2024 December

O Centre Name: AAC Bukit Merah

Centre Address: 117 Jalan Bukit Merah #01-1683 S160117







MON	TUE	WED	THU	FRI	SAT
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2	3	4	5	6	7
Let's Exercise	Let's Pick Up (English)		Let's Zumba Gold	Office Closed - staff attend	
9:30am - 10:30am /	10am - 11am		10am - 11am	external training	
10.45am- 11.45am	Stay Zen - Basic Meditation Program		Current Affairs U & Me		
	(Male exclusive)		11am - 12pm		
	10am - 11am				
Set Up And Use Online Banking And E- Payment	Services - Haircut Services	Let's Meridian	Services - Wellness - TCM		The Sheng Siong Show
2pm - 3pm Let's Lim Kopi	2pm - 4pm	1pm - 2pm	2pm - 5pm		6:30pm - 10pm
2pm - 3pm	Let's Level up (English)	Let's Do Paper Quilling	Let's Steel Combat		
Strategise with Kakis	1.30pm -2.30pm	2pm - 3pm	(Male Exclusive)		
2pm - 4pm Let's Do Chair Yoga	Let's KTV Together	Let's Jam with Ukulele	3pm - 4pm		
3:30pm - 4:30pm	2pm - 4pm	2pm - 3:30pm	SOTA Lion Dance		
	Exergame - Happy Feet	Strategise with Kakis	3pm - 5pm		
	2pm - 3pm	2pm - 4pm	Let's Steel Combat		
	Services - Wellness - CHP	SOTA Lion Dance	6pm - 7pm		
	2pm - 5pm	3pm - 5pm			
9	10	11	12	13	14
Let's Exercise	Let's Pick Up (English)	Set Up And Use Online Banking And	Let's Zumba Gold	Services - Wellness - CHP	
9:30am - 10:30am /	10am - 11am	E- Payment	10am - 11am	9am - 5pm	
10:45am - 11:45am	Stay Zen - Basic Meditation Program	9am - 11pm	Current Affairs U & Me	Let's Taichi (IL)	
	(Male Exclusive)		11am - 12pm	9:30am - 10:30 am /	
	10am - 11am			10:30am - 11:30am	
Let's Lim Kopi	Exergame - Happy Feet	Let's Meridian	Services - Wellness - TCM	Strategise With Kakis	
2pm - 3pm	1pm - 2pm	1pm - 2pm	2pm - 5pm	2pm - 4pm	
Strategise With Kakis	Let's Level up (English)	Let's Do Paper Quilling	Let's Steel Combat	Let's KTV Together	
2pm - 4pm Let's Do Chair Yoga	1:30pm - 2:30pm	2pm - 3pm	(Male Exclusive)	2pm -4pm	
3:30pm - 4:30pm	Let's KTV Together	Let's Jam With Ukulele	3pm - 4pm	Christmas Party	
rr	2pm - 4pm	2pm - 3:30pm	Let's Steel Combat	2:00pm - 4:00pm	
	SGH Community Nurse	Strategize With Kakis	6pm - 7pm		
	2pm - 5pm	2pm - 4pm			

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。

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Centre Contact: 81632631/ 62732969





MON TUE WED THU FRI

16	17	18	19	20	21
Let's Exercise	Let's Pick Up (English)		Let's Zumba Gold	SGH Community Nurse	
9:30am - 10:30am /	10am - 11am		10am - 11am	9am - 5pm	
10.45am- 11.45am	LEGO With MYworld		Current affairs U & Me	Let's Taichi (IL)	
	930am - 11:30am		11am - 12pm	9.30am - 10.30 am /	
				10.30am - 11.30am	
Let's Lim Kopi	Exergame - Happy Feet	Let's Meridian	Services - Wellness - TCM	Christmas Inter-Gen Event	
2pm - 3pm	1pm - 2pm	1pm - 2pm	2pm - 5pm	2 pm - 4:30pm	
Strategise with Kakis	Let's Level Up (English)	Let's Do Paper Quilling	Let's Steel Combat		
2pm - 4pm	1:30pm -2:30pm	2pm - 3pm	(Male Exclusive)		
Let's Celebrate Birthday	Let's KTV Together	Let's Jam Wth Ukulele	3pm - 4pm		
2 pm - 4pm	2pm - 4pm	2pm - 3:30pm	Let's Steel Combat		
	Services - Wellness - CHP	Strategise With Kakis	6pm - 7pm		
	2pm - 5pm	2pm - 4pm			
	Let's Do Chair Yoga				
	3:30pm - 4:30pm				
23	24	25	26	27	28
Let's Exercise	Let's Pick Up (English)	Christmas Day	Let's Zumba Gold	SGH Community Nurse	
9:30am - 10:30am /	10am - 11am		10am - 11am	9am - 5pm	
10:45am - 11:45am	Stay Zen - Basic Meditation		Current affairs U & Me	Let's Taichi (IL)	
	Program (Male exclusive)		11am - 12pm	9.30am - 10.30 am /	
	10am - 11am			10.30am - 11.30am	
Let's Lim Kopi	Christmas Eve Office		Services - Wellness - TCM	Strategise With Kakis	
2pm - 3pm	Closed		2pm - 5pm	2pm - 4pm	
Strategise With Kakis			Let's Steel Combat (Male	Let's KTV Together	
2pm - 4pm			Exclusive)	2pm - 4pm	
Let's Do Chair Yoga			3pm - 4pm		
3:30pm - 4:30pm			Let's Steel Combat		
			6pm - 7pm		

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MON	TUE	WED	THU	FRI	SAT
30	31				
Let's Exercise 9:30am - 10:30am					
10:45am - 11:45am Let's Lim Kopi 2pm - 3pm Strategise with Kakis 2pm - 4pm Let's Do Chair Yoga 3:30pm - 4:30pm	2025 New Year Eve ½ Office Closed				