2026 November

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**
Let's DragonBoat Training @ 9am - 11am	F4 @ 10am - 12pm **(Connection One)**	Let's Qigong @ 9:30am - 10:30am	Community Pharmacist @ 2pm - 6pm	**Centre Closed: Staff Training**	
Let's Silver Crossfit @ 9:30am - 10:30am	Digital - 3D Printing Workshop @ 10am - 12pm	Haircut Services @ 10am - 12:30pm	Let's Learn Phonics @ 9:30am - 10:30am		
Stay Well Series: Health Talk (Virtual Session) @ 2pm - 3:30pm	**Centre Closed: Volunteer Appreciation Day**	Spa and Wellbeing Workshop @ 10am - 11am	Let's Line Dance @ 10:30am - 11:30am		
Let's KTV Together @ 3:30pm - 5:30pm		Let's Gen Together with NUS - GEN2062 Activities @ 1pm - 4pm	F4 @ 2pm - 4pm		
Strategise with Kakis @ 4pm - 6pm		Let's Join Project Helping Hands Services @ 2pm - 5pm	Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm		
Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm		Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm			
9	**10**	**11**	**12**	**13**	**14**
Centre Closed: Deepavali Replacement Holiday	** F4 - PFP questionnaire	Let's Qigong @ 9:30am - 10:30am	Community Pharmacist @ 2pm - 6pm	Community Health Post @ 9am - 4pm	
	F4 @ 10am - 12pm **(Connection One)**	Spa and Wellbeing Workshop @ 10am - 11am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
	Circular Sustainability Workshop @ 10am - 11:30am	AWN Kopi & Go Session #3 @ 10am - 12pm	Let's Line Dance @ 10:30am - 11:30am	Circular Sustainability Workshop @ 10am - 11:30am	
	F4 @ 2pm - 4pm	Let's Gen Together with NUS - GEN2062 Activities cum birthday celebration @ 1pm - 4pm	Let's Go Gai Gai - Outing to Yakult Factory @ 2pm - 3:30pm	Let's Steel Combat @ 1pm - 2pm	
	Strategise with Kakis @ 4pm - 6pm	Let's Join Project Helping Hands Services @ 2pm - 5pm	Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm	Let's DragonBoat Race @ 1pm - 5pm	
	Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm	Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm		Let's Learn Steel Tongue Drum Class#1 @ 2pm - 3pm	
				Let's Learn Steel Tongue Drum Class#2 @ 3pm - 4pm	
				Strategise with Kakis @ 4pm - 6pm	

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MON	TUE	WED	THU	FRI	SAT
16	**17**	**18**	**19**	**20**	**21**
Let’s Silver Crossfit @ 9:30am - 10:30am	**Centre Closed: Townhall Meeting**	Let's Qigong @ 9:30am - 10:30am	Community Pharmacist @ 2pm - 6pm	DSTA Goodie Bag Distribution @ 10am - 12pm	
Let's Do Calligraphy @ 2pm - 3:30pm		Spa and Wellbeing Workshop@ 10am - 11am	Let's Learn Phonics @ 9:30am - 10:30am	Community Health Post @ 9am - 4pm	
Let's KTV Together @ 3:30pm - 5:30pm		Circular Sustainability Workshop - Showcase @ 10am - 12pm	Let's Line Dance @ 10:30am - 11:30am	Let's Meridien @ 9am - 10am	
Strategise with Kakis @ 4pm - 6pm		Let's Gen with MFS @ 3:30pm - 4:30pm	F4 @ 2pm - 4pm	DSTA Goodie Bag Distribution @ 10am - 12pm	
Let’s Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm		Let’s Join Project Helping Hands Services @ 2pm - 5pm	Let’s Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm	Let's Steel Combat @ 1pm - 2pm	
		Let’s Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm		Let’s Learn Steel Tongue Drum Class#1 @ 2pm - 3pm	
				Let’s Learn Steel Tongue Drum Class#2 @ 3pm - 4pm	
				Strategise with Kakis @ 4pm - 6pm	
23	**24**	**25**	**26**	**27**	**28**
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 Do Calligraphy @ 2pm - 3:30pm	ircular Sustainability Workshop @ 10am - 12pm	AWN Kopi & Go Session#4 @ 10am - 12pm	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Let's KTV Together @ 3:30pm - 5:30pm	F4 @ 2pm - 4pm	Let’s Join Project Helping Hands Services @ 2pm - 5pm	Let's Line Dance @ 10:30am - 11:30am	Let's Do Art @ 10am - 12pm	
Strategise with Kakis @ 4pm - 6pm	Strategise with Kakis @ 4pm - 6pm	Digital- Fun! LEGGO with 乖孙 (grandkids) - 1st session @ 2pm - 5:30pm	Digital- Fun! LEGGO with 乖孙 (grandkids) - 2nd session @ 2pm - 5:30pm	Let's Steel Combat @ 1pm - 2pm	
Let’s Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm	Let’s Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm			Digital- Fun! LEGGO with 乖孙 (grandkids) - 3rd session @ 2pm - 5:30pm	

