




2024 May

 **Centre Name:** Active Ageing Centre (Bukit Merah)
 **Centre Address:** Blk 117 Jalan Bukit Merah #01-1683 S160117
 **Centre Contact:** 6273 2969 / 8163 2631



MON

TUE

WED

THU

FRI

SAT

		1	2	3	
		Labour Day	Zumba Gold 10 - 11am Current affairs U & Me 11 -12pm Steel Combat 3 - 4pm	SGH Community Nurse 9:30am Tai Chi by HPB 9.30 - 10.30 am / 10.45 - 11.45am	
			Cheng Hong TCM 2 - 5pm	Rummy O 2 - 4pm Karaoke / Fun With Tech - Dance Mat 2-4pm	
6	7	8	9	10	
1) Senior Exercise 9.30 - 10.30am 10.45 - 11.45am	English Language (E) 10am-11am English Language (I) 1 - 2pm	Birthday Celebration 10am-12pm 312 Meridian 1 - 2pm	Zumba Gold 10 - 11am Current affairs U & Me 11 -12pm	SGH Community Nurse 9:30am Tai Chi by HPB 9.30 - 10.30 am / 10.45 - 11.45am	
Let's Lim Kopi 2 - 4pm Rummy O 2 - 4pm Chair Yoga 3:30-4:30pm	Meditation 10 - 11am Karaoke / Fun With Tech - Dance Mat 2-4pm	Ukelele 2 - 3:30pm Rummy O 2 - 4pm	Steel Combat 3 - 4pm Cheng Hong TCM 2 - 5pm ACS VIA 2-3pm	Rummy O 2 - 4pm Karaoke / Fun With Tech - Dance Mat 2-4pm Mother's Day Celebration 2-4pm	
13	14	15	16	17	
1) Senior Exercise 9.30 - 10.30am 10.45- 11.45am	Meditation 10-11am	312 Meridian 1 -2pm	Zumba Gold 10 - 11am Current affairs U & Me 11 -12pm	Centre Closed(Staff Training)	
Let's Lim Kopi 2-4pm Dave singing 1.30-3.30pm Rummy O 2 - 4pm Chair Yoga 3:30-4:30pm	English Language (E) 10am-11am English Language (I) 1 - 2pm Karaoke Fun With Tech - Dance Mat 2pm - 4pm	Ukelele 2 - 3:30pm Rummy O 2 - 4pm	Let's Steel Combat (Male Exclusive) 3 - 4pm Hwa Chong VIA 3-5pm Cheng Hong TCM 2 - 5pm		
20	21	22	23	24	
1) Senior Exercise 9.30 - 10.30am 10.45 - 11.45am	Meditation 10-11am English Language (E) 10-11am	Vesak Day	Zumba Gold 10 - 11am Current affairs U & Me 11 -12pm	Tai Chi by HPB 9.30 - 10.30 am / 10.45 - 11.45am	
Let's Lim Kopi 2-4pm Hwa Chong VIA 3-5pm Rummy O 2 - 4pm Chair Yoga 3:30-4:30pm	English Language (I) 1 - 2pm Karaoke 2pm - 4pm Fun with Tech - Dance Mat 2-4pm		Let's Steel Combat (Male Exclusive) 3 2 - 4pm SOTA DANCE 3-5pm Cheng Hong TCM 2 - 5pm	SGH Community Nurse 9:30am SOTA DANCE 3-5pm Rummy O 2 - 4pm Karaoke / Fun With Tech - Dance Mat 2-4pm	
27	28	29	30	31	
1) Senior Exercise 9.30 - 10.30am 2) Senior Exercise 10.45 - 11.45am	Meditation 10-11am English Language (E) 10 - 11am	312 Meridian 1 - 2pm	Zumba Gold 10 - 11am Current affairs U & Me 11 -12pm	SGH Community Nurse 9.30am Tai Chi by HPB 9.30 - 10.30 am / 10.45 - 11.45am	
Let's Lim Kopi 2 - 4pm Rummy O 2 - 4pm Chair Yoga 3:30-4:30pm	English Language (I) 1 - 2pm Karaoke / Fun with Tech - Dance Mat 2-4pm	Ukelele 2 - 3:30pm OTAH Session 2.30pm-4.30pm Rummy O 2 - 4pm	Steel Combat 3 - 4pm Cheng Hong TCM 2 - 5pm	My First Skool 3-4pm Rummy O 2 - 4pm Karaoke / Fun With Tech - Dance Mat 2-4pm	

2024 May

 **Centre Name:** Active Ageing Centre (Bukit Merah)
 **Centre Address:** Blk 117 Jalan Bukit Merah #01-1683 Spore 160117
 **Centre Contact:** 6273 2969 / 8163 2631



MONDAY 周一

TUESDAY 周二

WEDNESDAY 周三

THURSDAY 周四

FRIDAY 星期五

<p>Senior Exercise 乐龄运动</p> <p>9:30am - 10:30am 9点半到10点半 10:45am - 11:45am 10点45分到11点45分</p> <hr/> <p>Men Coffee Talk 男士咖啡谈 2:00pm - 4:00pm 2点到4点</p>	<p>English Language Class 英语课</p> <p>10am - 11am 10点到11点</p> <hr/> <p>Basic Meditation Class 基本打坐课程 (Men)</p> <p>10am - 11am </p>	<p>Current Affairs U&Me 时事新闻你和我 10am - 11am 10点到11点</p> <p></p> <hr/> <p>312 Meridian Exercise 312经络运动 1.00pm - 2.00 pm 1点到2点</p>	<p>Zumba Gold 尊巴黄金 10am - 11am</p> <hr/> <p>Steel Combat Lite 钢铁拳击 3-4pm 三点到四点</p>	<p>SGH Community Nurse Post 社区护士站 09:00 am - 5.00 pm 上午9点到5点 (By Appointment/预约)</p> <hr/> <p>Taichi 太极班 9:30am - 10:30am 9点半到10点半 10:45 am - 11:45 am 10点45分到11点45分</p>
<p>Rummy - O Game (*+) 数字游戏 2pm - 4pm 2点到4点</p> <p>Chair Yoga 椅子瑜伽 3.30pm-4.30pm</p> <p></p>	<p>English Language Class 英语课 1.00pm - 2.00 pm 1点到2点</p> <p>Karaoke Session 卡拉OK 2pm - 4pm 2点到4点</p>	<p>Rummy - O Game (*+) 数字游戏 2:00pm - 4:00pm 2点到4点</p> <hr/> <p>Ukulele 2:00pm-3:30pm</p>	<p>Cheng Hong TCM 众弘中医会诊 2pm - 5pm 2点到5点</p> <p></p>	<p>Rummy - O Game (*+) 数字游戏 2:00pm - 4:00pm 2点到4点</p> <hr/> <p>Karaoke Session 卡拉OK 2pm - 4pm 2点到4点</p>