

2026 October

 **Centre Name:** AAC (Bukit Merah View)
 **Centre Address:** Blk 117 Bukit Merah View #01-205 S151117
 **Centre Contact:** 6250 4069



 NTUC Health

MON	TUE	WED	THU	FRI	SAT
			1 - AAC Day	2	3
			Centre Closed: AAC Day @ 8:30am - 3pm	Community Health Post @ 9am - 4pm	
				Let's Meridien @ 9am - 10am	
				Let's Do Art @ 10am - 12pm	
				Let's Steel Combat @ 1pm - 2pm	
				Let's Learn Steel Tongue Drum Class#1 @ 2pm - 3pm	
				Let's Learn Steel Tongue Drum Class#2 @ 3pm - 4pm	
			Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm	Strategise with Kakis @ 4pm - 6pm	
5	6	7	8	9	10
HSG Booth @ 9:30am - 4:30pm	HSG Booth @ 9:30am - 4:30pm	HSG Booth @ 9:30am - 4:30pm	HSG Booth @ 9:30am - 4:30pm	HSG Booth @ 9:30am - 4:30pm	
Let's DragonBoat - Training @ 10am - 12am	F4 @ 10am - 12pm (Connection One)	Circular Sustainability Workshop - Outing @ 9:00am - 11am	Community Allied-Health Post - Pharmacist @ 2pm - 6pm	Community Health Post @ 9am - 4pm	
Let's Silver Crossfit @ 9:30am - 10:30am	Digital - 3D Printing Workshop @ 10am - 12pm	Let's Qigong @ 9:30am - 10:30am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Stay Well Series - Health Talk (Virtual) @ 2pm - 3:30pm	F4 @ 2pm - 4pm	Haircut Services @ 10am - 12:30pm	Let's Line Dance @ 10:30am - 11:30am	Let's Walking Football Finals @ 9am-12pm	
Let's KTV Together @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm	Spa day @ 10am - 11am	F4 @ 2pm - 4pm	Let's Do Art @ 10am - 12pm	
Strategise with Kakis @ 4pm - 6pm	Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm	Let's Gen Together with NUS - GEN2062 Activities @ 1pm - 4pm	Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm	Let's Learn Steel Combat @ 1pm - 2pm	
		Let's Join Project Helping Hands Services @ 2pm - 5pm		Let's Learn Steel Tongue Drum Class#1 @ 2pm - 3pm	
		Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm		Let's Learn Steel Tongue Drum Class#2 @ 3pm - 4pm	
				Strategise with Kakis @ 4pm - 6pm	

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。

2026 October

 **Centre Name:** AAC (Bukit Merah View)
 **Centre Address:** Blk 117 Bukit Merah View #01-205 S151117
 **Centre Contact:** 6250 4069



