

# 2026 June

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



MON 1	TUE 2	WED 3	THU 4	FRI 5	SAT 6
Centre Close [In lieu of Vesak day on Sunday]	Let's support IMPRESS-MIND2S [Phase2]- Piloxing lite (12/24) (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 with Urvi (Trial Session) 9am - 10am	
	Let's Gen Together MFS (K1) - Parent's Day / Dragon Boat Festival 10:30am - 11:30am	Let's Chair Zumba (HPB) 9am - 10am	Let's Join Seniors National Games 2026 (Adaptive Sports Competition) - Boccia / Disc Golf [OCBC Arena] 9am - 1pm	Let's Pai Da with Jenny Tan 10am - 11am	
	Let's do Collaborative Art 12pm - 2pm	Let's Pool/ Table Tennis 10:30am - 1:30pm	Let's Talk About DSL [Connect to cellular network or Wifi] (如何用手机连接无线网络) 10am - 11.30am	Strategise with Kakis 11.30am - 1.30pm	
	Strategise with Kakis 12pm - 2pm	Strategise with Kakis 11:30am - 1:30pm	Let's Walking Football 2026 Training Session 4/13 [Registered seniors only - 10pax] 9.30am - 11.30am	Let's Line Dance 1.30pm - 2.30pm	
	Let's support IMPRESS-MIND2S [Phase2] - CA (12/24) (for registered Seniors only) 2pm-5pm	Let's Talk News 2pm - 3:30pm	Enhanced F4 Exercise [Phase2] (12/24) (Registered seniors only) 11.30am-12.30pm	Let's Talk About Police Scam Prevention 2.30pm - 4.00pm	
			Let's Makan Together 12:30pm - 1:30pm		
			Fun with kakis (Bingo) 1:30pm - 2:30pm		
			Strategise with kakis 2:30pm - 4:30pm		
			Training - Staff and Volunteers 3pm - 5pm		
			Community Health Post	Community Health Post	

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MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
Let's Stretch Band (HPB) 10 - 11am	Let's support IMPRESS-MIND2S [Phase2]- Piloxing lite (13/24) (For registered seniors only) 9:30am - 10:30am	Let's Chair Zumba (HPB) 9am - 10am	Haircut Services [25 Registered Pax Only] 9am - 10am	Let's Pai Da with Jenny Tan 9am - 10am	
Let's CALM 1.0 [FY26 Batch 1] - maintenance phase @Delta Swimming Complex - Aqua Fun Fit - session 1/12 11am - 12pm	Let's Talk About Nutrition (Module 3_ Part 1_ Sodium) 10.45am - 11.45am	Let's Pool/ Table Tennis 10:30am - 1:30pm	Enhanced F4 Exercise [Phase2] (13/24) (Registered seniors only) 11.30am - 12.30pm	Leave Well Series - Legacy Planning Workshop - Advanced Care Planning by Home Nursing Foundation [11am - 12pm Chinese / 12pm to 1pm - English]	
Manicure Pedicure service [15 registered pax] 11am - 12pm	Strategise with Kakis 12pm - 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 (13/24) (for registered Seniors only) 2pm-5pm	Let's Talk News 2pm - 3:30pm	Ler's KTV Together 1:30pm - 3:30pm	Let's Go Gai Gai - Duck Tour [29 Registered Pax] - Chinese Speaking Guide 2.30pm - 5pm	
Let's do Collaborative Art 11am - 1pm			Strategise with kakis 1:30pm - 3:30pm	Let's Pool/ Table Tennis 3:00am - 5:00pm	
Stay Well Series - Health Talk [Coping With Depression] 2pm - 3pm					
Therapeutic Horticulture 4pm - 5.30pm					
			Community Health Post	Community Health Post	

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
Let's Stretch Band (HPB) 10am - 11am	Let's support IMPRESS-MIND2S [Phase2]- Piloxing lite (14/24) (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 Pai Da with Jenny Tan 10am - 11am	
Let's CALM 1.0 [FY26 Batch 1] - maintenance phase @Delta Swimming Complex - Aqua Fun Fit - session 2/12 11am - 12pm	Let's Talk About Nutrition (Module 3, Part 2: Sugars) 10.45am - 11.45am	Let's Chair Zumba (HPB) 9am - 10am	Let's Walking Football 2026 Training session 5/13 [Registered seniors only - 10pax] 9.30am - 11.30am	Strategise with Kakis 11.30am - 1.30pm	
Strategise with Kakis 1pm - 2pm	Strategise with Kakis 12pm - 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 (14/24) (for registered Seniors only) 2pm - 5pm	Strategise with Kakis 10:30am - 1:30pm	Let's Disc Golf 10am - 11am	Let's Pool/ Table Tennis 3:00am - 5:00pm	
Therapeutic Horticulture 4pm - 5.30pm		Let's Talk News 2pm - 3:30pm	Enhanced F4 Exercise [Phase2] (14/24) (Registered seniors only) 11.30am-12.30pm		
			Let's Celebrate (Birthday) 12:30pm - 2:30pm		
			Strategise with kakis 2:30pm - 4:30pm		
			Community Health Post	Community Health Post	

