



# 2025 February

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




MON	TUE	WED	THU	FRI	SAT
					1
3	4	5	6	7	8
Let's Stretch Band (HPB) 10 - 11am	Steady Lah 9 - 10.30am Aqua Fun Fit 10 - 11am (7) My First Skool 10:30 - 11:30am	Chair Zumba (HPB) 10 - 11am	Let's Do Chair Yoga (Online) 9:15 - 10:15am HAPPY Programme 10.30 - 11.30am	Let's Pai Da 10 - 11am	
Rummy O 1 - 2pm	Rummy O 1-2pm	Rummy O 1 - 2pm	Rummy O 1 - 2pm Karaoke 2 - 4pm	CNY louhei for seniors living alone 12 - 2pm Current Affair U & Me 2.30 - 3.30pm	
Health Talk By SGH (Healthy Mind, Healthy Lives) 2 - 3.30pm	Therapeutic Horticulture 2.30 - 4pm	Let's Lim Kopi (Men's Talk) 2 - 4pm	Community Health Post	Community Health Post	
10	11	12	13	14	15
Let's Stretch Band (HPB) 10 - 11am	Steady Lah 9-10.30am Aqua Fun Fit 10-11am (8)	Chair Zumba (HPB) 10 - 11am	Let's Do Chair Yoga (Online) 9:15 - 10.15:am HAPPY Programme 10.30-11.30am	Let's Pai Da with Jenny Tan 9am - 10am Scam Awareness Talk 10 - 12pm	
Rummy O 1 - 2pm	Rummy O 1-2pm	Digital Coaching by Staff 1-2pm	Rummy O 1-2pm Current Affair U & Me 2.30 - 3.30pm	Rummy O 1 - 2pm Let's Gen Together CJC 3 - 4pm	
Adaptive Sports (Petanque) 2.30 - 4pm	Art & Craft (Origami) 3-4pm	Lets celebrate birthday with Crescent Girls Secondary School Intergen programme 2.30 - 4.30pm	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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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
Let's Stretch Band (HPB) 10 - 11am	Steady Lah 9 - 10.30am Aqua Fun Fit 10 - 11am (9)	Chair Zumba (HPB) 10 - 11am	Let's Do Chair Yoga 9:15 - 10.15 am HAPPY Programme 10.30 - 11.30am	Let's Pai Da with Jenny Tan 10am - 11am	
Rummy O 1 - 2pm	Let's Makan 11:15-12:15pm Rummy O 1 - 2pm	Rummy O 1 - 2pm Let's learn English 2 - 3pm	Rummy O 1 - 2pm Karaoke 2 - 4pm	Let's Gen Together CJC 3 - 4pm	
Line Dance 3 - 4pm	SGH Health Talk 2-3pm	Digital Coaching by Staff 3.30 - 4.30pm	Community Health Post	Community Health Post	
24	25	26	27	28	
Let's Stretch Band (HPB) 10 - 11am	Aqua Fun Fit 10 - 11am (10)	Gai Gai with North Vista Students 9.30 - 11am Chair Zumba (HPB) 10 - 11am	Let's Do Chair Yoga 9.15 - 10.15am HAPPY Programme 10.30-11.30am	Let's Pai Da with Jenny Tan 10am - 11am Rummy O 12-1.30pm	
Rummy O 1 - 2pm	Let's Makan 11:15 - 12:15pm	Rummy O 11-12pm Let's learn English 2-3pm	Rummy O 12-2pm Art & Craft with Jillian 3 - 4pm	SEA Aquarium 2 - 5PM Let's Gen Together CJC 3 - 4pm	
Let's Lim Kopi (Men's Talk) 2 - 4pm	Therapeutic Horticulture 2.30 - 4pm	Digital Coaching By Staff 3 - 4pm	Community Health Post	Community Health Post	

