

2026 January

 **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
			1	2	3
			Centre Close (Happy New Year 2026)	Let's Pai Da with Jenny Tan 10am - 11am	
				Strategise with Kakis (Rummy O) 11:30am - 1:30pm	
				Let's Line Dance 1pm - 2pm	
				Let's Yum Cha 2pm - 3pm	
				Community Health Post	

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U Health

5	6	7	8	9	10
Let's Stretch Band (HPB) 10am - 11am	Let's IMPRESS-MIND2S - Piloxing lite (20/24) (Registered seniors only) 9:30am - 10:30am	Let's Lim Kopi (Male exclusive) 9am - 11am	Let's Exercise with Joyce 9am - 10am	Let's Pai Da with Jenny Tan 10am - 11am	
Let's Do Pedicure and Manicure service (Registration required - 15pax only) 11am - 12pm	Let's Adaptive Sports 10:30am - 11:30am	Let's Chair Zumba (HPB) 9am - 10am	Let's Adaptive Sports 10am - 11am	Let's Talk About Scam 11.45am - 2pm	
Strategise with Kakis (Rummy O & Xiang Qi) 11:30am - 1:30pm	Strategise with Kakis (Rummy O) 11:30am - 1:30pm	Strategise with Kakis (Rummy O) 11:30am - 1:30pm	Enhanced F4 Exercise (20/24) (Registered seniors only) 11.30am - 12.30pm	Strategise with Kakis (Pool Trials) 2pm - 4pm	
Stay Well Series - Caring for your Bladder & Bowels 2pm - 3pm	IMPRESS-MIND2S - CA (20/24) (Registered Seniors only) 2pm - 5pm	Let's learn English 2pm - 3pm	Let's Makan Together 12:30pm - 1:30pm		
Let's Do Collaborative Art 3pm - 4pm		Let's Talk News (SPH) 3:30pm - 4:30pm	Let's KTV Together 1:30pm - 3:30pm		
Therapeutic Horticulture 4pm - 5:30pm			Strategise with Kakis (Rummy O & Xiang Qi) 1:30pm - 3:30pm		
			Community Health Post	Community Health Post	

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U Health

12	13	14	15	16	17
Let's Stretch Band (HPB) 10am - 11am	Let's IMPRESS-MIND2S - 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 Pai Da with Jenny Tan 10am - 11am	
Let's Sing Together With Dave 1pm - 3pm	Let's Adaptive Sports 10:30am - 11:30am	Strategise with Kakis (Rummy O) 11am - 1pm	Let's Adaptive Sports 10am - 11am	Strategise with Kakis (Rummy O) 11am - 1pm	
Let's Do Collaborative Art 3pm - 4pm	Strategise with Kakis (Rummy O) 11:30am - 1:30pm	Digital Coaching by Staff (WhatsApp) 1pm - 2pm	Enhanced F4 Exercise (21/24) (Registered seniors only) 11:30am - 12:30pm	Let's Line Dance 1pm - 2pm	
	IMPRESS-MIND2S - CA (21/24) (Registered Seniors only) 2pm - 5pm	Let's learn English 2pm - 3pm	Let's Celebrate Birthday! 12:30pm - 2.30pm	Let's Gen Together CJC (KIV) 3pm - 4:30pm	
		Let's Talk News (SPH) 3:30pm - 4:30pm	Strategise with kakis 2:30pm - 4:30pm		
			Community Health Post	Community Health Post	

