

2025 April

 **Centre Name:** Active Ageing Centre (Redhill)
 **Centre Address:** Blk 71 Redhill Road #01-29 S150071
 **Centre Contact:** 6473 8557 (Daniel / Firdaus)



 NTUC Health

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
<u>Hari Raya Puasa</u>	Online Exercises 9.30am - 10.30am Let's Gen Together, My First Skool 10:30am - 11:30am	Chair Zumba (HPB) 10am - 11am	Let's Do Chair Yoga (Online) 9:30am - 10:30am HAPPY Programme 10.30am - 11.30am	Let's Pai Da with Jenny Tan 10am - 11am	
	Rummy O 1pm - 2pm	Rummy O 1pm - 2pm	Let's Makan Together / Makan Bersama 12pm - 1pm Rummy O 1pm - 2pm	Rummy O 1pm - 2pm Line Dance 2pm - 3pm	
	Therapeutic Horticulture 2.30pm - 4pm	Let's learn English 2pm - 3pm Lets Chit Chat / Tea time 3pm - 4pm	Karaoke 2pm - 4pm Community Health Post	Let's Gen Together CJC 3pm - 4.30pm Community Health Post	
7	8	9	10	11	12
Let's Stretch Band (HPB) 10am - 11am	Online Exercises 9.30am - 10.30am	Chair Zumba (HPB) 10am - 11am	Let's Do Chair Yoga (Online) 9:30am - 10:30am HAPPY Programme 10.30am - 11.30am	Let's Pai Da with Jenny Tan 10am - 11am	
Rummy O 1pm - 2pm	Rummy O 1pm - 2pm	Rummy O 1pm - 2pm	Rummy O 1pm - 2pm	Line Dance 2pm - 3pm	
Coping with depression (Virtual Talk) 2pm - 3.30pm	Adaptive Sports (Pétanque) 2.30pm - 4pm	Let's learn English 2pm - 3pm Lets Chit Chat / Tea time 3pm - 4pm	Let's Explore the world 3pm - 4pm Community Health Post	Let's Gen Together CJC 3pm - 4.30pm Hari Raya Celebration 6pm - 7.30pm Community Health Post	
14	15	16	17	18	19
Let's Stretch Band (HPB) 10 - 11am	Online Exercises 9.30am - 10.30am	Chair Zumba (HPB) 10am - 11am	Let's Do Chair Yoga 9:30am - 10.30am	<u>Easter Friday</u>	
Rummy O 1pm - 2pm	Rummy O 1pm - 2pm	Rummy O 1pm - 2pm	Let's Makan Together / Makan Bersama 12pm - 1pm Rummy O 1pm - 2pm		
Line Dance 2.30pm - 3.30pm Nagomi Art 3.45pm - 4.45pm Puthandu Celebration 5pm - 6pm	Therapeutic Horticulture 2.30pm - 4pm	Let's learn English 2pm - 3pm Lets Chit Chat / Tea time 3pm - 4pm	Karaoke 2pm - 4pm Community Health Post		

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
Let's Stretch Band (HPB) 10 - 11am	Online Exercises 9.30am - 10.30am	Chair Zumba (HPB) 10am - 11am	Let's Do Chair Yoga 9:30am - 10.30am	Let's Pai Da with Jenny Tan 10am-11am	
Rummy O 1pm - 2pm	Rummy O 1pm - 2pm	Rummy O 1pm - 2pm	Rummy O 1pm - 2pm	Rummy O 1pm - 2pm	
Line Dance 2.30pm - 3.30pm Nagomi Art 3.45pm - 4.45pm	SCAM Talk By Singapore Police Force 2pm - 3.30pm	Let's learn English 2pm - 3pm Lets Chit Chat / Tea time 3pm - 4pm	Bingo & Birthday Celebration 2pm - 4pm Community Health Post	Let's Gen Together CJC 3pm - 4.30pm Community Health Post	
28	29	30			
Let's Stretch Band (HPB) 10 - 11am	Online Exercises 9.30am - 10.30am	<u>Closed for Town Hall Meeting</u>			
Rummy O 1pm - 2pm	Rummy O 1pm - 2pm				
Line Dance 2.30pm - 3.30pm Nagomi Art 3.45pm - 4.45pm	Adaptive Sports (Petanque) 2.30pm - 4pm				

