




2024 October

 **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		3		4		5			
	F4 @ 10am - 12pm	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am							
	Hair Cut @ 11:30am - 12:30pm	Let's Qigong @ 9:30am - 10:30am	Let's Line Dance @ 10:30am - 11:30am	Let's Do Art @ 9:30am - 11am							
	F4 @ 2pm - 4pm	Let's Pick Up English @ 10am - 11am	F4 @ 2pm - 4pm	Let's Do Art @ 11am - 12:30pm							
	Strategise with Kakis @ 4:30pm - 6pm	Let's Celebrate Birthday @ 3pm - 4:30pm		Let's Steel Combat @ 1:30pm - 2:30pm							
		Let's Go Sailing with DBS @ 4:30pm - 6:30pm		Let's Jam with Ukelele @ 2:45pm - 4:15pm							
				Strategise with Kakis @ 3pm - 5pm							
7		8		9		10		11		12	
Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am							
Hair Cut @ 10am - 12:30pm	F4 @ 2pm - 4pm	Let's Qigong @ 9:30am - 10:30am	Let's Line Dance @ 10:30am - 11:30am	Let's Do Art @ 9:30am - 11am							
Health Talk (Virtual) @ 2pm - 3:30pm	Strategise with Kakis @ 4:30pm - 6pm	Let's Pick Up English @ 10am - 11am	F4 @ 2pm - 4pm	Let's Do Art @ 11am - 12:30pm							
Strategise with Kakis @ 3:30pm - 5pm		MINDEF Do Good at BMV @ 2:30pm - 3:30pm	Fun with Switch @ 4:30pm - 5:30pm	Let's Steel Combat @ 1:30pm - 2:30pm							
Let's KTV Together @ 3:30pm - 5:30pm				Let's Jam with Ukelele @ 2:45pm - 4:15pm							
Let's Lim Kopi @ 3pm - 4pm				Strategise with Kakis @ 3pm - 5pm							
				Halloween Slumber Party @ 7pm - 8:30pm							

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Silver Crossfit @ 10am - 11am	F4 @ 10am - 12pm	Community Health Post @ 9am - 11am	Community Health Post @ 9am - 5pm	Let's Meridien @ 9am - 10am	
NLB TOYL Celebration @ 1pm - 4:30pm	F4 @ 2pm - 4pm	Let's Qigong @ 9:30am - 10:30am	Senior Sports Challenge @ 9am - 12pm	Let's Do Art @ 9:30am - 11am	
Strategise with Kakis @ 3pm - 5pm	Strategise with Kakis @ 4:30pm - 6pm	Let's Pick Up English @ 10am - 11am	Let's Line Dance @ 10:30am - 11:30am	Let's Do Art @ 11am - 12:30pm	
Let's KTV Together @ 3pm - 5pm		Healthier Minds for Healthier Lives @ 2pm - 3pm	F4 @ 2pm - 4pm	Let's Steel Combat @ 1:30pm - 2:30pm	
Let's Lim Kopi @ 3pm - 4pm		Let's Gen with MFS [MFS] @ 3pm - 4pm	Fun with Switch @ 4:30pm - 5:30pm	Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategise with Kakis @ 3pm - 5pm	
21	22	23	24	25	26
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	nEbo Activities @ 10am - 11:30am
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 @ 9:30am - 11am	
Singing Class @ 3pm - 5pm	F4 @ 2pm - 4pm	Let's Pick Up English @ 10am - 11am	F4 @ 2pm - 4pm	Let's Do Art @ 11am - 12:30pm	
Let's Lim Kopi @ 3pm - 4pm	Strategise with Kakis @ 4:30pm - 6pm	MINDEF Do Good at BMV @ 2:30pm - 3:30pm	Fun with Switch @ 4:30pm - 5:30pm	Let's Steel Combat @ 1:30pm - 2:30pm	
		JNJ Celebrates Deepavali at BMV @ 4:30pm - 6pm		Let's Jam with Ukelele @ 2:45pm - 4:15pm	
				Strategise with Kakis @ 3pm - 5pm	
28	29	30	31		
Silver Crossfit @ 10am - 11am	CAL C2C Dementia Workshop @ 10am - 12pm	Community Health Post @ 9am - 11am	Public Holiday: Deepavali		
Strategise with Kakis @ 3pm - 5pm	F4 @ 10am - 12pm	Let's Qigong @ 9:30am - 10:30am			
Let's KTV Together @ 3pm - 5pm	F4 @ 2pm - 4pm	Let's Pick Up English @ 10am - 11am			
Let's Lim Kopi @ 3pm - 4pm	Strategise with Kakis @ 4:30pm - 6pm	Let's Learn Baking/Cooking @ 2pm - 4pm			

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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。

