




2024 December

 **Centre Name:** AAC Bukit Merah
 **Centre Address:** 117 Jalan Bukit Merah #01-1683 S160117
 **Centre Contact:** 81632631/ 62732969



MON

TUE

WED

THU

FRI




SAT

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

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

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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				

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