

2025 December

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



 NTUC Health

1	2	3	4	5	6
Let's Stretch Band (HPB) 10am - 11am	Let's IMPRESS-MIND2S - Piloxing lite (17/24) (Registered seniors only) 9:30am - 10:30am	Let's Lim Kopi (Male exclusive) 9am - 11am	Haircut 9am - 11am	Let's Chair Yoga with Elin 9am - 10am	Temple Lunch (Registration required - 90 pax) 11am - 1pm
Strategise with Kakis (Rummy O & Xiang Qi) 11:30am - 1:30pm	Let's Gen Together MFS 10:30am - 11:30am	Let's Chair Zumba (HPB) 10am - 11am	DSL(Identify/ACT Against Common Scams) 10am - 11:30am	Let's Pai Da with Jenny Tan 10am - 11am	
Pedicure and Manicure Service (Registration required - 15pax only) 11:30pm - 12:30pm	Strategise with Kakis (Rummy O) 11:30am - 1:30pm	Strategise with Kakis (Rummy O) 11:30am - 1:30pm	Enhanced F4 Exercise (17/24) (Registered seniors only) 11:30am - 12:30pm	Strategise with Kakis (Rummy O) 11:30am - 1:30pm	
Stay Well Series - Health Talk (Caregiver, Take a Break) 2pm - 3:30pm	Let's Do Collaborative Art 12:30pm - 2pm	Let's learn English 2pm - 3pm	Let's Makan 12:30pm - 1:30pm	Let's Line Dance 2pm - 3pm	
Enhanced F4 Data collection (Registered IMPRESSED MIND2S Seniors only) 3:30pm - 6pm	IMPRESS-MIND2S - CA (17/24) (Registered Seniors only) 2pm - 5pm		Fun with kakis (Bingo) 1:30pm - 2:30pm	Enhanced F4 Data collection (Registered IMPRESSED MIND2S Seniors only) 3pm - 5:30pm	
			Strategise with Kakis (Rummy O & Xiang Qi) 2:30pm - 4:30pm		
			Community Health Post	Community Health Post	

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8	9	10	11	12	13
Let's Stretch Band (HPB) 10am - 11am	Let's IMPRESS-MIND2S - Piloxing lite (18/24) (Registered seniors only) 9:30am - 10:30am	Let's Chair Zumba (HPB) 10am - 11am	Let's Exercise with Joyce 9am - 10am	Centre Close [Team Building Day]	
Strategise with Kakis (Rummy O & Xiang Qi) 11:30am - 1:30pm	Free outing to Lee Kong Chian Natural History Museum (10+10 / 20) 9:30am - 12:30pm	Strategise with Kakis (Rummy O) 11:30am - 1:30pm	Let's Adaptive Sports 10am - 11am		
Let's Do Collaborative Art 11:30am - 1:30pm	Let's Adaptive Sports 11:30am - 12:30pm	Let's learn English 2pm - 3pm	Enhanced F4 Exercise (18/24) (Registered seniors only) 11.30am - 12.30pm		
	Strategise with Kakis (Rummy O) 11:30am - 1:30pm	Let's Talk News 3:30pm - 4:30pm	Let's Makan 12:30pm - 1:30pm		
Leave Well Series - Legacy Planning Workshop [Conducted by SATA] [Registered Seniors Only 15-20pax] 3pm - 5pm	IMPRESS-MIND2S - CA (18/24) (Registered Seniors only) 2pm - 5pm		Let's KTV Together 1:30pm - 3:30pm		
			Strategise with Kakis (Rummy O & Xiang Qi) 1:30pm - 3:30pm		
			Community Health Post		

