

2026 July

 **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	4
		Let's Lim Kopi (Male Exclusive) 9am - 10:30am	Let's Exercise with Joyce 9am - 10am	Let's Pai Da with Jenny Tan 10am - 11am	
		Let's Chair Zumba (HPB) 9am - 10am	Let's Walking Football 2026 Training Session 6/13 [Registered seniors only- 10pax] 9:30am - 11:30am	Strategise with Kakis 11am - 1:30pm	
		Let's Pool/ Table Tennis 10:30am - 1:30pm	Let's Talk About DSL [Search for info on internet - find & evaluate online info] 10am - 11:30am	Let's Line Dance 1:30pm - 2:30pm	
		Strategise with Kakis 10:30am - 1:30pm	Enhanced F4 Exercise [Phase2] (16/24) (Registered seniors only) 11:30am - 12:30pm	Let's Gen Together CJC 3pm - 4:30pm	
		Let's Pick Up English 2pm - 3pm	Let's Makan Together 12:30pm - 1:30pm		
		Let's Talk News 3pm - 4:30pm	Fun with kakis (Bingo) 1:30pm - 2:30pm		
			Strategise with kakis 2:30pm - 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.

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 July

 **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
6	7	8	9	10	11
Let's Stretch Band (HPB) 10am - 11am	Let's support IMPRESS-MIND2S [Phase2]- Piloxing lite (17/24) (For 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 CALM 1.0 [FY26 Batch 1] - Maintenance Phase @Delta Swimming Complex - Aqua Fun Fit - Session 5/12 11am - 12pm	Let's Gen Together MFS (K1) - Racial Harmony Day 10:30am - 11:30am	Strategise with Kakis 10:30am - 1:30pm	Let's Bocchia 10am - 11am	Strategise with Kakis 11:30am - 1:30pm	
Manicure Pedicure service [15 registered pax] 11am - 12pm	Strategise with Kakis 12pm - 2pm	Let's Pool/ Table Tennis 10:30am - 1:30pm	Let's Disc Golf 10am - 11am	Let's Line Dance 1:30pm - 2:30pm	
Strategise with Kakis 11am - 1pm	Let's support IMPRESS-MIND2S [Phase2] - CA (17/24) (for registered Seniors only) 2pm - 5pm	Let's Pick Up English 2pm - 3pm	Enhanced F4 Exercise [Phase2] (17/24) (Registered seniors only) 11.30am - 12.30pm	Let's Pool/ Table Tennis 3pm - 5pm	
Stay Well Series - Health Talk [Importance of Eye Care] 2pm - 3pm		Let's Talk News 3pm - 4:30pm	Let's Makan Together 12:30pm - 1:30pm		
Let's Go Gai Gai Singapore Garden Festival 2026 @ Gardens By The Bay 2pm - 6pm			Ler's KTV Together 1:30pm - 3:30pm		
			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 July

 **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
13	14	15	16	17	18
Let's Stretch Band (HPB) 10am - 11am	Let's support IMPRESS-MIND2S [Phase2] - Piloxing lite (18/24) (For registered seniors only) 9:30am - 10:30am	Let's Lim Kopi (Male Exclusive) 9am - 10:30am	Let's Exercise with Joyce 9am - 10am	Let's Pai Da with Jenny Tan 10am - 11am	
Let's CALM 1.0 [FY26 Batch 1] - maintenance phase @Delta Swimming Complex - Aqua Fun Fit - session 6/12 11am - 12pm	Let's Talk About Nutrition (Module 1 to 4: Recap) 10:45am - 12:30pm	Let's Chair Zumba (HPB) 9am - 10am	Let's Walking Football 2026 Training session 7/13 [Registered seniors only - 10pax] 9:30am - 11:30pm	Strategise with Kakis 11:30am - 1:30pm	
Strategise with Kakis 11am - 1pm	Strategise with Kakis 1pm - 2pm	Let's Pool/ Table Tennis 10:30am - 1:30pm	Let's Boccia 10am - 11am	Let's Line Dance 1:30pm - 2:30pm	
Let's do Collaborative Art 2pm - 4pm	Let's support IMPRESS-MIND2S [Phase2] - CA (18/24) (For registered seniors only) 2pm - 5pm	Strategise with Kakis 10:30am - 1:30pm	Let's Disc Golf 10am - 11am	DHL Do Good at Redhill 3pm - 5pm	
Therapeutic Horticulture 4pm - 5:30pm		Let's Pick Up English 2pm - 3pm	Enhanced F4 Exercise [Phase2] (18/24) (Registered seniors only) 11:30am - 12:30pm		
		Let's Talk News 3pm - 4:30pm	Let's Celebrate (Birthday) 12:30pm - 1:30pm		
			Fun with kakis (Bingo) 1:30pm - 2:30pm		
			Strategise with kakis 2:30pm - 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.

