




2025 August

 **Centre Name:** Active Ageing Centre (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 | |
| | | | | | | | | Let's Pai Da with Jenny Tan 10am - 11am | | | |
| | | | | | | | | Strategise with Kakis 11.30am - 1.30pm Line Dance 2pm - 3pm | | Functional Screening (Only registered seniors) 11am - 3pm | |
| | | | | | | | | Let's Gen with CJC 3pm - 4.30pm Community Health Post | | | |
| 4 | | 5 | | 6 | | 7 | | 8 | | 9 | |
| Let's Stretch Band (HPB) 10am - 11am IMPRESSED MIND2S - Profiling Session (Registered seniors only) 11am - 3.30pm | | Staff Training 9am - 10.30am Let's Gen with My First Skool 10:30am - 11:30am | | Chair Zumba (HPB) 10am - 11am | | DSL (Healthbuddy App & Transport) 10am - 11.30am Let's Makan Together 12pm - 1pm Strategise with Kakis 1pm - 2pm | | Let's Gen with GESPS (National Day Celebration) 7am - 9am Active Generation @ Jurong Point (Registered seniors only) 8am - 2pm Let's Pai Da with Jenny Tan 10am - 11am | | | |
| Stay Well Series - Health Talk (Simple Tips for Healthy Eating) 2pm - 3.30pm | | Strategise with Kakis 11.30pm - 1.30pm | | IMPRESSED MIND2S - Profiling Session (Registered seniors only) 11am - 3.30pm | | Karaoke 2pm - 4pm Aqua Fun Fit (Session 6) 4.30pm - 5.30pm | | Strategise with Kakis 11.30am - 1.30pm Line Dance 2pm - 3pm | | | |
| Staff Training 3.30pm - 6pm | | Staff Training 2pm - 6pm | | Staff Training 3.30pm - 6pm | | Staff Training 5pm - 6pm Community Health Post | | Community Health Post | | | |

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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 NTUC Health

| MON | TUE | WED | THU | FRI | SAT |
|--|---|---|--|--|-----|
| 11 | 12 | 13 | 14 | 15 | 16 |
| National Day Off in Lieu; Centre Closure | IMPRESS-MIND2S - Piloxing Lite (Registered seniors only) 9.30am - 10.30am | Chair Zumba (HPB) 10am - 11am | Let's Exercise with Razak on Zoom 10am - 10.45am Enhanced F4 11.30am - 12.30pm | Let's Pai Da with Jenny Tan 10am - 11am Strategise with Kakis 11.30am - 1pm | |
| | Strategise with Kakis 11am - 1.30pm Let's Do Collaborative Art 11am - 1.30pm | Strategise with Kakis 11am - 1pm Digital Coaching (HealthHub) 1pm - 2pm | Let's Makan Together - F4 12.30pm - 1.30pm Fun with kakis (BINGO) 2pm - 3pm | Centre Closure 1.30pm - 6pm | |
| | IMPRESS-MIND2S - CA (Registered seniors only) 2pm - 5pm | Staff Training 3.30pm - 6pm | Aqua Fun Fit (Session 7) 4.30pm - 5.30pm Community Health Post | Community Health Post | |
| 18 | 19 | 20 | 21 | 22 | 23 |
| Let's Stretch Band (HPB) 10am - 11am | IMPRESS-MIND2S - Piloxing Lite (Registered seniors only) 9.30am - 10.30am | Chair Zumba (HPB) 10am - 11am | Let's Exercise with Razak on Zoom 10am - 10.45am F4 11.30am - 12.30pm | Let's Pai Da with Jenny Tan 10am - 11am | |
| Strategise with Kakis 11.30am - 1.30pm | Strategise with Kakis 11am - 1pm | Strategise with Kakis 11.30am - 1.30pm Digital Coaching (Healthy365) 2pm - 3pm | Let's Makan Together F4 12.30pm - 1.30pm Let's Celebrate (Birthday) 2pm - 4pm | NDP Celebration with SAF 11.30am - 1.30pm | |
| Stay Well Series - Live Health Talk (Sleeping Well in Our Golden Years) 2pm - 3pm Therapeutic Horticulture 4pm - 5.30pm | IMPRESS-MIND2S - CA (Registered seniors only) 2pm - 5pm | Manicure & Pedicure (Registered seniors only) 3.30pm - 4.30pm | Aqua Fun Fit (Session 8) 4.30pm - 5.30pm Community Health Post | Line Dance 2pm - 3pm Community Health Post | |

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| MON | TUE | WED | THU | FRI | SAT |
|---|--|--|--|--|-----|
| 25 | 26 | 27 | 28 | 29 | 30 |
| Let's Stretch Band (HPB) 10am - 11am | IMPRESS-MIND2S - Piloxing Lite (Registered seniors only) 9.30am - 10.30am | Chair Zumba (HPB) 10am - 11am MINDEF (DxD) Do Good at Redhill 11am - 1pm | Gateway Theatre Play (Safe Crossing) 9:30am - 11:30am Let's Exercise with Razak on Zoom 10am - 10.45am F4 (Enhanced) 11.30am - 1.30pm | Let's Pai Da with Jenny Tan 10am - 11am | |
| Strategise with Kakis 11.30am - 1.30pm | Strategise with Kakis 11am - 1pm | Strategise with Kakis 1pm - 3pm | Karaoke 2pm - 4pm | Strategise with Kakis 11:30am - 1:30pm Line Dance 2pm - 3pm | |
| Outing to HortPark (HortFestival 2025) - For registered seniors only 3.30pm - 5.30pm | IMPRESS-MIND2S - CA (Registered seniors only) 2pm - 5pm | Manicure & Pedicure (Registered seniors only) 3.30pm - 4.30pm | Aqua Fun Fit (Session 9) 4.30pm - 5.30pm Community Health Post | Let's Gen Together CJC 3pm - 4:30pm Community Health Post | |

