

2026 August

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



 NTUC Health

MON 3	TUE 4	WED 5	THU 6	FRI 7	SAT 8
Let's Stretch Band (HPB) 10am - 11am	Let's IMPRESS-MIND2S [Phase2]- Piloxing lite (21/24) (Registered seniors only) 9:30am - 10:30am	Let's Chair Zumba (HPB) 9am - 10am	Let's Exercise with Joyce 9am - 10am	Let's Celebrate National Day with Gan Eng Seng Primary School (30 seniors only) 7am - 8.30am	
Let's CALM 1.0 [FY26 Batch 1] - maintenance phase @Delta Swimming Complex - Aqua Fun Fit Session 9/12 [11am - 12pm]	Let's Gen Together MFS (K1) - National Day 10:30am - 11:30am	Let's Go Gai Gai to Visit to Abbott Plant [Requires Registration - 20pax] 9am - 2pm	Let's Talk About DSL [Instant Messaging - Whatsapp] 10am - 11.30am	Let's Do Good at Silver Homes [24 Rental units blk 71/72/78] 9am - 2pm	
Manicure Pedicure service [Requires registration: 15 pax only, first come first serve] 11am - 12pm	Strategise with Kakis 12pm - 2pm	Let's Pool / Table Tennis 10:30am - 1:30pm	Enhanced F4 Exercise [Phase2] (21/24) (Registered seniors only) 11.30am-12.30pm	Let's Pai Da with Jenny Tan 10am - 11am	
Strategise with Kakis 1pm - 2pm	Let's do Collaborative Art 12pm - 2pm	Strategise with Kakis 10:30am - 1:30pm	Let's Makan Together 12:30pm - 1:30pm	Strategise with Kakis 11.30am - 1.30pm	
Stay Well Series : Nutrition Talk by Singhealth Dietician - face to face Session 1, Strong Muscles for Healthy Ageing Requires Registration [25pax] 2pm - 3.30pm	Let's IMPRESS-MIND2S [Phase2] - CA (21/24) (Registered seniors only) 2pm-5pm	Let's Pick up English 2pm - 3pm	Fun with kakis (Bingo) 1:30pm - 2:30pm	Let's Line Dance 1.30pm - 2.30pm	
Let's Yum Cha Together 3:30pm - 4pm		Let's Talk News (3pm - 4.30pm)	Strategise with kakis 2:30pm - 4:30pm		
Therapeutic Horticulture 4pm - 5.30pm					
			Community Health Post	Community Health Post	

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 NTUC Health

MON

TUE

WED

THU

FRI

SAT

10	11	12	13	14	15
Centre Close [Holiday In Lieu of National Day on Sunday]	Let's IMPRESS-MIND2S [Phase2]- Piloxing lite (22/24) (For registered seniors only) 9:30am - 10:30am	Let's Chair Zumba (HPB) 9am - 10am	Let's Exercise with Joyce 9am - 10am	Let's Pai Da with Jenny Tan 10am - 11am	Annual Project Silver Screen (FS) [with Singhealth] 9am to 1pm
	Strategise with Kakis 12pm - 2pm	Let's Lim Kopi (Male Exclusive) 9am - 10:30am	Enhanced F4 Exercise [Phase2] (22/24) (Registered seniors only) 10.30am-11.30am	Let's Talk About Say YES to Waste Less (By NEA) - F2F session (Requires Registration - 20pax) 11.30am - 12.30pm	
	Let's do Collaborative Art 12pm - 2pm	Let's Boccia 10:15am - 11:15am	Centre Closure from 12pm	Strategise with Kakis 12.30 pm - 1.30pm	
	Let's IMPRESS-MIND2S [Phase2] - CA (22/24) (for registered Seniors only) 2pm-5pm	Let's Disc Golf 10:15am - 11:15am		Let's Line Dance 1.30pm - 2.30pm	
		Let's Pool / Table Tennis 11:30am - 1:30pm		Let's Gen Together with CJC 3pm - 4.30pm	
		Strategise with Kakis 11:30am - 1:30pm			
		Let's Pick up English 2pm - 3pm			
		Let's Talk News (3pm - 4.30pm)			
			Community Health Post	Community Health Post	

