

# 2023 May

 **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	
		<b>Centre Closed (中心关闭)</b> <b>Public Holiday - Labour Day (劳动节)</b>	Exercise 运动 @ 10 - 11am	Exercise 运动 @ 10 - 11am	<b>CENTRE CLOSED</b>	
			Board Games棋类游戏 @2-4pm	Board Games棋类游戏 @2-4pm		
6	7	8	9	10	11	
Exercise 运动 @ 10 - 11am	Exercise 运动 @ 10 - 11am	Exercise 运动 @ 10 - 11am	Exercise 运动 @ 10 - 11am	<b>Let's La Kopi @Blk 144 by Silat RC @8am - 9am</b>	<b>FOOD BUNDLES DISTRIBUTION BY FOOD BANK (10AM-1PM)</b>	
<b>Empowered COC Radin Mas CC Mental Wellness Talk (Mandarin)/ 健康讲座 (华语)@2pm - 3pm</b>	Karaoke卡拉OK@ 2-4pm	<b>Birthday Celebration (Communal Dinning) / 庆祝生日 @ 2pm - 4pm</b>	Board Games棋类游戏 @2-4pm			Exercise 运动 @ 10 - 11am
Board Games棋类游戏 @3-4pm	Board Games棋类游戏 @2-4pm					Board Games棋类游戏 @2-4pm
13	14	15	16	17	18	
Exercise 运动 @ 10 - 11am	Exercise 运动 @ 10 - 11am	Exercise 运动 @ 10 - 11am	Exercise 运动 @ 10 - 11am	<b>Centre Closed (中心关闭) FOR QUARTERLY AAC/AACC TOWNHALL / WORKSHOP</b>	<b>CENTRE CLOSED</b>	
Board Games棋类游戏 @2-4pm	Karaoke卡拉OK@ 2-4pm	<b>Mother's Day Celebration (Communal Dinning) / 庆祝母亲节 @ 2pm - 4pm</b>	Board Games棋类游戏 @2-4pm			
	Board Games棋类游戏 @2-4pm					
20	21	22	23	24	25	
Exercise 运动 @ 10 - 11am	Exercise 运动 @ 10 - 11am	<b>Centre Closed (中心关闭)</b> <b>Public Holiday - Vesak Day (卫塞节)</b>	Exercise 运动 @ 10 - 11am	Exercise 运动 @ 10 - 11am	<b>CENTRE CLOSED</b>	
<b>Empowered COC Radin Mas CC Mental Wellness Talk (Mandarin)/ 健康讲座 (华语)@2pm - 3pm</b>	Karaoke卡拉OK@ 2-4pm		Board Games棋类游戏 @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					
27	28	29	30	31		
Exercise 运动 @ 10 - 11am	Exercise 运动 @ 10 - 11am	Exercise 运动 @ 10 - 11am	Exercise 运动 @ 10 - 11am	Exercise 运动 @10-11am (BriskWalk)	<b>CENTRE CLOSED</b>	
Board Games棋类游戏 @2-4pm	Karaoke卡拉OK@ 2-4pm	Board Games棋类游戏 @2-4pm	Board Games棋类游戏 @2-4pm	Board Games棋类游戏 @2-4pm		
	Board Games棋类游戏 @2-4pm					