

2025 January

📍 **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)



MON	TUE	WED	THU	FRI	SAT	
		1	2	3	4	
		Wishing everyone a Happy New Year! (Centre Closed)	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)	
			Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	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	Let's KTV Together 一起来k歌@ 2-4pm		
6	7	8	9	10	11	
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 Steel Combat 一起做钢铁拳击(精简版) @ Blk 144 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)	
		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	Stay Well Series 保健系列 - 健康讲座 - HPB Program - Balik Kampung 2 - 3 pm	Let's Celebrate Birthday 一起来庆祝生日 @ 2pm - 4pm (By Invitation Only)	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		
Stay Well Series 保健系列 - 健康讲座 All About Benign prostate hypertrophy / 了解前列腺 @ 2pm - 3:30pm		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	

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
13	14	15	16	17	18
Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 9 - 10am	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 9 - 10am	Let's Steel Combat 一起做钢铁拳击 (精简版) @ Blk 144 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 do Good with National Junior College 与国家初级学院同乐 Making CNY Decorations 制作新年装饰 10 - 11:30 pm	Let's do Good with National Junior College 与国家初级学院同乐 Activities with Seniors & Students 长者与学生互动 10 - 11:30 pm	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	Stay Well Series 保健系列 - 健康讲座 - HPB Senior Health Talk - Move it Feel Young! 2 - 3 pm	Let's Go Gai Gai with DBS 一起和DBS去Gai Gai CNY Shopping 新年购物 1 - 4 pm	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	SingHealth Community Nurse Post @ Silat RC Centre Blk 144 Jln Bukit Merah @ 9am - 4 pm	
			Let's KTV Together 一起来k歌@ 2-4pm		

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
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 Steel Combat 一起做钢铁拳击(精简版) @ Blk 144 Jalan Bukit Merah, 9 - 10 am *(Men only, 只限男性) Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	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	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	Stay Well Series 保健系列 - 健康讲座 - HPB Program - Balik Kampung 2 - 3 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 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 SingHealth Community Nurse Post @ Silat RC Centre Blk 144 Jln Bukit Merah @ 9am - 4 pm	
27	28	29	30	31	
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	Happy Chinese New Year! Good Health to All! (Centre Closed)	Happy Chinese New Year! Good Health to All! (Centre Closed)	Let's Brisk Walk 一起快步走 (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 SingHealth Community Nurse Post @ Silat RC Centre Blk 144 Jln Bukit Merah @ 9am - 4 pm	Centre Closed (中心关闭)
Strategise with Kakis 游戏时间 (e.g Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Chinese New Year Eve (Centre Closed - Half Day)				

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