2025 November

O Centre Name: AAC (Bukit Merah View)

Centre Address: Blk 117 Bukit Merah View #01-205 S151117







MON	TUE	WED	тни	FRI	SAT
					1
	4	5	6	7	8
3		.	Community Health Post @ 9am -	Community Health Post @ 9am -	•
SPF PRAISE Scam Talk @ 10am - 11:30am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	5pm	5pm	
Health Talk (Virtual) @ 2pm - 3:30pm	Let's Pick Up English @ 10am - 11am	Hair Cut @ 10am - 12:30pm	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Adaptive Sports @ 3pm - 4pm (Zone A RN)	F4 @ 2pm - 4pm	Let's Talk News @ 1pm - 2pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Art @ 10am - 12pm	
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm	Adaptive Sports @ 3pm - 4pm (Zone A RN)	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's KTV Together @ 3:30pm - 5:30pm	Fun with Switch @ 4pm - 6pm	CPF Activities @ 3pm - 5pm	Fun with Switch @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
Let's Lim Kopi @ 3:30pm - 4:30pm				Strategise with Kakis @ 3pm - 5pm	
10	11	12	13	14	15
Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	
Let's Learn Calligraphy @ 2pm - 3:30pm	Let's Pick Up English @ 10am - 11am	Magic Magic!#7 @ 10am - 11:30am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Adaptive Sports @ 3pm - 4pm (Zone A RN)	F4 @ 2pm - 4pm	MINDEF Activities @ 2:30pm - 3:30pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Art @ 10am - 12pm	
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm	Adaptive Sports @ 3pm - 4pm (Zone A RN)	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	†
Let's KTV Together @ 3:30pm - 5:30pm	Fun with Switch @ 4pm - 6pm	Let's Gen with MFS [MFS] @ 3:30pm - 4:30pm	Fun with Switch @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	†
Let's Lim Kopi @ 3:30pm - 4:30pm	†			Strategise with Kakis @ 3pm - 5pm	†

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2025 November

Centre Name: AAC (Bukit Merah View)

Centre Address: Blk 117 Bukit Merah View #01-205 \$151117

Centre Contact: 6250 4069





MON	TUE	WED	тни	FRI	SAT
17	18	19	20	21	22
Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm	
Let's Learn Calligraphy @ 2pm - 3:30pm	Let's Pick Up English @ 10am - 11am	Magic Magic!#8 @ 10am - 11:30am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Adaptive Sports @ 3pm - 4pm (Zone A RN)	F4 @ 2pm - 4pm	Let's Talk News @ 1pm - 2pm	Let's Line Dance @ 10:45am - 11:45am	Let's Do Nagomi Art @ 10am - 12pm	
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm	Adaptive Sports @ 3pm - 4pm (Zone A RN)	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's KTV Together @ 3:30pm - 5:30pm	Fun with Switch @ 4pm - 6pm		Fun with Switch @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
Let's Lim Kopi @ 3:30pm - 4:30pm				Strategise with Kakis @ 3pm - 5pm	
24	25	26	27	28	29
Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am -		
			5pm	Community Health Post @ 9am - 5pm	
Let's Learn Calligraphy @ 2pm - 3:30pm	Let's Pick Up English @ 10am - 11am	Magic Magic!#9 @ 10am - 11:30am	5pm Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Let's Learn Calligraphy @ 2pm - 3:30pm Adaptive Sports @ 3pm - 4pm (Zone A RN)	Let's Pick Up English @ 10am - 11am F4 @ 2pm - 4pm		Let's Learn Phonics @ 9:30am -		
Let's Learn Calligraphy @ 2pm - 3:30pm Adaptive Sports @ 3pm - 4pm (Zone A RN) Strategise with Kakis @ 3:30pm - 5:30pm	, , ,	Magic Magic!#9 @ 10am - 11:30am	Let's Learn Phonics @ 9:30am - 10:30am Let's Line Dance @ 10:45am -	Let's Meridien @ 9am - 10am	
Adaptive Sports @ 3pm - 4pm (Zone A RN)	F4 @ 2pm - 4pm	Magic Magic!#9 @ 10am - 11:30am MINDEF Activities @ 2:30pm - 3:30pm Adaptive Sports @ 3pm - 4pm	Let's Learn Phonics @ 9:30am - 10:30am Let's Line Dance @ 10:45am - 11:45am	Let's Meridien @ 9am - 10am Let's Do Nagomi Art @ 10am - 12pm	

2025 十一月

−起KTV @ 3:30pm - 5:30pm

-起喝咖啡 @ 3:30pm - 4:30pm

Centre Name: 活跃乐龄中心 (红山景)

