




2024 November

 **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

				1	2
				Let's Meridien @ 9am - 10am	
				Let's Do Art @ 9am - 10:30am	
				Let's Do Art @ 10:30am - 12pm	
				Let's Steel Combat @ 1:30pm - 2:30pm	
				Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategise with Kakis @ 3pm - 5pm	
4	5	6	7	8	9
Silver Crossfit @ 10am - 11am	Walking Football @ 10am -11:30am	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am	
Health Talk (Virtual) @ 2pm - 3:30pm	CAL C2C Dementia Workshop @ 10am -12pm	Let's Qigong @ 9:30am - 10:30am	Let's Line Dance @ 10:30am - 11:30am	Centre closure from 12pm	
Strategise with Kakis @ 3:30pm - 5pm	F4 @ 10am - 12pm	Let's Pick Up English @ 10am - 11am	F4 @ 2pm - 4pm		
Let's KTV Together @ 3:30pm - 5:30pm	F4 @ 2pm - 4pm	Hair Cut @ 10am - 12:30pm	Fun with Switch @ 4:30pm - 5:30pm		
Let's Lim Kopi @ 3pm - 4pm	Strategise with Kakis @ 4:30pm - 6pm	MINDEF Do Good at BMV @ 2:30pm - 3:30pm			
		Let's Celebrate Birthday @ 4pm - 5:30pm			
11	12	13	14	15	16
Outing to ACM @ 9am - 1pm	Walking Football @ 10am -11:30am	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am	
Silver Crossfit @ 10am - 11am	CAL C2C Dementia Workshop @ 10am -12pm	Let's Qigong @ 9:30am - 10:30am	CHP Health Talk - Importance of Sleep @ 10am - 11am	Let's Do Art @ 9am - 10:30am	
Strategise with Kakis @ 3pm - 5pm	F4 @ 10am - 12pm	Let's Pick Up English @ 10am - 11am	Let's Line Dance @ 11:00am - 12pm	Let's Do Art @ 10:30am - 12pm	
Let's KTV Together @ 3pm - 5pm	F4 @ 2pm - 4pm	Let's Learn Baking/Cooking @ 2pm - 4pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's Lim Kopi @ 3pm - 4pm	Strategise with Kakis @ 4:30pm - 6pm		Fun with Switch @ 4:30pm - 5:30pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
			Let's Celebrate Grandparent's Day @ 7pm - 8:30pm	Strategise with Kakis @ 3pm - 5pm	

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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

18

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Silver Crossfit @ 10am - 11am	CAL C2C Dementia Workshop @ 10am -12pm	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am	
Strategise 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	Let's Do Art @ 10:30am - 12pm	
Let's Lim Kopi @ 3pm - 4pm	Strategise with Kakis @ 4:30pm - 6pm	CALM 1.0 (session 1) @ 2pm - 4pm		Let's Steel Combat @ 1:30pm - 2:30pm	
				Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategise with Kakis @ 3pm - 5pm	

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Silver Crossfit @ 10am - 11am	CAL C2C Dementia Workshop @ 10am -12pm	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am	
Strategise 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	
Let's KTV Together @ 3pm - 5pm	F4 @ 2pm - 4pm	Let's Pick Up English @ 10am - 11am	F4 @ 2pm - 4pm	Let's Do Art @ 10:30am - 12pm	
Let's Lim Kopi @ 3pm - 4pm	Strategise with Kakis @ 4:30pm - 6pm	CALM 1.0 (session 2) @ 2:30pm - 3:30pm	IMDA talk @ 4pm-6pm	Let's Steel Combat @ 1:30pm - 2:30pm	
		Let's Gen with MFS [zoom] @ 3:30pm - 4:30pm		Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategise with Kakis @ 3pm - 5pm	

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2024 十一月

 **Centre Name:** 活跃乐龄中心 (红山景)
 **Centre Address:** Blk 117 Bukit Merah View #01-205 S151117
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星期一

星期二

星期三

星期四

星期五

星期六

				1	2
				一起练八段锦与洪光关节操 @ 9am - 10am	
				一起学美术 @ 9am - 10:30am	
				一起学美术 @ 10:30am - 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	
4	5	6	7	8	9
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	
健康讲座 @ 2pm - 3:30pm	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	中心关闭从12pm起	
与朋友一起策略 (桌游) @ 3:30pm - 5pm	F4 @ 10am - 12pm	一起学英语 @ 10am - 11am	F4 @ 2pm - 4pm		
一起KTV @ 3:30pm - 5:30pm	F4 @ 2pm - 4pm	理发 @ 10am - 12:30pm	一起玩电动游戏 @ 4:30pm - 5:30pm		
一起喝咖啡 @ 3pm - 4pm	与朋友一起策略 (桌游) @ 4:30pm - 6pm	与国防部队互动 @ 2:30pm - 3:30pm			
		一起庆生 @ 4pm - 5:30pm			
11	12	13	14	15	16
一起去郊游 - 亚洲文明博物馆 @ 9am - 1pm	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	
混合健身 @ 10am - 11am	失智症工作坊 @ 10am - 12pm	一起练气功 @ 9:30am - 10:30am	健康讲座 - 睡眠的重要性 @ 10am - 11am	一起学美术 @ 9am - 10:30am	
与朋友一起策略 (桌游) @ 3pm - 5pm	F4 @ 10am - 12pm	一起学英语 @ 10am - 11am	一起跳排舞 @ 11am - 12pm	一起学美术 @ 10am - 12:30pm	
一起KTV @ 3pm - 5pm	F4 @ 2pm - 4pm	一起学烘焙/厨艺 @ 2pm - 4pm	F4 @ 2pm - 4pm	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		一起玩电动游戏 @ 4:30pm - 5:30pm	优克里里弹唱 @ 2:45pm - 4:15pm	
			一起庆祝祖父母节 @ 7pm - 8:30pm	与朋友一起策略 (桌游) @ 3pm - 5pm	

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星期六

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混合健身 @ 10am - 11am	失智症工作坊 @ 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 @ 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 @ 9:30am - 11am	
一起学唱歌 @ 3pm - 5pm	F4 @ 2pm - 4pm	一起学英语 @ 10am - 11am	F4 @ 2pm - 4pm	一起学美术 @ 11am - 12:30pm	
一起喝咖啡 @ 3pm - 4pm	与朋友一起策略 (桌游) @ 4:30pm - 6pm	CALM 1.0 (session 1) @ 2pm - 4pm		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	

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混合健身 @ 10am - 11am	失智症工作坊 @ 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 @ 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 @ 9:30am - 11am	
一起KTV @ 3pm - 5pm	F4 @ 2pm - 4pm	一起学英语 @ 10am - 11am	F4 @ 2pm - 4pm	一起学美术 @ 11am - 12:30pm	
一起喝咖啡 @ 3pm - 4pm	与朋友一起策略 (桌游) @ 4:30pm - 6pm	CALM 1.0 (session 2) @ 2:30pm - 3:30pm	IMDA 讲座 @ 4pm-6pm	一起练钢铁拳击 @ 1:30pm - 2:30pm	
		与MFS互动 [zoom] @ 3:30pm - 4:30pm		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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