




2025 January

 **Centre Name:** Active Ageing Centre (Bukit Merah View)
 **Centre Address:** Blk 117 Bukit Merah View #01-205 S'pore 151117
 **Centre Contact:** 6250 4069






MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Public Holiday: New Year's Day	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am	
			Let's Line Dance @ 10:30am - 11:30am	Let's Do Art @ 9am - 10:30am	
			F4 @ 2pm - 4pm	CALM 1.0 (wk#7) @ 11am - 12pm	
			CALM 1.0 (wk#7) @ 2:30pm - 3:30pm	Let's Steel Combat @ 1:30pm - 2:30pm	
			Fun with Switch @ 4:30pm - 5:30pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategize with Kakis @ 3pm - 5pm	
6	7	8	9	10	11
Silver Crossfit @ 10am - 11am	Walking Football (wk#6) @ 10am - 11:30am	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am	
Strategize with Kakis @ 2pm - 4pm	CFS Well-Being Talk @ 10am - 12pm	Let's Qigong @ 9:30am - 10:30am	Let's Learn Phonics @ 9:30am - 10:30am	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 @ 10:30am - 11:30am	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's Lim Kopi @ 3pm - 4pm	F4 @ 2pm - 4pm	Hair Cut @ 10am - 12:30pm	F4 @ 2pm - 4pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
Let's Celebrate Birthday @ 4pm - 5:30pm	Strategize with Kakis @ 4:30pm - 6pm	CALM 1.0 (wk#8) @ 2pm - 4:30pm	Fun with Switch @ 4:30pm - 5:30pm	Strategize with Kakis @ 3pm - 5pm	
13	14	15	16	17	18
Silver Crossfit @ 10am - 11am	Walking Football (wk#7) @ 10am - 11:30am	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am	
Strategize with Kakis @ 3pm - 5pm	CFS Well-Being Talk @ 10am - 12pm	Let's Qigong @ 9:30am - 10:30am	Let's Learn Phonics @ 9:30am - 10:30am	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 @ 10:30am - 11:30am	Let's Square Step#1 @ 11am - 12pm	
Let's Lim Kopi @ 3pm - 4pm	F4 @ 2pm - 4pm	Let's Learn Baking/Cooking @ 10am - 12pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
	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	

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Silver Crossfit @ 10am - 11am	Walking Football (wk#8) @ 10am - 11:30am	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am	
Strategise with Kakis @ 3pm - 5pm	CFS Well-Being Talk @ 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 @ 10am - 12pm	Let's Pick Up English @ 10am - 11am	F4 @ 2pm - 4pm	Let's Square Step#2 @ 11am - 12pm	
Let's Lim Kopi @ 3pm - 4pm	F4 @ 2pm - 4pm	CHP Health Talk @ 2pm - 3pm	IMDA talk @ 4pm-6pm	Let's Steel Combat @ 1:30pm - 2:30pm	
	Strategize with Kakis @ 4:30pm - 6pm			Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategize with Kakis @ 3pm - 5pm	
27	28	29	30	31	
Silver Crossfit @ 9:30am - 10:30am	F4 @ 10am - 12pm			Let's Meridien @ 9am - 10am	
Dave & Friends @ 10:30am - 12:30pm	Centre Closure from 1pm	Public Holiday: Chinese New Year's Day	Public Holiday: Chinese New Year's Day	Let's Do Art @ 9am - 10:30am	
Strategize with Kakis @ 3pm - 5pm				Let's Square Step#3 @ 11am - 12pm	
Let's KTV Together @ 2pm - 4pm				Let's Steel Combat @ 1:30pm - 2:30pm	
Let's Lim Kopi @ 3pm - 4pm				Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategize with Kakis @ 3pm - 5pm	

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2025 一月

 **Centre Name:** 活跃乐龄中心 (红山景)
 **Centre Address:** Blk 117 Bukit Merah View #01-205 Spore 151117
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星期一