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 NTUC Health

MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24
Let's Do Stretch Band (HPB) 10am - 11am	Let's IMPRESS-MIND2S - Piloxing lite (22/24) (Registered seniors only) 9:30am - 10:30am	Let's Lim Kopi (Male exclusive) 9am - 11am	Let's Exercise with Razak (Zoom) 10am - 10:45am	Let's Chair Yoga with Elin 9am - 10am	Let's Go Gai Gai Sembawang Hot Springs (Registered seniors only) 9am - 4pm
Let's Do Pedicure and Manicure service (Registration required - 15pax only) 11am - 12pm	IMPRESS-MIND2S - (Phase 2) (Pre-Recruitment Session) 11am - 1pm	Let's Chair Zumba (HPB) 9am - 10am	Enhanced F4 Exercise (20/24) (Registered seniors only) 11.30am - 12.30pm	Let's Pai Da with Jenny Tan 10am - 11am	Let's Do Good with Silver Homes 9am - 4pm
Strategise with Kakis (Rummy O & Xiang Qi) 11:30am - 1:30pm	IMPRESS-MIND2S - CA (22/24) (Registered Seniors only) 2pm - 5pm	Strategise with Kakis (Rummy O) 11:30am - 1:30pm	Let's Makan 12:30pm - 1:30pm	Strategise with Kakis 11:30am - 1pm	
Let's Do Collaborative Art 2pm - 4pm		Let's learn English 2pm - 3pm	Let's KTV Together 1:30pm - 3:30pm	Let's Line Dance 1pm - 2pm	
Therapeutic Horticulture 4pm - 5:30pm		Let's Talk News (SPH) 3:30pm - 4:30pm	Strategise with Kakis (Rummy O & Xiang Qi) 1:30pm - 3:30pm	Let's Gen Together CJC 3pm - 4:30pm	
			Community Health Post	Community Health Post	

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 NTUC Health

MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
Let's Do Stretch Band (HPB) 10am - 11am	Let's IMPRESS-MIND2S - Piloxing lite (23/24) (Registered seniors only) 9:30am - 10:30am	Let's Chair Zumba (HPB) 9am - 10am	Let's Exercise with Razak (Zoom) 10am - 10:45am	Let's Chair Yoga with Elin 9am - 10am	
Let's Do Mosaic Art (Registered seniors only) 11am - 2pm	IMPRESS-MIND2S - (Phase 2) (Profiling Session) 11am - 2pm	Strategise with Kakis (Rummy O) 11:30am - 1:30pm	Enhanced F4 Exercise (23/24) (Registered seniors only) 11.30am - 12.30pm	Let's Pai Da with Jenny Tan 10am - 11am	
Stay Well Series - Financial talk: Money Not Enough 2pm - 3pm	IMPRESS-MIND2S - CA (23/24) (Registered Seniors only) 2pm - 5pm	Let's learn English 2pm - 3pm	Let's Makan Together 12:30pm - 1:30pm	Strategise with Kakis 11:30am - 1pm	
IMPRESS-MIND2S - (Phase 2) (Profiling Session) 3pm - 5pm		Let's Talk News (SPH) 3:30pm - 4:30pm	Fun with kakis (Bingo) 1:30pm - 2:30pm	Let's Line Dance 1pm - 2pm	
			Strategise with Kakis (Rummy O & Xiang Qi) 2:30pm - 4:30pm	Let's Gen Together CJC 3pm - 4:30pm	
			Community Health Post	Community Health Post	

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2026 一月

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MON	TUE	WED	THU	FRI	SAT
			1	2	3
			中心关闭 新年 2026	一起做拍打运 动 10am - 11am	
				游戏时间 (Rummy O) 11.30am - 1pm	
				一起跳排舞 1pm - 2pm	
				一起饮茶 2pm - 3pm	
				社区健康 岗	

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MON	TUE	WED	THU	FRI	SAT
5(星期一)	6(星期二)	7(星期三)	8(星期四)	9(星期五)	10((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) (20/24) (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	一起做拍打运 动 10am - 11am	
服务 - 美甲 (只限15报名长者) 11pm - 12pm	一起做运动 10:30am - 11:30am	一起做坐式尊巴 (HPB) 9am - 11am	一起做运动 10am - 11am	再见吧！诈骗者 11:45am - 2pm	
游戏时间 (Rummy O) 11:30am - 1.30pm	游戏时间 (Rummy O) 11:30am - 1:30pm	游戏时间 (Rummy O) 11.30am - 1.30pm	Enhanced F4 运动 (18/24) (只限已报名长者) 11.30am - 12.30pm	游戏时间 (台球) 2pm - 4pm	
(社区健康 视频讲座) 关爱膀胱与肠道健康 2pm - 3pm	一起参与研究 计划 (IMPRESS-MIND2S) (20/24) (只限已报名长者) 2pm - 5pm	一起学英 语 2pm - 3pm	一起来 makan - 中心内 12:30pm - 1:30pm		
一起合创艺术 3pm - 4pm		一起聊新闻 3.30pm - 4.30pm	一起来K歌 1:30pm - 3:30pm		
园艺治疗 4pm - 5.30pm			游戏时间 (Rummy O & 象棋) 1:30pm - 3:30pm		
			社区健康 岗	社区健康 岗	