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 July

 **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
20	21	22	23	24	25
Let's Stretch Band (HPB) 10am - 11am	Let's support IMPRESS-MIND2S [Phase2]- Piloxing lite (19/24) (For registered seniors only) 9:30am - 10:30am	Let's Chair Zumba (HPB) 9am - 10am	Haircut Services [Requires Registration - Max 25 pax] 9am - 11am	Let's Pai Da with Jenny Tan 10am - 11am	
Let's CALM 1.0 [Maintenance phase] @Delta Swimming Complex - Aqua Fun Fit - session 7/12 11am - 12pm	Let's Talk About Nutrition (Module 1 to 4: Recap) 10:45am - 12:30pm	Let's Pool/ Table Tennis 10:30am - 1:30pm	Enhanced F4 Exercise [Phase2] (19/24) (Registered seniors only) 11:30am - 12:30pm	Let's Talk About Stroke Awareness (F2F Session) by Singapore National Stroke Association (SNSA) [25-30 Registered Pax Only] Chinese Language 11am - 12:30pm	
Manicure Pedicure service [15 registered pax only] 11am - 12pm	Strategise with Kakis 1pm - 2pm	Strategise with Kakis 10:30am - 1:30pm	Let's Makan Together 12:30pm - 1:30pm	Let's Line Dance 1:30pm - 2:30pm	
Strategise with Kakis 11am - 1pm	Let's support IMPRESS-MIND2S [Phase2] - CA (19/24) (for registered Seniors only) 2pm - 5pm	Let's learn English 2pm - 3pm	Fun with kakis (Bingo) 1:30pm - 2:30pm	Let's Gen Together with CJC 3pm - 4:30pm	
Let's do Collaborative Art 2pm - 4pm		Let's Talk News 3pm - 4:30pm	Strategise with kakis 2:30pm - 4:30pm		
Therapeutic Horticulture 4pm - 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 July

 **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
27	28	29	30	31	
Let's Stretch Band (HPB) 10am - 11am	Let's IMPRESS-MIND2S [Phase2]- Piloxing lite (20/24) (Registered seniors only) 9:30am - 10:30am	Let's Lim Kopi (Male Exclusive) 9am - 10:30am	Let's Walking Footbal 2026 Training session 8/13 [Registered seniors only - 10pax] 9:30am - 11:30am	Let's Pai Da with Jenny Tan 10am - 11am	
Let's CALM 1.0 [FY26 Batch 1] - Maintenance phase @Delta Swimming Complex - Aqua Fun Fit [11am - 12pm] - session 8/12	Let's do Collaborative Art 12pm - 2pm	Let's Chair Zumba (HPB) 9am - 10am	Let's Boccia 10am - 11am	Strategise with Kakis 11:30am - 1:30pm	
Strategise with Kakis 11am - 1pm	Strategise with Kakis 12pm - 2pm	Let's Pool/ Table Tennis 10:30am - 1:30pm	Let's Disc Golf 10am - 11am	Let's Line Dance 1:30pm - 2:30pm	
Stay Well Series: Health Talk (International Self-Care Day : Health Literacy & Communication) [Hybrid] 2pm - 3pm	Let's IMPRESS-MIND2S [Phase2] - CA (20/24) (Registered Seniors only) 2pm - 5pm	Strategise with Kakis 10:30am - 1:30pm	Enhanced F4 Exercise [Phase2] (20/24) (Registered seniors only) 11:30am - 12:30pm	Let's Gen Together with CJC 3pm - 4:30pm	
Therapeutic Horticulture 4pm - 5:30pm		Let's learn English 2pm - 3pm	Let's Makan Together 12:30pm - 1:30pm		
		Let's Talk News 3pm - 4:30pm	Let's KTV Together 1:30pm - 3:30pm		
			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 七月

