

2026 March

 **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
2	3	4	5	6	7
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 - 5pm	
Let's Talk News @ 10:30am - 11:30am	Let's Pick Up English @ 10am - 11am	Hair Cut Services @ 10am - 12:30pm	Let's Line Dance @ 10:45am - 11:45am	Let's Meridien @ 9am - 10am	
Health Talk (Virtual) @ 2pm - 3:30pm	F4 @ 2pm - 4pm	Project Helping Hands Services @ 2pm - 5pm	F4 @ 2pm - 4pm	Let's Do Magic!#18 @ 10:15am - 11:45am	
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm		Eh How Ah? Card Game @ 4pm - 6pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's KTV Together @ 3:30pm - 5:30pm	Eh How Ah? Card Game @ 4pm - 6pm			Strategise with Kakis @ 3pm - 5pm	
9	10	11	12	13	14
Silver Crossfit @ 9:30am - 10:30am	Centre Closed: Staff Training	Let's Qigong @ 9:30am - 10:30am	Let's Learn Phonics @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	
Let's Talk News @ 10:30am - 11:30am		Let's Do Magic! #19 @ 10:15am - 11:45pm	Let's Line Dance @ 10:45am - 11:45am	Let's Meridien @ 9am - 10am	
Let's Learn Calligraphy @ 2pm - 3:30pm		Project Helping Hands Services @ 2pm - 5pm	F4 @ 2pm - 4pm	Let's Do Nagomi Art @ 10am - 12pm	
Strategise with Kakis @ 3:30pm - 5:30pm		Let's Celebrate Birthday @ 4pm - 5:30pm	Eh How Ah? Card Game @ 4pm - 6pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's KTV Together @ 3:30pm - 5:30pm				Strategise with Kakis @ 3pm - 5pm	
16	17	18	19	20	21
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 - 5pm	
Let's Talk News @ 10:30am - 11:30am	Let's Pick Up English @ 10am - 11am	Let's Do Magic!#20 @ 10:15am - 11:45pm	Let's Line Dance @ 10:45am - 11:45am	Let's Meridien @ 9am - 10am	
Let's Learn Calligraphy @ 2pm - 3:30pm	F4 @ 2pm - 4pm	Project Helping Hands Services @ 2pm - 5pm	F4 @ 2pm - 4pm	Let's Do Nagomi Art @ 10am - 12pm	
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm	Let's Gen with MFS [AAC] @ 3:30pm - 4:30pm	Eh How Ah? Card Game @ 4pm - 6pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's Learn to Sing @ 3:30pm - 5:30pm	Eh How Ah? Card Game @ 4pm - 6pm			Strategise with Kakis @ 3pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
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 - 5pm	
Let's Talk News @ 10:30am - 11:30am	Let's Pick Up English @ 10am - 11am	Let's Learn Baking/Cooking @ 10am - 12pm	Let's Line Dance @ 10:45am - 11:45am	Let's Meridien @ 9am - 10am	
Let's Learn Calligraphy @ 2pm - 3:30pm	F4 @ 2pm - 4pm	Project Helping Hands Services @ 2pm - 5pm	F4 @ 2pm - 4pm	Let's Do Art @ 10am - 12pm	
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm		IMDA talk @ 4pm - 5:30pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's KTV Together @ 3:30pm - 5:30pm	Eh How Ah? Card Game @ 4pm - 6pm			Strategise with Kakis @ 3pm - 5pm	
30	31				
Silver Crossfit @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)				
Let's Talk News @ 10:30am - 11:30am	Let's Gen Together - North Vista School VIA @ 9am - 11:30am				
Community Health Post Health Talk [AAC] - 2pm - 3pm	F4 @ 2pm - 4pm				
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm				
Let's KTV Together @ 3:30pm - 5:30pm	Eh How Ah? Card Game @ 4pm - 6pm				

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
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 - 5pm	
我们来聊新闻 @ 10:30pm - 11:30pm	一起学英语 @ 10am - 11am	理发 @ 10am - 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	
健康讲座 @ 2pm - 3:30pm	F4 @ 2pm - 4pm	爱心好帮手 SG 计划 @ 2pm - 5pm	F4 @ 2pm - 4pm	一起变魔术 @ 10:15am - 11:45am	
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm		呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起KTV @ 3:30pm - 5:30pm	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm			与朋友一起策略 (桌游) @ 3pm - 5pm	
9	10	11	12	13	14
混合健身 @ 9:30am - 10:30am	中心关闭: 员工培训	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 - 5pm	
我们来聊新闻 @ 10:30pm - 11:30pm		一起变魔术 @ 10:15am - 11:45am	一起跳排舞 @ 10:45am - 11:45am	一起练八段锦与洪光关节操 @ 9am - 10am	
一起学书法 @ 2pm - 3:30pm		爱心好帮手 SG 计划 @ 2pm - 5pm	F4 @ 2pm - 4pm	一起学和谐粉彩绘画 @ 10am - 12pm	
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm		一起庆生 @ 4pm - 5:30pm	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起KTV @ 3:30pm - 5:30pm				与朋友一起策略 (桌游) @ 3pm - 5pm	
16	17	18	19	20	21
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 - 5pm	
我们来聊新闻 @ 10:30pm - 11:30pm	一起学英语 @ 10am - 11am	一起变魔术 @ 10:15am - 11:45am	一起跳排舞 @ 10:45am - 11:45am	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	F4 @ 2pm - 4pm	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	与MFS互动 [中心] @ 3:30pm - 4:30pm	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起学唱歌 @ 3:30pm - 5:30pm	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm			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 @ 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 - 5pm	
我们来聊新闻 @ 10:30pm - 11:30pm	一起学英语 @ 10am - 11am	一起学烘焙/厨艺 @ 10am - 12pm	一起跳排舞 @ 10:45am - 11:45am	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	F4 @ 2pm - 4pm	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		乐学数码讲座 @ 4pm - 5:30pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起KTV @ 3:30pm - 5:30pm	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm			与朋友一起策略 (桌游) @ 3pm - 5pm	
30	31				
混合健身 @ 9:30am - 10:30am	F4 @ 10am - 12pm (Connection One)				
我们来聊新闻 @ 10:30pm - 11:30pm	与德新中学互动 @ 9am - 11:30am				
CHP 健康讲座 @ 2pm - 3pm	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	呃怎么啊卡片游戏 (桌游) @ 4pm - 6pm				

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