## 2024 October

O Centre Name: AAC Bukit Merah

Centre Address: 117 Jalan Bukit Merah #01-1683 S160117

**Centre Contact:** 81632631/62732969





MON T	TUE \	WED	THU	FRI	SAT

	1	2	3	4	5
	Let's Celebrate Birthday	Calm 1.0 11am - 12pm	Let's Zumba Gold 10am - 11am	Services - Wellness - CHP	
	10am - 12pm		Current affair U&Me 11am -	9:30am	
			12pm	Let's Taichi (IL) 9.30am - 10.30	
				am / 10.45am - 11.45am	
	Let's Level up (English) 1pm -	Let's Meridian 1pm - 2pm	Services - Wellness - TCM 2pm -	Strategise with Kakis 2pm -	
	2pm		5pm	4pm	
	Let's KTV Together 2pm - 4pm	Let's Jam with Ukulele 2pm -	Let's Steel Combat (Male	Let's KTV Together 2pm-4pm	
	Exergame - Happy Feet 2pm -	3:30pm	Exclusive) 3pm - 4pm	NTU Mental Health Talk 2pm -	
	3pm	Strategise with Kakis 2pm -	Let's Steel Combat 7.30pm -	3pm (Chinese)	
	SGH Community nurse 2pm -	4pm	8.30pm		
	5pm	Let's Do Paper Quilling 2pm -			
		4pm			
		^	40	4.4	4.3
<i></i>	8	9	10	11	12
Services - Wellness - CP 9:30am	Let's Pick Up (English)	Calm 1.0 11am - 12pm	Let's Zumba Gold 10am - 11am	Services - Wellness - CHP	12
Let's Exercise 9.30am - 10.30am	-	-	Let's Zumba Gold 10am - 11am Current affairs U & Me 11am -	Services - Wellness - CHP 9:30am	12
	Let's Pick Up (English) 10am-11am Stay Zen - Basic Meditation	-	Let's Zumba Gold 10am - 11am Current affairs U & Me 11am -	Services - Wellness - CHP 9:30am Let's Taichi (IL)	
Let's Exercise 9.30am - 10.30am	Let's Pick Up (English) 10am-11am Stay Zen - Basic Meditation Program (Male exclusive) 10am -	-	Let's Zumba Gold 10am - 11am Current affairs U & Me 11am -	Services - Wellness - CHP 9:30am Let's Taichi (IL) 9.30am - 10.30 am / 10.45am	
Let's Exercise 9.30am - 10.30am	Let's Pick Up (English) 10am-11am Stay Zen - Basic Meditation	-	Let's Zumba Gold 10am - 11am Current affairs U & Me 11am -	Services - Wellness - CHP 9:30am Let's Taichi (IL)	
Let's Exercise 9.30am - 10.30am 10.45am - 11.45am Let's Lim Kopi 2pm-4pm	Let's Pick Up (English) 10am-11am Stay Zen - Basic Meditation Program (Male exclusive) 10am - 11am Let's Level up (English) 1pm -	Calm 1.0 11am - 12pm  Let's Meridian 1pm - 2pm	Let's Zumba Gold 10am - 11am Current affairs U & Me 11am -	Services - Wellness - CHP 9:30am Let's Taichi (IL) 9.30am - 10.30 am / 10.45am - 11.45am Calm 1.0 revision by centre	
Let's Exercise 9.30am - 10.30am 10.45am - 11.45am Let's Lim Kopi 2pm-4pm Strategise with Kakis 2pm - 4pm	Let's Pick Up (English) 10am-11am Stay Zen - Basic Meditation Program (Male exclusive) 10am - 11am Let's Level up (English) 1pm - 2pm	Calm 1.0 11am - 12pm  Let's Meridian 1pm - 2pm  Strategize with Kakis 2pm -	Let's Zumba Gold 10am - 11am Current affairs U & Me 11am - 12pm Services - Wellness - TCM 2pm - 5pm	Services - Wellness - CHP 9:30am Let's Taichi (IL) 9.30am - 10.30 am / 10.45am - 11.45am Calm 1.0 revision by centre staff 1pm-2pm	
