




# 2024 December

 **Centre Name:** Active Ageing Centre (Bukit Merah View)  
 **Centre Address:** Blk 117 Bukit Merah View #01-205 S151117  
 **Centre Contact:** 6250 4069






**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Silver Crossfit @ 10am - 11am	Walking Football (wk#3) @ 10am -11:30am	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	<b>Centre Closure</b>	
Hair Cut @ 10am - 12pm	CAL C2C Dementia Workshop @ 10am -12pm	Let's Qigong @ 9:30am - 10:30am	Let's Line Dance @ 10:30am - 11:30am		
Health Talk (Virtual) @ 2pm - 3:30pm	F4 @ 10am - 12pm	Let's Pick Up English @ 10am - 11am	F4 @ 2pm - 4pm		
Strategize with Kakis @ 3:30pm - 5pm	F4 @ 2pm - 4pm	CALM 1.0 (wk#3) @ 2:30pm - 3:30pm	Fun with Switch @ 4:30pm - 5:30pm		
Let's KTV Together @ 3:30pm - 5:30pm	Strategize with Kakis @ 4:30pm - 6pm	Let's Gen with MFS [AAC] @ 3:30pm - 4:30pm			
Let's Lim Kopi @ 3pm - 4pm					
9	10	11	12	13	14
Silver Crossfit @ 10am - 11am	Walking Football (wk#4) @ 10am -11:30am	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am	
Strategize with Kakis @ 2pm - 4pm	CAL C2C Dementia Workshop @ 10am -12pm	Let's Qigong @ 9:30am - 10:30am	Ngee Ann Poly Health Carnival @ 9am - 12pm	Let's Do Art @ 9am - 10:30am	
Let's KTV Together @ 2pm - 4pm	F4 @ 10am - 12pm	Let's Pick Up English @ 10am - 11am	Let's Line Dance @ 12:30am - 1:30pm	CALM 1.0 (wk#4) @ 11am - 12pm	
Let's Lim Kopi @ 3pm - 4pm	F4 @ 2pm - 4pm	CALM 1.0 (wk#4) @ 2:30pm - 3:30pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's Celebrate Birthday @ 4pm - 5:30pm	Strategize with Kakis @ 4:30pm - 6pm		Fun with Switch @ 4:30pm - 5:30pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategize with Kakis @ 3pm - 5pm	
16	17	18	19	20	21
Silver Crossfit @ 10am - 11am	Walking Football (wk#5) @ 10am -11:30am	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am	
Strategize with Kakis @ 3pm - 5pm	F4 @ 10am - 12pm	Let's Qigong @ 9:30am - 10:30am	Let's Line Dance @ 10:30am - 11:30am	Let's Do Art @ 9am - 10:30am	
Singing Class @ 3pm - 5pm	F4 @ 2pm - 4pm	Let's Pick Up English @ 10am - 11am	F4 @ 2pm - 4pm	CALM 1.0 (wk#5) @ 11am - 12pm	
Let's Lim Kopi @ 3pm - 4pm	Strategize with Kakis @ 4:30pm - 6pm	Let's Learn Baking/Cooking @ 10am - 12pm	Fun with Switch @ 4:30pm - 5:30pm	Let's Steel Combat @ 1:30pm - 2:30pm	
		CALM 1.0 (wk#5) @ 2:30pm - 3:30pm	Let's Celebrate Christmas! @ 7pm - 8:30pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategize with Kakis @ 3pm - 5pm	

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MON

TUE

WED

THU

FRI

SAT

23		24		25		26		27		28	
Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm	<b>Centre Closure</b>		<b>Public Holiday: Christmas Day</b>		Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am				
Strategize with Kakis @ 3pm - 5pm						Let's Line Dance @ 10:30am - 11:30am	Let's Do Art @ 9am - 10:30am				
Let's KTV Together @ 3pm - 5pm						CALM 1.0 (wk#6) @ 2:30pm - 3:30pm	CALM 1.0 (wk#6) @ 11am - 12pm				
Let's Lim Kopi @ 3pm - 4pm						IMDA talk @ 4pm-6pm	Let's Steel Combat @ 1:30pm - 2:30pm				
							Let's Jam with Ukelele @ 2:45pm - 4:15pm				
				Strategize with Kakis @ 3pm - 5pm							
30		31									
Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm	<b>Centre Closure</b>		<b>Public Holiday: New Year's Day</b>							
Strategize with Kakis @ 3pm - 5pm											
Let's KTV Together @ 3pm - 5pm											
Let's Lim Kopi @ 3pm - 4pm											

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# 2024 十二月

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 **Centre Contact:** 6250 4069



