

# 2024 April

 **Centre Name:** Active Ageing Centre (Care) - Bukit Merah Silat  
 **Centre Address:** Blk 141 Jalan Bukit Merah #01-1172 Spore 160141  
 **Centre Contact:** 6251 8047 / 82922677



MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Exercise 运动 @ 10 - 11am Empowered COC Radin Mas CC Mental Wellness Talk (Mandarin)/ 健康讲座 (华语)@2pm - 3pm Board Games棋类游戏 @ 3 - 4pm	Exercise 运动 @ 10 - 11am Karaoke卡拉OK@ 2-4pm Board Games棋类游戏 @ 2 - 4pm	Exercise 运动 @ 10 - 11am Birthday Celebration / 庆祝生日 @ 2pm - 4pm	Exercise 运动 @ 10 - 11am Board Games棋类游戏 @ 2 - 4pm	Exercise 运动 @ 10 - 11am Board Games棋类游戏 @ 2 - 4pm	
8	9	10	11	12	13
Exercise 运动 @ 10 - 11am Board Games棋类游戏 @ 2 - 4pm	Exercise 运动 @ 10 - 11am Karaoke卡拉OK@ 2-4pm Board Games棋类游戏 @ 2 - 4pm	Public Holiday - Hari Raya Puasa	Exercise 运动 @ 10 - 11am Board Games棋类游戏 @ 2 - 4pm	Let's La Kopi @Blk 144 by Silat RC @8am - 9am Exercise 运动 @ 10 - 11am Board Games棋类游戏 @2-4pm	
15	16	17	18	19	20
Exercise 运动 @ 10 - 11am Empowered COC Radin Mas CC Mental Wellness Talk (Mandarin)/ 健康讲座 (华语)@2pm - 3pm Board Games棋类游戏 @ 3 - 4pm	Exercise 运动 @ 10 - 11am Karaoke卡拉OK@ 2-4pm Board Games棋类游戏 @ 2 - 4pm	Exercise 运动 @ 10 - 11am Hari Raya Celebration / 庆祝开斋节@2pm - 4pm Board Games棋类游戏 @ 2 - 4pm	Exercise 运动 @ 10 - 11am Board Games棋类游戏 @ 2 - 4pm	Exercise 运动 @ 10 - 11am Board Games棋类游戏 @ 2 - 4pm	
22	23	24	25	26	27
Exercise 运动 @ 10 - 11am Board Games棋类游戏 @ 2 - 4pm	Exercise 运动 @ 10 - 11am Karaoke卡拉OK@ 2-4pm Board Games棋类游戏 @ 2 - 4pm	Exercise 运动 @ 10 - 11am Board Games棋类游戏 @ 2 - 4pm	Exercise 运动 @ 10 - 11am Board Games棋类游戏 @ 2 - 4pm	Exercise 运动 @10-11am (BriskWalk) Board Games棋类游戏 @ 2 - 4pm	
29	30				
Exercise 运动 @ 10 - 11am Empowered COC Radin Mas CC Mental Wellness Talk (Mandarin)/ 健康讲座 (华语)@2pm - 3pm Board Games棋类游戏 @ 3 - 4pm	Exercise 运动 @ 10 - 11am Centre Closure : From 12PM - 6PM				