




# 2025 May

 **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
			1	2	3
			<b>Public Holiday: Labour Day</b>	Community Health Post @ 9am - 5pm	
				Let's Meridien @ 9am - 10am	
				Let's Do Nagomi Art#1 @ 10am - 12pm	
				Let's Steel Combat @ 1:30pm - 2:30pm	
				Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategize with Kakis @ 3pm - 5pm	
5	6	7	8	9	10
<b>Centre Closed: Polling Day Off-in-lieu</b>	Edible Garden City Green Series [AAC] @ 10am -11:30am	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	
	F4 @ 10am - 12pm	Hair Cut @ 10am - 12:30pm	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
	F4 @ 2pm - 4pm	Let's Celebrate Birthday @ 4pm - 5:30pm	Let's Line Dance @ 10:45am - 11:45am	Let's Steel Combat @ 1:30pm - 2:30pm	
	Strategize with Kakis @ 4:30pm - 6pm		F4 @ 2pm - 4pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
			Fun with Switch @ 4:30pm - 5:30pm	Strategize with Kakis @ 3pm - 5pm	
				Let's Celebrate Mother's Day @ 7pm - 8:30pm	
12	13	14	15	16	17
<b>Public Holiday: Vesak Day</b>	Edible Garden City Green Series [AAC] @ 10am -11:30am	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	
	F4 @ 10am - 12pm	Let's Pick Up English @ 10am - 11am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
	F4 @ 2pm - 4pm	MINDEF Activities @ 2:30pm - 3:30pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Nagomi Art#2 @ 10am - 12pm	
	Strategize with Kakis @ 4:30pm - 6pm	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	
				Strategize 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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**NTUC Health**

MON		TUE		WED		THU		FRI		SAT	
19		20		21		22		23		24	
Silver Crossfit @ 10am - 11am		Edible Garden City Green Series [EGC] @ 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 @ 10am - 12pm		Let's Pick Up English @ 10am - 11am		Let's Learn Phonics @ 9:30am - 10:30am		Let's Meridien @ 9am - 10am			
Strategize with Kakis @ 3:30pm - 5:30pm		F4 @ 2pm - 4pm		Let's Gen with MFS [AAC] @ 3:30pm - 4:30pm		Let's Line Dance @ 10:45am - 11:45am		Let's Do Nagomi Art#3 @ 10am - 12pm			
Singing Class @ 3:30pm - 5:30pm		Strategize with Kakis @ 4:30pm - 6pm				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			
								Strategize with Kakis @ 3pm - 5pm			
26		27		28		29		30		31	
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			
Strategize with Kakis @ 3pm - 5pm		Strategize with Kakis @ 4:30pm - 6pm		MINDEF Activities @ 2:30pm - 3:30pm		Let's Line Dance @ 10:45am - 11:45am		Let's Do Nagomi Art#4 @ 10am - 12pm			
Let's KTV Together @ 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			
								Strategize with Kakis @ 3pm - 5pm			

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# 2025 五月

 **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	
				1		2		3			
				公共假日： 劳动节		社区护理站 @ 9am - 5pm					
						一起练八段锦与洪光关节操 @ 9am - 10am					
						一起学和谐粉彩绘画#1 @ 10am - 12pm					
						一起练钢铁拳击 @ 1:30pm - 2:30pm					
						优克里里弹唱 @ 2:45pm - 4:15pm					
						与朋友一起策略 (桌游) @ 3pm - 5pm					
5		6		7		8		9		10	
中心关闭		城食花园园艺课程 [AAC] @ 10am -11:30am		一起练气功 @ 9:30am - 10:30am		社区护理站 @ 9am - 5pm		社区护理站 @ 9am - 5pm			
		F4 @ 10am - 12pm		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		一起庆生 @ 4pm - 5:30pm		一起跳排舞 @ 10:45am - 11:45am		一起练钢铁拳击 @ 1:30pm - 2:30pm			
		与朋友一起策略 (桌游) @ 4:30pm - 6pm				F4 @ 2pm - 4pm		优克里里弹唱 @ 2:45pm - 4:15pm			
						一起玩电动游戏 @ 4:30pm - 5:30pm		与朋友一起策略 (桌游) @ 3pm - 5pm			
								一起庆祝母亲节 @ 7pm - 8:30pm			
12		13		14		15		16		17	
公共假日： 卫塞节		城食花园园艺课程 [AAC] @ 10am -11:30am		一起练气功 @ 9:30am - 10:30am		社区护理站 @ 9am - 5pm		社区护理站 @ 9am - 5pm			
		F4 @ 10am - 12pm		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			
		F4 @ 2pm - 4pm		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#2@ 10am - 12pm			
		与朋友一起策略 (桌游) @ 4:30pm - 6pm		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			

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星期一		星期二		星期三		星期四		星期五		星期六	
19		20		21		22		23		24	
混合健身 @ 10am - 11am		城食花园园艺课程 [EGC] @ 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 @ 10am - 12pm		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		F4 @ 2pm - 4pm		与MFS互动 [AAC] @ 3:30pm - 4:30pm		一起跳排舞 @ 10:45am - 11:45am		一起学和谐粉彩绘画#3 @ 10am - 12pm			
一起学唱歌 @ 3:30pm - 5:30pm		与朋友一起策略 (桌游) @ 4:30pm - 6pm				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			
26		27		28		29		30		31	
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#4 @ 10am - 12pm			
一起KTV @ 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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