

2026 February

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



 NTUC Health

MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
Let's Stretch Band (HPB) 10am - 11am	Let's IMPRESS-MIND2S - Piloxing Lite (24/24) (For 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 (IL) with Elin 9am - 10am	Let's Go Gai Gai with Jalan Kayu Toa Pek Gong Temple [38 registered pax only] 6:30pm - 9:30pm
Strategise with Kakis 11:30am - 1:30pm	Let's Gen Together with MFS (K2) - CNY 10:30am - 11:30am	Let's Chair Zumba (HPB) 9am - 10am	Let's Talk About DSL (Know/Deal with False Info & Inappropriate Content) 10am - 11:30am	Let's Qigong with Bryan [Requires registration: 20 pax only] 10am - 11am	
Health Talk by CoC (Stress, is it good or bad for us?) 2pm - 3pm	Let's Do Collaborative Art 11:30am - 1:30pm	Let's Pool/ Table Tennis 10:30am - 1:30pm	Enhanced F4 Exercise (24/24) (Registered seniors only) 11:30am - 12:30pm	Strategise with Kakis 11:30am - 1pm	
Let's Do Collaborative Art 3pm - 5pm	Strategise with Kakis 11:30am - 1:30pm	Strategise with Kakis 11:30am - 1:30pm	Let's Makan Together 12:30pm - 1:30pm	Let's Line Dance 1pm - 2pm	
	IMPRESS-MIND2S - CA (24/24) (for registered seniors only) 2pm - 5pm	Let's Talk News 2.00pm - 3:30pm	Let's KTV 1:30pm - 3:30pm	Let's Pool/ Table Tennis 2pm - 4pm	
		IMPRESS-MIND2S [Phase 2] Profiling Session 3 1pm - 5:30pm	Strategise with kakis 1:30pm - 3:30pm		
			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.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 February

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



 NTUC Health

9	10	11	12	13	14
Let's Stretch Band (HPB) 10am - 11am	Let's IMPRESS MIND2S - Post Survey, Survey Voucher and Research program voucher 9:30am - 12:30pm	Let's Chair Zumba (HPB) 9am - 10am	Let's Exercise with Joyce 9am - 10am	Let's Chair Yoga (IL) with Elin 9am - 10am	
Focus Group Discussion with IM2S Seniors 10am - 12pm	Strategise with Kakis 11:30am - 1:30pm	Let's Pool / Table Tennis 10:30am - 1:30pm	Let's Adaptive Sports 10am - 11am	Let's Qigong with Bryan [Requires registration: 20 pax only] 10am - 11am	
Let's Do Manicure Pedicure 11am - 12pm	Let's IMPRESS MIND2S - Post Survey, Survey Voucher and Research program voucher 1:30pm - 4:30pm	Strategise with Kakis 11:30am - 1:30pm	Let's Celebrate Birthday 1pm - 3pm	Strategise with Kakis 11:30am - 1pm	
Strategise with Kakis 11:30am - 1:30pm		Let's Talk News 2:00pm - 3:30pm	Strategise with kakis 3pm - 5pm	Centre Close for Town Hall 1pm - 6pm	
IMPRESS MIND2S [Phase 2] Profiling Session 4 2pm - 5:30pm			IMPRESS MIND2S [Phase 2] - 5th Profiling session 3pm - 4pm		
			IMPRESS MIND2S - Focus Group Discussion 4pm - 6pm		
			Community Health Post		

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 February

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



16	17	18	19	20	21
Let's Join CNY Concert at GESPS 7:30am - 8:30am	Centre Close (Chinese New Year 1st Day)	Centre Close (Chinese New Year 2nd Day)	Let's Adaptive Sports 10am to 11am	Let's Chair Yoga (IL) with Elin 9am - 10am	
Let's Stretch Band (HPB) 10am - 11am			Let's Makan Together 12:30pm - 1:30pm	Let's Qigong with Bryan [Requires registration: 20 pax only] 10am - 11am	
Strategise with Kakis 11am - 1pm			Let's KTV Together 1:30pm - 3:30pm	Strategise with Kakis 11:30am - 1:30pm	
Centre Close (Chinese New Year Eve) 1pm onwards			Strategise with Kakis 1:30pm - 3:30pm	Let's Line Dance 1pm - 2pm	
				Let's Gen Together with CJC 3pm - 4:30pm	
				Let's Pool/ Table Tennis 4:30pm - 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.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 February

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



 NTUC Health

MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Let's Stretch Band (HPB) 10am - 11am	Let's Adaptive Sports 9:30am - 10:30am	Let's Chair Zumba (HPB) 9am - 10am	Let's Celebrate Chinese New Year! (30 registered pax only) 11am - 3pm	Let's Go Gai Gai - Oceanarium (Requires Registration: 40 pax) [Unique seniors only] 9:30am - 1pm	
Let's Do Manicure Pedicure 11am - 12pm	Strategise with Kakis 11:30am - 1:30pm	Let's Pool / Table Tennis 10:30am - 1:30pm		Strategise with Kakis 11:30am - 1:30pm	
Let's Do Collaborative Art 11:30am - 1:30pm	Let's Do Collaborative Art 1:30pm - 3:30pm	Strategise with Kakis 11:30am - 1:30pm		Let's Line Dance 1pm - 2pm	
CPF Do Good at AAC (Redhill) & Let's Celebrate Chinese New Year with Louhei (25 Registered pax only) 2pm - 4:30pm	Let's Pool / Table Tennis 3:30pm - 6pm	Let's Talk News 2:00pm - 3:30pm		Let's Gen Together with CJC 3pm - 4:30pm	
Therapeutic Horticulture 4:30pm - 5:30pm					
			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.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 二月