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2025 四月

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MON	TUE	WED	THU	FRI	SAT
星期一	1 (星期二)	2 (星期三)	3 (星期四)	4 (星期五)	5
开斋节 - 公共假日	代际交流 - 幼儿园 10.30am - 11.30am	一起跳尊巴(HPB) 10am - 11am	一起做椅子瑜伽 9am - 10am	一起做拍打运动 10am - 11am	
	游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm	推广健康老龄化计划 10.30am - 11.30pm	游戏时间 Rummy O 1pm - 2pm 一起跳排舞 2pm - 3pm	
	园艺治疗 2.30pm - 4pm	一起学英语 2pm - 3pm	游戏时间 Rummy O 1pm - 2pm	代际交流 - 公教初级学院 3pm - 4.30pm	
			卡拉OK 2pm - 4pm 社区健康岗	社区健康岗	
7	8	9	10	11	12
一起做弹力带运动(HPB) 10am - 11am	一起做线上做运动 9.30am - 10.30am	一起跳尊巴(HPB) 10am - 11am	一起做椅子瑜伽 9am - 10am	一起做拍打运动 10am - 11am	
游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm	一起学科技 1pm - 2pm	推广健康老龄化计划 10.30am - 11.30pm	一起跳排舞 2pm - 3pm	
应对忧郁症 (线上讲座) 2pm - 3.30pm	一起玩法式滚球 2.30pm - 4pm	游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm	代际交流 - 公教初级学院 3pm - 4.30pm	
		一起学英语 2pm - 3pm	一起玩游世界 3pm - 4pm	社区健康岗	
		一起饮茶 3pm - 4pm	社区健康岗	一起庆祝开斋节 6m - 7.30pm	
14	15	16	17	18	19
一起做弹力带运动(HPB) 10am - 11am	一起做线上做运动 9.30am - 10.30am	一起跳尊巴(HPB) 10am - 11am	一起做椅子瑜伽 9am - 10am	耶稣受难日 - 公共假日	
游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm	推广健康老龄化计划 10.30am - 11.30pm 一起来makan(中心内) 12pm - 1pm		
一起跳排舞 2.30pm - 3.30pm	园艺治疗 2pm - 3.30pm	一起学英语 2pm - 3pm	游戏时间 Rummy O 1pm - 2pm		
一起做日本和谐粉彩 3.45pm - 4.45pm		一起饮茶 3pm - 4pm	卡拉OK 2pm - 4pm		
21	22	23	24	25	26
一起做弹力带运动(HPB) 10am - 11am	一起做线上做运动 9.30am - 10.30am	一起跳尊巴(HPB) 10am-11am	一起做椅子瑜伽 9am - 10am	一起做拍打运动 10am - 11am	
游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 12pm - 2pm	
一起跳排舞 2.30pm - 3.30pm		一起学英语 2pm - 3pm	宾果(游戏)与庆祝生日 2pm - 4pm	代际交流 - 公教初级学院 3pm - 4.30pm	
一起做日本和谐粉彩 3.45pm - 4.45pm	反诈骗讲座 - 新加坡警察部队 2.30pm - 4pm	一起跳排舞 3.30pm - 4.30pm	社区健康岗	社区健康岗	
28	29	30			
一起做弹力带运动(HPB) 10am - 11am	一起做线上做运动 9.30am - 10.30am	中心关闭			
游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm				
一起跳排舞 2.30pm - 3.30pm					
一起做日本和谐粉彩 3.45pm - 4.45pm					

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	一起跟Razak线上做运动 9:30-10.15am	一起跳尊巴(乐龄版)(HPB) 10-11am	一起做椅子瑜伽 9:30 - 10:30am	一起做拍打运动 10 - 11am	
	IG - MFS 线上跨代活动 10:30-11:30am	钩针编织 11:15-12:15pm 英语会话 2-3pm	一起去参观亚洲文明博物馆 1:30-3:30pm	一起打乒乓 2-4pm	
	生日聚会 2-4pm	一起学Batik艺术 3-4:30pm 社区健康岗	美好生活 2:30-4:30pm	社区健康岗	
7	8	9	10	11	12
一起做弹力带运动(HPB) 10 - 11am	一起去轻快步行 7.30-9.30am 一起跟Razak线上做运动 10-11am	一起跳尊巴(乐龄版)(HPB) 10-11am 钩针编织 11:15-12:15pm	一起做椅子瑜伽 9:30 - 10:30am	一起做拍打运动 10 - 11am	
按数字绘画 11:15-12:15pm	一起来makan 11.15-12:15pm	英语会话 2-3pm 一起学Batik艺术 3-4:30pm	卡拉OK 2 - 4pm	游戏时间 2-3:30pm	
让我们和Dave一起唱歌跳舞 1:30-3:30pm		社区健康岗		社区健康岗	
14	15	16	17	18	19
一起做弹力带运动(HPB) 10 - 11am	剪头发 9-10am	一起跳尊巴(乐龄版)(HPB) 10-11am 钩针编织 11:15-12:15pm	一起做椅子瑜伽 9:30 - 10:30am	一起做拍打运动 10 - 11am	
按数字绘画 11:15-12:15pm	一起来makan 11.15-12:15pm	英语会话 2-3pm 一起学Batik艺术 3-4:30pm	时事新闻你和我 10:45-11:15am	SINEW 11 - 12noon (请向工作人员登记)	
一起去郊游 2-4pm		社区健康岗	美好生活 2:30-4:30pm	社区健康岗	
21	22	23	24	25	26
一起做弹力带运动(HPB) 10 - 11am	一起跟Razak线上做运动 10-11am	一起跳尊巴(乐龄版)(HPB) 10-11am	一起做椅子瑜伽 9:30 - 10:30am	一起做拍打运动 10 - 11am	
按数字绘画 11:15 -12:15pm	一起来makan 11:15-12:15pm	钩针编织 11:15-12:15pm 英语会话 2-3pm	卡拉OK 2 - 4pm	宾果游戏 2 - 3:30pm	
	循环工艺 - 手提袋制作 2-3:30pm	一起学Batik艺术 3-4:30pm 社区健康岗		社区健康岗	
28	29	30			
一起做弹力带运动(HPB) 10 - 11am					

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