

# 2026 April

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



| MON | TUE | WED   | THU   | FRI                         | SAT |
|-----|-----|---|---|-----------------------------|-----|
|     |     | 1   | 2   | 3                           | 4   |
|     |     | Let's Lim Kopi (Male Exclusive)<br>9am - 11am | Let's Exercise with Joyce<br>9am - 10am   | Centre Closed (Good Friday) |     |
|     |     | Let's Chair Zumba (HPB)<br>9am - 10am         | Let's Bocchia<br>10am - 11am  |                             |     |
|     |     | Let's Pool/ Table Tennis<br>10:30am - 1:30pm  | Let's Disc Golf<br>10am - 11am  |                             |     |
|     |     | Strategise with Kakis<br>10:30am - 1:30pm     | Enhanced F4 Exercise [Phase2]<br>(3/24)<br>(Registered seniors only)<br>11.30am - 12.30pm |                             |     |
|     |     | Let's Pick Up English<br>2pm - 3pm            | Let's Makan Together<br>12:30pm - 1:30pm  |                             |     |
|     |     | Let's Talk News<br>(3.30pm - 4.30pm)          | Fun with kakis (Bingo)<br>1:30pm - 2:30pm   |                             |     |
|     |     |   | Strategise with kakis<br>2:30pm - 4:30pm  |                             |     |
|     |     |   | Let's Celebrate Hari Raya!<br>5.30pm - 7pm  |                             |     |
|     |     |   | Community Health Post   |                             |     |

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MON

TUE

WED

THU

FRI

SAT

| 6   | 7   | 8  | 9   | 10  | 11 |
|---|---|--|---|---|----|
| Let's Stretch Band (HPB)<br>10am - 11am   | Let's IMPRESS-MIND2S [Phase2]-<br>Piloxing lite (4/24)<br>(For registered seniors only)<br>9:30am - 10:30am | Let's Chair Zumba (HPB)<br>9am - 10am        | Let's Exercise with Joyce<br>9am - 10am   | Let's Pai Da with Jenny Tan<br>10am - 11am                  |    |
| Pedicure and Manicure service<br>[Requires registration: 15 pax]<br>11am - 12pm | Let's Gen Together MFS (K2) -<br>Water Day<br>10:30am - 11:30am   | Let's Pool/ Table Tennis<br>10:30am - 1:30pm | Let's Boccia<br>10am - 11am   | Let's CALM 1.0<br>@ Active Health Lab (Week 1)<br>9am - 1pm |    |
| Let's Do Collaborative Art<br>2pm - 4pm   | Strategise with Kakis<br>12pm - 2pm   | Strategise with Kakis<br>10:30am - 1:30pm    | Let's Disc Golf<br>10am - 11am  | Strategise with Kakis<br>1pm - 2pm                          |    |
| Evidence-Informed -<br>Therapeutic Horticulture<br>4pm - 5.30pm                 | IMPRESS-MIND2S [Phase2] - CA<br>(4/24)<br>(for registered Seniors only)<br>2pm-5pm                          | Let's Pick Up English<br>2pm - 3pm           | Enhanced F4 Exercise [Phase2]<br>(4/24)<br>(Registered seniors only)<br>11.30am-12.30pm | Let's Line Dance<br>2pm - 3pm                               |    |
|   |   | Let's Talk News<br>(3.30pm - 4.30pm)         | Let's Makan Together<br>12:30pm - 1:30pm  | Let's Gen Together CJC<br>3pm - 4.30pm                      |    |
|   |   |  | Ler's KTV Together<br>1:30pm - 3:30pm   |   |    |
|   |   |  | Strategise with kakis<br>1:30pm - 3:30pm  |   |    |
|   |   |  | Community Health Post   | Community Health Post                                       |    |