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
2 (星期一)	3 (星期二)	4 (星期三)	5 (星期四)	6 (星期五)	7 (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) (24/24) (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	一起做坐式瑜伽 (IL) 9am - 10am	“骏马送福” 乐龄新春晚宴 [38报名长者] 6:30pm - 9.30pm
游戏时间 (Rummy O) 11:30am - 1:30pm	代际交流 - 幼儿园 10:30am - 11:30am	一起做坐式尊巴 (HPB) 9am - 10am	数码科技(辨认虚假与不当信息) 10am - 11:30am	一起和 Bryan练气功 (只限已 20报名长者) 10am - 11am	
(社区健康 视频讲座) 压力, 对我们是好是坏? 2pm - 3pm	一起合 创艺术 11:30am - 1:30pm	游戏时间 (台球/乒乓球) 10:30am - 1:30pm	Enhanced F4 运动 (18/24) (只限已 报名长者) 11:30am - 12:30pm	游戏时间 (Rummy O) 11:30am - 1pm	
一起合 创艺术 3pm - 5pm	游戏时间 (Rummy O) 11:30am - 1:30pm	游戏时间 (Rummy O) 11:30am - 1:30pm	一起来 makan - 中心内 12:30pm - 1:30pm	一起跳排舞 1pm - 2pm	
	一起参与研究 计划 (IMPRESS-MIND2S) (24/24) (只限已 报名长者) 2pm - 5pm	一起聊新闻 2:00pm - 3:30pm	一起来 K歌 1:30pm - 3:30pm	游戏时间 (台球/乒乓球) 2pm - 4pm	
		守护记忆 - 专题小组研讨会 1pm - 5:30pm	游戏时间 (Rummy O) 1:30pm - 3:30pm		
			社区健康 岗	社区健康 岗	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2026 二月

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
9 (星期一)	10 (星期二)	11 (星期三)	12 (星期四)	13 (星期五)	14 (星期六)
一起做弹力带运动(HPB) 10am - 11am	守护记忆 - [事后问卷, 购物券] (只限已报名长者) 9:30am - 12:30pm	一起做坐式尊巴 (HPB) 9am - 10am	一起和 Joyce做运动 9am - 10am	一起做椅子瑜伽 (IL) 9am - 10am	
守护记忆的焦点小组 10am-12pm	游戏时间 (Rummy O) 11:30am - 1:30pm	游戏时间 (Rummy O) 11:30am - 1:30pm	一起做运 动 10am - 11am	一起和 Bryan练气功 (只限已 20报名长者) 10am - 11am	
服务 - 美甲 (只限 15报名长者) 11am - 12pm	守护记忆 - [事后问卷, 购物券] (只限已报名长者) 1:30pm - 4:30pm	游戏时间 (台球/乒乓球) 10am - 1:30pm	宾果(游戏)与庆祝生日 1pm - 3pm	游戏时间 (Rummy O) 11:30am - 1pm	
游戏时间 (Rummy O) 11:30am - 1:30pm		一起聊新闻 2pm - 3:30pm	游戏时间 (Rummy O) 3pm - 5pm	中心关闭 - 公司活动 1pm	
守护记忆 - 专题小组研讨会 #4 2pm - 5:30pm			守护记忆 - 专题小组研讨会 #5 3pm-4pm		
			守护记忆 - 专题小组讨论 4pm - 6pm		
			社区健康 岗		

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 二月

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
16 (星期一)	17((星期二)	18 (星期三)	19 (星期四)	20 (星期五)	21 (星期六)
和颜永成小学 庆祝新年 7:30am - 8:30am	中心关 闭 - 新年初一	中心关 闭 - 新年初二	一起做运 动 10am - 11am	一起做椅子瑜伽 (IL) 9am - 10am	
一起做弹力带运动(HPB) 10am - 11am			一起来 makan - 中心内 12:30pm - 1:30pm	一起和 Bryan练气功 (只限已 20报名长者) 10am - 11am	
游戏时间 (Rummy O) 11am - 1pm			一起来 K歌 1:30pm - 3:30pm	游戏时间 (Rummy O) 11:30am - 1:30pm	
中心关 闭 - 新年除夕 1pm			游戏时间 (Rummy O) 1:30pm - 3:30pm	一起跳排舞 1pm - 2pm	
				代际交流 - 公教初 级学院 3pm - 4:30pm	
				游戏时间 (台球/乒乓球) 4:30pm - 6pm	
			社区健康 岗	社区健康 岗	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 二月

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
23 (星期一)	24 (星期二)	25 (星期三)	26 (星期四)	27 (星期五)	28 (星期六)
一起做弹力带运动(HPB) 10am - 11am	一起做运 动 9:30am - 10:30am	一起做坐式尊巴 (HPB) 9am - 10am	一起庆祝新年 (只限已 35 报名长者) 11am - 3pm	一起去 Gai Gai (海洋馆) (只限已 40 报名长者) 9:30am - 1pm	
服务 - 美甲 (只限 15 报名长者) 11am - 12pm	游戏时间 (Rummy O) 11:30am - 1:30pm	游戏时间 (台球/乒乓球) 10:30am - 1:30pm		游戏时间 (Rummy O) 11:30am - 1:30pm	
一起合 创艺术 11:30am - 1:30pm	一起合 创艺术 1:30pm - 3:30pm	游戏时间 (Rummy O) 11:30am - 1:30pm		一起跳排舞 1pm - 2pm	
公积金 + 余生 新年庆祝活动 (只限已 25 报名长者) 2pm - 4:30pm	游戏时间 (台球) 3:30pm - 6pm	一起聊新 闻 2:00pm - 3:30pm		代际交流 - 公教初 级学院 3pm - 4:30pm	
园艺治疗 4:30pm - 5:30pm					
			社区健康 岗	社区健康 岗	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。