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MON	TUE	WED	THU	FRI	SAT
12 (星期一)	13 (星期二)	14 (星期三)	15 (星期四)	16 (星期五)	17 (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) (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	一起做拍打运 动 10am - 11am	
一起来和 Dave 唱歌 1pm - 3pm	一起做运动 10:30am - 11:30am	游戏时间 (Rummy O) 11am - 1pm	一起做运动 10am - 11am	游戏时间 (Rummy O) 11am - 1pm	
一起合创艺术 3pm - 4pm	游戏时间 (Rummy O) 11:30am - 1:30pm	一起学科技 (WhatsApp) 1pm - 2pm	Enhanced F4 运动 (21/24) (只限已报名长者) 11.30am - 12.30pm	一起跳排舞 1pm - 2pm	
	一起参与研究 计划 (IMPRESS-MIND2S) (21/24) (只限已报名长者) 2pm - 5pm	一起学英 语 2pm - 3pm	宾果(游戏)与庆祝生日 12:30pm - 2:30pm	代际交流 - 公教初级学院 (KIV) 3pm - 4:30pm	
		一起聊新闻 3.30pm - 4.30pm	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
19((星期一)	20 (星期二)	21 (星期三)	22((星期四)	23 (星期五)	24 (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) (22/24) (只限已报名长者) 9.30am - 10.30am	一起喝咖啡 (只限男性) 9am - 11am	一起线上做运动 10am - 10:45am	一起做椅子瑜伽 9am - 10am	Silver Homes by CDC 9am - 4pm
服务 - 美甲 (只限15报名长者) 11pm - 12pm	IMPRESS-MIND2S 招募活动 第二期 11am - 1pm	一起做坐式尊巴 (HPB) 9am - 11am	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	一起去Gai Gai (三巴旺温泉 + 安邦酿豆腐) (只限已报名长者) 7.30am - 1pm
游戏时间 (Rummy O) 11.30am - 1.30pm	一起参与研究 计划 (IMPRESS-MIND2S) (22/24) (只限已报名长者) 2pm - 5pm	游戏时间 (Rummy O) 11.30am - 1.30pm	一起来 makan - 中心内 12:30pm - 1:30pm	游戏时间 (Rummy O) 11.30am - 1pm	
一起合创艺术 2pm - 4pm		一起学英 语 2pm - 3pm	一起来K歌 1:30pm - 3:30pm	一起跳排舞 1pm - 2pm	
园艺治疗 4pm - 5.30pm		一起聊新闻 3.30pm - 4.30pm	游戏时间 (Rummy O & 象棋) 1:30pm - 3:30pm	代际交流 - 公教初级学院 3pm - 4:30pm	
			社区健康 岗	社区健康 岗	

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26((星期一)	27((星期二)	28 (星期三)	29((星期四)	30((星期五)	31 (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) (23/24) (只限已报名长者) 9.30am - 10.30am	一起做坐式尊巴 (HPB) 9am - 11am	一起做线上做运动 10am - 10:45am	一起做椅子瑜伽 9am - 10am	
一起做马赛克艺术 (只限已报名长者) 11pm - 2pm	IMPRESS-MIND2S 问卷与提问 第二期 11am - 2pm	游戏时间 (Rummy O) 11.30am - 1.30pm	Enhanced F4 运动 (23/24) (只限已报名长者) 11.30am - 12.30pm	一起做拍打运 动 10am - 11am	
(社区健康 视频讲座) 财务须知 - 钱不够用 2pm - 3pm	一起参与研究 计划 (IMPRESS-MIND2S) (23/24) (只限已报名长者) 2pm - 5pm	一起学英语 2pm - 3pm	一起来 makan - 中心内 12:30pm - 1:30pm	游戏时间 (Rummy O) 11.30am - 1pm	
MPRESS-MIND2S 问卷与提问 第二期 3pm - 5pm		一起聊新闻 3.30pm - 4.30pm	游戏时间 (宾果) 1:30pm - 2:30pm	一起跳排舞 1pm - 2pm	
				代际交流 - 公教初级学院 3pm - 4:30pm	
			社区健康岗	社区健康岗	

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