**NTUC Health**

星期一

星期二

星期三

星期四

星期五

星期六

2		3		4		5		6		7	
混合健身 @ 10am - 11am	步行足球 @ 10am - 11:30am	社区护理站 @ 9am - 11am	社区护理站 @ 9am - 5pm	中心关闭							
理发 @ 10am - 12pm	失智症工作坊 @ 10am - 12pm	一起练气功 @ 9:30am - 10:30am	一起跳排舞 @ 10:30am - 11:30am								
健康讲座 @ 2pm - 3:30pm	F4 @ 10am - 12pm	一起学英语 @ 10am - 11am	F4 @ 2pm - 4pm								
与朋友一起策略 (桌游) @ 3:30pm - 5pm	F4 @ 2pm - 4pm	CALM 1.0 (wk#3) @ 2:30pm - 3:30pm	一起玩电动游戏 @ 4:30pm - 5:30pm								
一起KTV @ 3:30pm - 5:30pm	与朋友一起策略 (桌游) @ 4:30pm - 6pm	与MFS互动 [AAC] @ 3:30pm - 4:30pm									
一起喝咖啡 @ 3pm - 4pm											
9		10		11		12		13		14	
混合健身 @ 10am - 11am	步行足球 @ 10am - 11:30am	社区护理站 @ 9am - 11am	社区护理站 @ 9am - 5pm	社区护理站 @ 9am - 11am	社区护理站 @ 9am - 5pm	一起练八段锦与洪光关节操 @ 9am - 10am	一起学美术 @ 9am - 10:30am				
健康讲座 @ 2pm - 3:30pm	失智症工作坊 @ 10am - 12pm	一起练气功 @ 9:30am - 10:30am	义安理工学院 健康 嘉年华 @ 9am - 12pm	一起学英语 @ 10am - 11am	一起跳排舞 @ 12:30am - 1:30pm	CALM 1.0 (wk#4) @ 11am - 12pm					
与朋友一起策略 (桌游) @ 3:30pm - 5pm	F4 @ 10am - 12pm	一起学英语 @ 10am - 11am	一起跳排舞 @ 12:30am - 1:30pm	CALM 1.0 (wk#4) @ 2:30pm - 3:30pm	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm					
一起KTV @ 3:30pm - 5:30pm	F4 @ 2pm - 4pm	CALM 1.0 (wk#4) @ 2:30pm - 3:30pm	一起玩电动游戏 @ 4:30pm - 5:30pm			优克里里弹唱 @ 2:45pm - 4:15pm					
一起庆生 @ 4pm - 5:30pm	与朋友一起策略 (桌游) @ 4:30pm - 6pm					与朋友一起策略 (桌游) @ 3pm - 5pm					
16		17		18		19		20		21	
混合健身 @ 10am - 11am	步行足球 @ 10am - 11:30am	社区护理站 @ 9am - 11am	社区护理站 @ 9am - 5pm	社区护理站 @ 9am - 11am	社区护理站 @ 9am - 5pm	一起练八段锦与洪光关节操 @ 9am - 10am	一起学美术 @ 9am - 10:30am				
与朋友一起策略 (桌游) @ 3pm - 5pm	F4 @ 10am - 12pm	一起练气功 @ 9:30am - 10:30am	一起跳排舞 @ 10:30am - 11:30am	一起学英语 @ 10am - 11am	F4 @ 2pm - 4pm	CALM 1.0 (wk#5) @ 11am - 12pm					
一起KTV @ 3pm - 5pm	F4 @ 2pm - 4pm	一起学英语 @ 10am - 11am	一起玩电动游戏 @ 4:30pm - 5:30pm	一起学烘焙/厨艺 @ 10am - 12pm		一起练钢铁拳击 @ 1:30pm - 2:30pm					
一起喝咖啡 @ 3pm - 4pm	与朋友一起策略 (桌游) @ 4:30pm - 6pm	一起学烘焙/厨艺 @ 10am - 12pm	一起玩电动游戏 @ 4:30pm - 5:30pm	CALM 1.0 (wk#5) @ 2:30pm - 3:30pm	一起庆祝圣诞节! @ 7pm - 8:30pm	优克里里弹唱 @ 2:45pm - 4:15pm					
						与朋友一起策略 (桌游) @ 3pm - 5pm					

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# 2024 十二月

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星期一

星期二

星期三

星期四

星期五

星期六

23		24		25		26		27		28	
混合健身 @ 10am - 11am	F4 @ 10am - 12pm					社区护理站 @ 9am - 5pm		一起练八段锦与洪光关节操 @ 9am - 10am			
与朋友一起策略 (桌游) @ 3pm - 5pm	中心关闭	公共假日: 圣诞节				一起跳排舞 @ 10:30am - 11:30am		一起学美术 @ 9am - 10:30am			
一起KTV @ 3pm - 5pm						CALM 1.0 (wk#6) @ 2:30pm - 3:30pm		CALM 1.0 (wk#6) @ 11am - 12pm			
一起喝咖啡 @ 3pm - 4pm						乐学数码讲座 @ 4pm-6pm		一起练钢铁拳击 @ 1:30pm - 2:30pm			
								优克里里弹唱 @ 2:45pm - 4:15pm			
											与朋友一起策略 (桌游) @ 3pm - 5pm
30		31									
混合健身 @ 10am - 11am	F4 @ 10am - 12pm										
与朋友一起策略 (桌游) @ 3pm - 5pm	中心关闭	公共假日: 新年									
一起KTV @ 3pm - 5pm											
一起喝咖啡 @ 3pm - 4pm											

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