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
Lets Dragon Boat [Training Session [1/12] Registered seniors only 8am - 12pm	Let's IMPRESS-MIND2S [Phase2]- Piloxing lite (23/24) (For registered seniors only) 9:30am - 10:30am	Let's Chair Zumba (HPB) 9am - 10am	Let's Exercise with Joyce 9am - 10am	Let's Pai Da with Jenny Tan 10am - 11am	
Let's Stretch Band (HPB) 10am - 11am	Let's do Collaborative Art 12pm - 2pm	Let's Pool / Table Tennis 10:30am - 1:30pm	Let's Walking Football 2026 Training session 9/13 [Registered seniors only - 10pax] 9.30am - 11.30am	Let's Archery with Tai Chi [ICCP Collaboraton with BMV & LB] [Requires Registration - 15 pax only] 9am - 1pm	
Let's CALM 1.0 [FY26 Batch 1] - maintenance phase @Delta Swimming Complex - Aqua Fun Fit Session 10/12 11am - 12pm	Strategise with Kakis 12pm - 2pm	Strategise with Kakis 10:30am - 1:30pm	Let's Boccia 10am - 11am	Strategise with Kakis 11.30am - 1.30pm	
Strategise with Kakis 1pm - 2pm	Let's IMPRESS-MIND2S [Phase2] - CA (23/24) (for registered Seniors only) 2pm-5pm	Let's Pick up English 2pm - 3pm	Let's Disc Golf 10am - 11am	Let's Line Dance 1.30pm - 2.30pm	
Stay Well Series : Nutrition Talk by Singhealth Dietician - face to Face Session 2, Heart-Healthy Eating: Prevent High Cholesterol Requires Registration [25pax] 2pm - 3.30pm		Let's Talk News (3pm - 4.30pm)	Enhanced F4 Exercise [Phase2] (23/24) (Registered seniors only) 11.30am - 12.30pm		
Let's Yum Cha Together 3:30pm - 4pm			Let's Celebrate (Birthday) 12:30pm - 1:30pm		
Therapeutic Horticulture 4pm - 5.30pm			Fun with Kakis (Bingo) 1:30pm - 2:30pm		
			Strategise with kakis 2:30pm - 4:30pm		
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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
Lets Dragon Boat [Training Session 2/12] Registered seniors only 8am - 12pm	Let's IMPRESS-MIND2S [Phase2]- Piloxing lite (24/24) (For registered seniors only) 9:30am - 10:30am	Let's Chair Zumba (HPB) 9am - 10am	Let's Exercise with Joyce 9am - 10am	Let's Pai Da with Jenny Tan 10am - 11am	
Let's Stretch Band (HPB) 10am - 11am	Let's do Collaborative Art 12pm - 2pm	Let's Lim Kopi (Malay Male Exclusive) 9am - 10:30am	Let's Boccia 10am - 11am	Strategise with Kakis 11.30am - 1.30pm	
Let's CALM 1.0 [FY26 Batch 1] - maintenance phase @Delta Swimming Complex - Aqua Fun Fit Session 11/12 11am - 12pm	Strategise with Kakis 12pm - 2pm	Let's Pool / Table Tennis 10:30am - 1:30pm	Let's Disc Golf 10am - 11am	Let's Line Dance 1.30pm - 2.30pm	
Manicure Pedicure service [Requires registration: 15 pax only, first come first serve] 11am - 12pm	Let's IMPRESS-MIND2S [Phase2] - CA (24/24) (for registered Seniors only) 2pm-5pm	Strategise with Kakis 10:30am - 1:30pm	Enhanced F4 Exercise [Phase2] (24/24) (Registered seniors only) 11.30am - 12.30pm		
Strategise with Kakis 1pm - 2pm		Let's Pick up English 2pm - 3pm	Let's Makan Together [Sponsored Halal Bento set, requires Registration for 60 pax] 12.30pm - 1.30pm		
Stay Well Series : Nutrition Talk by Singhealth Dietician - Face to Face Session 3, Heart-Healthy Eating: Prevent High Blood Pressure [25 Registered] 2pm - 3:30pm		Let's Talk News (3pm - 4.30pm)	Ler's KTV Together 1:30pm - 3:30pm		
Let's Yum Cha Together 3:30pm - 4pm			Strategise with kakis 1:30pm - 3:30pm		
Therapeutic Horticulture 4pm - 5.30pm					
			Community Health Post	Community Health Post	

