

2025 June

 **Centre Name:** Active Ageing Centre (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	3	4	5	6	7
Let's Stretch Band (HPB) 10am - 11am	Online Exercise 9:30am - 10:30am Let's Gen Together(MFS) 10:30am - 11:30am	Chair Zumba (HPB) 10am - 11am	Silver Homes 9am - 2pm	Let's Pai Da with Jenny Tan 10am - 11am Digital Skills for Life (CDCV) 11am - 12.30pm	Hari Raya Haji
Rummy O 1pm - 2pm	Rummy O 1pm - 2pm Let's Do Collaborative Art 1pm - 3pm	Rummy O 1pm - 2pm	CJC School Carnival 1pm - 6pm Karaoke 2pm - 4pm	Rummy O 1pm - 2pm Line Dance 2pm - 3pm Police Scam Prevention Talk 3pm - 4pm	
Become Smarter in Making Healthy habits (Virtual) 2pm - 3pm Nagomi Art 3.45pm - 4.45pm	Therapeutic Horticulture 3pm - 4.30pm	Let's learn English 2pm - 3pm Lets Chit Chat / Tea time 3pm - 4pm	Community Health Post	Community Health Post	
9	10	11	12	13	14
<u>Redhill AAC Close</u> <u>(off-in-lieu for Haji)</u>	Adaptive Sports 9:30am - 10:30am	Chair Zumba (HPB) 10am - 11am	Let's Do Chair Yoga 9:30am - 10:30am	Let's Pai Da with Jenny Tan 10am - 11am Lets Gen Together (Nanyang) 11am - 12pm	
	Rummy O 1pm - 2pm Let's Do Collaborative Art 1pm - 3pm	Rummy O 1pm - 2pm	Let's Makan 11:15am - 12:15 pm Rummy O 1pm - 2pm	Rummy O 1pm - 2pm Line Dance 2pm - 3pm	
	Adaptive Sports (Petanque) 3pm - 4pm	Let's learn English 2pm - 3pm Lets Chit Chat / Tea time 3pm - 4pm	Let's Go BINGO 2pm - 3pm 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。

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 NTUC Health

MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Stretch Band (HPB) 10am - 11am	Online Exercise 9:30am - 10:30am	Chair Zumba (HPB) 10am - 11am	Let's Do Chair Yoga 9:30am - 10.30am Let's Makan 11:15am - 12:15pm	Let's Pai Da with Jenny Tan 10am - 11am	
Rummy O 1pm - 2pm Healthy Eating (Health Talk) 2pm - 3pm	Rummy O 1pm - 2pm Let's Do Collaborative Art 1pm - 3pm	Rummy O 1pm - 2pm Let's learn English 2pm - 3pm	Rummy O 1pm - 2pm Karaoke 2pm - 4pm	Rummy O 1pm - 2pm Line Dance 2pm - 3pm	
Nagomi Art 3.45pm - 4.45pm	Therapeutic Horticulture 3pm - 4.30pm	Lets Chit Chat / Tea time 3pm - 4pm	Community Health Post	Community Health Post	
23	24	25	26	27	28
Let's Stretch Band (HPB) 10am - 11am	Adaptive Sports 9:30am - 10:30 am	Chair Zumba (HPB) 10am - 11am	Let's Do Chair Yoga 9:30am - 10.30am	<u>Redhill AAC Close</u> (Company Town Hall Meeting)	
Rummy O 1pm - 2pm	Rummy O 1pm - 2pm Let's Do Collaborative Art 1pm - 3pm	Rummy O 1pm - 2pm Let's learn English 2pm - 3pm	Rummy O 1pm - 2pm Let's Celebrate (Birthday) 2pm - 4pm		
Nagomi Art 3.45pm - 4.45pm	Adaptive Sports (Petanque) 3pm - 4pm	Lets Chit Chat / Tea time 3pm - 4pm	Community Health Post		
30					
Let's Stretch Band (HPB) 10am - 11am					
Rummy O 1pm - 2pm					
Nagomi Art 2pm - 3pm Digital Coaching 3pm - 4pm					