Let's Exercise 9.30am - 10.30am 10.45am - 11.45am Let's Lim Kopi 2pm-4pm Strategise with Kakis 2pm - 4pm Let's Do Chair Yoga 3pm-4:30pm	Let's Pick Up (English) 10am-11am Stay Zen - Basic Meditation Program (Male exclusive) 10am - 11am Let's Level up (English) 1pm - 2pm Services - Haircut services	Calm 1.0 11am - 12pm  Let's Meridian 1pm - 2pm  Strategize with Kakis 2pm - 4pm	Let's Zumba Gold 10am - 11am Current affairs U & Me 11am - 12pm Services - Wellness - TCM 2pm - 5pm Let's Steel Combat (Male	Services - Wellness - CHP 9:30am Let's Taichi (IL) 9:30am - 10:30 am / 10:45am - 11:45am Calm 1:0 revision by centre staff 1pm-2pm Strategise with Kakis 2pm -	
Let's Exercise 9.30am - 10.30am 10.45am - 11.45am Let's Lim Kopi 2pm-4pm Strategise with Kakis 2pm - 4pm	Let's Pick Up (English) 10am-11am Stay Zen - Basic Meditation Program (Male exclusive) 10am - 11am Let's Level up (English) 1pm - 2pm Services - Haircut services 1pm-3pm	Calm 1.0 11am - 12pm  Let's Meridian 1pm - 2pm  Strategize with Kakis 2pm -  4pm  Let's Do Paper Quilling 2pm -	Let's Zumba Gold 10am - 11am Current affairs U & Me 11am - 12pm  Services - Wellness - TCM 2pm - 5pm Let's Steel Combat (Male Exclusive) 3pm - 4pm	Services - Wellness - CHP 9:30am Let's Taichi (IL) 9.30am - 10.30 am / 10.45am - 11.45am  Calm 1.0 revision by centre staff 1pm-2pm Strategise with Kakis 2pm - 4pm	
Let's Exercise 9.30am - 10.30am 10.45am - 11.45am  Let's Lim Kopi 2pm-4pm Strategise with Kakis 2pm - 4pm Let's Do Chair Yoga 3pm-4:30pm Digital - IMDA Go-Digital -	Let's Pick Up (English) 10am-11am Stay Zen - Basic Meditation Program (Male exclusive) 10am - 11am Let's Level up (English) 1pm - 2pm Services - Haircut services 1pm-3pm Let's KTV Together 2pm-4pm	Calm 1.0 11am - 12pm  Let's Meridian 1pm - 2pm  Strategize with Kakis 2pm -  4pm  Let's Do Paper Quilling 2pm -  4pm	Let's Zumba Gold 10am - 11am Current affairs U & Me 11am - 12pm  Services - Wellness - TCM 2pm - 5pm Let's Steel Combat (Male Exclusive) 3pm - 4pm Let's Steel Combat 6.00pm -	Services - Wellness - CHP 9:30am Let's Taichi (IL) 9.30am - 10.30 am / 10.45am - 11.45am  Calm 1.0 revision by centre staff 1pm-2pm Strategise with Kakis 2pm - 4pm Let's KTV Together 2pm-4pm	
Let's Exercise 9.30am - 10.30am 10.45am - 11.45am  Let's Lim Kopi 2pm-4pm Strategise with Kakis 2pm - 4pm Let's Do Chair Yoga 3pm-4:30pm Digital - IMDA Go-Digital - Workshop	Let's Pick Up (English) 10am-11am Stay Zen - Basic Meditation Program (Male exclusive) 10am - 11am Let's Level up (English) 1pm - 2pm Services - Haircut services 1pm-3pm Let's KTV Together 2pm-4pm Exergame - Happy Feet 2pm-3pm	Calm 1.0 11am - 12pm  Let's Meridian 1pm - 2pm  Strategize with Kakis 2pm - 4pm  Let's Do Paper Quilling 2pm - 4pm  Let's Jam with Ukulele 2pm -	Let's Zumba Gold 10am - 11am Current affairs U & Me 11am - 12pm  Services - Wellness - TCM 2pm - 5pm Let's Steel Combat (Male Exclusive) 3pm - 4pm	Services - Wellness - CHP 9:30am Let's Taichi (IL) 9.30am - 10.30 am / 10.45am - 11.45am  Calm 1.0 revision by centre staff 1pm-2pm Strategise with Kakis 2pm - 4pm Let's KTV Together 2pm-4pm Mental Health Talk 2pm -	
