

2026 September

 **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	5	
	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Community Pharmacist @ 2pm - 6pm > B123	Community Health Post @ 9am - 4pm > B121 CCMS	
	F4 @ 2pm - 4pm > B123	Haircut Services @ 10am - 12:30pm > B123	Let's Learn Phonics @ 9:30am - 10:30am > B123	Let's Meridien @ 9am - 10am	
	Strategise with Kakis @ 4pm - 6pm > B123	Let's Learn 3D Printing @ 1:30pm - 3pm > B123	Let's Walking Football @ 9:45am - 11:30am	Let's Steel Combat @ 1pm - 2pm > B123	
	Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm > B123	Project Helping Hands Services @ 2pm - 5pm > B123	Digital Embroidery Workshop at Pioneer Fab Lab @ 10am-1pm	Let's Go Gai Gai - City Sprouts Outing @ with Republic Polytechnic @ 2pm - 4:30pm	
			Let's Line Dance @ 10:30am - 11:30am @ B123	Let's Learn Steel Tongue Drum Class#1 @ 2pm - 3pm > B123	
			F4 @ 2pm - 4pm > B123	Let's Learn Steel Tongue Drum Class#2 @ 3pm - 4pm > B123	
			Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm > B123	Strategise with Kakis @ 4pm - 6pm > B123	
7	8	9	10	11	12
Let's Dragonboat - Training @ 10am - 12am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Community Pharmacist @ 2pm - 6pm > B123	Community Health Post @ 9am - 4pm > B121 CCMS	
Let's Silver Crossfit @ 9:30am - 10:30am > B123	F4 @ 2pm - 4pm > B123	Let's Do Art @ 10am - 11:30am > B123	Let's Learn Phonics @ 9:30am - 10:30am > B123	Let's Meridien @ 9am - 10am	
Let's Do Calligraphy @ 2pm - 3:30pm > B123	Strategise with Kakis @ 4pm - 6pm > B123	Let's Learn 3D Printing @ 1:30pm - 3pm > B123	Let's Walking Football @ 9:45am - 11:30am	Let's Steel Combat @ 1pm - 2pm > B123	
Strategise with Kakis @ 4pm - 6pm > B123	Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm > B123	Project Helping Hands Services @ 2pm - 5pm > B123	Let's Line Dance @ 10:30am - 11:30am > B123	Let's Learn Steel Tongue Drum Class#1 @ 2pm - 3pm > B123	
Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm > B123			F4 @ 2pm - 4pm > B123	Let's Learn Steel Tongue Drum Class#2 @ 3pm - 4pm > B123	
			Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm > B123	Strategise with Kakis @ 4pm - 6pm > B123	

- Blk 123 Bukit Merah View #01-282
- Connection 1 Building Tower 2 #03-20

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 NTUC Health

MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
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 Celebrate SIEU Mid-Autumn @ 10am - 1pm
B117 Centre Preparation for Operations after Centre Refresh	B117 Centre Preparation for Operations after Centre Refresh	Let's Go Gai Gai - Duck Tour @ 10am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
		Project Helping Hands Services @ 2pm - 5pm	Let's Walking Football @ 9:45am - 11:30am	Let's Do Art @ 10am - 12pm	
		Let's Gen with MFS @ 3:30pm - 4:30pm	Let's Line Dance @ 10:30am - 11:30am	Let's Steel Combat @ 1pm - 2pm	
			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	
21	22	23	24	25	26
Let's Dragonboat - Training @ 10am - 12am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Community Pharmacist @ 2pm - 6pm > B123	Community Health Post @ 9am - 4pm	
Let's Silver Crossfit @ 9:30am - 10:30am	F4 @ 2pm - 4pm	Circular Sustainability Workshop @ 9:30am - 11am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Magic Interest Group @ 10:30am - 12pm	Circular Sustainability Workshop (Videography Session) @ 2pm - 5pm	Project Helping Hands Services @ 2pm - 5pm	Let's Walking Football @ 9:45am - 11:30am	Let's Do Art @ 10am - 12pm	
Let's Do Calligraphy @ 2pm - 3:30pm	Strategise with Kakis @ 4pm - 6pm	Let's Celebrate Birthday @ 3pm - 4:30pm	Let's Line Dance @ 10:30am - 11:30am	Let's Steel Combat @ 1pm - 2pm	
Strategise with Kakis @ 4pm - 6pm	Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm	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			IMDA Digital Club @ 4pm - 6pm	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
28	29	30			
Let's Dragon Boat Training @ 10am - 12am	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am			
Other Screening (HSG Booth) @ 9am - 5pm	Other Screening (HSG Booth) @ 9am - 5pm	Other Screening (HSG Booth) @ 9am - 5pm			
Let's Silver Crossfit @ 9:30am - 10:30am	F4 @ 2pm - 4pm	Circular Sustainability Workshop @ 9:30am - 11am			
Let's Do Calligraphy @ 2pm - 3:30pm	Strategise with Kakis @ 4pm - 6pm	Spa Day @ 10am - 11am			
Strategise with Kakis @ 4pm - 6pm	Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm	Let's Learn 3D Printing @ 1:30pm - 3pm			
Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm		Project Helping Hands Services @ 2pm - 5pm			
		Let's Learn Steel Tongue Drum Self-Practice @ 4:30pm - 5pm			

