




# 2024 May

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



MON	TUE	WED	THU	FRI	SAT	
		1	2	3	4	
		<b>Public Holiday: Labour Day</b>	Community Health Post @ 9am - 5pm	Let's Meridien @ 9:30am - 10:30am		
			Let's Line Dance @ 10:30am - 11:30am	Let's Steel Combat @ 1:30pm - 2:30pm		
			Let's Celebrate Birthday @ 2:30pm - 3:30pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm		
				Strategise with Kakis @ 3pm - 5pm		
6	7	8	9	10	11	
Strategise with Kakis @ 3pm - 5pm	F4 @ 10am - 12pm	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9:30am - 10:30am		
Let's KTV Together @ 3pm - 5pm	F4 @ 2pm - 4pm	Let's Go Gai Gai to Tampines @ 11am - 4pm	Let's Line Dance @ 10:30am - 11:30am	Let's Do Art @ 10am - 12pm		
		MINDEF Do Good at BMV @ 2:30pm - 3:30pm	Community Bake Event @ 1pm - 5pm	Let's Steel Combat @ 1:30pm - 2:30pm		
				Let's Jam with Ukelele @ 2:45pm - 4:15pm		
				Strategise with Kakis @ 3pm - 5pm		
				Let's Celebrate Mother's Day @ 7pm - 8:30pm		
13	14	15	16	17	18	
Let's Celebrate Mother's Day @ 10am - 11:30am	F4 @ 10am - 12pm	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	<b>Centre Closure</b>		
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 KTV Together @ 3pm - 5pm		Let's Pick Up English @ 10am - 11am	Let's Gen with MFS @ 3pm - 4:30pm			
		Let's Learn to Bake @ 2pm-4pm				
20	21	22	23	24	25	
Strategise with Kakis @ 3pm - 5pm	F4 @ 10am - 12pm	<b>Public Holiday: Vesak Day</b>	Community Health Post @ 9am - 5pm	Let's Meridien @ 9:30am - 10:30am	Let's Gen with nEbo @ 10am - 11:30am	
Let's KTV Together @ 3pm - 5pm	F4 @ 2pm - 4pm			Let's Line Dance @ 10:30am - 11:30am	Let's Do Art @ 10am - 12pm	
					Let's Steel Combat @ 1:30pm - 2:30pm	
				Let's Jam with Ukelele @ 2:45pm - 4:15pm		
				Strategise with Kakis @ 3pm - 5pm		
27	28	29	30	31		
HSG Ambassador Deployment @ 10am - 4pm	F4 @ 10am - 12pm	HSG Ambassador Deployment @ 10am - 4pm	HSG Ambassador Deployment @ 10am - 4pm	HSG Ambassador Deployment @ 10am - 4pm		
Strategise with Kakis @ 3pm - 5pm	F4 @ 2pm - 4pm	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9:30am - 10:30am		
Let's KTV Together @ 3pm - 5pm		Let's Qigong @ 9:30am - 10:30am	Let's Line Dance @ 10:30am - 11:30am	Let's Do Art @ 10am - 12pm		
		Let's Pick Up English @ 10am - 11am		Let's Steel Combat @ 1:30pm - 2:30pm		
		Let's Learn to Bake @ 2pm-4pm		Let's Jam with Ukelele @ 2:45pm - 4:15pm		
				Strategise with Kakis @ 3pm - 5pm		

\* Programmes and activities may be changed or adjusted without prior notice. Please call for more details, or to register with us.

# 2024 五月

📍 **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



星期一

星期二

星期三

星期四

星期五

星期六

1		2		3		4					
		<b>公共假日: 劳动节</b>		社区护理站 @ 9am - 5pm 一起跳排舞 @ 10:30am - 11:30am 一起庆生 @ 2:30pm - 3:30pm	一起练八段锦与洪光关节操 @ 9:30am - 10:30am 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						
6		7		8		9		10		11	
与朋友一起策略(桌游) @ 3pm - 5pm 一起KTV @ 3pm - 5pm	F4 @ 10am - 12pm F4 @ 2pm - 4pm	社区护理站 @ 9am - 11am 到淡滨尼走走 @ 11am - 4pm 与国防部队互动 @ 2:30pm - 3:30pm	社区护理站 @ 9am - 5pm 一起跳排舞 @ 10:30am - 11:30am 社区烘培日 @ 1pm - 5pm	一起练八段锦与洪光关节操 @ 9:30am - 10:30am 一起学美术 @ 10am - 12pm 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 一起庆祝母亲节 @ 7pm - 8:30pm							
13		14		15		16		17		18	
一起庆祝母亲节 @ 10am - 11:30am 与朋友一起策略(桌游) @ 3pm - 5pm 一起KTV @ 3pm - 5pm	F4 @ 10am - 12pm F4 @ 2pm - 4pm	社区护理站 @ 9am - 11am 一起练气功 @ 9:30am - 10:30am 一起学英语 @ 10am - 11am 一起学烘培 @ 2pm-4pm	社区护理站 @ 9am - 5pm 一起跳排舞 @ 10:30am - 11:30am 与MFS互动 @ 3pm - 4:30pm	<b>中心关闭</b>							
20		21		22		23		24		25	
与朋友一起策略(桌游) @ 3pm - 5pm 一起KTV @ 3pm - 5pm	F4 @ 10am - 12pm F4 @ 2pm - 4pm	<b>公共假日: 卫塞节</b>		社区护理站 @ 9am - 5pm 一起跳排舞 @ 10:30am - 11:30am	一起练八段锦与洪光关节操 @ 9:30am - 10:30am 一起学美术 @ 10am - 12pm 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	与nEbo互动 @ 10am - 11:30am					
27		28		29		30		31			
与健康SG使者谈一谈 @ 10am - 4pm 与朋友一起策略(桌游) @ 3pm - 5pm 一起KTV @ 3pm - 5pm	F4 @ 10am - 12pm F4 @ 2pm - 4pm	与健康SG使者谈一谈 @ 10am - 4pm 社区护理站 @ 9am - 11am 一起学英语 @ 10am - 11am 一起学烘培 @ 2pm-4pm	与健康SG使者谈一谈 @ 10am - 4pm 社区护理站 @ 9am - 5pm 一起跳排舞 @ 10:30am - 11:30am	与健康SG使者谈一谈 @ 10am - 4pm 一起练八段锦与洪光关节操 @ 9:30am - 10:30am 一起学美术 @ 10am - 12pm 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							

\* 活动可能会有更改或变动, 恕不另行通知。欲知更多详情或如有兴趣请拨电与我们联系。