




# 2024 July

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






**NTUC Health**

MON		TUE		WED		THU		FRI		SAT	
1		2		3		4		5		6	
Hair Cut @ 10am - 12pm		F4 @ 10am - 12pm		Community Health Post @ 9am - 11am		Community Health Post @ 9am - 5pm		Let's Meridien @ 9am - 10am			
Strategise with Kakis @ 3pm - 5pm		F4 @ 2pm - 4pm		Let's Qigong @ 9:30am - 10:30am		Let's Line Dance @ 10:30am - 11:30am		Let's Do Art @ 10am - 12pm			
Let's KTV Together @ 3pm - 5pm				Let's Pick Up English @ 10am - 11am		Let's Celebrate Birthday @ 2:30pm - 3:30pm		Let's Steel Combat @ 1:30pm - 2:30pm			
				MINDEF Do Good at BMV @ 2:30pm - 3:30pm				Let's Jam with Ukelele @ 2:45pm - 4:15pm			
								Strategise with Kakis @ 3pm - 5pm			
8		9		10		11		12		13	
Strategise with Kakis @ 3pm - 5pm		F4 @ 10am - 12pm		Community Health Post @ 9am - 11am		Community Health Post @ 9am - 5pm		Let's Meridien @ 9am - 10am			
Let's KTV Together @ 3pm - 5pm		F4 @ 2pm - 4pm		Let's Qigong @ 9:30am - 10:30am		Let's Line Dance @ 10:30am - 11:30am		Let's Steel Combat @ 1:30pm - 2:30pm			
				Let's Pick Up English @ 10am - 11am				Let's Jam with Ukelele @ 2:45pm - 4:15pm			
								Strategise with Kakis @ 3pm - 5pm			
								Let's Celebrate Racial Harmony @ 7pm - 8:30pm			

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
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Strategise with Kakis @ 3pm - 5pm	F4 @ 10am - 12pm	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am	
Singing Class @ 3pm - 5pm	F4 @ 2pm - 4pm	NP Visual Screening @ 9am - 12pm	Let's Line Dance @ 10:30am - 11:30am	Let's Steel Combat @ 1:30pm - 2:30pm	
		Let's Qigong @ 9:30am - 10:30am	F4 @ 2pm - 4pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
		Let's Pick Up English @ 10am - 11am		Strategise with Kakis @ 3pm - 5pm	
		MINDEF Do Good at BMV @ 2:30pm - 3:30pm			
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Strategise with Kakis @ 3pm - 5pm	F4 @ 10am - 12pm	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am	nEbo Activities @ 10am - 11:30am
Let's KTV Together @ 3pm - 5pm	F4 @ 2pm - 4pm	Let's Qigong @ 9:30am - 10:30am	Let's Line Dance @ 10:30am - 11:30am	Let's Steel Combat @ 1:30pm - 2:30pm	
		Let's Pick Up English @ 10am - 11am	F4 @ 2pm - 4pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
		Let's Learn Baking/Cooking @ 2pm - 4pm		Strategise with Kakis @ 3pm - 5pm	
<b>29</b>	<b>30</b>	<b>31</b>			
Strategise with Kakis @ 3pm - 5pm	F4 @ 10am - 12pm	Community Health Post @ 9am - 11am			
Let's KTV Together @ 3pm - 5pm	F4 @ 2pm - 4pm	Let's Qigong @ 9:30am - 10:30am			
		Let's Pick Up English @ 10am - 11am			
		MINDEF Do Good at BMV @ 2:30pm - 3:30pm			

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# 2024 七月

 **Centre Name:** 活跃乐龄中心 (红山景)  
 **Centre Address:** Blk 117 Bukit Merah View #01-205 Spore 151117  
 **Centre Contact:** 6250 4069



**ntuc Health**

星期一

星期二

星期三

星期四

星期五




星期六

1	2	3	4	5	6
理发 @ 10am - 12pm	F4 @ 10am - 12pm	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	F4 @ 2pm - 4pm	一起练气功 @ 9:30am - 10:30am	一起跳排舞 @ 10:30am - 11:30am	一起学美术 @ 10am - 12pm	
一起KTV @ 3pm - 5pm		一起学英语 @ 10am - 11am	一起庆生 @ 2:30pm - 3:30pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
		与国防部队互动 @ 2:30pm - 3:30pm		优克里里弹唱 @ 2:45pm - 4:15pm	
				与朋友一起策略(桌游) @ 3pm - 5pm	
8	9	10	11	12	13
与朋友一起策略(桌游) @ 3pm - 5pm	F4 @ 10am - 12pm	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KTV @ 3pm - 5pm	F4 @ 2pm - 4pm	一起练气功 @ 9:30am - 10:30am	一起跳排舞 @ 10:30am - 11:30am	一起练钢铁拳击 @ 1:30pm - 2:30pm	
		一起学英语 @ 10am - 11am		优克里里弹唱 @ 2:45pm - 4:15pm	
				与朋友一起策略(桌游) @ 3pm - 5pm	
				一起庆祝种族和谐日 @ 7pm - 8:30pm	

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星期一

星期二

星期三

星期四

星期五

星期六

15		16		17		18		19		20	
与朋友一起策略(桌游) @ 3pm - 5pm	F4 @ 10am - 12pm	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							
一起学唱歌 @ 3pm - 5pm	F4 @ 2pm - 4pm	视觉筛选 @ 9am - 12pm	一起跳排舞 @ 10:30am - 11:30am	一起练钢铁拳击 @ 1:30pm - 2:30pm							
		一起练气功 @ 9:30am - 10:30am	F4 @ 2pm - 4pm	优克里里弹唱 @ 2:45pm - 4:15pm							
		一起学英语 @ 10am - 11am		与朋友一起策略(桌游) @ 3pm - 5pm							
		与国防部队互动 @ 2:30pm - 3:30pm									
22		23		24		25		26		27	
与朋友一起策略(桌游) @ 3pm - 5pm	F4 @ 10am - 12pm	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	nEbo 活动 @ 10am - 11:30am						
一起学唱歌 @ 3pm - 5pm	F4 @ 2pm - 4pm	一起练气功 @ 9:30am - 10:30am	一起跳排舞 @ 10:30am - 11:30am	一起练钢铁拳击 @ 1:30pm - 2:30pm							
		一起学英语 @ 10am - 11am	F4 @ 2pm - 4pm	优克里里弹唱 @ 2:45pm - 4:15pm							
		一起学烘焙/厨艺 @ 2pm - 4pm		与朋友一起策略(桌游) @ 3pm - 5pm							
29		30		31							
与朋友一起策略(桌游) @ 3pm - 5pm	F4 @ 10am - 12pm	社区护理站 @ 9am - 11am									
一起学唱歌 @ 3pm - 5pm	F4 @ 2pm - 4pm	一起练气功 @ 9:30am - 10:30am									
		一起学英语 @ 10am - 11am									
		与国防部队互动 @ 2:30pm - 3:30pm									

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