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| MON   | TUE   | WED   | THU   | FRI                                      | SAT |
|---|---|---|---|--|-----|
| 13  | 14  | 15  | 16  | 17                                       | 18  |
| Let's Stretch Band (HPB)<br>10am - 11am                         | Let's IMPRESS-MIND2S [Phase2]-<br>Piloxing lite (5/24)<br>(For registered seniors only)<br>9:30am - 10:30am | Let's Lim Kopi (Male exclusive)<br>9am - 11am | Let's Exercise with Joyce<br>9am - 10am   | Let's Chair Yoga with Elin<br>9am - 10am |     |
| Let'CALM 1.0 [Week 2]<br>(Resistance Band)<br>11am - 12pm       | Let's Boccia<br>11am -12pm  | Let's Chair Zumba (HPB)<br>9am - 10am         | Let's Walking Football<br>Training @ Delta Sports Complex<br>(1/10)<br>[10 Registered seniors only]<br>9.30am - 11.30am | Let's Pai Da with Jenny Tan<br>10am-11am |     |
| Strategise with Kakis<br>1pm - 2pm                              | Let's Disc Golf<br>11am -12pm   | Let's Pool/ Table Tennis<br>10:30am - 1:30pm  | Let's Boccia<br>10am to 11am  | Strategise with Kakis<br>1pm - 2pm       |     |
| Let's Do Collaborative Art<br>2pm - 4pm                         | Strategise with Kakis<br>12pm - 2pm   | Strategise with Kakis<br>10:30am - 1:30pm     | Let's Disc Golf<br>10am - 11am  | Let's Line Dance<br>2pm - 3pm            |     |
| Evidence-Informed -<br>Therapeutic Horticulture<br>4pm - 5.30pm | IMPRESS-MIND2S [Phase2] - CA<br>(5/24)<br>(for registered Seniors only)<br>2pm-5pm                          | Let's Pick Up English<br>2pm - 3pm            | Enhanced F4 Exercise [Phase2]<br>(5/24)<br>(Registered seniors only)<br>11.30am-12.30pm                                 | Let's Gen Together CJC<br>3pm - 4.30pm   |     |
|   |   | Let's Talk News<br>(3:30pm - 4pm)             | Let's Celebrate Birthday!<br>12.30pm - 2.30pm   |  |     |
|   |   |   | Let's Gen Together - Singapore<br>Polytechnic<br>[15-20 Registered Seniors]<br>2.30pm - 4pm                             |  |     |
|   |   |   | Community Health Post   | Community Health Post                    |     |

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| MON   | TUE   | WED  | THU   | FRI  | SAT |
|---|---|--|---|--|-----|
| 20  | 21  | 22   | 23  | 24   | 25  |
| Let's Stretch Band (HPB)<br>10 - 11am   | Let's IMPRESS-MIND2S [Phase2]-<br>Piloxing lite (6/24)<br>(For registered seniors only)<br>9:30am - 10:30am | Let's Chair Zumba (HPB)<br>9am - 10am        | Let's Exercise with Joyce<br>9am - 10am   | Let's Pai Da with Jenny Tan<br>10am - 11am                                       |     |
| Let's CALM 1.0 [Week 3]<br>(Free Weights)<br>11am - 12pm                        | Let's Bocchia<br>11am - 12pm  | Strategise with Kakis<br>10:30am - 1:30pm    | Let's Disc Golf<br>10am - 11am  | Strategise with Kakis<br>11:30am - 1:30pm  |     |
| Pedicure and Manicure service<br>[Requires registration: 15 pax]<br>11am - 12pm | Let's Disc Golf<br>11am - 12pm  | Let's Pool/ Table Tennis<br>10:30am - 1:30pm | Let's Bocchia<br>10am - 11am  | Let's Line Dance<br>2pm - 3pm  |     |
| Strategise with Kakis<br>1pm - 2pm  | Strategise with Kakis<br>12pm - 2pm   | Let's Pick Up English<br>2pm - 3pm           | Enhanced F4 Exercise [Phase2]<br>(6/24)<br>(Registered seniors only)<br>11.30am-12.30pm | Let's Gen Together CJC<br>3pm - 4.30pm   |     |
| Let's Do Collaborative Art<br>2pm - 4pm   | IMPRESS-MIND2S [Phase2] - CA<br>(6/24)<br>(For registered Seniors only)<br>2pm - 5pm                        | Let's Talk News<br>(3:30pm - 4.30pm)         | Let's Makan Together<br>12.30pm - 1.30pm  | Let's Go Gai Gai to Skyline<br>Singapore<br>[42 Registered Seniors]<br>3pm - 7pm |     |
| Evidence-Informed -<br>Therapeutic Horticulture<br>4pm - 5.30pm                 |   |  | Fun with kakis (Bingo)<br>1.30pm - 2.30pm   |  |     |
|   |   |  | Strategise with kakis<br>2.30pm - 4.30pm  |  |     |
|   |   |  | Community Health Post   | Community Health Post  |     |

