




2024 April

 **Centre Name:** Active Ageing Centre (Bukit Merah)
 **Centre Address:** Blk 117 Jalan Bukit Merah #01-1683 S160117
 **Centre Contact:** 6273 2969 / 8163 2631



MON

TUE

WED

THU

FRI

SAT

1	2	3	4	5	6
1) Senior Exercise 9.30 - 10.30am	English Language (E) 10am-11am	Birthday Celebrations 10 to 12pm	Zumba Gold 10 - 11am	SGH Community Nurse 9:30am	
2) Senior Exercise 10.45 - 11.45am	English Language (I) 1-2pm	312 Meridian 1 - 2pm Ukelele 2 - 3:30pm	Steel Combat 3 - 4pm	Tai Chi by HPB 9.30 - 10.30 am / 10.45 - 11.45am	
Rummy O 2 - 4pm	Karaoke 2-4pm	Rummy O 2 - 4pm	Cheng Hong TCM 2 - 5pm	Rummy O 2 - 4pm	
Men Coffee Talk 2 - 4pm		DIY Foot Massage (15mins)		Karaoke 2 - 4pm	
8	9	10	11	12	13
1) Senior Exercise 9.30 - 10.30am	English Language (E) 10am-11am	HARI RAYA PUASA	Zumba Gold 10 - 11am	SGH Community Nurse 9:30am	
2) Senior Exercise 10.45 - 11.45am	English Language (I) 1 - 2pm		Steel Combat 3 - 4pm	Tai Chi by HPB 9.30 - 10.30 am / 10.45 - 11.45am	
Rummy O 2 - 4pm	Karaoke 2pm - 4pm		Cheng Hong TCM 2 - 5pm	Rummy O 2 - 4pm	
Men Coffee Talk 2 - 4pm				Karaoke 2 - 4pm	
15	16	17	18	19	20
1) Senior Exercise 9.30 - 10.30am	English Language (E) 10am-11am	Current Affairs U & Me 10 to 11am 312 Meridian 1 - 2pm	Zumba Gold 10 - 11am	SGH Community Nurse 9:30am	
2) Senior Exercise 10.45 - 11.45am	English Language (I) 1 - 2pm	Ukelele 2 - 3:30pm	Steel Combat 3 - 4pm	Tai Chi by HPB 9.30 - 10.30 am / 10.45 - 11.45am	
Rummy O 2 - 4pm	Karaoke 2pm - 4pm	Rummy O 2 - 4pm	Cheng Hong TCM 2 - 5pm	Rummy O 2 - 4pm	
Men Coffee Talk 2 - 4pm		DIY Foot Massage (15mins)		Karaoke 2 - 4pm	
22	23	24	25	26	27
1) Senior Exercise 9.30 - 10.30am	English Language (E) 10-11am	Current Affairs U & Me 10 to 11am 312 Meridian 1 - 2pm	Zumba Gold 10 - 11am	SGH Community Nurse 9:30am	
2) Senior Exercise 10.45 - 11.45am Free Haircut 10-11am SOTA Dance 3-5pm	English Language (I) 1 - 2pm	Ukelele 2 - 3:30pm	Steel Combat 3 - 4pm ACS VIA 2-3pm	Tai Chi by HPB 9.30 - 10.30 am / 10.45 - 11.45am My First Skool 3-4pm	
Rummy O 2 - 4pm	Karaoke 2pm - 4pm	Rummy O 2 - 4pm	Cheng Hong TCM 2 - 5pm	Rummy O 2 - 4pm	
Men Coffee Talk 2 - 4pm		DIY Foot Massage (15mins)		Karaoke 2 - 4pm	
29	30				
1) Senior Exercise 9.30 - 10.30am	English Language (E) 10 - 11am				
2) Senior Exercise 10.45 - 11.45am					
Rummy O 2 - 4pm	HALF DAY (STAFF TRNG)				
Men Coffee Talk 2 - 4pm					

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<p>Senior Exercise 乐龄运动</p> <p>9:30am - 10:30am 9点半到10点半 10:45am - 11:45am 10点45分到11点45分</p>	<p>English Language Class 英语课</p> <p>10am - 11am 10点到11点</p> 	<p>Current Affairs U&Me 时事新闻你和我</p> <p>10am - 11am 10点到11点</p> 	<p>Zumba Gold 尊巴黄金</p> <p>10am - 11am</p>	<p>SGH Community Nurse Post 社区护士站</p> <p>09:00 am - 5.00 pm 上午9点到5点 (By Appointment/预约)</p>
<p>Men Coffee Talk 男士咖啡谈</p> <p>2:00pm - 4:00pm 2点到4点</p>	<p>English Language Class 英语课</p> <p>1.00pm - 2.00 pm 1点到2点</p>	<p>312 Meridian Exercise 312经络运动</p> <p>1.00pm - 2.00 pm 1点到2点</p>	<p>Steel Combat Lite 钢铁拳击</p> <p>3-4pm 三点到四点</p>	<p>Taichi 太极班</p> <p>9:30am - 10:30am 9点半到10点半 10:45 am - 11:45 am 10点45分到11点45分</p>
<p>Rummy - O Game (*+) 数字游戏</p> <p>2pm - 4pm 2点到4点</p> 	<p>Karaoke Session 卡拉OK</p> <p>2pm - 4pm 2点到4点</p> 	<p>Rummy - O Game (*+) 数字游戏</p> <p>2:00pm - 4:00pm 2点到4点</p> <p>Ukulele 2:00pm-3:30pm</p> <p>DIY Foot Muscle Stimulator 脚底足疗 15 mins per session 一次15分钟</p>	<p>Cheng Hong TCM 众弘中医会诊</p> <p>2pm - 5pm 2点到5点</p> 	<p>Rummy - O Game (*+) 数字游戏</p> <p>2:00pm - 4:00pm 2点到4点</p> <p>Karaoke Session 卡拉OK</p> <p>2pm - 4pm 2点到4点</p>