




2026 June

 **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	5	6
Centre Closed: Vesak Day	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Let's Join Senior National Sports Games @ 9am - 1pm	Community Health Post @ 9am - 4pm	
	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	
	F4 @ 2pm - 4pm	Let's Join Project Helping Hands Services @ 2pm - 5pm	Let's Walking Football @ 9:45am - 11:30am	Let's Do Bead Art @ 10am - 12pm	
	Strategise with Kakis @ 4pm - 6pm	Let's Adaptive Sports @ 3pm - 4pm (Zone A RN)	Let's Line Dance @ 10:45am - 11:45am	Let's Steel Combat @ 1:30pm - 2:30pm	
			F4 @ 2pm - 4pm	Let's Learn Steel Tongue Drum @ 3pm - 4:30pm	
				Strategise with Kakis @ 3pm - 5pm	
8	9	10	11	12	13
Let's Silver Crossfit @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)	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 Talk About seniors in home for elder wellbeing & Stroke Awareness Talk (Mandarin) @ 11am - 12:30pm	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 Walking Football (Makeup) @ 9:45am - 11:30am	Let's Do Nagomi Art @ 10am - 12pm	
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm	Let's Celebrate Birthday @ 3pm - 4:30pm	Let's Line Dance @ 10:45am - 11:45am	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's KTV Together @ 3:30pm - 5:30pm	Let's Learn Steel Tongue Drum (Self-Practice) @ 4:30pm - 5pm		Let's Join Ngee Ann Poly Service Learning @ 1pm - 4pm	Let's Learn Steel Tongue Drum @ 3pm - 4:30pm	
			Let's Learn Steel Tongue Drum (Self-Practice) @ 4:30pm - 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 June

 **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
15	16	17	18	19	20
Let's Silver Crossfit @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Let's Learn Phonics @ 9:30am - 10:30am	Community Health Post @ 9am - 4pm	
Let's Celebrate Father's Day @ 1:30pm - 3pm	Let's Pick Up English @ 10am - 11am	Let's Go Gai Gai - Hay Dairies Goat Farm @ 10:30am - 12:30pm	Let's Line Dance @ 10:45am - 11:45am	Let's Meridien @ 9am - 10am	
Strategise with Kakis @ 3:30pm - 5:30pm	F4 @ 2pm - 4pm	Let's Talk About seniors in home for elder wellbeing & Stroke Awareness Talk (English) @ 11am - 12:30pm	Let's Walking Football @ 9:45am - 11:30am	Let's Do Bead Art @ 10am - 12pm	
Let's Learn to Sing @ 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 @ 1:30pm - 2:30pm	
	Steel Tongue Drum Self-Practice @ 4:30pm - 5pm	Let's Gen Together with MFS @ 3:30pm - 4:30pm	Let's Learn Steel Tongue Drum (Self-Practice) @ 4:30pm - 5pm	Let's Learn Steel Tongue Drum @ 3pm - 4:30pm	
				Strategise with Kakis @ 3pm - 5pm	
22	23	24	25	26	27
Let's Silver Crossfit @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Community Health Post (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 Learn to make Teabags @ 2pm - 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 Nagomi Art @ 10am - 12pm	
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm	Let's Learn Steel Tongue Drum (Self-Practice) @ 4:30pm - 5pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's KTV Together @ 3:30pm - 5:30pm	Let's Learn Steel Tongue Drum (Self-Practice) @ 4:30pm - 5pm		IMDA Digital Club @ 4pm - 6pm	Let's Learn Steel Tongue Drum @ 3pm - 4:30pm	
				Strategise with Kakis @ 3pm - 5pm	
29	30				
Let's Silver Crossfit @ 9:30am - 10:30am (GUI)	F4 @ 10am - 12pm (Connection One)				
Let's Do Magic @ 10:30am - 12pm	Let's Pick Up English @ 10am - 11am				
Let's Learn Calligraphy @ 2pm - 3:30pm	F4 @ 2pm - 4pm				
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm				
Let's KTV Together @ 3:30pm - 5:30pm	Let's Learn Steel Tongue Drum (Self-Practice) @ 4:30pm - 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 六月

