

2024 December

📍 **Centre Name:** Active Ageing Centre (Care) (Bukit Merah Silat)
 🏠 **Centre Address:** Blk 141 Jalan Bukit Merah #01-1172 Spore 160141
 📞 **Centre Contact:** 6251 8047 / 82922677 (Woon / Raymond)



ntuc Health

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	SingHealth Community Nurse Post @ Silat RC Centre Blk 144 Jln Bukit Merah @ 9am - 4 pm	Let's Steel Combat 一起做钢铁拳击(精简版) @ Blk 145 Jalan Bukit Merah, 9 - 10 am *(Men only, 只限男性)	Let's Chair Zumba 一起跳尊巴(乐龄版)/椅子尊巴 9 - 10 am	Centre Closed for NTUC Health Team AAC Building Day! (中心关闭)	Centre Closed (中心关闭)
Mental Wellness Talk - Identify Early signs of Dementia 识别失智症的早期迹象 @ 2pm - 3:30pm	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am		
Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm Let's KTV Together 一起来k歌@ 2-4pm	Let's Celebrate Birthday 一起来庆祝生日 @ 2pm - 4pm (By Invitation Only)	Twenty-One Young Hearts Do Good at AACC BMS Twenty-One Young Hearts 与 AACC BMS 同乐 2 - 3:30 pm		
9	10	11	12	13	14
Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	SingHealth Community Nurse Post @ Silat RC Centre Blk 144 Jln Bukit Merah @ 9am - 4 pm	Let's Steel Combat 一起做钢铁拳击(精简版) @ Blk 145 Jalan Bukit Merah, 9 - 10 am *(Men only, 只限男性)	Let's Chair Zumba 一起跳尊巴(乐龄版)/椅子尊巴 9 - 10 am	Let's La Kopi @Blk 144 by Silat RC @8am - 9am	Centre Closed (中心关闭)
	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am Let's KTV Together 一起来k歌@ 2-4pm Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	
Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Let's Go Gai Gai with Far East Organization 一起和远东机构去Gai Gai 5:30 - 8:30pm	Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Ngee Ann Polytechnic Do Good at AACC BMS 義安理工学院 与 AACC BMS 同乐 Health Carnival 健康嘉年华 1:30 - 4:30 pm	Digital - IMDA Go-Digital - Workshop 资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 "Explore Information Online 在网上搜索信息" @ 2 - 4pm	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	SingHealth Community Nurse Post @ Silat RC Centre Blk 144 Jln Bukit Merah @ 9am - 4 pm	Let's Steel Combat 一起做钢铁拳击(精 简版) @ Blk 145 Jalan Bukit Merah, 9 - 10 am *(Men only, 只限男性)	Let's Chair Zumba 一起跳尊巴(乐龄版) /椅子尊巴 9 - 10 am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Centre Closed (中心关闭)
Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Let's Exercise with Razak on Zoom 一起 跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起 跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起 跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起 跟Razak线上做运动 @ 10 - 11am	
Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	"Healthier Minds, Healthier Lives!" Talk by NTU Confucius Institute 2 - 4 pm	Let's Lim Kopi (Men's Talk) 一起喝咖啡(只限男性) All Male Coffee and Titbits gathering @ 2 - 4pm	Let's Makan Together 一起来Makan@ 11:30am - 12:30pm (By Invitation Only) Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	
23	24	25	26	27	28
Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	SingHealth Community Nurse Post @ Silat RC Centre Blk 144 Jln Bukit Merah @ 9am - 4 pm	Centre Closed (中心关闭) Merry Christmas! 圣诞快乐!	Let's Chair Zumba 一起跳尊巴(乐龄版) /椅子尊巴 9 - 10 am	Let's Brisk Walk 一起快步走 (运动) @10-11am	Centre Closed (中心关闭)
Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Christmas Celebration & Gift Exchange 10 - 11 am		Let's Exercise with Razak on Zoom 一起 跟Razak线上做运动 @ 10 - 11am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	
Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Centre Closed - Christmas Eve (中心关闭) Merry Christmas! 圣诞快乐!		Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	

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MON	TUE	WED	THU	FRI	SAT
30	31				
Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	SingHealth Community Nurse Post @ Silat RC Centre Blk 144 Jln Bukit Merah @ 9am - 4 pm Let's Exercise with Razak on Zoom 一起 跟Razak线上做运动 @ 10 - 11am	Happy New Year! 新年快乐！			
Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Centre Closed - New Year's Eve (中心关闭) Happy New Year! 新年快乐！				

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