




2024 October

 **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	5
	Let's Celebrate Birthday 10am - 12pm	Calm 1.0 11am - 12pm	Let's Zumba Gold 10am - 11am Current affair U&Me 11am - 12pm	Services - Wellness - CHP 9:30am Let's Taichi (IL) 9.30am - 10.30 am / 10.45am - 11.45am	
	Let's Level up (English) 1pm - 2pm Let's KTV Together 2pm - 4pm Exergame - Happy Feet 2pm - 3pm SGH Community nurse 2pm - 5pm	Let's Meridian 1pm - 2pm Let's Jam with Ukulele 2pm - 3:30pm Strategise with Kakis 2pm - 4pm Let's Do Paper Quilling 2pm - 4pm	Services - Wellness - TCM 2pm - 5pm Let's Steel Combat (Male Exclusive) 3pm - 4pm Let's Steel Combat 7.30pm - 8.30pm	Strategise with Kakis 2pm - 4pm Let's KTV Together 2pm-4pm NTU Mental Health Talk 2pm - 3pm (Chinese)	
7	8	9	10	11	12
Services - Wellness - CP 9:30am 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	Calm 1.0 11am - 12pm	Let's Zumba Gold 10am - 11am Current affairs U & Me 11am - 12pm	Services - Wellness - CHP 9:30am Let's Taichi (IL) 9.30am - 10.30 am / 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 2pm-4pm	Let's Level up (English) 1pm - 2pm Services - Haircut services 1pm-3pm Let's KTV Together 2pm-4pm Exergame - Happy Feet 2pm-3pm SGH Community nurse 2pm - 5pm	Let's Meridian 1pm - 2pm Strategize with Kakis 2pm - 4pm Let's Do Paper Quilling 2pm - 4pm Let's Jam with Ukulele 2pm - 3.30pm	Services - Wellness - TCM 2pm - 5pm Let's Steel Combat (Male Exclusive) 3pm - 4pm Let's Steel Combat 6.00pm - 7.00pm	Calm 1.0 revision by centre staff 1pm-2pm Strategise with Kakis 2pm - 4pm Let's KTV Together 2pm-4pm Mental Health Talk 2pm - 3pm (English)	

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
14	15	16	17	18	19
Services - Wellness - CHP 9:30am 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 Let's KTV Together 2pm-4pm Exergame - Happy Feet 2pm-3pm Services - Wellness - CHP 2pm-5pm	Calm 1.0 11am - 12pm Digital - IMDA Go-Digital - Workshop 2pm-4pm Let's Meridian 1pm - 2pm Let's Do Paper Quilling 1pm-2pm Let's Jam with Ukulele 2pm - 3:30pm Strategise 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 Exclusive 3pm - 4pm Let's Steel Combat 6.00pm - 7.00pm	SGH Community Nurse 9:30am 5.30pm 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	RC Health Check Event (By Invitation only) 9am - 1pm
21	22	23	24	25	26
1) Let's Exercise 9.30am - 10.30am 10.45am - 11.45am Services - Wellness - CHP 9:30am -5.30pm 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 Let's KTV Together 2pm - 4pm Exergame - Happy Feet 2pm - 3pm Services - Wellness - CHP 2pm - 5pm	Calm 1.0 11am - 12pm 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	Let's Zumba Gold 10am -11am Hua Chong Secondary school VIA 11am-1230pm 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 - 7.00pm	SGH Community Nurse 9:30am - 5.30pm 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	

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MON

TUE

WED

THU

FRI

SAT

28	29	30			
1) 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	Calm 1.0 11am - 12pm			
Let's Lim Kopi 2pm - 4pm Strategise with Kakis 2pm - 4pm Let's Do Chair Yoga 3pm - 4:30pm	Let's Level up (English) 1pm - 2pm Let's KTV Together 2pm-4pm Exergame - Happy Feet 2pm-3pm 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			

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