Centre Address: Blk 117 Bukit Merah View #01-205 S151117

-起玩电动游戏 @ 4pm - 6pm





优克里里弹唱 @ 2:45pm - 4:15pm

与朋友一起策略 (桌游) @ 3pm - 5pm



星期一	星期二	星期三	星期四	星期五	星期六
					1
3	4	5	6	7	8
新加坡警察部队《防骗讲座》@ 10am - 11:30am	F4 @ 10am - 12pm (Connection One)	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	一起学英语 @ 10am - 11am	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	
适应性运动 @ 3pm - 4pm (Zone A RN)	F4 @ 2pm - 4pm	我们来聊新闻 @ 1pm - 2pm	一起跳排舞 @ 10:45am - 11:45am	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	适应性运动 @ 3pm - 4pm (Zone A RN)	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起KTV @ 3:30pm - 5:30pm	一起玩电动游戏 @ 4pm - 6pm	与CPF 团队活动 @ 3pm - 5pm	一起玩电动游戏 @ 4pm - 6pm	优克里里弹唱 @ 2:45pm - 4:15pm	
一起喝咖啡 @ 3:30pm - 4:30pm				与朋友一起策略 (桌游) @ 3pm - 5pm	
10	11	12	13	14	15
混合建身 @ 10am - 11am	F4 @ 10am - 12pm (Connection One)	一起练气功 @ 9:30am - 10:30am	社区护理站 @ 9am - 5pm	社区护理站 @ 9am - 5pm	
一起学书法 @ 2pm - 3:30pm	一起学英语 @ 10am - 11am	一起变魔术 @ 10am - 11:30am	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	
适应性运动 @ 3pm - 4pm (Zone A RN)	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	适应性运动 @ 3pm - 4pm (Zone A RN)	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	

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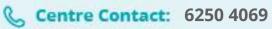
一起玩电动游戏 @ 4pm - 6pm

与MFS互动 [AAC] @ 3:30pm - 4:30pm

2025 十一月

〇 Centre Name: 活跃乐龄中心 (红山景)

Centre Address: Blk 117 Bukit Merah View #01-205 S151117







星期一 星期二 星期三 星期四 星期五 星期六

17	40	10	20	21	22
17	18	19	20	21	22
混合建身 @ 10am - 11am	F4 @ 10am - 12pm (Connection One)	一起练气功 @ 9:30am - 10:30am	社区护理站 @ 9am - 5pm	社区护理站 @ 9am - 5pm	
一起学书法 @ 2pm - 3:30pm	一起学英语 @ 10am - 11am	一起变魔术 @ 10am - 11:30am	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	
适应性运动 @ 3pm - 4pm (Zone A RN)	F4 @ 2pm - 4pm	我们来聊新闻 @ 1pm - 2pm	一起跳排舞 @ 10:45am - 11:45am	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	适应性运动 @ 3pm - 4pm (Zone A RN)	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起学唱歌 @ 3:30pm - 5:30pm	一起玩电动游戏 @ 4pm - 6pm		一起玩电动游戏 @ 4pm - 6pm	优克里里弹唱 @ 2:45pm - 4:15pm	
一起喝咖啡 @ 3:30pm - 4:30pm			-	与朋友一起策略 (桌游) @ 3pm - 5pm	
24	25	26	27	28	29
	25 F4 @ 10am - 12pm (Connection One)	26 一起练气功 @ 9:30am - 10:30am		28 社区护理站 @ 9am - 5pm	29
混合建身 @ 10am - 11am 				社区护理站 @ 9am - 5pm	2 9
混合建身 @ 10am - 11am 一起学书法 @ 2pm - 3:30pm	F4 @ 10am - 12pm (Connection One)	一起练气功 @ 9:30am - 10:30am	社区护理站 @ 9am - 5pm 一起学英语自然拼读法 @ 9:30am -	社区护理站 @ 9am - 5pm 一起练八段锦与洪光关节操 @ 9am	29
混合建身 @ 10am - 11am 一起学书法 @ 2pm - 3:30pm 适应性运动 @ 3pm - 4pm (Zone A RN) 与朋友一起策略 (桌游) @ 3:30pm -	F4 @ 10am - 12pm (Connection One) 一起学英语 @ 10am - 11am	一起练气功 @ 9:30am - 10:30am 一起变魔术 @ 10am - 11:30am	社区护理站 @ 9am - 5pm 一起学英语自然拼读法 @ 9:30am - 10:30am	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 @ 10am -	29
混合建身 @ 10am - 11am 	F4 @ 10am - 12pm (Connection One) 一起学英语 @ 10am - 11am F4 @ 2pm - 4pm	一起练气功 @ 9:30am - 10:30am 一起变魔术 @ 10am - 11:30am 与国防部队互动 @ 2:30pm - 3:30pm	社区护理站 @ 9am - 5pm 一起学英语自然拼读法 @ 9:30am - 10:30am 一起跳排舞 @ 10:45am - 11:45am F4 @ 2pm - 4pm	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 @ 10am - 12pm	29

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