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MON	TUE	WED	THU	FRI	SAT
30					
Let’s Silver Crossfit @ 9:30am - 10:30am					
Let's Do Calligraphy @ 2pm - 3:30pm					
Let's KTV Together @ 3:30pm - 5:30pm					
Strategise with Kakis @ 4pm - 6pm					
Let’s Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm					

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2026 十一月

Centre Name: AAC (Bukit Merah View)
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MON	TUE	WED	THU	FRI	SAT
2	**3**	**4**	**5**	**6**	**7**
一起划龙舟 @ 9am - 11am	F4 @ 10am - 12pm **(Connection One)**	一起练气功 @ 9:30am - 10:30am	社区药剂师 @ 2pm - 6pm	**中心关闭: 员工培训**	
混合建身 @ 9:30am - 10:30am	一起学 3D 打印 @ 10am - 12pm	理发 @ 10am - 12:30pm	一起学英语自然拼读法 @ 9:30am - 10:30am		
健康讲座 @ 2pm - 3:30pm	**中心关闭: 志愿者感谢日**	休闲活动日 @ 10am - 11am	一起跳排舞 @ 10:30am - 11:30am		
一起KTV @ 3:30pm - 5:30pm		新加坡国立大学活动日 @ 1pm - 4pm	F4 @ 2pm - 4pm		
与朋友一起策略 (桌游) @ 4pm - 6pm		爱心好帮手SG计划 @ 2pm - 5pm	空灵鼓自习课 @ 4:30pm - 5pm		
		Steel Tongue Drum Self-Practice @ 4:30pm - 5pm			
9	**10**	**11**	**12**	**13**	**14**
中心关闭: 假日补尝	** Do F4 PFP questionnaire	一起练气功 @ 9:30am - 10:30am	社区药剂师 @ 2pm - 6pm	社区护理站 @ 9am - 4pm	
	F4 @ 10am - 12pm **(Connection One)**	休闲活动日 @ 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	
	园艺活动日 @ 10am - 11:30am	乐龄善用家园活动日 @ 10am - 12pm	一起跳排舞 @ 10:30am - 11:30am	园艺活动日 @ 10am - 11:30am	
	F4 @ 2pm - 4pm	新加坡国立大学活动与生日 @ 1pm - 4pm	养乐多工厂参观 @ 2pm - 3:30pm	一起练钢铁拳击 @ 1pm - 2pm	
	与朋友一起策略 (桌游) @ 4pm - 6pm	爱心好帮手SG计划 @ 2pm - 5pm	空灵鼓自习课 @ 4:30pm - 5pm	一起划龙舟大决赛 @ 9am - 11am @ 1pm - 5pm	
	空灵鼓自习课 @ 4:30pm - 5pm	空灵鼓自习课 @ 4:30pm - 5pm		一起学空灵鼓 @ 2pm - 3pm	
				一起学空灵鼓 @ 3pm - 4pm	
				与朋友一起策略 (桌游) @ 4pm - 6pm	

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MON	TUE	WED	THU	FRI	SAT
16	**17**	**18**	**19**	**20**	**21**
混合建身 @ 9:30am - 10:30am	**中心关闭: 员工培训**	一起练气功 @ 9:30am - 10:30am	社区药剂师 @ 2pm - 6pm	社区护理站 @ 9am - 4pm	
一起学书法 @ 2pm - 3:30pm		休闲活动日 @ 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	
一起KTV @ 3:30pm - 5:30pm		园艺活动日展示 @ 10am - 11:30am	一起跳排舞 @ 10:30am - 11:30am	DSTA 活动日 @ 10am - 12pm	
与朋友一起策略 (桌游) @ 4pm - 6pm		与MFS互动 [中心] @ 3:30pm - 4:30pm	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1pm - 2pm	
		爱心好帮手SG计划 @ 2pm - 5pm	空灵鼓自习课 @ 4:30pm - 5pm	一起学空灵鼓 @ 2pm - 3pm	
		空灵鼓自习课 @ 4:30pm - 5pm		一起学空灵鼓 @ 3pm - 4pm	
				与朋友一起策略 (桌游) @ 4pm - 6pm	
23	**24**	**25**	**26**	**27**	**28**
混合建身 @ 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	
一起学书法 @ 2pm - 3:30pm	一起学 3D 打印 @ 10am - 12pm	乐龄善用家园活动日 @ 10am - 12pm	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	
一起学唱歌 @ 3:30pm - 5:30pm	F4 @ 2pm - 4pm	爱心好帮手SG计划 @ 2pm - 5pm	一起跳排舞 @ 10:30am - 11:30am	一起学美术 @ 10am - 12pm	
与朋友一起策略 (桌游) @ 4pm - 6pm	与朋友一起策略 (桌游) @ 4pm - 6pm	乐高灵感工坊 @ 2pm - 5:30pm	乐高灵感工坊 @ 2pm - 5:30pm	一起练钢铁拳击 @ 1pm - 2pm	
	空灵鼓自习课 @ 4:30pm - 5pm			乐高灵感工坊 @ 2pm - 5:30pm	

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MON	TUE	WED	THU	FRI	SAT
30					
混合建身 @ 9:30am - 10:30am					
一起学书法 @ 2pm - 3:30pm					
一起KTV @ 3:30pm - 5:30pm					
与朋友一起策略 (桌游) @ 4pm - 6pm					

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