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15	16	17	18	19	20
Let's Stretch Band (HPB) 10am - 11am	Let's IMPRESS-MIND2S - Piloxing lite (19/24) (Registered seniors only) 9:30am - 10:30am	Let's Lim Kopi (Male exclusive) 9am - 11am	Let's Exercise with Joyce 9am - 10am	Let's Chair Yoga with Elin 9am - 10am	
Strategise with Kakis (Rummy O & Xiang Qi) 11:30am - 1:30pm	Let's Adaptive Sports 11:30am - 12:30pm	Let's Chair Zumba (HPB) 10am - 11am	Let's Adaptive Sports 10am - 11am	Let's Pai Da with Jenny Tan 10am - 11am	
Stay Well Series - Live Health Talk (Oral Care: Tips On Oral Care for Older Adults) 2pm - 3pm	Strategise with Kakis (Rummy O) 11:30am - 1:30pm	Pedicure and Manicure service (Registration required - 15pax only) 11:30am - 12:30pm	Enhanced F4 Exercise (19/24) (Registered seniors only) 11:30am - 12:30pm	Strategise with Kakis 11:30am - 1:30pm	
Therapeutic Horticulture 4pm - 5:30pm	Let's Do Collaborative Art 11:30am - 1:30pm	Digital Coaching by Staff 1pm - 2pm	Let's Celebrate (Birthday) 12:30pm - 2:30pm	Let's Line Dance 2pm - 3pm	
	IMPRESS-MIND2S - CA (19/24) (Registered Seniors only) 2pm - 5pm	Let's learn English 2pm - 3pm	Strategise with kakis 2:30pm - 4:30pm		
			Community Health Post	Community Health Post	

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22	23	24	25	26	27
Let's Stretch Band (HPB) 10am - 11am	Let's Celebrate Christmas (Makan session/ Karaoke / Games) (Registered Seniors Only) 10am - 3pm	Let's Chair Zumba (HPB) 10am - 11am	Centre Close (Merry Christmas 2025)	Let's Chair Yoga with Elin 9am - 10am	
Strategise with Kakis (Rummy O & Xiang Qi) 11:30am - 1:30pm		Strategise with Kakis (Rummy O) 11:30am - 1:30pm		Let's Pai Da with Jenny Tan 10am - 11am	
Let's Do Collaborative Art 2pm - 4pm		Centre Close (Christmas Eve) - PM		Strategise with Kakis 11:30am - 1:30pm	
Therapeutic Horticulture 4pm - 5:30pm				Let's Line Dance 2pm - 3pm	
			Community Health Post	Community Health Post	
29	30	31			
Let's Stretch Band (HPB) 10am - 11am	Let's Exercise with Joyce 10am - 11am	Let's Chair Zumba (HPB) 10am - 11am			
Strategise with Kakis (Rummy O & Xiang Qi) 11:30am - 1:30pm	Let's Adaptive Sports 11am - 12pm	Strategise with Kakis (Rummy O) 11:30am - 1:30pm			
Let's Do Collaborative Art 2pm - 4pm	Let's Makan 1pm - 2pm	Centre Close (New Year Eve) - PM			
Therapeutic Horticulture 4pm - 5:30pm	Ler's KTV Together 2pm - 4pm				
	Strategise with Kakis (Rummy O) 11:30am - 1:30pm				

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2025 十二月

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MON	TUE	WED	THU	FRI	SAT
1 (星期一)	2 (星期二)	3 (星期三)	4 (星期四)	5 (星期五)	6 (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) (17/24) (只限已报名长者) 9.30am - 10.30am	一起喝咖啡(只限男性) 9am - 11am	一起和Joyce做运动 9am - 10am	一起做椅子瑜伽 9am - 10am	寺庙午餐 (只限70长者)
服务 - 美甲 (只限15报名长者) 11.30am - 12.30pm	代际交流 - 幼儿园 10.30am - 11.30am	一起做坐式尊巴 (HPB) 10am - 11am	数码科技(辨认与打击诈骗) 10am - 11.30pm	一起做拍打运 动 10am - 11am	
(社区健康视频讲座) 看护者, 歇一歇, 聚一聚 2pm - 3.30pm	游戏时间 11.30am - 1.30pm	游戏时间 11.30am - 1.30pm	Enhanced F4 运动 (17/24) (只限已报名长者) 11.30am - 12.30pm	游戏时间 (Rummy O) 11.30am - 1.30pm	
IMPRESSED MIND2S - Profiling Session (只限报名长者) 3.30pm - 6pm	一起合创艺术 12:30pm - 2pm	一起学英 语 2pm - 3pm	一起来 makan - 中心内 12:30pm - 1:30pm	一起跳排舞 2pm - 3pm	
	一起参与研究 计划 (IMPRESS-MIND2S) (17/24) (只限已报名长者) 2pm - 5pm		游戏时间(宾果) 1:30pm - 2:30pm	IMPRESSED MIND2S - Profiling Session (只限已报名长者) 3pm - 5.30pm	
			游戏时间 (Rummy O & 象棋) 2:30pm - 3:30pm		
			社区健康 岗	社区健康 岗	