2024 十月

 **Centre Name:** 活跃乐龄中心 (红山景)
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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			
	F4 @ 10am - 12pm	社区护理站 @ 9am - 11am	社区护理站 @ 9am - 5pm	社区护理站 @ 9am - 5pm	一起练八段锦与洪光关节操 @ 9am - 10am						
	理发 @ 11:30am - 12:30pm	一起练气功 @ 9:30am - 10:30am	一起跳排舞 @ 10:30am - 11:30am	一起跳排舞 @ 10:30am - 11:30am	一起学美术 @ 9:30am - 11am						
	F4 @ 2pm - 4pm	一起学英语 @ 10am - 11am	F4 @ 2pm - 4pm	F4 @ 2pm - 4pm	一起学美术 @ 11am - 12:30pm						
	与朋友一起策略 (桌游) @ 4:30pm - 6pm	一起庆生 @ 3pm - 4:30pm			一起练钢铁拳击 @ 1:30pm - 2:30pm						
		DBS 滨海湾帆船航游 @ 4:30pm - 6:30pm			优克里里弹唱 @ 2:45pm - 4:15pm						
					与朋友一起策略 (桌游) @ 3pm - 5pm						
7		8		9		10		11		12	
混合健身 @ 10am - 11am	F4 @ 10am - 12pm	社区护理站 @ 9am - 11am	社区护理站 @ 9am - 11am	社区护理站 @ 9am - 11am	社区护理站 @ 9am - 5pm	社区护理站 @ 9am - 5pm	一起练八段锦与洪光关节操 @ 9am - 10am				
理发 @ 10am - 12:30pm	F4 @ 2pm - 4pm	一起练气功 @ 9:30am - 10:30am	一起练气功 @ 9:30am - 10:30am	一起练气功 @ 9:30am - 10:30am	一起跳排舞 @ 10:30am - 11:30am	一起跳排舞 @ 10:30am - 11:30am	一起学美术 @ 9:30am - 11am				
健康讲座 @ 2pm - 3:30pm	与朋友一起策略 (桌游) @ 4:30pm - 6pm	一起学英语 @ 10am - 11am	一起学英语 @ 10am - 11am	一起学英语 @ 10am - 11am	F4 @ 2pm - 4pm	F4 @ 2pm - 4pm	一起学美术 @ 11am - 12:30pm				
与朋友一起策略 (桌游) @ 3:30pm - 5pm		与国防部队互动 @ 2:30pm - 3:30pm	与国防部队互动 @ 2:30pm - 3:30pm	与国防部队互动 @ 2:30pm - 3:30pm	电动游戏寻乐 @ 4:30pm - 5:30pm	电动游戏寻乐 @ 4:30pm - 5:30pm	一起练钢铁拳击 @ 1:30pm - 2:30pm				
一起KTV @ 3:30pm - 5:30pm							优克里里弹唱 @ 2:45pm - 4:15pm				
一起喝咖啡 @ 3pm - 4pm							与朋友一起策略 (桌游) @ 3pm - 5pm				
							万圣节派对 @ 7pm - 8:30pm				

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NTUC Health

星期一

星期二

星期三

星期四

星期五

星期六

14		15		16		17		18		19	
混合健身 @ 10am - 11am	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							
国家图书馆活动 @ 1pm - 4:30pm	F4 @ 2pm - 4pm	一起练气功 @ 9:30am - 10:30am	乐龄运动挑战 @ 9am - 12pm	一起学美术 @ 9:30am - 11am							
与朋友一起策略 (桌游) @ 3pm - 5pm	与朋友一起策略 (桌游) @ 4:30pm - 6pm	一起学英语 @ 10am - 11am	一起跳排舞 @ 10:30am - 11:30am	一起学美术 @ 11am - 12:30pm							
一起KTV @ 3pm - 5pm		健康心灵成就健康生活 讲座 @ 2pm - 3pm	F4 @ 2pm - 4pm	一起练钢铁拳击 @ 1:30pm - 2:30pm							
一起喝咖啡 @ 3pm - 4pm		与MFS互动 [MFS] @ 3pm - 4pm	电动游戏寻乐 @ 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							
21		22		23		24		25		26	
混合健身 @ 10am - 11am	CAL C2C 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	nEbo 活动 @ 10am - 11:30am						
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	与国防部队互动 @ 2:30pm - 3:30pm	电动游戏寻乐 @ 4:30pm - 5:30pm	一起练钢铁拳击 @ 1:30pm - 2:30pm							
		与JNJ欢庆屠妖节@BMV @ 4:30pm - 6pm		优克里里弹唱 @ 2:45pm - 4:15pm							
				与朋友一起策略 (桌游) @ 3pm - 5pm							
28		29		30		31					
混合健身 @ 10am - 11am	CAL C2C 失智症工作坊 @ 10am - 12pm	社区护理站 @ 9am - 11am									
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KTV @ 3pm - 5pm	F4 @ 2pm - 4pm	一起学英语 @ 10am - 11am									
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 @ 2pm - 4pm									

公共假日：
屠妖节

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