




2025 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		2		3		4	
		Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Community Health Post @ 9am - 5pm			
		Hair Cut @ 10am - 12:30pm	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am			
		Square Stepping#9 @ 11am - 12pm (Connection One)	Let's Line Dance @ 10:45am - 11:45am	Let's Do Art @ 10am - 12pm			
		MINDEF Activities @ 2:30pm - 3:30pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm			
		Adaptive Sports @ 3pm - 4pm (Zone A RN)	Fun with Switch @ 4pm - 6pm	Strategise with Kakis @ 3pm - 5pm			
6		7		8		9	
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			
Health Talk (Virtual) @ 2pm - 3:30pm	Let's Pick Up English @ 10am - 11am	Magic Magic!#5 @ 10am - 11:30am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am			
Strategise with Kakis @ 3:30pm - 5:30pm	F4 @ 2pm - 4pm	Square Stepping#10 @ 11am - 12pm (Connection One)	Let's Line Dance @ 10:45am - 11:45am	Let's Do Art @ 10am - 12pm			
Let's KTV Together @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm	Let's Celebrate Birthday @ 1pm - 2:30pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm			
Let's Lim Kopi @ 3:30pm - 4:30pm	Fun with Switch @ 4pm - 6pm	CPF Activities @ 3pm - 5pm	Fun with Switch @ 4pm - 6pm	Strategise with Kakis @ 3pm - 5pm			
13		14		15		16	
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	Square Stepping#11 @ 11am - 12pm (Connection One)	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			
17		18		19		20	

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。

2025 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
20	21	22	23	24	25
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!#6 @ 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	Square Stepping#12 @ 11am - 12pm (Connection One)	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	
Singing Class @ 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			IMDA talk @ 4pm - 5:30pm	Strategise with Kakis @ 3pm - 5pm	
27	28	29	30	31	
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	
CHP Health Talk [AAC] @ 2pm - 3pm	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		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	

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。

2025 十月



Centre Name: 活跃乐龄中心 (红山景)



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



Centre Contact: 6250 4069



NTUC Health

星期一

星期二

星期三

星期四

星期五

星期六

1		2		3		4	
		一起练气功 @ 9:30am - 10:30am	社区护理站 @ 9am - 5pm	社区护理站 @ 9am - 5pm			
		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			
		方块踏步运动 @ 11am - 12pm (Connection One)	一起跳排舞 @ 10:45am - 11:45am	一起学美术 @ 10am - 12pm			
		与国防部队互动 @ 2:30pm - 3:30pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm			
		适应性运动 @ 3pm - 4pm (Zone A RN)	一起玩电动游戏 @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm			
				Strategise with Kakis @ 3pm - 5pm			
6		7		8		9	
混合健身 @ 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	
健康讲座 @ 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	
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm		F4 @ 2pm - 4pm		方块踏步运动 @ 11am - 12pm (Connection One)	一起跳排舞 @ 10:45am - 11:45am	一起学美术 @ 10am - 12pm	
一起KTV @ 3:30pm - 5:30pm		与朋友一起策略 (桌游) @ 4pm - 6pm		一起庆生 @ 1pm - 2:30pm	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起喝咖啡 @ 3:30pm - 4:30pm		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	与朋友一起策略 (桌游) @ 3pm - 5pm	
13		14		15		16	
混合健身 @ 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	
Let's Learn Calligraphy @ 2pm - 3:30pm		一起学英语 @ 10am - 11am		方块踏步运动 @ 11am - 12pm (Connection One)	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	
一起KTV @ 3:30pm - 5:30pm		一起玩电动游戏 @ 4pm - 6pm		与MFS互动 [AAC] @ 3:30pm - 4:30pm	一起玩电动游戏 @ 4pm - 6pm	与朋友一起策略 (桌游) @ 3pm - 5pm	
一起喝咖啡 @ 3:30pm - 4:30pm							
17		18					

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。

2025 十月



Centre Name: 活跃乐龄中心 (红山景)



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



Centre Contact: 6250 4069



星期一

星期二

星期三

星期四

星期五

星期六

20	21	22	23	24	25
混合健身 @ 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	方块踏步运动 @ 11am - 12pm (Connection One)	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			IMDA talk @ 4pm - 5:30pm	与朋友一起策略 (桌游) @ 3pm - 5pm	
27	28	29	30	31	
混合健身 @ 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	
CHP 健康讲座 @ 2pm - 3pm	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	
一起KTV @ 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	

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。