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MON	TUE	WED	THU	FRI	SAT
31					
Lets Dragon Boat [Training Session 3/12] Registered seniors only 8am - 12pm					
Let's Stretch Band (HPB) 10am - 11am					
Let's CALM 1.0 [FY26 Batch 1] - maintenance phase @Delta Swimming Complex - Aqua Fun Fit Session 12/12 11am - 12pm					
Let's do Collaborative Art 11am - 1pm					
Strategise with Kakis 11am - 1pm					
Stay Well Series : Nutrition Talk by Singhealth Dietician - Face to Face Session 4, Does Healthy Eating Prevent Diabetes? [25 Registered Pax] 2pm - 3:30pm					
Let's Yum Cha Together 3:30pm - 4pm					
Therapeutic Horticulture 4pm - 5.30pm					

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2026 八月

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MON	TUE	WED	THU	FRI	SAT
3(星期一)	4(星期二)	5(星期三)	6(星期四)	7(星期五)	8(星期六)
一起做弹力带运动(HPB) 10am - 11am	一起参与研究计划 (二期)(IMPRESS-MIND2S-Let's Piloxing) (21/24) (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	一起和颜永成小学庆祝国庆日 7am - 8:30am	
一起来游泳 (9/12) 11am - 12pm	代际交流 - 幼儿园 (庆祝国庆节) 10:30am - 11:30am	一起去 Gai Gai 【雅培 / Abbott Plant】 (只限 20 名报名长者) 9am - 2pm	新加坡数码转型办事处 (如何使用 Whatsapp) 10am - 11:30am	CDC (银发之家) 9am - 2pm	
服务 - 美甲 (只限15报名长者) 11am - 12pm	游戏时间 (Rummy O) 12pm - 2pm	游戏时间 (Rummy O) 10:30am - 1:30pm	Enhanced F4 运动 (21/24) (只限已报名长者) 11:30am - 12:30pm	一起做拍打运动 10am - 11am	
游戏时间 (Rummy O) 1pm - 2pm	一起合创艺术 12pm - 2pm	游戏时间 (台球/乒乓球) 10:30am - 1:30pm	一起来 makan - 中心内 12:30pm - 1:30pm	游戏时间 (Rummy O) 11am - 1:30pm	
(新保集团营养师) 面对面健康讲座(第一课) <u>如何强健肌肉抗衰老</u> (只限 25 名报名长者) 2pm - 3:30pm	一起参与研究计划 (二期) (IMPRESS-MIND2S) (21/24) (只限已报名长者) 2pm - 5pm	一起学英语 2pm - 3pm	宾果(游戏) 1.30pm - 2.30pm	一起跳排舞 1:30pm - 2:30pm	
一起饮茶 3:30pm - 4pm		一起聊新闻 3pm - 4:30pm	游戏时间 (Rummy O) 2:30pm - 4:30pm		
园艺治疗 4pm - 5:30pm					
			社区健康岗	社区健康岗	

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MON	TUE	WED	THU	FRI	SAT
10 (星期一)	11 (星期二)	12 (星期三)	13 (星期四)	14 (星期五)	15 (星期六)
中心关闭 - 国庆日	一起参与研究计划 (二期)(IMPRESS-MIND2S-Let's Piloxing) (22/24) (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	(新保集团) 一起来体检 9am - 1pm
	游戏时间 (Rummy O) 12pm - 2pm	一起喝咖啡 (只限男性) 9am - 10:30am	Enhanced F4 运动 (17/24) (只限已报名长者) 10:30am - 11:30am	国家环境局 - 面对面讲座 (减少浪费, 选择环保) (只限 20 名报名长者) 11.30am - 12.30pm	
	一起合创艺术 2pm - 4pm	一起玩硬地滚球 10:15am - 11:15am	中心关闭 - 公司活动 12pm - 6pm	游戏时间 (Rummy O) 12:30pm - 1:30pm	
	一起参与研究计划 (二期) (IMPRESS-MIND2S) (22/24) (只限已报名长者) 2pm - 5pm	一起玩飞盘高尔夫 10:15am - 11:15am		一起跳排舞 1:30pm - 2:30pm	
		游戏时间 (Rummy O) 11:30am - 1:30pm		代际交流 - 公教初级学院 3pm - 4:30pm	
		游戏时间 (台球/乒乓球) 11:30am - 1:30pm			
		一起学英语 2pm - 3pm			
		一起聊新闻 3pm - 4:30pm			
			社区健康岗	社区健康岗	