📍 **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

1 (星期三)

2 (星期四)

3 (星期五)

4 (星期六)

一起喝咖啡
(只限男性)
9am - 10:30am

一起和Joyce做运动
9am - 10am

一起做拍打运动
10am - 11am

一起做坐式尊巴(HPB)
9am - 10am

新加坡数码转型办事处
(如何在互联网上搜索, 查找
和评估在线信息)
10am - 11.30am

游戏时间
(Rummy O)
11am - 1:30pm

游戏时间
(台球/乒乓球)
11am - 1:30pm

2026 步行足球 - 培训
(只限10名报名长者) 6/13
9.30am - 11.30am

一起跳排舞
1:30pm - 2:30pm

游戏时间
(Rummy O)
11am - 1:30pm

Enhanced F4 运动 (12/24)
(只限已报名长者)
11:30am - 12:30pm

代际交流 - 公教初级学院
3pm - 4:30pm

一起学英语
2pm - 3pm

一起来makan - 中心内
12:30pm - 1:30pm

一起聊新闻
3pm - 4:30pm

宾果(游戏)
1.30pm - 2.30pm

游戏时间 (Rummy O)
2:30pm - 4:30pm

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 七月

📍 **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

6 (星期一)

7 (星期二)

8 (星期三)

9 (星期四)

10 (星期五)

11 (星期六)

一起做弹力带运动(HPB)
10am - 11am

一起参与研究计划 (二期)(IMPRESS-MIND2S-Let's Piloxing) (17/24)
(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

一起来游泳 (5/12)
11am - 12pm

代际交流 - 幼儿园
(种族和谐日)
10:30am - 11:30am

游戏时间
(Rummy O)
10:30am - 1:30pm

一起玩硬地滚球
10am - 11am

游戏时间
(Rummy O)
11.30am - 1.30pm

服务 - 美甲
(只限15报名长者)
11am - 12pm

游戏时间
(Rummy O)
12pm - 2pm

游戏时间
(台球/乒乓球)
12pm - 2pm

一起玩飞盘高尔夫
10am - 11am

一起跳排舞
1:30pm - 2:30pm

游戏时间
(Rummy O)
11am - 1pm

一起参与研究计划 (二期)
(IMPRESS-MIND2S) (17/24)
(只限已报名长者)
2pm - 5pm

一起学英语
2pm - 3pm

Enhanced F4 运动 (17/24)
(只限已报名长者)
11:30am - 12:30pm

游戏时间
(台球/乒乓球)
3:00pm - 5:00pm

(社区健康视频讲座)
【眼部护理的重要性】
2pm - 3pm

一起聊新闻
3pm - 4:30pm

一起来makan - 中心内
12:30pm - 1:30pm

一起去 Gai Gai
【2026新加坡花园节】
(只限已报名 37 长者)
2pm - 6pm

一起来K歌
1:30pm - 3:30pm

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 七月

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



MON 13 (星期一)	TUE 14 (星期二)	WED 15 (星期三)	THU 16 (星期四)	FRI 17 (星期五)	SAT 18 (星期六)
一起做弹力带运动(HPB) 10am - 11am	一起参与研究计划 (二期)(IMPRESS-MIND2S-Let's Piloxing) (18/24) (只限已报名长者) 9:30am - 10:30am	一起喝咖啡 (只限男性) 9am - 10:30am	一起和Joyce做运动 9am - 10am	一起做拍打运动 10am - 11am	
一起来游泳 (6/12) 11am - 12pm	营养讲座 (重述要点) (只限已 35 报名长者) 10.45am - 12:30pm	一起做坐式尊巴 (HPB) 9am - 10am	一起玩硬地滚球 10am - 11am	游戏时间 (Rummy O) 11:30am - 1:30pm	
游戏时间 (Rummy O) 11am - 1pm	游戏时间 (Rummy O) 1pm - 2pm	游戏时间 (台球/乒乓球) 10:30am - 1:30pm	一起玩飞盘高尔夫 10am - 11am	一起跳排舞 1.30pm - 2.30pm	
一起合创艺术 2pm - 4pm	一起参与研究计划 (二期) (IMPRESS-MIND2S) (18/24) (只限已报名长者) 2pm - 5pm	游戏时间 (Rummy O) 10:30am - 1:30pm	2026 步行足球 - 培训 (只限10名报名长者) 7/13 9.30am - 11.30am	DHL与红山同乐 3pm - 5pm	
园艺治疗 4pm - 5:30pm		一起学英语 2pm - 3pm	Enhanced F4 运动 (18/24) (只限已报名长者) 11:30am - 12:30pm		
		一起聊新闻 3pm - 4:30pm	庆祝生日 12:30pm - 1:30pm		
			宾果(游戏) 1.30pm - 2.30pm		
			游戏时间 (Rummy O) 2:30pm - 4:30pm		
			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 七月