 NTUC Health

MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
HSG Booth @ 9:30am - 4:30pm	HSG Booth @ 9:30am - 4:30pm	HSG Booth @ 9:30am - 4:30pm	HSG Booth @ 9:30am - 4:30pm	HSG Booth @ 9:30am - 4:30pm	
Let's DragonBoat - Training @ 10am - 12am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Community Allied-Health Post - Pharmacist @ 2pm - 6pm	Community Health Post @ 9am - 4pm	
Let's Silver Crossfit @ 9:30am - 10:30am	Digital - 3D Printing Workshop @ 10am - 12pm	Circular Sustainability Workshop @ 10am - 11:30am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Let's Do Calligraphy @ 2pm - 3:30pm	F4 @ 2pm - 4pm	Spa day @ 10am - 11am	Let's Line Dance @ 10:30am - 11:30am	AWN Kopi & Go Session#1 @ 10am - 12pm	
Let's KTV Together @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm	Centre Closed: CEO Townhall	IMDA Library Learning Journey @ 11am - 1pm	Let's Steel Combat @ 1pm - 2pm	
Strategise with Kakis @ 4pm - 6pm	Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm		F4 @ 2pm - 4pm	Let's Learn Steel Tongue Drum Class#1 @ 2pm - 3pm	
			Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm	Let's Learn Steel Tongue Drum Class#2 @ 3pm - 4pm	
				Strategise with Kakis @ 4pm - 6pm	
19	20	21	22	23	24
Let's DragonBoat - Training @ 10am - 12am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Community Allied-Health Post - Pharmacist @ 2pm - 6pm	Community Health Post @ 9am - 4pm	
Let's Silver Crossfit @ 9:30am - 10:30am	Digital - 3D Printing Workshop @ 10am - 12pm	Circular Sustainability Workshop @ 10am - 11:30am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Interest Group: Magic! Magic! @ 10:30am - 12pm	F4 @ 2pm - 4pm	Spa day @ 10am - 11am	Let's Line Dance @ 10:30am - 11:30am	Let's Do Art @ 10am - 12pm	
Let's Do Calligraphy @ 2pm - 3:30pm	Strategise with Kakis @ 4pm - 6pm	Let's Gen Together with NUS - GEN2062 Activities @ 1pm - 4pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1pm - 2pm	
Let's Learn to Sing @ 3:30pm - 5:30pm	Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm	Let's Join Project Helping Hands Services @ 2pm - 5pm	IMDA Digital Club with Samsung S'pore @ 4pm - 6pm	Let's Learn Steel Tongue Drum Class#1 @ 2pm - 3pm	
Strategise with Kakis @ 4pm - 6pm		Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm		Let's Learn Steel Tongue Drum Class#2 @ 3pm - 4pm	
				Strategise with Kakis @ 4pm - 6pm	

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。

2026 October

 **Centre Name:** AAC (Bukit Merah View)
 **Centre Address:** Blk 117 Bukit Merah View #01-205 S151117
 **Centre Contact:** 6250 4069



 NTUC Health

MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
Let's DragonBoat - Training @ 10am - 12am	Centre Closed: Staff Training	Let's Qigong @ 9:30am - 10:30am	Community Allied-Health Post - Pharmacist @ 2pm - 6pm	Community Health Post @ 9am - 4pm	
Let's Silver Crossfit @ 9:30am - 10:30am		Circular Sustainability Workshop - Outing @ 10am - 11:30am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Stay Well Series: Health Talk by CHP (Virtual) @ 2pm - 3:30pm		Spa day @ 10am - 11am	Let's Line Dance @ 10:30am - 11:30am	Let's Do Art @ 10am - 12pm	
Let's KTV Together @ 3:30pm - 5:30pm		AWN Kopi & Go Session#2 @ 10am - 12pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1pm - 2pm	
Strategise with Kakis @ 4pm - 6pm		Let's Gen Together with NUS - GEN2062 Activities @ 1pm - 4pm	Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm	Let's Learn Steel Tongue Drum Class#1 @ 2pm - 3pm	
		Let's Join Project Helping Hands Services @ 2pm - 5pm		Let's Learn Steel Tongue Drum Class#2 @ 3pm - 4pm	
		Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm		Strategise with Kakis @ 4pm - 6pm	

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。

2026 October

 **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 - AAC Day	2	3
			中心关闭: 活跃乐龄中心活动日 @ 8:30am - 3pm	社区护理站 @ 9am - 4pm	
				一起练八段锦与洪光关节操 @ 9am - 10am	
				一起学美术 @ 10am - 12pm	
				一起练钢铁拳击 @ 1pm - 2pm	
				一起学空灵鼓 @ 2pm - 3pm	
				一起学空灵鼓 @ 3pm - 4pm	
			空灵鼓自习课 @ 4:30pm - 5pm	与朋友一起策略 (桌游) @ 4pm - 6pm	
5	6	7	8	9	10
健康SG计划询问处 @ 9:30am - 4:30pm	健康SG计划询问处 @ 9:30am - 4:30pm	健康SG计划询问处 @ 9:30am - 4:30pm	健康SG计划询问处 @ 9:30am - 4:30pm	健康SG计划询问处 @ 9:30am - 4:30pm	
一起划龙舟 @ 10am - 12pm	F4 @ 10am - 12pm (Connection One)	园艺活动日郊游 @ 9:00am - 11am	社区药剂师 @ 2pm - 6pm	社区护理站 @ 9am - 4pm	
混合健身 @ 9:30am - 10:30am	一起学 3D 打印 @ 10am - 12pm	一起练气功 @ 9:30am - 10:30am	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	
健康讲座 @ 2pm - 3:30pm	F4 @ 2pm - 4pm	理发 @ 10am - 12:30pm	一起跳排舞 @ 10:30am - 11:30am	步行足球大决赛 @ 9am-12pm	
一起KTV @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm	休闲活动日 @ 10am - 11am	F4 @ 2pm - 4pm	一起学美术 @ 10am - 12pm	
与朋友一起策略 (桌游) @ 4pm - 6pm	空灵鼓自习课 @ 4:30pm - 5pm	新加坡国立大学活动日 @ 1pm - 4pm	空灵鼓自习课 @ 4:30pm - 5pm	一起练钢铁拳击 @ 1pm - 2pm	
		爱心好帮手SG计划 @ 2pm - 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	