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MON	TUE	WED	THU	FRI	SAT
17 (星期一)	18 (星期二)	19 (星期三)	20 (星期四)	21 (星期五)	22(星期六)
一起划龙舟 [培训课程 1/12] 8am - 12pm	一起参与研究计划 (二期)(IMPRESS-MIND2S-Let's Piloxing) (23/24) (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	
一起做弹力带运动(HPB) 10am - 11am	一起合创艺术 12pm - 2pm	游戏时间 (台球/乒乓球) 10:30am - 1:30pm	2026 步行足球 - 培训 (只限10名报名长者) 9/13 9.30am - 11.30am	一起去射箭与打太极 (只限 15 名报名长者) 9am - 1pm	
一起来游泳 (10/12) 11am - 12pm	游戏时间 (Rummy O) 12pm - 2pm	游戏时间 (Rummy O) 10:30am - 1:30pm	一起玩硬地滚球 10am - 11am	游戏时间 (Rummy O) 11:30am - 1:30pm	
游戏时间 (Rummy O) 1pm - 2pm	一起参与研究计划 (二期) (IMPRESS-MIND2S) (23/24) (只限已报名长者) 2pm - 5pm	一起学英语 2pm - 3pm	一起玩飞盘高尔夫 10am - 11am	一起跳排舞 1.30pm - 2.30pm	
(新保集团营养师) 面对面健康讲座(第二课) 健康饮食:预防高胆固醇 (只限 25 名报名长者) 2pm - 3:30pm		一起聊新闻 3pm - 4:30pm	Enhanced F4 运动 (23/24) (只限已报名长者) 11:30am - 12:30pm		
一起饮茶 3:30pm - 4pm			庆祝生日 12:30pm - 1:30pm		
园艺治疗 4pm - 5:30pm			宾果(游戏) 1.30pm - 2.30pm		
			游戏时间 (Rummy O) 2:30pm - 4:30pm		
			社区健康岗	社区健康岗	

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MON	TUE	WED	THU	FRI	SAT
24 (星期一)	25 (星期二)	26 (星期三)	27 (星期四)	28 (星期五)	29 (星期六)
一起划龙舟 [培训课程 2/12] 8am - 12pm	一起参与研究计划 (二期) (IMPRESSMIND2S Let's Piloxing) (24/24) (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	
一起做弹力带运动(HPB) 10am - 11am	一起合创艺术 12pm - 2pm	一起喝咖啡 (只限男性 马来同胞) 9am - 10:30am	一起玩硬地滚球 110am - 11am	游戏时间 (Rummy O) 11:30am - 1:30pm	
一起来游泳 (11/12) 11am - 12pm	游戏时间 (Rummy O) 12pm - 2pm	游戏时间 (台球/乒乓球) 10:30am - 1:30pm	一起玩飞盘高尔夫 110am - 11am	一起跳排舞 1:30pm - 2:30pm	
服务 - 美甲 (只限15报名长者) 11am - 12pm	一起参与研究计划 (二期) (IMPRESS-MIND2S) (24/24) (只限已报名长者) 2pm - 5pm	游戏时间 (Rummy O) 10:30am - 1:30pm	Enhanced F4 运动 (24/24) (只限已报名长者) 11:30am - 12:30pm		
游戏时间 (Rummy O) 1pm - 2pm		一起学英语 2pm - 3pm	一起来 makan - 中心内 (只限60报名长者) 12:30pm - 1:30pm		
(新保集团营养师) 面对面健康讲座(第三课) <u>健康饮食:预防高血压</u> (只限 25 名报名长者) 2pm - 3:30pm		一起聊新闻 3pm - 4:30pm	一起来K歌 1:30pm - 3:30pm		
一起饮茶 3:30pm - 4pm			游戏时间 (Rummy O) 1:30pm - 3:30pm		
园艺治疗 4pm - 5:30pm					
			社区健康岗	社区健康岗	

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MON	TUE	WED	THU	FRI	SAT
31 (星期一)					
一起划龙舟 [培训课程 3/12] 8am - 12pm					
一起做弹力带运动(HPB) 10am - 11am					
一起来游泳 (12/12) - 最后 11am - 12pm					
一起合创艺术 11am - 1pm					
游戏时间 (Rummy O) 11am - 1pm					
(新保集团营养师) 面对面健康讲座(第四课) 健康饮食:预防糖尿病 (只限 25 名报名长者) 2pm - 3:30pm					
一起饮茶 3:30pm - 4pm					
园艺治疗 4pm - 5:30pm					

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