




# 2024 November

 **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	Grandparents Day Celebration (Photography Recap And Lunch) 9:45am – 1:15pm
				Calm 1.0 1pm -2pm Strategise With Kakis 2pm - 4pm Let's KTV Together 2pm - 4pm	
4	5	6	7	8	10
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	<b>SUNDAY - 10 NOVEMBER</b> <b>Digital For Life Festival 2024</b> <b>2pm - 5pm</b>
	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 Calm 1.0 3pm - 4pm	Services - Wellness - TCM 2pm - 5pm Let's Steel Combat (Male Exclusive) 3pm - 4pm Let's Steel Combat 6pm - 7pm	Calm 1.0 1pm - 2pm Strategise With Kakis 2pm - 4pm Let's KTV Together 2pm-4pm	

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MON	TUE	WED	THU	FRI	SAT
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Let's Exercise 9:30am - 10:30am / 10.45am- 11.45am Calm 1.0 / Delta Stadium Assessment 9:30am - 12pm	Let's Pick Up (English) 10am - 11am Stay Zen - Basic Meditation Program (Male Exclusive) 10am - 11am	Digital Citizen - Set Up And Use SingPass 10am - 12pm Calm 1.0 11am - 12pm	Let's Zumba Gold 10am - 11am Current affairs U & Me 11am - 12pm	SGH Community Nurse 9am - 5pm	
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 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	Let's Steel Combat (Male Exclusive) 3pm - 4pm Services - Wellness - TCM 2pm - 5pm Let's Steel Combat 6pm - 7pm	Let's KTV Together 2pm - 4pm	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
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 9am - 12pm
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 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	Services - Wellness - TCM 2pm - 5pm Let's Steel Combat (Male Exclusive) 3pm - 4pm SOTA Chinese Dance 3pm - 5pm Let's Steel Combat 6pm - 7pm	Strategise With Kakis 2pm - 4pm Let's KTV Together 2pm - 4pm SOTA Chinese Dance 3pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
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	SGH Community Nurse 9am - 5pm Let's Taichi (IL) 9.30am - 10.30 am / 10.30am - 11.30am	Community Health Screening 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 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 Strategise With Kakis	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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