星期二

星期三

星期四

星期五




星期六

		1		2		3		4	
		公共假日： 新年		社区护理站 @ 9am - 5pm	一起练八段锦与洪光关节操 @ 9am - 10am				
				一起跳排舞 @ 10:30am - 11:30am	一起学美术 @ 9am - 10:30am				
				F4 @ 2pm - 4pm	CALM 1.0 (wk#7) @ 11am - 12pm				
				CALM 1.0 (wk#7) @ 2:30pm - 3:30pm	一起练钢铁拳击 @ 1:30pm - 2:30pm				
				一起玩电动游戏 @ 4:30pm - 5:30pm	优克里里弹唱 @ 2:45pm - 4:15pm				
				与朋友一起策略 (桌游) @ 3pm - 5pm					
6		7		8		9		10	
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	一起练八段锦与洪光关节操 @ 9am - 10am					
与朋友一起策略 (桌游) @ 2pm - 4pm	CFS 讲座: 财务规划 @ 10am - 12pm	一起练气功 @ 9:30am - 10:30am	一起学英语自然拼读法 @ 9:30am - 10:30am	一起学美术 @ 9am - 10:30am					
一起KTV @ 2pm - 4pm	F4 @ 10am - 12pm	一起学英语 @ 10am - 11am	一起跳排舞 @ 10:30am - 11:30am	一起练钢铁拳击 @ 1:30pm - 2:30pm					
一起喝咖啡 @ 3pm - 4pm	F4 @ 2pm - 4pm	理发 @ 10am - 12:30pm	F4 @ 2pm - 4pm	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	CALM 1.0 (wk#8) @ 2pm - 4:30pm	一起玩电动游戏 @ 4:30pm - 5:30pm	与朋友一起策略 (桌游) @ 3pm - 5pm					
13		14		15		16		17	
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	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	CFS 讲座 @ 10am - 12pm	一起练气功 @ 9:30am - 10:30am	一起学英语自然拼读法 @ 9:30am - 10:30am	一起学美术 @ 9am - 10:30am					
一起KTV @ 2pm - 4pm	F4 @ 10am - 12pm	一起学英语 @ 10am - 11am	一起跳排舞 @ 10:30am - 11:30am	方块踏步运动#1 @ 11am - 12pm					
一起喝咖啡 @ 3pm - 4pm	F4 @ 2pm - 4pm	一起学烘焙/厨艺 @ 10am - 12pm	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm					
	与朋友一起策略 (桌游) @ 4:30pm - 6pm		一起玩电动游戏 @ 4:30pm - 5:30pm	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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星期二

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星期四

星期五

星期六

20	21	22	23	24	25
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	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	CFS 讲座 @ 10am - 12pm	一起练气功 @ 9:30am - 10:30am	一起跳排舞 @ 10:30am - 11:30am	一起学美术 @ 9am - 10:30am	
一起学唱歌 @ 3pm - 5pm	F4 @ 10am - 12pm	一起学英语 @ 10am - 11am	F4 @ 2pm - 4pm	方块踏步运动#2 @ 11am - 12pm	
一起喝咖啡 @ 3pm - 4pm	F4 @ 2pm - 4pm	社区护理健康讲座 @ 2pm - 3pm	乐学数码讲座 @ 4pm-6pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
	与朋友一起策略 (桌游) @ 4:30pm - 6pm			优克里里弹唱 @ 2:45pm - 4:15pm	
				与朋友一起策略 (桌游) @ 3pm - 5pm	
27	28	29	30	31	
混合健身 @ 9:30am - 10:30am	F4 @ 10am - 12pm			一起练八段锦与洪光关节操 @ 9am - 10am	
The Meladies歌唱演出 @ 10:30am - 12:30pm	中心关闭 从一点起	公共假日: 农历新年	公共假日: 农历新年	一起学美术 @ 9am - 10:30am	
与朋友一起策略 (桌游) @ 3pm - 5pm				方块踏步运动#3 @ 11am - 12pm	
一起KTV @ 2pm - 4pm				一起练钢铁拳击 @ 1:30pm - 2:30pm	
一起喝咖啡 @ 3pm - 4pm				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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