

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
2 Let's Stretch Band (HPB) 10am - 11am	3 Let's IMPRESS-MIND2S - Piloxing Lite (24/24) (For registered seniors only) 9:30am - 10:30am	4 Let's Lim Kopi (Male Exclusive) 9am - 11am	5 Let's Exercise with Joyce 9am - 10am	6 Let's Chair Yoga (IL) with Elin 9am - 10am	7 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

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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		

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16	17	18	19	20	21
Let's Join CNY Concert at GESPS 7:30am - 8:30am			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	Centre Close (Chinese New Year 1st Day)	Centre Close (Chinese New Year 2nd Day)	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	

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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	

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2026 二月

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MON	TUE	WED	THU	FRI	SAT
2 (星期一) 一起做弹力带运动(HPB) 10am - 11am	3 (星期二) 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	4 (星期三) 一起喝咖啡 (只限男性) 9am - 11am	5 (星期四) 一起和 Joyce 做运动 9am - 10am	6 (星期五) 一起做坐式瑜伽 (IL) 9am - 10am	7 (星期六) “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
			社区健康 岗		

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9 (星期一) 一起做弹力带运动(HPB) 10am - 11am	10 (星期二) 守护记忆 - [事后问卷, 购物券] (只限已报名长者) 9:30am - 12:30pm	11 (星期三) 一起做坐式尊巴 (HPB) 9am - 10am	12 (星期四) 一起和 Joyce 做运动 9am - 10am	13 (星期五) 一起做椅子瑜伽 (IL) 9am - 10am	14 (星期六)
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		
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	中心关闭 - 公司活动 1pm	
			守护记忆 - 专题小组讨论 4pm - 6pm		
			社区健康 岗		

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MON	TUE	WED	THU	FRI	SAT
16 (星期一) 和颜永成小学 庆祝新年 7:30am - 8:30am	17(星期二) 一起做弹力带运动(HPB) 10am - 11am	18 (星期三) 游戏时间 (Rummy O) 11am - 1pm	一起做运动 10am - 11am 一起来 makan - 中心内 12:30pm - 1:30pm	一起做椅子瑜伽 (IL) 9am - 10am 一起和 Bryan 练气功 (只限已 20 报名长者) 10am - 11am	21 (星期六)
中心关闭 - 新年除夕 1pm	中心关闭 - 新年初一	中心关闭 - 新年初二	一起来 K 歌 1:30pm - 3:30pm 游戏时间 (Rummy O) 1:30pm - 3:30pm	游戏时间 (Rummy O) 11:30am - 1:30pm 一起跳排舞 1pm - 2pm	
			社区健康 岗	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

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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	

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