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。

2026 October

 **Centre Name:** AAC (Bukit Merah View)
 **Centre Address:** Blk 117 Bukit Merah View #01-205 S151117
 **Centre Contact:** 6250 4069



 NTUC Health

MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
健康SG计划询问处 @ 9:30am - 4:30pm	健康SG计划询问处 @ 9:30am - 4:30pm	健康SG计划询问处 @ 9:30am - 4:30pm	健康SG计划询问处 @ 9:30am - 4:30pm	健康SG计划询问处 @ 9:30am - 4:30pm	
一起划龙舟 @ 10am - 12pm	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	
混合健身 @ 9:30am - 10:30am	一起学 3D 打印 @ 10am - 12pm	园艺活动日 @ 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	
一起学书法 @ 2pm - 3:30pm	F4 @ 2pm - 4pm	休闲活动日 @ 10am - 11am	一起跳排舞 @ 10:30am - 11:30am	乐龄善用家园活动日 @ 10am - 12pm	
一起KTV @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm	中心关闭: 员工大会	乐学数码图书馆郊游 @ 11am - 1pm	一起练钢铁拳击 @ 1pm - 2pm	
与朋友一起策略 (桌游) @ 4pm - 6pm	空灵鼓自习课 @ 4:30pm - 5pm		F4 @ 2pm - 4pm	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	
19	20	21	22	23	24
一起划龙舟 @ 10am - 12pm	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	
混合健身 @ 9:30am - 10:30am	一起学 3D 打印 @ 10am - 12pm	园艺活动日 @ 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	
魔术兴趣小组活动 @ 10:30am - 12pm	F4 @ 2pm - 4pm	休闲活动日 @ 10am - 11am	一起跳排舞 @ 10:30am - 11:30am	一起学美术 @ 10am - 12pm	
一起学书法 @ 2pm - 3:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm	新加坡国立大学活动日 @ 1pm - 4pm	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1pm - 2pm	
一起学唱歌 @ 3:30pm - 5:30pm	空灵鼓自习课 @ 4:30pm - 5pm	爱心好帮手SG计划 @ 2pm - 5pm	乐学数码俱乐部 @ 4pm - 6pm	一起学空灵鼓 @ 2pm - 3pm	
与朋友一起策略 (桌游) @ 4pm - 6pm		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	

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。

2026 October



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
26	27	28	29	30	31
一起划龙舟 @ 10am - 12pm	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	
混合健身 @ 9:30am - 10:30am		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	
CHP 健康讲座 @ 2pm - 3:30pm		园艺活动日郊游 @ 9:00am - 11am	一起跳排舞 @ 10:30am - 11:30am	一起学美术 @ 10am - 12pm	
一起KTV @ 3:30pm - 5:30pm		乐龄善用家园活动日 @ 10am - 12pm	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1pm - 2pm	
与朋友一起策略 (桌游) @ 4pm - 6pm		新加坡国立大学活 动日 @ 1pm - 4pm	空灵鼓自 习课 @ 4:30pm - 5pm	一起学空灵鼓 @ 2pm - 3pm	
		爱心好帮手SG计划 @ 2pm - 5pm		一起学空灵鼓 @ 3pm - 4pm	
		空灵鼓自 习课 @ 4:30pm - 5pm		与朋友一起策略 (桌游) @ 4pm - 6pm	

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。