




2025 September

 **Centre Name:** Active Ageing Centre (Bukit Merah View)
 **Centre Address:** Blk 117 Bukit Merah View #01-205 S'pore 151117
 **Centre Contact:** 6250 4069






 NTUC Health

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
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	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	Square Stepping#5 @ 11am - 12pm (Connection One)	Let's Line Dance @ 10:45am - 11:45am	Let's Do Nagomi Art @ 10am - 12pm	
SUSS Connecting Communities to Nature @ 3:30pm - 6:30pm	Strategise with Kakis @ 4pm - 6pm	MINDEF Activities @ 2:30pm - 3:30pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
	Fun with Switch @ 4pm - 6pm	Adaptive Sports @ 3pm - 4pm (Zone A RN)	Fun with Switch @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategise with Kakis @ 3pm - 5pm	
8	9	10	11	12	13
WAAS Block 121 Senior Engagement Day @ 10am - 12pm	F4 @ 10am - 12pm (Connection One)	Let's Qigong @ 9:30am - 10:30am	Community Health Post @ 9am - 5pm	Centre Close	
Let's Learn Calligraphy @ 2pm - 3:30pm	Strategise with Kakis @ 4pm - 6pm	Magic Magic!#3 @ 10am - 11:30am	Let's Learn Phonics @ 9:30am - 10:30am		
Adaptive Sports @ 3pm - 4pm (Zone A RN)	Fun with Switch @ 4pm - 6pm	Square Stepping#6 @ 11am - 12pm (Connection One)	Let's Line Dance @ 10:45am - 11:45am		
Strategise with Kakis @ 3:30pm - 5:30pm		Let's Celebrate Birthday @ 1pm - 2:30pm	F4 @ 2pm - 4pm		
Let's KTV Together @ 3:30pm - 5:30pm		CPF Activities @ 3pm - 5pm	Fun with Switch @ 4pm - 6pm		
Let's Lim Kopi @ 3:30pm - 4:30pm					
15	16	17	18	19	20
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	F4 @ 2pm - 4pm	Magic Magic!#4 @ 10am - 11:30am	Let's Learn Phonics @ 9:30am - 10:30am	Let's Meridien @ 9am - 10am	
Adaptive Sports @ 3pm - 4pm (Zone A RN)	Strategise with Kakis @ 4pm - 6pm	Square Stepping#7 @ 11am - 12pm (Connection One)	Let's Line Dance @ 10:45am - 11:45am	Let's Do Art - Perler Beads @ 10am - 12pm	
Strategise with Kakis @ 3:30pm - 5:30pm	Fun with Switch @ 4pm - 6pm	MINDEF Activities @ 2:30pm - 3:30pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Singing Class @ 3:30pm - 5:30pm		Adaptive Sports @ 3pm - 4pm (Zone A RN)	Fun with Switch @ 4pm - 6pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
Let's Lim Kopi @ 3:30pm - 4:30pm		Let's Gen with MFS [MFS] @ 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 September

 **Centre Name:** Active Ageing Centre (Bukit Merah View)
 **Centre Address:** Blk 117 Bukit Merah View #01-205 S'pore 151117
 **Centre Contact:** 6250 4069



MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
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	Let's Learn Baking/Cooking @ 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#8 @ 11am - 12pm (Connection One)	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		IMDA talk @ 4pm - 5:30pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
Let's Lim Kopi @ 3:30pm - 4:30pm				Strategise with Kakis @ 3pm - 5pm	
29	30				
Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm (Connection One)				
Let's Learn Calligraphy @ 2pm - 3:30pm	Let's Pick Up English @ 10am - 11am				
Adaptive Sports @ 3pm - 4pm (Zone A RN)	F4 @ 2pm - 4pm				
Strategise with Kakis @ 3:30pm - 5:30pm	Strategise with Kakis @ 4pm - 6pm				
Let's KTV Together @ 3:30pm - 5:30pm	Fun with Switch @ 4pm - 6pm				
Let's Lim Kopi @ 3:30pm - 4:30pm					