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| MON   | TUE   | WED   | THU  | FRI | SAT |
|---|---|---|--|-----|-----|
| 27  | 28  | 29  | 30   |     |     |
| Let's Stretch Band (HPB)<br>10am - 11am                                       | Let's IMPRESS-MIND2S [Phase2]-<br>Piloxing lite (7/24)<br>(For registered seniors only)<br>9:30am - 10:30am | Let's Chair Zumba (HPB)<br>9am - 10am         | Let's Exercise with Joyce<br>9am - 10am  |     |     |
| Let's CALM 1.0 [Week 4]<br>(Resistance Band)<br>11am - 12pm                   | Let's Boccia<br>11am - 12pm   | Strategise with Kakis<br>10:30am - 1:30pm     | Let's Walking Football<br>Training @ Delta Sports Complex (2/10)<br>[10 Registered seniors only] 9.30am -<br>11.30am |     |     |
| Strategise with Kakis<br>1pm - 2pm  | Let's Disc Golf<br>11am - 12pm  | Let's Pool / Table Tennis<br>10:30am - 1:30pm | Let's Boccia<br>10am - 11am  |     |     |
| Let's Talk About World Sleep Day: Sleep<br>Hygiene by SingHealth<br>2pm - 3pm | Let's Do Collaborative Art<br>12pm - 2pm  | Let's Pick Up English<br>2pm - 3pm            | Let's Disc Golf<br>10am - 11am   |     |     |
| Evidence-Informed -<br>Therapeutic Horticulture<br>4pm - 5.30pm               | Strategise with Kakis<br>12pm - 2pm   | Let's Talk News<br>(3.30pm - 4.30pm)          | Enhanced F4 Exercise [Phase2] (7/24)<br>(Registered seniors only)<br>11.30am-12.30pm                                 |     |     |
|   | IMPRESS-MIND2S [Phase2] - CA (7/24)<br>(for registered Seniors only)<br>2pm-5pm                             |   | Let's Makan Together<br>12:30pm - 1:30pm   |     |     |
|   |   |   | Ler's KTV Together<br>1:30pm - 3:30pm  |     |     |
|   |   |   | Strategise with kakis<br>1:30pm - 3:30pm   |     |     |
|   |   |   | Community Health Post  |     |     |

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# 2026 四月

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MON

TUE

WED

THU

FRI

SAT

1(星期三)

2(星期四)

3(星期五)

4(星期六)

一起喝咖啡  
(只限男性)  
9am - 11am

一起和 Joyce 做运动  
9am - 10am

中心关闭  
[公定假日]  
- 耶稣受难日 -

一起做坐式尊巴 (HPB)  
9am - 10am

一起玩硬地滚球  
10am - 11am

游戏时间  
(台球/乒乓球)  
10:30am - 12:30pm

一起玩飞盘高尔夫  
10am - 11am

游戏时间  
(Rummy O)  
11am - 2pm

Enhanced F4 运动 (3/24)  
(只限已报名长者)  
11.30am - 12.30pm

一起学英语  
2pm - 3pm

一起来 makan - 中心内  
12pm - 1pm

一起聊新闻  
3pm - 4:30pm

游戏时间  
(宾果)  
1.30pm - 2.30pm

游戏时间  
(Rummy O)  
2.30pm - 4.30pm

社区健康岗

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MON

TUE

WED

THU

FRI

SAT

6 (星期一)

7 (星期二)

8 (星期三)

9 (星期四)

10 (星期五)

11 (星期六)

一起做弹力带运动(HPB)  
10am - 11am

一起参与研究 计划  
(IMPRESS-MIND2S-Let's  
Piloxing) (4/24)  
(只限已报名长者)  
9:30am - 10:30am