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3	4	5	6	7	1 8
一起做弹力带拉筋操 (HPB) 10 - 11am	Steady Lah! 保健操 9 - 10.30am Aqua Fun Fit 10 - 11am (7) 代际交流 - 幼儿园 MFS 10:30 - 11:30am	一起做坐式尊巴 (HPB) 10 - 11am	一起做椅子瑜伽 (Online) 9:15 - 10:15am 推广健康老龄化计划 10.30 - 11.30am	一起做拍打运动 10 - 11am	
游戏时间 Rummy O 1 - 2pm	游戏时间 Rummy O 1-2pm	游戏时间 Rummy O 1 - 2pm	游戏时间 Rummy O 1 - 2pm 卡拉OK 2 - 4pm	新年 捞起 12 - 2pm 时事新闻你和我 2.30-3.30pm	
SGH 健康讲座 2 - 3.30pm	园艺治疗 2.30 - 4pm	一起喝咖啡(只限男性) 2 - 4pm	社区健康岗	社区健康岗	
10	11	12	13	14	15
一起做弹力带拉筋操 (HPB) 10 - 11am	Steady Lah! 保健操 9-10.30am Aqua Fun Fit 10-11am (8)	一起做坐式尊巴 (HPB) 10 - 11am	一起做椅子瑜伽 (Online) 9:15 - 10.15:am 推广健康老龄化计划 10.30-11.30am	一起做拍打运动 10am - 11am	
游戏时间 Rummy O 1 - 2pm	游戏时间 Rummy O 1-2pm	一起学科技 1-2pm	游戏时间 Rummy O 1-2pm 时事新闻你和我 2.30-3.30pm	游戏时间 Rummy O 1 - 2pm 代际交流 - 大专学府 CJC 3 - 4pm	
一起做运动 (Petanque) 2.30 - 4pm	一起做 (Origami) 3-4pm	一起来庆生 Crescent Girls Secondary School Intergen programme 2 - 4.30pm	社区健康岗	社区健康岗	

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一起做弹力带拉筋操 (HPB) 10 - 11am	Steady Lah! 保健操 9 - 10.30am Aqua Fun Fit 10 - 11am (9)	一起做坐式尊巴 (HPB) 10 - 11am	一起做椅子瑜伽 9:15 - 10.15 am 推广健康老龄化计划 10.30 - 11.30am	一起做拍打运动 10am - 11am	
游戏时间 Rummy O 1 - 2pm	一起来 Makan 11:15-12:15pm 游戏时间 Rummy O 1 - 2pm	游戏时间 Rummy O 1 - 2pm 一起学英语 2 - 3pm	游戏时间 Rummy O 1 - 2pm 卡拉OK 2 - 4pm	代际交流 - 大专学府 CJC 3 - 4pm	
一起跳排舞 3 - 4pm	SGH 健康讲座 2-3pm	一起学科技 3.30-4.30pm	社区健康岗	社区健康岗	
24	25	26	27	28	
一起做弹力带拉筋操 (HPB) 10 - 11am	Aqua Fun Fit 10 - 11am (10)	代际交流 - 中学 NVSS 9.30 - 11am 一起做坐式尊巴 (HPB) 10 - 11am 游戏时间 Rummy O 11-12pm	一起做椅子瑜伽 9:30 - 10.30am 推广健康老龄化计划 10.30-11.30am	一起做拍打运动 10am - 11am 游戏时间 Rummy O 12-1.30pm	
游戏时间 Rummy O 1 - 2pm 一起喝咖啡(只限男性) 2 - 4pm	一起来 Makan 11:15 - 12:15pm	一起学英语 2-3pm	游戏时间 Rummy O 12-2pm 一起和 Jillian做艺术 3 - 4pm	一起去Gai Gai(SEA Aquarium) 2 - 5PM 代际交流 - 大专学府 CJC 3 - 4pm	
	园艺治疗 2.30 - 4pm	一起学科技 3-4pm	社区健康岗	社区健康岗	

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