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2026 九月

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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	
	F4 @ 10am - 12pm (Connection One)	一起练气功 @ 9:30am - 10:30am	社区药剂师 @ 2pm - 6pm > B123	社区护理站 @ 9am - 4pm > B121 CCMS	
	F4 @ 2pm - 4pm > B123	理发 @ 10am - 12:30pm	一起学英语自然拼读法 @ 9:30am - 10:30am > B123	一起练八段锦与洪光关节操 @ 9am - 10am	
	与朋友一起策略 (桌游) @ 4pm - 6pm > B123	一起学 3D 打印 @ 1:30pm - 3:30pm > B123	步行足球 @ 9:45am - 11:30am	一起练钢铁拳击 @ 1pm - 2pm > B123	
	空灵鼓自习课 @ 4:30pm - 5pm > B123	爱心好帮手SG计划 @ 2pm - 5pm > B123	一起学数字刺绣 @ 10am-1pm > Pioneer Fab Lab	与共和理工学院活动日 @ 2pm - 4:30pm	
			一起跳排舞 @ 10:30am - 11:30am > B123	一起学空灵鼓 @ 2pm - 3pm > B123	
			F4 @ 2pm - 4pm > B123	一起学空灵鼓 @ 3pm - 4pm > B123	
			空灵鼓自习课 @ 4:30pm - 5pm > B123	与朋友一起策略 (桌游) @ 4pm - 6pm > B123	
7	8	9	10	11	12
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 > B123	社区护理站 @ 9am - 4pm > B121 CCMS	
混合健身 @ 9:30am - 10:30am > B123	F4 @ 2pm - 4pm > B123	一起学美术 @ 10am - 11:30am > B123	一起学英语自然拼读法 @ 9:30am - 10:30am > B123	一起练八段锦与洪光关节操 @ 9am - 10am	
一起学书法 @ 2pm - 3:30pm > B123	与朋友一起策略 (桌游) @ 4pm - 6pm > B123	一起学 3D 打印 @ 1:30pm - 3:30pm > B123	步行足球 @ 9:45am - 11:30am	一起练钢铁拳击 @ 1pm - 2pm > B123	
与朋友一起策略 (桌游) @ 4pm - 6pm > B123	空灵鼓自习课 @ 4:30pm - 5pm > B123	爱心好帮手SG计划 @ 2pm - 5pm > B123	一起跳排舞 @ 10:30am - 11:30am > B123	一起学空灵鼓 @ 2pm - 3pm > B123	
空灵鼓自习课 @ 4:30pm - 5pm > B123			F4 @ 2pm - 4pm > B123	一起学空灵鼓 @ 3pm - 4pm > B123	
			空灵鼓自习课 @ 4:30pm - 5pm > B123	与朋友一起策略 (桌游) @ 4pm - 6pm > B123	

- Blk 123 Bukit Merah View #01-282
- Connection 1 Building Tower 2 #03-20

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
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	新加坡保险雇员联合会中秋活动 @ 10am - 1pm
B117 Centre Preparation for Operations after Centre Refresh	B117 Centre Preparation for Operations after Centre Refresh	鴨子划水游 @ 10am - 1pm	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	
		爱心好帮手SG计划 @ 2pm - 5pm	步行足球 @ 9:45am - 11:30am	一起学美术 @ 10am - 12pm	
		与MFS互动 [中心] @ 3:30pm - 4:30pm	一起跳排舞 @ 10:30am - 11:30am	一起练钢铁拳击 @ 1pm - 2pm	
			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	
21	22	23	24	25	26
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	F4 @ 2pm - 4pm	园艺活动日 @ 9:30am - 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	
魔术兴趣小组活动 @ 10:30am - 12pm	园艺摄像工作室 @ 2pm - 5pm	爱心好帮手SG计划 @ 2pm - 5pm	步行足球 @ 9:45am - 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	一起庆生 @ 3pm - 4:30pm	一起跳排舞 @ 10:30am - 11:30am	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	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			乐学数码俱乐部 @ 4pm - 6pm	一起学空灵鼓 @ 3pm - 4pm	
				与朋友一起策略 (桌游) @ 4pm - 6pm	

- Blk 123 Bukit Merah View #01-282
- Blk 119 Zone A RN #01-61
- Connection 1 Building Tower 2 #03-20

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MON	TUE	WED	THU	FRI	SAT
28	29	30			
一起划龙舟 @ 10am - 12pm	F4 @ 10am - 12pm (Connection One)	一起练气功 @ 9:30am - 10:30am			
健康SG 询问摊位@ 9am - 5pm	健康SG 询问摊位@ 9am - 5pm	健康SG 询问摊位@ 9am - 5pm			
混合健身 @ 9:30am - 10:30am	F4 @ 2pm - 4pm	园艺活动日 @ 9:30am - 11am			
一起学书法 @ 2pm - 3:30pm	与朋友一起策略 (桌游) @ 4pm - 6pm	一起休闲养生日 @ 10am - 11am			
与朋友一起策略 (桌游) @ 4pm - 6pm	空灵鼓自 习课 @ 4:30pm - 5pm	一起学 3D 打印 @ 1:30pm - 3:30pm			
空灵鼓自 习课 @ 4:30pm - 5pm		爱心好帮手SG计划 @ 2pm - 5pm			
		空灵鼓自 习课 @ 4:30pm - 5pm			

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