




2025 January

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



MON

TUE

WED

THU

FRI




SAT

		1	2	3	4
		New Year's Day	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	
			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	
6	7	8	9	10	11
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 Walking football 10am - 11am	CALM 1.0 11am - 12pm	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 Acrylic Painting 2pm - 3pm Let's KTV Together 2pm - 4pm 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 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 Let's Celebrate Birthday 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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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
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 Walking football 10am - 11am	CALM 1.0 11am - 12pm	Let's Zumba Gold 10am - 11am Current affairs U & Me 11am - 12pm	CDC Cleaning Service 9am - 5pm SGH Community Nurse 9am - 5pm Let's Taichi (IL) 9.30am - 10.30 am / 10.30am - 11.30am	YMCA CNY Celebration YMCA 9am - 1pm
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 Acrylic Painting 2pm - 3pm Let's KTV Together 2pm - 4pm Services - Wellness - CHP 2pm - 5pm	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	Strategise With Kakis 2pm - 4pm Let's KTV Together 2pm - 4pm	
20	21	22	23	24	25
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 Walking football 10am - 11am	CALM 1.0 11am - 12pm	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	Exergame - Happy Feet 1pm - 2pm Let's Level Up (English) 1:30pm - 2:30pm Acrylic Painting 2pm - 3pm Let's KTV Together 2pm - 4pm Services - Wellness - CHP 2pm - 5pm	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	Strategise With Kakis 2pm - 4pm Let's KTV Together 2pm - 4pm	

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MON

TUE

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THU

FRI

SAT

27	28	29	30	31	
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)	First Day Of Chinese New Year's Day	Second Day Of Chinese New Year's Day	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	Office closed PM			Strategise With Kakis 2pm - 4pm Let's KTV Together 2pm - 4pm	

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