📍 **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
20 (星期一)	21 (星期二)	22 (星期三)	23 (星期四)	24 (星期五)	25 (星期六)
一起做弹力带运动(HPB) 10am - 11am	一起参与研究计划 (二期) (IMPRESSMIND2S Let's Piloxing) (19/24) (只限已报名长者) 9.30am - 10.30am	一起做坐式尊巴(HPB) 9am - 10am	剪头发 (只限 25 报名长者) 9am - 11am	一起做拍打运动 10am - 11am	
一起来游泳 (7/12) 11am - 12pm	营养讲座 (重述要点) (只限已 35 报名长者) 10.45am - 12:30pm	游戏时间 (台球/乒乓球) 10:30am - 1:30pm	Enhanced F4 运动 (19/24) (只限已报名长者) 11:30am - 12:30pm	一起来谈中风 by 新加坡中风协 会 (SNSA) - 中文 (只限已 25-30 报名长者) 11am - 12:30pm	
服务 - 美甲 (只限 15 报名长者) 11am - 12pm	游戏时间 (Rummy O) 1pm - 2pm	游戏时间 (Rummy O) 10:30am - 1:30pm	一起来 makan - 中心内 12:30pm - 1:30pm	一起跳排舞 1:30pm - 2:30pm	
游戏时间 (Rummy O) 11am - 1pm	一起参与研究计划 (二期) (IMPRESS-MIND2S) (19/24) (只限已报名长者) 2pm - 5pm	一起学英语 2pm - 3pm	宾果(游戏) 1.30pm - 2.30pm	游戏时间 (台球/乒乓球) 3:00pm - 4:30pm	
一起合创艺术 2pm - 4pm		一起聊新闻 3pm - 4:30pm	游戏时间 (Rummy O) 2:30pm - 4:30pm		
园艺治疗 4pm - 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。

2026 七月

📍 **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
27 (星期一)	28 (星期二)	29 (星期三)	30 (星期四)	31 (星期五)	
一起做弹力带运动(HPB) 10am - 11am	一起参与研究计划 (二期) (IMPRESSMIND2S-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 - 10:30am	2026 步行足球 - 培训 (只限10名报名长者) 8/13 9.30am - 11.30am	一起做拍打运动 10am - 11am	
一起来游泳 (8/12) 11am - 12pm	一起合创艺术 2pm - 4pm	一起做坐式尊巴(HPB) 9am - 10am	一起玩硬地滚球 10am - 11am	游戏时间 (Rummy O) 11:30am - 1:30pm	
游戏时间 (Rummy O) 11am - 1pm	游戏时间 (Rummy O) 12pm - 2pm	游戏时间 (Rummy O) 10:30am - 1:30pm	一起玩飞盘高尔夫 10am - 11am	一起跳排舞 1:30pm - 2:30pm	
(社区健康视频讲座) 【国际自我保健日】 2pm - 3pm	一起参与研究计划 (二期) (IMPRESSMIND2S) (20/24) (只限已报名长者) 2pm - 5pm	游戏时间 (台球/乒乓球) 10:30am - 1:30pm	Enhanced F4 运动 (20/24) (只限已报名长者) 11:30am - 12:30pm	代际交流 - 公教初级学院 3pm - 4:30pm	
园艺治疗 4pm - 5:30pm		一起学英语 2pm - 3pm	一起来makan - 中心内 12:30pm - 1:30pm		
		一起聊新闻 3pm - 4:30pm	一起来K歌 1:30pm - 3:30pm		
			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。