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| MON | TUE | WED | THU | FRI | SAT |
|--|---|--|--|---|--------------------|
| | | | | | 12 |
| | | | | 一起做拍打运动 10am - 11am 游戏时间 11.30am - 1.30pm 一起跳排舞 2pm - 3pm 代际交流 - 公教初级学院 3pm - 4.30pm 社区健康岗 | 健康检查 11am - 3pm |
| 4 | 5 | 6 | 7 | 8 | 9 |
| 一起做弹力带运动(HPB) 10am - 11am | 公司活动/培训 9am - 10.30am | 一起做坐式尊巴(HPB) 10am - 11am | 数码科技(健康与交通应用) 10am - 11.30pm 一起来makan - 中心内 (F4) 12pm - 1pm 游戏时间 11:30am - 1:30pm | 代际交流 - 颜永成小学(庆祝国庆日) 7am - 9am 一起和 (Active Generation) 去 Gai Gai 8am - 2pm | 国庆日 - 公共假日 |
| IMPRESSED MIND2S - Profiling Session (Registered Seniors only) 11am - 3.30pm | 代际交流 - 幼儿园 10.30am - 11.30am | IMPRESSED MIND2S - Profiling Session (Registered Seniors only) (12pm - 3.30pm) | 卡拉OK 2pm - 4pm | 一起做拍打运动 10 - 11am | |
| (健康讲座)健康饮食 2pm - 3.30pm | 游戏时间 11.30am - 1.30pm | | 一起去游泳 4.30pm - 5.30pm | 一起跳排舞 2pm - 3pm | |
| 公司活动/培训 3.30pm - 6pm | 公司活动/培训 2pm - 6pm | | 社区健康岗 | 社区健康岗 | |
| 11 | 12 | 13 | 14 | 15 | 16 |
| 中心关闭 - 假日补给 | IMPRESS-MIND2S - Piloxing Lite 9.30am - 10.30am | 一起做坐式尊巴(HPB) 10am - 11am | 一起跟Razak线上做运动 10am - 10:45am | 一起做拍打运动 10am - 11am | |
| | 游戏时间 11am - 1.30pm | 游戏时间 11am - 1.30pm | Enhanced F4 Exercise(Registered Only) 11.30am - 12.30pm | 游戏时间 11am - 1.30pm | |
| | 一起合创艺术 11am - 1.30pm | 一起学科技(Health Hub 应用) 1pm - 2pm | F4 Communal Dining 12.30pm - 1.30pm | 中心关闭 - 公司活动 2pm - 6pm | |
| | IMPRESS-MIND2S - CA 2pm - 5pm | 公司活动/培训 3.00pm - 6pm | 宾果游戏 2pm - 3pm 一起去游泳 4.30pm - 5.30pm | | |
| | | | 社区健康岗 | | |

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|---|---|---------------------------------------|--|--|-----|
| 18 | 19 | 20 | 21 | 22 | 23 |
| 一起做弹力带运动(HPB) 10am - 11am | IMPRESS-MIND2S - Piloxing Lite 9.30am - 10.30am | 一起做坐式尊巴(HPB) 10am - 11am | 一起跟Razak线上做运动 10am - 10:45am | 一起做拍打运动 10 - 11am | |
| (健康讲座)之安睡无忧 2pm - 3pm | 游戏时间 11am - 1pm | 游戏时间 11.30am - 1.30pm | F4 Communal Dining 12.30pm - 1.30pm | 与国防部庆祝国庆日 11.30am - 1.30pm | |
| 园艺治疗 4pm - 5.30pm | IMPRESS-MIND2S - CA 2pm - 5pm | 一起学科技(Health 365 应用) 2pm - 3pm | 宾果(游戏)与庆祝生日 2pm - 4pm | 一起跳排舞 2pm - 3pm | |
| | | 服务 - 美甲 3.30pm - 4.30pm | 一起去游泳 4.30pm - 5.30pm 社区健康岗 | 代际交流 - 公教初级学院 3pm - 4.30pm 社区健康岗 | |
| 25 | 26 | 27 | 28 | 29 | 30 |
| 一起做弹力带运动(HPB) 10am - 11am | IMPRESS-MIND2S - Piloxing Lite 9.30am - 10.30am | 一起做坐式尊巴(HPB) 10am - 11am | 开心乐龄(防诈骗!) 9:30am - 11:30am 一起跟Razak线上做运动 10am - 10:45am | 一起做拍打运动 10 - 11am | |
| 游戏时间 11:30am - 1:30pm | 游戏时间 11pm - 1pm | 与国防部同乐 11am - 1pm (限20名额) | F4(运动) 11.30am - 12.30pm 一起来makan - 中心内 (F4) 12.30pm - 1.30pm | 游戏时间 11:30am - 1:30pm | |
| 游园艺园林(HortFestival 2025) - 只限报名乐龄 3.30pm - 5.30pm | IMPRESS-MIND2S - CA 2pm - 5pm | 游戏时间 1pm - 2pm | 卡拉OK 2pm - 4pm | 一起跳排舞 2pm - 3pm | |
| | | 服务 - 美甲 (限10名额) 3:30pm - 4:30pm | 一起去游泳 4.30pm - 5.30pm 社区健康岗 | 代际交流 - 公教初级学院 3pm - 4.30pm 社区健康岗 | |

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