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 九月



Centre Name: 活跃乐龄中心 (红山景)
Centre Address: Blk 117 Bukit Merah View #01-205 Spore 151117
Centre Contact: 6250 4069




星期一		星期二		星期三		星期四		星期五		星期六	
1		2		3		4		5		6	
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		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		方块踏步运动 @ 11am - 12pm (Connection One)		一起跳排舞 @ 10:45am - 11:45am		一起学和谐粉彩绘画 @ 10am - 12pm			
与新加坡社科大学活 动 @ 3:30pm - 6:30pm		与朋友一起策略 (桌游) @ 4pm - 6pm		与国防部队互动 @ 2:30pm - 3:30pm		F4 @ 2pm - 4pm		一起练钢铁拳击 @ 1:30pm - 2:30pm			
		一起玩电动游戏 @ 4pm - 6pm		适应性运动 @ 3pm - 4pm (Zone A RN)		一起玩电动游戏 @ 4pm - 6pm		优克里里弹唱 @ 2:45pm - 4:15pm			
								与朋友一起策略 (桌游) @ 3pm - 5pm			
8		9		10		11		12		13	
WAAS 大牌121 乐龄互动日 @ 10am - 12pm		F4 @ 10am - 12pm (Connection One)		一起练气功 @ 9:30am - 10:30am		社区护理站 @ 9am - 5pm		中心关闭			
一起学书法 @ 2pm - 3:30pm		与朋友一起策略 (桌游) @ 4pm - 6pm		一起变魔术 @ 10am - 11:30am		一起学英语自然拼读法 @ 9:30am - 10:30am					
适应性运动 @ 3pm - 4pm (Zone A RN)		一起玩电动游戏 @ 4pm - 6pm		方块踏步运动 @ 11am - 12pm (Connection One)		一起跳排舞 @ 10:45am - 11:45am					
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm				一起庆生 @ 1pm - 2:30pm		F4 @ 2pm - 4pm					
一起KTV @ 3:30pm - 5:30pm				与CPF 团队活动 @ 3pm - 5pm		一起玩电动游戏 @ 4pm - 6pm					
一起喝咖啡 @ 3:30pm - 4:30pm											
15		16		17		18		19		20	
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		F4 @ 2pm - 4pm		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)		与朋友一起策略 (桌游) @ 4pm - 6pm		方块踏步运动 @ 11am - 12pm (Connection One)		一起跳排舞 @ 10:45am - 11:45am		一起学美术 - 拼豆子 @ 10am - 12pm			
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm		一起玩电动游戏 @ 4pm - 6pm		与国防部队互动 @ 2:30pm - 3:30pm		F4 @ 2pm - 4pm		一起练钢铁拳击 @ 1:30pm - 2:30pm			
一起学唱歌 @ 3:30pm - 5:30pm				适应性运动 @ 3pm - 4pm (Zone A RN)		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MFS互动 [AAC] @ 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。

2025 九月

 **Centre Name:** 活跃乐龄中心 (红山景)
 **Centre Address:** Blk 117 Bukit Merah View #01-205 Spore 151117
 **Centre Contact:** 6250 4069



星期一		星期二		星期三		星期四		星期五		星期六	
22		23		24		25		26		27	
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KTV @ 3:30pm - 5:30pm		一起玩电动游戏 @ 4pm - 6pm				乐学数码讲座 @ 4pm - 5:30pm		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			
29		30									
混合健身 @ 10am - 11am		F4 @ 10am - 12pm (Connection One)									
一起学书法 @ 2pm - 3:30pm		一起学英语 @ 10am - 11am									
适应性运动 @ 3pm - 4pm (Zone A RN)		F4 @ 2pm - 4pm									
与朋友一起策略 (桌游) @ 3:30pm - 5:30pm		与朋友一起策略 (桌游) @ 4pm - 6pm									
一起KTV @ 3:30pm - 5:30pm		一起玩电动游戏 @ 4pm - 6pm									
一起喝咖啡 @ 3:30pm - 4:30pm											

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。