




# 2026 May

 **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
				<b>Centre Closed: Labour Day</b>	
4	5	6	7	8	9
Let's Silver Crossfit @ 9:30am - 10:30am	F4 @ 10am - 12pm ( <b>Connection One</b> )	Let's Qigong @ 9:30am - 10:30am	Let's Learn Phonics @ 9:30am - 10:30am	<b>Centre Closed: Staff Training</b>	
Let's Talk News @ 10:30am - 11:30am	Let's Pick Up English @ 10am - 11am	Haircut Services @ 10am - 12:30pm	Let's Line Dance @ 10:45am - 11:45am		
Stay Well Series : Health Talk (Virtual) @ 2pm - 3:30pm	Let's Celebrate Birthday @ 3pm - 4:30pm	Let's Do Bead Art @ 1pm - 3pm	F4 @ 2pm - 4pm		
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm	Project Helping Hands Services @ 2pm - 5pm			
Let's KTV Together @ 3:30pm - 5:30pm		Let's Adaptive Sports @ 3pm - 4pm ( <b>Zone A RN</b> )			
		Let's Gen with MFS @ 3:30pm - 4:30pm			
11	12	13	14	15	16
Let's Silver Crossfit @ 9:30am - 10:30am	F4 @ 10am - 12pm ( <b>Connection One</b> )	Let's Qigong @ 9:30am - 10:30am	Let's Learn Phonics @ 9:30am - 10:30am	Community Health Post @ 9am - 4pm	
Let's Talk News @ 10:30am - 11:30am	Let's Pick Up English @ 10am - 11am	Let's Go Gai Gai - Jurong Frog Farm @ 10:30am - 12:30pm	Let's Walking Football @ 9:45am - 11:30am	Let's Meridien @ 9am - 10am	
Strategise with Kakis @ 3:30pm - 5:30pm	F4 @ 2pm - 4pm	Project Helping Hands Services @ 2pm - 5pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Nagomi Art @ 10am - 12pm	
Let's KTV Together @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm	Let's Adaptive Sports @ 3pm - 4pm ( <b>Zone A RN</b> )	Let's Gen Together with Crescent Girls School (VIA) @ 2pm - 4pm	<b>Centre Closed 2-6pm: Staff Training</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。

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MON		TUE		WED		THU		FRI		SAT		
18		19		20		21		22		23		
Let's Silver Crossfit @ 9:30am - 10:30am	F4 @ 10am - 12pm <b>(Connection One)</b>	Let's Qigong @ 9:30am - 10:30am	Let's Learn Phonics @ 9:30am - 10:30am	Community Health Post @ 9am - 4pm								
Let's Talk News @ 10:30am - 11:30am	Let's Pick Up English @ 10am - 11am	Project Helping Hands Services @ 2pm - 5pm	Let's Line Dance @ 10:45am - 11:45am	Let's Meridien @ 9am - 10am								
Let's Learn Steel Tongue Drum @ 1:30pm - 3pm	F4 @ 2pm - 4pm	Let's Adaptive Sports @ 3pm - 4pm <b>(Zone A RN)</b>	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm								
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm		Magic Interest Group @ 4pm - 5:30pm	Strategise with Kakis @ 3pm - 5pm								
Let's Learn to Sing @ 3:30pm - 5:30pm				Let's Adaptive Sports @ 3pm - 4pm <b>(Zone A RN)</b>								
25		26		27		28		29		30		
Let's Silver Crossfit @ 9:30am - 10:30am	F4 @ 10am - 12pm <b>(Connection One)</b>	<b>Centre Closed: Hari Raya Haji</b>		Let's Learn Phonics @ 9:30am - 10:30am	Community Health Post @ 9am - 4pm							
Let's Talk News @ 10:30am - 11:30am	Let's Pick Up English @ 10am - 11am			Let's Line Dance @ 10:45am - 11:45am	Let's Meridien @ 9am - 10am							
Let's Learn Steel Tongue Drum @ 1:30pm - 3pm	F4 @ 2pm - 4pm			F4 @ 2pm - 4pm	Let's Do Nagomi Art @ 10am - 12pm							
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm			IMDA Digital Club @ 4pm - 6pm	Let's Steel Combat @ 1:30pm - 2:30pm							
Let's KTV Together @ 3:30pm - 5:30pm					Strategise with Kakis @ 3pm - 5pm							
				Let's Adaptive Sports @ 3pm - 4pm <b>(Zone A RN)</b>								

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# 2026 五月

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MON	TUE	WED	THU	FRI	SAT
				1	2
				中心关闭: 劳动节	
4	5	6	7	8	9
混合健身 @ 9:30am - 10:30am	F4 @ 10am - 12pm ( <b>Connection One</b> )	一起练气功 @ 9:30am - 10:30am	一起学英语自然拼读法 @ 9:30am - 10:30am	中心关闭: 员工培训	
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		
健康讲座 @ 2pm - 3:30pm	一起庆生 @ 3pm - 4:30pm	一起学珠子艺术 @ 1pm - 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	爱心好帮手SG计划 @ 2pm - 5pm			
一起KTV @ 3:30pm - 5:30pm		适应性运动 @ 3pm - 4pm ( <b>Zone A RN</b> ) 与MFS互动 [中心] @ 3:30pm - 4:30pm			
11	12	13	14	15	16
混合健身 @ 9:30am - 10:30am	F4 @ 10am - 12pm ( <b>Connection One</b> )	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	
我们来聊新闻 @ 10:30pm - 11:30pm	一起学英语 @ 10am - 11am	Outing: Jurong Frog Farm @ 10:30am - 12:30pm	步行足球 @ 9:45am - 11:30am	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	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	
一起KTV @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm	适应性运动 @ 3pm - 4pm ( <b>Zone A RN</b> )	新加坡克信女子中学活动日 @ 2pm - 4pm	中心关闭 1pm-6pm: 员工培训	

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18		19		20		21		22		23		
混合健身 @ 9:30am - 10:30am	F4 @ 10am - 12pm ( <b>Connection One</b> )	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								
我们来聊新闻 @ 10:30pm - 11:30pm	一起学英语 @ 10am - 11am	爱心好帮手SG计划 @ 2pm - 5pm	一起跳排舞 @ 10:45am - 11:45am	一起练八段锦与洪光关节操 @ 9am - 10am								
一起学空灵鼓 @ 1:30pm - 3pm	F4 @ 2pm - 4pm	适应性运动 @ 3pm - 4pm ( <b>Zone A RN</b> )	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm								
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm		魔术兴趣小组活动 @ 4pm - 5:30pm	与朋友一起策略 (桌游) @ 3pm - 5pm								
一起学唱歌 @ 3:30pm - 5:30pm				适应性运动 @ 3pm - 4pm ( <b>Zone A RN</b> )								
25		26		27		28		29		30		
混合健身 @ 9:30am - 10:30am	F4 @ 10am - 12pm ( <b>Connection One</b> )	<b>中心关闭: 哈芝节</b>		一起学英语自然拼读法 @ 9:30am - 10:30am	社区护理站 @ 9am - 4pm							
我们来聊新闻 @ 10:30pm - 11:30pm	一起学英语 @ 10am - 11am			一起跳排舞 @ 10:45am - 11:45am	一起练八段锦与洪光关节操 @ 9am - 10am							
一起学空灵鼓 @ 1:30pm - 3pm	F4 @ 2pm - 4pm			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			乐学数码俱乐部 @ 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							
				适应性运动 @ 3pm - 4pm ( <b>Zone A RN</b> )								

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