

2024 July

📍 **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



| MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|-----------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 |
| Exercise 运动 @ 10 - 11am Empowered COC Radin Mas CC Mental Wellness Talk (Mandarin)/ 健康讲座 (华语)@2pm - 3pm | Exercise 运动 @ 10 - 11am Karaoke卡拉OK@ 2-4pm | Exercise 运动 @ 10 - 11am Eye Screening by Ngee Ann Poly @ 9am - 12pm | Exercise 运动 @ 10 - 11am Board Games 棋类游戏 @ 2 - 4pm | Exercise 运动 @ 10 - 11am Board Games 棋类游戏 @ 2 - 4pm | CENTRE CLOSED (中心关闭) |
| Board Games 棋类游戏 @ 3 - 4pm | Board Games 棋类游戏 @ 2 - 4pm | Board Games 棋类游戏 @ 2 - 4pm | | | |
| 8 | 9 | 10 | 11 | 12 | 13 |
| Exercise 运动 @ 10 - 11am | Exercise 运动 @ 10 - 11am | Exercise 运动 @ 10 - 11am | Exercise 运动 @ 10 - 11am | Let's La Kopi @Blk 144 by Silat RC @8am - 9am | CENTRE CLOSED (中心关闭) |
| Board Games 棋类游戏 @ 2 - 4pm | Karaoke卡拉OK@ 2-4pm | Birthday Celebration (Communal Dining) / 庆祝生日 @ 2pm - 4pm | Board Games 棋类游戏 @ 2 - 4pm | Exercise 运动 @ 10 - 11am | |
| | Board Games 棋类游戏 @ 2 - 4pm | | | Board Games 棋类游戏 @2-4pm | |
| 15 | 16 | 17 | 18 | 19 | 20 |
| Exercise 运动 @ 10 - 11am Empowered COC Radin Mas CC Mental Wellness Talk (Mandarin)/ 健康讲座 (华语)@2pm - 3pm | Exercise 运动 @ 10 - 11am Karaoke卡拉OK@ 2-4pm | Exercise 运动 @ 10 - 11am Board Games 棋类游戏 @ 2 - 4pm | Current Affairs U & Me 9:15 - 9:45 am Exercise 运动 @ 10 - 11am | Exercise 运动 @ 10 - 11am Board Games 棋类游戏 @ 2 - 4pm | CENTRE CLOSED (中心关闭) |
| Board Games 棋类游戏 @ 3 - 4pm | Board Games 棋类游戏 @ 2 - 4pm | | Board Games 棋类游戏 @ 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 |
|--|----------------------------|---|----------------------------|---|-----------------------------|
| 22 | 23 | 24 | 25 | 26 | 27 |
| Exercise 运动 @ 10 - 11am | Exercise 运动 @ 10 - 11am | Exercise 运动 @ 10 - 11am | Exercise 运动 @ 10 - 11am | Brisk Walk by DBS @ 8.30-11.30am | CENTRE CLOSED (中心关闭) |
| Board Games 棋类游戏 @ 2 - 4pm | Karaoke卡拉OK@ 2-4pm | All Male Coffee and Tit Bits gathering @ 2 - 4pm | Board Games 棋类游戏 @ 2 - 4pm | Exercise 运动 @ 10 - 11am | |
| | Board Games 棋类游戏 @ 2 - 4pm | | | Board Games 棋类游戏 @ 2 - 4pm | |
| 29 | 30 | 31 | | | |
| Exercise 运动 @ 10 - 11am | Exercise 运动 @ 10 - 11am | Exercise 运动 @ 10 - 11am | | | |
| Empowered COC Radin Mas CC Mental Wellness Talk (Mandarin)/ 健康讲座 (华语)@2pm - 3pm | Karaoke卡拉OK @ 2-4pm | Board Games 棋类游戏 @ 2 - 4pm | | | |
| Board Games 棋类游戏 @3-4pm | Board Games 棋类游戏 @2-4pm | Dessert Day @ 4 - 4:30 pm | | | |

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