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2025 六月

Centre Name: Active Ageing Centre (Redhill)
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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	一起做做运动 9.30am - 10.30am	一起做坐式尊巴(HPB) 10am - 11am	SILVER HOMES 9am - 2pm	一起做拍打运动 10am - 11am	哈芝节 - 公共假日
游戏时间 Rummy O 1pm - 2pm	代际交流 - 幼儿园 10.30am - 11.30am	游戏时间 Rummy O 1pm - 2pm	代际交流 - 公教初级学院 1pm - 6pm	数码科技(CDC 购物券) 11am - 12.30pm 游戏时间 Rummy O 1pm - 2pm	
(健康讲座) 聪明的养成健康习惯 2pm-3pm	一起合创艺术 1pm - 3pm 游戏时间 Rummy O 1pm - 2pm	一起学英语 2pm - 3pm	卡拉OK 2pm - 4pm	一起跳排舞 2pm - 3pm 反诈骗讲座(新加坡警察部队) 3pm - 4pm	
一起做日本和谐粉彩 3.45pm - 4.45pm	园艺治疗 3pm - 4.30pm	一起饮茶/聊天 3pm - 4pm	社区健康岗	社区健康岗	
9 (星期一)	10 (星期二)	11 (星期三)	12 (星期四)	13 (星期五)	14 (星期六)
中心关闭 - 假日补给	一起做做运动 9.30am - 10.30am	一起做坐式尊巴(HPB) 10am - 11am	一起做椅子瑜伽 9am - 10am	一起做拍打运动 10am - 11am	
	游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm	一起来makan - 中心内 12pm - 1pm	代际交流 - 南洋女中 11am - 12pm 游戏时间 Rummy O 1pm - 2pm	
	一起合创艺术 1pm - 3pm	一起学英语 2pm - 3pm	游戏时间 Rummy O 1pm - 2pm	一起跳排舞 2pm - 3pm	
	一起玩法式滚球 3pm - 4pm	一起饮茶/聊天 3pm - 4pm	宾果游戏 2pm - 3pm 社区健康岗	代际交流 - 公教初级学院 3pm - 4.30pm 社区健康岗	
16 (星期一)	17 (星期二)	18 (星期三)	19 (星期四)	20 (星期五)	21 (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) 10am - 11am	一起做椅子瑜伽 9.30am - 10.30am	一起做拍打运动 10am - 11am	
游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm	一起来makan - 中心内 11.15am - 12.15pm	游戏时间 Rummy O 1pm - 2pm	
(健康讲座) 健康饮食 2pm-3pm	一起合创艺术 1pm - 3pm	一起学英语 2pm - 3pm	游戏时间 Rummy O 1pm - 2pm	一起跳排舞 2pm - 3pm	
一起做日本和谐粉彩 3.45pm - 4.45pm	园艺治疗 3pm - 4.30pm	一起饮茶 3pm - 4pm	卡拉OK 2pm - 4pm 社区健康岗	社区健康岗	
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	一起跳尊巴(HPB) 10am-11am	一起做椅子瑜伽 9.30am - 10.30am	中心关闭 - 公司培训	
游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm		
一起做日本和谐粉彩 3.45pm - 4.45pm	一起合创艺术 1pm - 3pm	一起学英语 2pm - 3pm	宾果(游戏)与庆祝生日 2pm - 4pm		
	一起玩法式滚球 3pm - 4pm	一起饮茶 3pm - 4pm	社区健康岗		
30 (星期一)					
一起做弹力带运动 (HPB) 10am - 11am					
游戏时间 Rummy O 1pm - 2pm					
一起做日本和谐粉彩 2pm - 3pm					
一起学科技 3pm-4pm					

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