📍 **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	5	6
中心关闭: 卫塞节	F4 @ 10am - 12pm (Connection One)	一起练气功 @ 9:30am - 10:30am	全国乐龄运动会 @ 9am - 1pm	社区护理站 @ 9am - 4pm	
	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	
	F4 @ 2pm - 4pm	爱心好帮手SG计划 @ 2pm - 5pm	步行足球 @ 9:45am - 11:30am	一起学珠子艺术 @ 10am - 12pm	
	与朋友一起策略 (桌游) @ 4pm - 6pm	适应性运动 @ 3pm - 4pm (Zone A RN)	一起跳排舞 @ 10:45am - 11:45am	一起练钢铁拳击 @ 1:30pm - 2:30pm	
			F4 @ 2pm - 4pm	一起学空灵鼓 @ 3pm - 4:30pm	
				与朋友一起策略 (桌游) @ 3pm - 5pm	
8	9	10	11	12	13
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	
我们来聊新闻 @ 10:30pm - 11:30pm	一起学英语 @ 10am - 11am	新加坡防止中风协会讲座 (中文) @ 11am - 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	
一起学书法 @ 2pm - 3:30pm	F4 @ 2pm - 4pm	爱心好帮手SG计划 @ 2pm - 5pm	步行足球补课 @ 9:45am - 11:30am	一起学和谐粉彩绘画 @ 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	一起庆生 @ 3pm - 4:30pm	一起跳排舞 @ 10:45am - 11:45am	一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起KTV @ 3:30pm - 5:30pm	空灵鼓自习课 @ 4:30pm - 5pm		义安理工学院活动日 @ 1pm - 4pm	一起学空灵鼓 @ 3pm - 4:30pm	
			空灵鼓自习课 @ 4:30pm - 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 六月

📍 **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
15	16	17	18	19	20
混合健身 @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)	一起练气功 @ 9:30am - 10:30am	一起学英语自然拼读法 @ 9:30am - 10:30am	社区护理站 @ 9am - 4pm	
Father's Day Celebration @ 1:30pm - 3pm	一起学英语 @ 10am - 11am	一起外出山羊农场 @ 10:30am - 12:30pm	一起跳排舞 @ 10:45am - 11:45am	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	新加坡防止中风协会讲座 (英文) @ 11am - 12:30pm	步行足球 @ 9:45am - 11:30am	一起学珠子艺术 @ 10am - 12pm	
一起学唱歌 @ 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 @ 1:30pm - 2:30pm	
	空灵鼓自习课 @ 4:30pm - 5pm	与MFS互动 [中心] @ 3:30pm - 4:30pm	空灵鼓自习课 @ 4:30pm - 5pm	一起学空灵鼓 @ 3pm - 4:30pm	
				与朋友一起策略 (桌游) @ 3pm - 5pm	
22	23	24	25	26	27
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	
我们来聊新闻 @ 10:30pm - 11:30pm	一起学英语 @ 10am - 11am	一起做茶叶袋 @ 2pm - 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	一起学和谐粉彩绘画 @ 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	空灵鼓自习课 @ 4:30pm - 5pm	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起KTV @ 3:30pm - 5:30pm	空灵鼓自习课 @ 4:30pm - 5pm		乐学数码俱乐部 @ 4pm - 6pm	一起学空灵鼓 @ 3pm - 4:30pm	
				与朋友一起策略 (桌游) @ 3pm - 5pm	
29	30				
混合健身 @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)				
魔术兴趣小组活动 @ 10:30am - 12pm	一起学英语 @ 10am - 11am				
一起学书法 @ 2pm - 3:30pm	F4 @ 2pm - 4pm				
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm				
一起KTV @ 3:30pm - 5:30pm	空灵鼓自习课 @ 4:30pm - 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。