一起做坐式尊巴 (HPB)  
9am - 10am

一起和 Joyce做运动  
9am - 10am

一起做拍打运 动  
10am - 11am

服务 - 美甲  
(只限15报名长者)  
11am - 12pm

代际交流 - 幼儿园  
(庆祝世界水日)  
10:30am - 11:30am

游戏时间  
(台球/乒乓球)  
10:30am - 1:30pm

一起玩硬地滚球  
10am - 11am

CALM 1.0 @ Active Health Lab  
(第一周)  
9am - 1pm

一起合创艺术  
2pm - 4pm

游戏时间  
(Rummy O)  
12pm - 2pm

游戏时间  
(Rummy O)  
10:30am - 1:30pm

一起玩 飞盘高尔夫  
10am - 11am

游戏时间  
(Rummy O)  
1pm - 2pm

园艺治疗  
4:30pm - 5:30pm

一起参与研究 计划  
(IMPRESS-MIND2S) (4/24)  
(只限已报名长者)  
2pm - 5pm

一起学英 语  
2pm - 3pm

Enhanced F4 运动 (4/24)  
(只限已报名长者)  
11:30am - 12:30pm

一起跳排舞  
2pm - 3pm

一起聊新闻  
3pm - 4:30pm

一起来 makan - 中心内  
12:30pm - 1:30pm

代际交流 - 公教初级学院  
3pm - 4:30pm

一起来 K歌  
1:30pm - 3:30pm

游戏时间  
(Rummy O)  
1:30pm - 3:30pm

社区健康 岗

社区健康 岗

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| MON                                      | TUE   | WED                                   | THU  | FRI                            | SAT      |
|--|---|---------------------------------------|--|--------------------------------|----------|
| 13 (星期一)                                 | 14 (星期二)  | 15 (星期三)                              | 16 (星期四)   | 17 (星期五)                       | 18 (星期六) |
| 一起做弹力带运动(HPB)<br>10am - 11am             | 一起参与研究计划<br>(IMPRESS-MIND2S-Let's Piloxing) (5/24)<br>(只限已报名长者)<br>9:30am - 10:30am | 一起喝咖啡<br>(只限男性)<br>9am - 11am         | 一起和 Joyce 做运动<br>9am - 10am                                    | 一起做椅子瑜伽 (IL)<br>9am - 10am     |          |
| CALM 1.0 (第二周)<br>(弹力带训练)<br>11am - 12pm | 一起玩硬地滚球<br>11am - 12pm  | 一起做坐式尊巴 (HPB)<br>9am - 10am           | 一起来踢球<br>(三角体育中心)<br>(1/10)<br>(只限已报名10长者)<br>9:30am - 11:30am | 一起做拍打运动<br>10am - 11am         |          |
| 游戏时间<br>(Rummy O)<br>1pm - 2pm           | 一起玩飞盘高尔夫<br>11am - 12pm   | 游戏时间<br>(台球/乒乓球)<br>10:30am - 1:30pm  | 一起玩硬地滚球<br>10am - 11am   | 游戏时间<br>(Rummy O)<br>1pm - 3pm |          |
| 一起合创艺术<br>2pm - 4pm                      | 游戏时间<br>(Rummy O)<br>12pm - 2pm   | 游戏时间<br>(Rummy O)<br>10:30am - 1:30pm | 一起玩飞盘高尔夫<br>10am - 11am  | 一起跳排舞<br>2pm - 3pm             |          |
| 园艺治疗<br>4:30pm - 5:30pm                  | 一起参与研究计划<br>(IMPRESS-MIND2S) (5/24)<br>(只限已报名长者)<br>2pm - 5pm                       | 一起学英语<br>2pm - 3pm                    | Enhanced F4 运动 (5/24)<br>(只限已报名长者)<br>11:30am - 12:30pm        | 代际交流 - 公教初级学院<br>3pm - 4:30pm  |          |
|  |   | 一起聊新闻<br>3pm - 4:30pm                 | 一起来庆生<br>12:30pm - 2:30pm                                      |                                |          |
|  |   |                                       | 代际交流 - 新加坡理工学院<br>[只限已报名20长者]<br>2:30pm - 4pm                  |                                |          |
|  |   |                                       | 社区健康岗  | 社区健康岗                          |          |

