




2025 June

 **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
2	3	4	5	6	7
SPF Scam Prevention Talk @ 10am - 11:30am	F4 @ 10am - 12pm	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	
Health Talk (Virtual) @ 2pm - 3:30pm	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 @ 3:30pm - 5:30pm	Strategise with Kakis @ 4:30pm - 6pm	Hair Cut @ 10am - 12:30pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Nagomi Art @ 10am - 12pm	
Let's KTV Together @ 3:30pm - 5:30pm		Let's Celebrate Birthday @ 4pm - 5:30pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's Lim Kopi @ 3pm - 4pm			IMDA talk @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategise with Kakis @ 3pm - 5pm	
9	10	11	12	13	14
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 @ 4:30pm - 6pm	MINDEF Activities @ 2:30pm - 3:30pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Nagomi Art @ 10am - 12pm	
Let's Lim Kopi @ 3pm - 4pm		Let's Learn Baking/Cooking @ 4pm - 5:30pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
			Fun with Switch @ 4:30pm - 5:30pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategise with Kakis @ 3pm - 5pm	
				Let's Celebrate Father's Day @ 7pm - 8:30pm	
16	17	18	19	20	21
Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	
CHP Health Talk [Virtual] @ 2pm - 3pm	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 @ 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 Art @ 10am - 12pm	
Singing Class @ 3pm - 5pm			F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's Lim Kopi @ 3pm - 4pm			Fun with Switch @ 4:30pm - 5:30pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				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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MON		TUE		WED		THU		FRI		SAT	
23		24		25		26		27		28	
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 @ 4:30pm - 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						F4 @ 2pm - 4pm		Let's Steel Combat @ 1:30pm - 2:30pm			
						IMDA talk @ 4pm - 6pm		Let's Jam with Ukelele @ 2:45pm - 4:15pm			
								Strategise with Kakis @ 3pm - 5pm			
30											
Silver Crossfit @ 10am - 11am											
Strategise with Kakis @ 3pm - 5pm											
Let's KTV Together @ 3pm - 5pm											
Let's Lim Kopi @ 3pm - 4pm											

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2025 六月



Centre Name: 活跃乐龄中心 (红山景)



Centre Address: Blk 117 Bukit Merah View #01-205 Spore 151117



Centre Contact: 6250 4069



星期一

星期二

星期三

星期四

星期五

星期六

2	3	4	5	6	7
新加坡警察部队防止诈骗讲座 @ 10am - 11:30am	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	
健康讲座 @ 2pm - 3:30pm	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) @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4:30pm - 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KTV @ 3:30pm - 5:30pm		一起庆生 @ 4pm - 5:30pm	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起喝咖啡 @ 3pm - 4pm			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	
9	10	11	12	13	14
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) @ 4:30pm - 6pm	与国防部队互动 @ 2:30pm - 3:30pm	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		一起学烘培/厨艺 @ 4pm - 5:30pm	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
			一起玩电动游戏 @ 4:30pm - 5:30pm	优克里里弹唱 @ 2:45pm - 4:15pm	
				与朋友一起策略 (桌游) @ 3pm - 5pm	
				一起庆祝父亲节 @ 7pm - 8:30pm	
16	17	18	19	20	21
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	
CHP 健康讲座 @ 2pm - 3pm	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) @ 3pm - 5pm	与朋友一起策略 (桌游) @ 4:30pm - 6pm	与MFS互动 [AAC] @ 3:30pm - 4:30pm	一起跳排舞 @ 10:45am - 11:45am	一起学美术 @ 9:30am - 11am	
一起学唱歌 @ 3pm - 5pm			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 @ 4:30pm - 5:30pm	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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23	24	25	26	27	28
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) @ 4:30pm - 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			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	
30					
混合健身 @ 10am - 11am					
与朋友一起策略 (桌游) @ 3pm - 5pm					
一起KTV @ 3pm - 5pm					
一起喝咖啡 @ 3pm - 4pm					

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