           |
| <b>20</b>                      | <b>21</b>                                  | <b>22</b>                              | <b>23</b>                     | <b>24</b>                              | <b>25</b> |
| 混合健身 @ 9:30am - 10:30am        | F4 @ 10am - 12pm ( <b>Connection One</b> ) | 一起练气功 @ 9:30am - 10:30am               | 社区药剂师 @ 2pm - 6pm             | 社区护理站 @ 9am - 4pm                      |           |
| 魔术兴趣小组活动 @ 10:30am - 12pm      | 一起学英语 @ 10am - 11am                        | 一起学 3D 打印 @ 1:30pm - 3:30pm            | 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              |           |
| 一起学书法 @ 2pm - 3:30pm           | F4 @ 2pm - 4pm                             | 爱心好帮手SG计划 @ 2pm - 5pm                  | 一起跳排舞 @ 10:45am - 11:45am     | 一起学美术 @ 10am - 12pm                    |           |
| 国立教育学院活动日 @ 2pm - 3pm          | 与朋友一起策略 (桌游) @ 4pm - 6pm                   | 适应性运动 @ 3pm - 4pm ( <b>Zone A RN</b> ) | F4 @ 2pm - 4pm                | 一起练钢铁拳击 @ 1pm - 2pm                    |           |
| 与朋友一起策略 (桌游) @ 3:30pm - 5:30pm | 空灵鼓自习课 @ 4:30pm - 5pm                      |  | 乐学数码俱乐部 @ 4pm - 6pm           | 适应性运动 @ 2pm - 4pm ( <b>Zone A RN</b> ) |           |
| 一起学唱歌 @ 3:30pm - 5:30pm        |  |  |                               | 一起学空灵鼓 @ 3pm - 4pm                     |           |
|                                |  |  |                               | 一起学空灵鼓 @ 4pm - 5pm                     |           |
|                                |  |  |                               | 与朋友一起策略 (桌游) @ 3pm - 5pm               |           |

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 七月

 **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 |
|--------------------------------|--|--------------------------------------|-------------------------------|---|-----|
| 27                             | 28                                       | 29                                   | 30                            | 31  |     |
| 混合健身 @ 9:30am - 10:30am        | F4 @ 10am - 12pm <b>(Connection One)</b> | 一起练气功 @ 9:30am - 10:30am             | 社区药剂师 @ 2pm - 6pm             | 社区护理站 @ 9am - 4pm                                     |     |
| 我们来聊新闻 @ 10:30pm - 11:30pm     | 一起学英语 @ 10am - 11am                      | 一起学 3D 打印 @ 1:30pm - 3:30pm          | 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                             |     |
| 一起学书法 @ 2pm - 3:30pm           | F4 @ 2pm - 4pm                           | 爱心好帮手SG计划 @ 2pm - 5pm                | 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                 | 适应性运动 @ 3pm - 4pm <b>(Zone A RN)</b> | 步行足球补课 @ 9:45am - 11:30am     | 一起练钢铁拳击 @ 1pm - 2pm                                   |     |
| 一起KTV @ 3:30pm - 5:30pm        | 空灵鼓自习课 @ 4:30pm - 5pm                    |                                      | F4 @ 2pm - 4pm                | 适应性运动 @ 2pm - 4pm <b>(Zone A RN)</b>                  |     |
|                                |  |                                      | 空灵鼓自习课 @ 4:30pm - 5pm         | 义安理工学院无人机飞行 @ 2:30pm - 4:30pm <b>(Connection One)</b> |     |
|                                |  |                                      |                               | 一起学空灵鼓 @ 3pm - 4pm                                    |     |
|                                |  |                                      |                               | 一起学空灵鼓 @ 4pm - 5pm                                    |     |
|                                |  |                                      |                               | 与朋友一起策略 (桌游) @ 3pm - 5pm                              |     |

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。