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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
14	15	16	17	18	19
Services - Wellness - CHP 9:30am	Let's Pick Up (English)	Calm 1.0 11am - 12pm	Let's Zumba Gold 10am -	SGH Community Nurse 9:30am	RC Health Check Event (By
Let's Exercise 9.30am - 10.30am	10am-11am	Digital - IMDA Go-Digital -	11am	5.30pm	Invitation only)
10.45am- 11.45am	Stay Zen - Basic Meditation	Workshop	Current affairs U & Me 11am	Let's Taichi (IL)	9am - 1pm
	Program (Male exclusive) 10am	2pm-4pm	- 12pm	9.30am - 10.30 am / 10.45am -	
	- 11am			11.45am	
Let's Lim Kopi 2pm - 4pm	Let's Level up (English)	Let's Meridian 1pm - 2pm	Services - Wellness - TCM	Calm 1.0 revision by centre staff	
Strategise with Kakis 2pm - 4pm	1pm - 2pm	Let's Do Paper Quilling	2pm - 5pm	1pm-2pm	
Let's Do Chair Yoga 3pm - 4:30pm	Let's KTV Together 2pm-4pm	1pm-2pm	Let's Steel Combat (Male	Strategise with Kakis 2pm - 4pm	
	Exergame - Happy Feet	Let's Jam with Ukulele 2pm -	Exclusive 3pm - 4pm	Let's KTV Together 2pm-4pm	
	2pm-3pm	3:30pm	Let's Steel Combat 6.00pm -		
	Services - Wellness - CHP	Strategise with Kakis 2pm -	7.00pm		
	2pm-5pm	4pm			
					00
21	22	23	24	25	26
1) Let's Exercise 9.30am - 10.30am		23 Calm 1.0 11am - 12pm		SGH Community Nurse 9:30am -	26
			Let's Zumba Gold 10am		26
1) Let's Exercise 9.30am - 10.30am	Let's Pick Up (English) 10am -		Let's Zumba Gold 10am	SGH Community Nurse 9:30am - 5.30pm	26
1) Let's Exercise 9.30am - 10.30am 10.45am - 11.45am	Let's Pick Up (English) 10am - 11am	Calm 1.0 11am - 12pm	Let's Zumba Gold 10am -11am Hua Chong Secondary school	SGH Community Nurse 9:30am - 5.30pm	26
1) Let's Exercise 9.30am - 10.30am 10.45am - 11.45am Services - Wellness - CHP 9:30am	Let's Pick Up (English) 10am - 11am Stay Zen - Basic Meditation	Calm 1.0 11am - 12pm	Let's Zumba Gold 10am -11am Hua Chong Secondary school	SGH Community Nurse 9:30am - 5.30pm Let's Taichi (IL) 9.30am - 10.30 am / 10.45am -	26
1) Let's Exercise 9.30am - 10.30am 10.45am - 11.45am Services - Wellness - CHP 9:30am	Let's Pick Up (English) 10am - 11am Stay Zen - Basic Meditation Program (Male exclusive) 10am	Calm 1.0 11am - 12pm	Let's Zumba Gold 10am -11am Hua Chong Secondary school VIA 11am-1230pm	SGH Community Nurse 9:30am - 5.30pm Let's Taichi (IL) 9.30am - 10.30 am / 10.45am -	26
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MON	TUE	WED	THU	FRI	SAT
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28	29	30
1) Let's Exercise 9.30am	Let's Pick Up (English) 10am -	Calm 1.0 11am - 12pm
- 10.30am	11am	
10.45am- 11.45am	Stay Zen - Basic Meditation	
	Program (Male exclusive) 10am -	
	11am	
Let's Lim Kopi 2pm - 4pm		Let's Meridian 1pm - 2pm
Strategise with Kakis 2pm	1pm - 2pm	Let's Do Paper Quilling 2pm -
- 4pm	Let's KTV Together 2pm-4pm	3pm
Let's Do Chair Yoga 3pm - 4:30pm	Exergame - Happy Feet 2pm-3pm	Let's Jam with Ukulele 2pm -
1.300111	Services - Wellness - CHP	3:30pm
	2pm-5pm	Strategise with Kakis 2pm -
		4pm