

# 2025 March

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



MON	TUE	WED	THU	FRI	SAT
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Silver Crossfit @ 10am - 11am	Walking Football (wk#13) @ 10am -11:30am	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am	
Health Talk (Virtual) @ 2pm - 3:30pm	F4 @ 10am - 12pm	Let's Qigong @ 9:30am - 10:30am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Do Art @ 9am - 10:30am	
Strategise with Kakis @ 3:30pm - 5:30pm	F4 @ 2pm - 4pm	Let's Pick Up English @ 10am - 11am	Let's Line Dance @ 10:30am - 11:30am	Let's Square Step#6 @ 11am - 12pm	
Let's KTV Together @ 3:30pm - 5:30pm	Strategise with Kakis @ 4:30pm - 6pm	Hair Cut @ 10am - 12:30pm	F4 @ 2pm - 4pm		
Let's Lim Kopi @ 3pm - 4pm		Let's Celebrate Birthday @ 4pm - 5:30pm	Fun with Switch @ 4:30pm - 5:30pm		
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Silver Crossfit @ 10am - 11am	Walking Football (wk#14) @ 10am -11:30am	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am	
Strategise with Kakis @ 3pm - 5pm	F4 @ 10am - 12pm	Let's Qigong @ 9:30am - 10:30am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Do Art @ 9am - 10:30am	
Let's KTV Together @ 3pm - 5pm	F4 @ 2pm - 4pm	Let's Pick Up English @ 10am - 11am	Let's Line Dance @ 10:30am - 11:30am	Let's Square Step#7 @ 11am - 12pm	
Let's Lim Kopi @ 3pm - 4pm	Strategise with Kakis @ 4:30pm - 6pm	Let's Learn Baking/Cooking @ 2pm - 4pm	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	

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。

# 2025 March

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



MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
Silver Crossfit @ 10am - 11am	Walking Football (wk#15) @ 10am -11:30am	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am	
Strategise with Kakis @ 3pm - 5pm	F4 @ 10am - 12pm	Let's Qigong @ 9:30am - 10:30am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Do Art @ 9am - 10:30am	
Let's KTV Together @ 3pm - 5pm	F4 @ 2pm - 4pm	Let's Pick Up English @ 10am - 11am	Let's Line Dance @ 10:30am - 11:30am	Let's Square Step#8 @ 11am - 12pm	
Let's Lim Kopi @ 3pm - 4pm	Strategise with Kakis @ 4:30pm - 6pm	Let's Gen with MFS [AAC] @ 3pm - 4pm	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	
24	25	26	27	28	29
Silver Crossfit @ 10am - 11am	Walking Football (wk#16) @ 10am -11:30am	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am	
Strategise with Kakis @ 3pm - 5pm	F4 @ 10am - 12pm	Let's Qigong @ 9:30am - 10:30am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Do Art @ 9am - 10:30am	
Let's KTV Together @ 3pm - 5pm	F4 @ 2pm - 4pm	Let's Pick Up English @ 10am - 11am	Let's Line Dance @ 10:30am - 11:30am	Let's Square Step#9 @ 11am - 12pm	
Let's Lim Kopi @ 3pm - 4pm	Strategise with Kakis @ 4:30pm - 6pm	CHP Health Talk (Virtual) @ 2pm - 3pm	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	
31					
<b>Public Holiday: Hari Raya Puasa</b>					

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。

# 2025 三月

📍 **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

3	4	5	6	7	8
混合健身 @ 10am - 11am	步行足球 @ 10am - 11:30am	社区护理站 @ 9am - 11am	社区护理站 @ 9am - 5pm	一起练八段锦与洪光关节操 @ 9am - 10am	
健康讲座 @ 2pm - 3:30pm	F4 @ 10am - 12pm	一起练气功 @ 9:30am - 10:30am	一起学英语自然拼读法 @ 9:30am - 10:30am	一起学美术 @ 9am - 10:30am	
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm	F4 @ 2pm - 4pm	一起学英语 @ 10am - 11am	一起跳排舞 @ 10:30am - 11:30am	方块踏步运动 @ 11am - 12pm	
一起KTV @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4:30pm - 6pm	理发 @ 10am - 12:30pm	F4 @ 2pm - 4pm		
一起喝咖啡 @ 3pm - 4pm		一起庆生 @ 4pm - 5:30pm	一起玩电动游戏 @ 4:30pm - 5:30pm		
10	11	12	13	14	15
混合健身 @ 10am - 11am	步行足球 @ 10am - 11:30am	社区护理站 @ 9am - 11am	社区护理站 @ 9am - 5pm	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 @ 10am - 12pm	一起练气功 @ 9:30am - 10:30am	一起学英语自然拼读法 @ 9:30am - 10:30am	一起学美术 @ 9am - 10:30am	
一起KTV @ 3pm - 5pm	F4 @ 2pm - 4pm	一起学英语 @ 10am - 11am	一起跳排舞 @ 10:30am - 11:30am	方块踏步运动 @ 11am - 12pm	
一起喝咖啡 @ 3pm - 4pm	与朋友一起策略 (桌游) @ 4:30pm - 6pm	一起学烘焙/厨艺 @ 2pm - 4pm	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	

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。

# 2025 三月

 **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
17	18	19	20	21	22
混合健身 @ 10am - 11am	步行足球 @ 10am - 11:30am	社区护理站 @ 9am - 11am	社区护理站 @ 9am - 5pm	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 @ 10am - 12pm	一起练气功 @ 9:30am - 10:30am	一起学英语自然拼读法 @ 9:30am - 10:30am	一起学美术 @ 9am - 10:30am	
一起KTV @ 3pm - 5pm	F4 @ 2pm - 4pm	一起学英语 @ 10am - 11am	一起跳排舞 @ 10:30am - 11:30am	方块踏步运动 @ 11am - 12pm	
一起喝咖啡 @ 3pm - 4pm	与朋友一起策略 (桌游) @ 4:30pm - 6pm	与MFS互动 [AAC] @ 3pm - 4pm	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	
24	25	26	27	28	29
混合健身 @ 10am - 11am	步行足球 @ 10am - 11:30am	社区护理站 @ 9am - 11am	社区护理站 @ 9am - 5pm	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 @ 10am - 12pm	一起练气功 @ 9:30am - 10:30am	一起学英语自然拼读法 @ 9:30am - 10:30am	一起学美术 @ 9am - 10:30am	
一起KTV @ 3pm - 5pm	F4 @ 2pm - 4pm	一起学英语 @ 10am - 11am	一起跳排舞 @ 10:30am - 11:30am	方块踏步运动 @ 11am - 12pm	
一起喝咖啡 @ 3pm - 4pm	与朋友一起策略 (桌游) @ 4:30pm - 6pm	CHP 健康讲座 @ 2pm - 3pm	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	
31					
公共假日： 开斋节					

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。