2024 November

O 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
				Services - Wellness - CHP 9am - 5pm Let's Taichi (IL) 9:30am - 10:30 am / 10:30am - 11:30am Calm 1.0 1pm -2pm Strategise With Kakis 2pm - 4pm Let's KTV Together 2pm - 4pm	Grandparents Day Celebration (Photography Recap And Lunch) 9:45am — 1:15pm
4	5	6	7	8	10
4 Let's Exercise 9:30am - 10:30am / 10:45am - 11:45am	Let's Celebrate Birthday 10am - 12pm Let's Pick Up (English) 10am - 11am Stay Zen - Basic Meditation Program (Male Exclusive) 10am - 11am	SGH Functional Community Screening 8am - 2pm	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	SUNDAY - 10 NOVEMBER Digital For Life Festival 2024 2pm - 5pm

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MON TUE WED THU FRI	SA	AT
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11	12	13	14	15	16
Let's Exercise	Let's Pick Up (English)	Digital Citizen - Set Up And Use	Let's Zumba Gold	SGH Community Nurse	`
9:30am - 10:30am /	10am - 11am	SingPass	10am - 11am	9am - 5pm	
10.45am- 11.45am	Stay Zen - Basic Meditation	10am - 12pm	Current affairs U & Me		
Calm 1.0 / Delta Stadium Assessment	Program (Male Exclusive)	Calm 1.0	11am - 12pm		
9:30am - 12pm	10am - 11am	11am - 12pm			
Let's Lim Kopi	 Exergame - Happy Feet	Let's Meridian	Let's Steel Combat	Let's KTV Together	
2pm - 3pm	1pm - 2pm	1pm - 2pm	(Male Exclusive)	2pm - 4pm	
Strategise with Kakis	Let's Level Up (English)	Let's Do Paper Quilling	3pm - 4pm		
2pm - 4pm Let's Do Chair Yoga	1:30pm -2:30pm	2pm - 3pm	Services - Wellness - TCM		
3:30pm - 4:30pm	Let's KTV Together	Let's Jam Wth Ukulele	2pm - 5pm		
отобрии побрии	2pm - 4pm	2pm - 3:30pm	Let's Steel Combat		
	Services - Wellness - CHP	Strategise With Kakis	6pm - 7pm		
	2pm - 5pm	2pm - 4pm			
18	19	20	21	22	23
18 Let's Exercise	19	20	21 Let's Zumba Gold	SGH Community Nurse	HUNCLE Finale Event @ PSA Horizon
	19	20			HUNCLE Finale Event @ PSA Horizon Level 19
Let's Exercise	19	20	Let's Zumba Gold	SGH Community Nurse	HUNCLE Finale Event @ PSA Horizon
Let's Exercise 9:30am - 10:30am /	19	20	Let's Zumba Gold 10am - 11am	SGH Community Nurse 9am - 5pm	HUNCLE Finale Event @ PSA Horizon Level 19
Let's Exercise 9:30am - 10:30am /	19	20	Let's Zumba Gold 10am - 11am Current affairs U & Me	SGH Community Nurse 9am - 5pm Let's Taichi (IL)	HUNCLE Finale Event @ PSA Horizon Level 19
Let's Exercise 9:30am - 10:30am /	19 Exergame - Happy Feet	Let's Meridian	Let's Zumba Gold 10am - 11am Current affairs U & Me	SGH Community Nurse 9am - 5pm Let's Taichi (IL) 9.30am - 10.30 am /	HUNCLE Finale Event @ PSA Horizon Level 19
Let's Exercise 9:30am - 10:30am / 10:45am - 11:45am			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	HUNCLE Finale Event @ PSA Horizon Level 19
Let's Exercise 9:30am - 10:30am / 10:45am - 11:45am Let's Lim Kopi	Exergame - Happy Feet	Let's Meridian	Let's Zumba Gold 10am - 11am Current affairs U & Me 11am - 12pm Services - Wellness - TCM	SGH Community Nurse 9am - 5pm Let's Taichi (IL) 9.30am - 10.30 am / 10.30am - 11.30am Strategise With Kakis	HUNCLE Finale Event @ PSA Horizon Level 19
Let's Exercise 9:30am - 10:30am / 10:45am - 11:45am Let's Lim Kopi 2pm - 3pm Strategise With Kakis 2pm - 4pm	Exergame - Happy Feet 1pm - 2pm	Let's Meridian 1pm - 2pm	Let's Zumba Gold 10am - 11am Current affairs U & Me 11am - 12pm Services - Wellness - TCM 2pm - 5pm	SGH Community Nurse 9am - 5pm Let's Taichi (IL) 9.30am - 10.30 am / 10.30am - 11.30am Strategise With Kakis 2pm - 4pm	HUNCLE Finale Event @ PSA Horizon Level 19
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MON	TUE	WED	THU	FRI	SAT
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(English)				30
` 0 ,	L	Let's Zumba Gold	SGH Community Nurse	Community Health Screening
n	1	10am - 11am	9am - 5pm	9am - 1pm
asic Meditation		Current Affairs U & Me	Let's Taichi (IL)	
ale exclusive)	1	11am - 12pm	9.30am - 10.30 am /	
n			10.30am - 11.30am	
p (English) p (English) 2pm gether Let's 2pm	m - 2pm 2 's Do Paper Quilling L m - 3pm ('s Jam With Ukulele 3 n - 3:30pm L	2pm - 5pm Let's Steel Combat (Male Exclusive) 3pm - 4pm Let's Steel Combat	2pm - 4pm Let's KTV Together	
ii 1 - H	asic Meditation lale exclusive) m Happy Feet Let 1pr Jp (English) 2pr gether Let 2pr	asic Meditation Jale exclusive) Happy Feet Let's Meridian 1pm - 2pm Let's Do Paper Quilling 30pm 2pm - 3pm Let's Jam With Ukulele 2pm - 3:30pm	asic Meditation (ale exclusive) (b) (c) (c) (c) (c) (c) (d) (d) (d	asic Meditation Current Affairs U & Me