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MON	TUE	WED	THU	FRI	SAT
8 (星期一)	9 (星期二)	10 (星期三)	11 (星期四)	12 (星期五)	13 (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) (18/24) (只限已报名长者) 9.30am - 10.30am	一起做坐式尊巴 (HPB) 10am - 11am	一起和Joyce做运动 9am - 10am	中心关闭 (公司活动)	
游戏时间 (Rummy O & 象棋) 11.30am - 1.30pm	一起去Gai Gai 李光前自然 历史博物馆 (限10+10/20名报名长者) 9.30am - 12:30pm	游戏时间 (Rummy O) 11.30am - 1.30pm	一起做运动 10am - 11am		
一起合创艺术 11:30am - 12pm	一起做运动 11.30am - 12.30pm	一起学英 语 2pm - 3pm	Enhanced F4 运动 (18/24) (只限已报名长者) 11.30am - 12.30pm		
遗产规划研讨会 (限20报名长者) 3pm - 5pm	游戏时间 (Rummy O) 12.30pm - 2pm	一起聊新闻 3.30pm - 4.30pm	一起来 makan - 中心内 12:30pm - 1:30pm		
	一起参与研究 计划 (IMPRESS-MIND2S) (18/24) (只限已报名长者) 2pm - 5pm		一起来K歌 1:30pm - 2:30pm		
			游戏时间 (Rummy O & 象棋) 2:30pm - 3:30pm		
			社区健康岗		

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15 (星期一)	16 (星期二)	17 (星期三)	18 (星期四)	19 (星期五)	20 (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) (19/24) (只限已报名长者) 9.30am - 10.30am	一起喝咖啡(只限男性) 9am - 11am	一起和Joyce做运动 9am - 10am	一起做椅子瑜伽 9am - 10am	
游戏时间 (Rummy O & 象棋) 11.30am - 1.30pm	一起做运动 11.30am - 12.30pm	一起做坐式尊巴 (HPB) 10am - 11am	一起做运动 10am - 11am	一起做拍打运 动 10am - 11am	
(社区健康视频讲座) 口腔护理技巧 2pm - 3pm	游戏时间 (Rummy O) 12.30am - 2pm	服务 - 美甲 (只限15报名长者) 11.30am - 12.30pm	Enhanced F4 运动 (19/24) (只限已报名长者) 11.30am - 12.30pm	游戏时间 (Rummy O) 11:30am - 1:30pm	
园艺治疗 4pm - 5.30pm	一起合创艺术 11:30am - 1.30pm	一起学科技 1pm - 2pm	宾果(游戏)与庆祝生日 12:30pm - 2:30pm	一起跳排舞 2pm - 3pm	
	一起参与研究 计划 (IMPRESS-MIND2S) (19/24) (只限已报名长者) 2pm - 5pm	一起学英语 2pm - 3pm	游戏时间 (Rummy O & 象棋) 2:30pm - 4:30pm		
			社区健康岗	社区健康岗	

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MON	TUE	WED	THU	FRI	SAT
22 (星期一)	23 (星期二)	24 (星期三)	25 (星期四)	26 (星期五)	27 (星期六)
一起做弹力带运动(HPB) 10am - 11am	一起来庆祝圣诞节 (只限已报名长者) 10am - 3pm	一起喝咖啡(只限男性) 9am - 11am	中心关闭 (圣诞节)	一起做椅子瑜伽 9am - 10am	
游戏时间 (Rummy O & 象棋) 11.30am - 1.30pm		一起做坐式尊巴 (HPB) 10am - 11am		一起做拍打运 动 10am - 11am	
一起合创艺术 2pm - 4pm		游戏时间 11.30am - 1pm		游戏时间 (Rummy O) 11.30am - 1.30pm	
园艺治疗 4pm - 5.30pm		中心关闭 (圣诞节)		一起跳排舞 2pm - 3pm	
29 (星期一)	30 (星期二)	31((星期三)			
一起做弹力带运动(HPB) 10am - 11am	一起和Joyce做运动 10am - 11am	一起做坐式尊巴 (HPB) 10am - 11am			
游戏时间 (Rummy O & 象棋) 11.30am - 1.30pm	一起做运动 11am - 12pm	游戏时间 11.30am - 1pm			
一起合创艺术 2pm - 4pm	一起来 makan - 中心内 1pm - 2pm	中心关闭 (新年2026)			
园艺治疗 4pm - 5.30pm	一起来K歌 2pm - 4pm				
	游戏时间 (Rummy O) 2pm - 4pm				

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