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| MON<br>20 (星期一)                         | TUE<br>21 (星期二)  | WED<br>22 (星期三)                       | THU<br>23 (星期四)   | FRI<br>24 (星期五)  | SAT<br>25 (星期六) |
|---|--|---------------------------------------|---|--|-----------------|
| 一起做弹力带运动(HPB)<br>10am - 11am            | 一起参与研究计划 (第二期)<br>(IMPRESSMIND2S Let's Piloxing) (6/24)<br>(只限已报名长者)<br>9.30am - 10.30am | 一起做坐式尊巴 (HPB)<br>9am - 10am           | 一起和 Joyce 做运动<br>9am - 10am                             | 一起做拍打运动<br>10am - 11am   |                 |
| CALM 1.0 (第三周)<br>(哑铃训练)<br>11am - 12pm | 一起玩硬地滚球<br>11am - 12pm   | 游戏时间<br>(Rummy O)<br>10:30am - 1:30pm | 一起玩硬地滚球<br>10am - 11am                                  | 游戏时间<br>(Rummy O)<br>11:30am - 1:30pm                                |                 |
| 服务 - 美甲<br>(只限15报名长者)<br>11am - 12pm    | 一起玩飞盘高尔夫<br>11am - 12pm  | 游戏时间<br>(台球/乒乓球)<br>10:30am - 1:30pm  | 一起玩飞盘高尔夫<br>10am - 11am                                 | 一起跳排舞<br>2pm - 3pm   |                 |
| 游戏时间<br>(Rummy O)<br>1pm - 2pm          | 游戏时间<br>(Rummy O)<br>12pm - 2pm  | 一起学英语<br>2pm - 3pm                    | Enhanced F4 运动 (6/24)<br>(只限已报名长者)<br>11.30am - 12.30pm | 代际交流 - 公教初级学院<br>3pm - 4:30pm  |                 |
| 一起合创艺术<br>2pm - 4pm                     | 一起参与研究计划 (第二期)<br>(IMPRESSMIND2S) (6/24)<br>(只限已报名长者)<br>2pm - 5pm                       | 一起聊新闻<br>3pm - 4:30pm                 | 一起来 makan - 中心内<br>12.30pm - 1.30pm                     | 一起去 Gai Gai<br>[滨海湾金沙天际线 + 螺旋桥<br>+ 娘惹自助餐]<br>(只限已报名长者)<br>3pm - 7pm |                 |
| 园艺治疗<br>4pm - 5:30pm                    |  |                                       | 宾果(游戏)<br>1.30pm - 2.30pm                               |  |                 |
|   |  |                                       | 游戏时间<br>(Rummy O)<br>2:30pm - 4:30pm                    |  |                 |
|   |  |                                       | 社区健康岗   | 社区健康岗  |                 |

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| MON                                      | TUE  | WED                                   | THU   | FRI | SAT |
|--|--|---------------------------------------|---|-----|-----|
| 27 (星期一)                                 | 28 (星期二)   | 29 (星期三)                              | 30 (星期四)  |     |     |
| 一起做弹力带运动(HPB)<br>10am - 11am             | 一起参与研究 计划 (第二阶段)<br>(IMPRESSMIND2S-Let's<br>Piloxing) (7/24)<br>(只限已 报名长者)<br>9.30am - 10.30am | 一起做坐式尊巴 (HPB)<br>9am - 10am           | 一起和 Joyce 做运动<br>9am - 10am                                       |     |     |
| CALM 1.0 (第四周)<br>(弹力带训练)<br>11am - 12pm | 一起玩硬地滚球<br>11am - 12pm   | 游戏时间<br>(台球/乒乓球)<br>10:30am - 1:30pm  | 2026 步行足球 - 培训<br>(只限已 报名长者) 3/13<br>9.30am - 11.30am<br>[立达体育中心] |     |     |
| 游戏时间<br>(Rummy O)<br>1pm - 2pm           | 一起玩飞盘高尔夫<br>11am - 12pm  | 游戏时间<br>(Rummy O)<br>10:30am - 1:30pm | 一起玩硬地滚球<br>10am - 11pm  |     |     |
| 世界睡眠日<br>(睡眠的重要性)<br>2pm - 3pm           | 一起合创艺术<br>12pm - 2pm   | 一起学英 语<br>2pm - 3pm                   | 一起玩飞盘高尔夫<br>10am - 11pm   |     |     |
| 园艺治疗<br>4pm - 5:30pm                     | 游戏时间<br>(Rummy O)<br>12pm - 2pm  | 一起聊新闻<br>3:30pm - 4:30pm              | Enhanced F4 运动 (7/24)<br>(只限已 报名长者)<br>11.30am - 12.30pm          |     |     |
|  | 一起参与研究 计划<br>(IMPRESSMIND2S) (7/24)<br>(只限已 报名长者)<br>2pm - 5pm                                 |                                       | 一起来 makan - 中心内<br>12:30pm - 1:30pm                               |     |     |
|  |  |                                       | 一起来 K歌<br>1:30pm - 3:30pm   |     |     |
|  |  |                                       | 游戏时间<br>(Rummy O)<br>1:30pm - 3:30pm                              |     |     |
|  |  |                                       | 社区健康 岗  |     |     |

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