

2024 November

📍 **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
				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 (中心关闭)
4	5	6	7	8	
Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Community Health Post 社区健康岗 @ 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	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 Makan Together 一起来Makan@ 11:30am - 12:30pm (By Invitation Only)	Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	CENTRE CLOSED (中心关闭)
Empowered COC Radin Mas CC Mental Wellness Talk (Mandarin) /Healthy Living : Body and Mind (general, health habits- sleeping, stress management) 身心健康, 活出健康 @2pm - 3:30pm	Let's KTV Together 一起来k歌@ 2-4pm	Let's Celebrate Birthday 一起来庆祝生日 庆祝生日 @ 2pm - 4pm (By Invitation Only)	Strategise with Kakis 游戏时间 (e.g. Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	Digital - IMDA Go-Digital - Workshop 资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 @ 2 - 4pm	
Strategise with Kakis 游戏时间 (e.g. Mahjong, Rummy-O) 棋类游戏 @ 3:30 - 4:30 pm	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
11	12	13	14	15	16
Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Community Health Post 社区健康岗 @ 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	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 Current Affairs U&Me/ 时事新闻你和我 11 - 11:30 am Let's Makan Together 一起来 Makan@ 11:30am - 12:30pm (By Invitation Only)	CENTRE CLOSED (中心关闭) For Internal Event	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 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 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		
18	19	20	21	22	23
Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Community Health Post 社区健康岗 @ 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	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 Makan Together 一起来 Makan@ 11:30am - 12:30pm (By Invitation Only)	Let's Go Gai Gai with 8X8 International 一起和(8x8 International)去 Gai Gai - Rail Corridor Walk @ 9 - 12am	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 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	Strategise with Kakis 游戏时间 (e.g. Mahjong, Rummy-O) 棋类游戏 @ 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 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	

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
Let's Exercise with Razak on Zoom 一起跟Razak线上做运动 @ 10 - 11am	Community Health Post 社区健康岗 @ Silat RC Centre Blk 144 Jln Bukit Merah @ 9am - 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 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	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 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	Strategise with Kakis 游戏时间 (e.g. Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm Let's Makan Together 一起来 Makan Dessert Day @ 4 - 5:00 pm	NParks Talk - Pigeon Feeding and Wildlife around Silat @ 2 to 4 pm 	Towards Healthier Hearts Workshop - 29 Nov @ Radin Mas CC 1 - 4 pm Strategise with Kakis 游戏时间 (e.g. Mahjong, Rummy-O) 棋类游戏 @ 2 - 4pm	

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