




2024 September

 **Centre Name:** AAC Bukit Merah
 **Centre Address:** 117 Jalan Bukit Merah #01-1683 S160117
 **Centre Contact:** 81632631/ 62732969



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Services - Wellness - CHP 9:30am Let's Exercise 9.30am - 10.30am 10.45am - 11.45am Let's Lim Kopi 1pm - 2pm IMDA Set up and use Smartphone (Male Exclusive) 2pm - 4pm Strategise w Kkias 2pm - 4:30pm 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 SGH Community nurse 2pm - 5pm Let's Gen Together - SOTA Dance 3pm - 5pm	Let's Celebrate Birthday 10am - 12pm 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	Let's Zumba Gold 10 am - 11am Current affair U&Me/ 时事新闻你和我 11am - 12pm Services - Wellness - TCM 2pm - 5pm Let's Steel Combat (Male Exclusive) 3pm - 4pm OTAH Session 1 3pm - 4pm Let's Steel Combat 7.30pm - 8.30pm	Services - Wellness - CHP 9:30am Let's Taichi (IL) 9.30am - 10.30 am / 10.45am - 11.45am Strategise with Kakis 2pm - 4pm Let's KTV Together 2pm-4pm	Tanjong Pagar-Tiong Bahru Seniors Wellness Day 2024 8.30am - 12.30pm
9	10	11	12	13	14
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 Make Mooncake with Marvell Asia 1pm-4pm Let's KTV Together 2pm-4pm Exergame - Happy eet 2pm-3pm SGH Community nurse 2pm - 5pm	Let's go catch Pokemon 10am -11am IMDA Be Safe, Be Smart, Be Kind 10am-12pm 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	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 OTAH Session 2 3pm-4pm Let's Steel Combat 7.30pm - 8.30pm	Services - Wellness - CHP 9:30am Let's Taichi (IL) 9.30am - 10.30 am / 10.45am - 11.45am Strategise with Kakis 2pm - 4pm Let's KTV Together 2pm-4pm Let's Gen Together - My First Skool 3pm - 4pm	

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
16	17	18	19	20	21
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	Let's go catch Pokemon 10am -11am Let's Gen Together - M.Y. World Preschool - 10am-11am 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	Current affairs U & Me 11am - 12pm Let's Zumba Gold 10am - 11am Let's Steel Combat (Male Exclusive 3pm - 4pm Services - Wellness - TCM 2pm - 5pm OTAH Session 3 3pm - 4pm Let's Steel Combat 7.30pm - 8.30pm	SGH Community Nurse 9:30am - 5.30pm Let's Taichi (IL) 9.30am - 10.30 am / 10.45am - 11.45am Strategise with Kakis 2pm - 4pm Let's KTV Together 2pm-4pm	Let's Go Gai Gai With DBS 7.30am-9.30am Digital- Fun! LEGGO with 乖孙 (grandkids) 2pm-4pm
23	24	25	26	27	28
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	Let's go catch Pokemon 10am -11am 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	Current affairs U & Me 11am - 12pm Let's Zumba Gold 10am -11am Let's Steel Combat (Male Exclusive 3pm - 4pm Services - Wellness - TCM 2pm - 5pm OTAH Session 4 3pm - 4pm Let's Steel Combat 7.30pm - 8.30pm	SGH Community Nurse 9:30am - 5.30pm Let's Taichi (IL) 9.30am - 10.30 am / 10.45am - 11.45am Strategise with Kakis 2pm - 4pm Let's KTV Together 2pm-4pm	

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Let's Lim Kopi 2pm - 4pm Strategise with Kakis 2pm - 4pm Let's Do Chair Yoga 3pm - 4:30pm					

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