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MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
Let's Stretch Band (HPB) 10am - 11am	Let's support IMPRESS-MIND2S [Phase2]- Piloxing lite (15/24) (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 [Maintenance phase] @Delta Swimming Complex - Aqua Fun Fit - session 3/12 11am - 12pm	Let's Talk About Nutrition (Module 4_Part 1_ Alcohol_Fluids) 10.45am - 11.45am	Let's Pool/ Table Tennis 10:30am - 1:30pm	Let's Boccia 10am - 11am	Strategise with Kakis 11.30am - 1.30pm	
Manicure Pedicure service [15 registered pax only] 11am - 12pm	Strategise with Kakis 12pm - 2pm	Strategise with Kakis 10:30am - 1:30pm	Let's Disc Golf 10am - 11am	Let's Line Dance 1.30pm - 2.30pm	
Strategise with Kakis 1pm - 2pm	Lt's support IMPRESS-MIND2S [Phase2] - CA (15/24) (for registered Seniors only) 2pm-5pm	Let's Talk News 2pm - 3:30pm	Enhanced F4 Exercise [Phase2] (15/24) (Registered seniors only) 11.30am-12.30pm	Let's Pool/ Table Tennis 3:00am - 5:00pm	
Let's do Collaborative Art 2pm - 4pm			Let's Makan Together 12:30pm - 1:30pm		
Therapeutic Horticulture 4pm - 5.30pm			Ler's KTV Together 1.30pm - 3.30pm		
			Strategise with Kakis 1:30pm - 3:30pm		
			Community Health Post	Community Health Post	

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MON	TUE	WED	THU	FRI	SAT
29	30				
Let's Stretch Band (HPB) 10am - 11am	Let's support IMPRESS-MIND2S [Phase2]- Piloxing lite (16/24) (For registered seniors only) 9:30am - 10:30am				
Let's CALM 1.0 [FY26 Batch 1] - maintenance phase @Delta Swimming Complex - Aqua Fun Fit - session 4/12 11am - 12pm	Let's Talk About Nutrition (Module 4_part 2_NIP_NCS_nutrigrade) 10.45am - 11:45am				
Strategise with Kakis 12pm - 2pm	Strategise with Kakis 12pm - 2pm				
Let's Do Collaborative Art 2pm - 4pm	Let's support IMPRESS-MIND2S [Phase2] - CA (16/24) (for registered Seniors only) 2pm-5pm				
Therapeutic Horticulture 4pm - 5.30pm					

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# 2026 六月

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MON

TUE

WED

THU

FRI

SAT

1 (星期一)

2 (星期二)

3 (星期三)

4 (星期四)

5 (星期五)

6 (星期六)

中心关闭  
[公定假日]  
- 卫塞节 -

一起参与研究计划 (二期)(IMPRESS-MIND2S-Let's Piloxing) (12/24)  
(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

一起做椅子瑜伽  
9am - 10am

代际交流 - 幼儿园  
(庆祝双亲节 / 端午节)  
10:30am - 11:30am

一起做坐式尊巴(HPB)  
9am - 10am

全国乐龄运动会  
(华侨银行体育馆)  
9am - 1pm

一起做拍打运动  
10am - 11am

一起合创艺术  
12pm - 2pm

游戏时间  
(台球/乒乓球)  
10:30am - 1:30pm

2026 步行足球 - 培训  
(只限10名报名长者) 4/13  
9.30am - 11.30am

游戏时间  
(Rummy O)  
11:30am - 1:30pm

游戏时间  
(Rummy O)  
12pm - 2pm

游戏时间  
(Rummy O)  
11:30am - 1:30pm

新加坡数码转型办事处  
(如何用手机连接无线网络)  
10am - 11.30am

一起跳排舞  
1:30pm - 2:30pm

一起参与研究计划 (二期)  
(IMPRESS-MIND2S) (12/24)  
(只限已报名长者)  
2pm - 5pm

一起聊新闻  
2pm - 3:30pm

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

防诈骗讲座  
(警察部队)  
2:30pm - 4:00pm

一起来makan - 中心内  
12:30pm - 1:30pm

宾果(游戏)  
1.30pm - 2.30pm

游戏时间 (Rummy O)  
2:30pm - 4:30pm

培训 - 员工/义工  
3pm - 5pm

社区健康岗

社区健康岗

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# 2026 六月

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MON

TUE

WED

THU

FRI

SAT

8 (星期一)

9 (星期二)

10 (星期三)

11 (星期四)

12 (星期五)

13 (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) (13/24)  
(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  
9am - 10am

一起来游泳 (1/12)  
11am - 12pm

营养讲座  
(关于盐)  
10.45am - 11.45am

游戏时间  
(台球/乒乓球)  
10:30am - 1:30pm

Enhanced F4 运动 (8/24)  
(只限已报名长者)  
11:30am - 12:30pm

“活得精彩, 走得自在”系列  
预先护理计划 [家护基金]  
11am - 12pm (中文)  
12pm - 1pm (英文)

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  
(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) (13/24)  
(只限已报名长者)  
2pm - 5pm

一起聊新闻  
2pm - 3:30pm

一起来K歌  
1:30pm - 3:30pm

一起去 Gai Gai  
【鴨子划水游】  
(只限已报名 29 长者)  
2:30pm - 5pm

一起合创艺术  
11am - 1pm

游戏时间  
(Rummy O)  
1:30pm - 3:30pm

游戏时间  
(台球/乒乓球)  
3:00pm - 5:00pm

(社区健康视频讲座)  
【应对抑郁症】  
2pm - 3pm

园艺治疗  
4pm - 5:30pm

社区健康岗

社区健康岗

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MON	TUE	WED	THU	FRI	SAT
15 (星期一)	16 (星期二)	17 (星期三)	18 (星期四)	19 (星期五)	20 (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) (14/24) (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	
一起来游泳 (2/12) 11am - 12pm	营养讲座 (关于糖) 10.45am - 11.45am	一起做坐式尊巴(HPB) 9am - 10am	2026 步行足球 - 培训 (只限10名报名长者) 5/13 9.30am - 11.30am	游戏时间 (Rummy O) 11:30am - 1:30pm	
游戏时间 (Rummy O) 1pm - 2pm	游戏时间 (Rummy O) 12pm - 2pm	游戏时间 (台球/乒乓球) 10:30am - 1:30pm	一起玩硬地滚球 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) (14/24) (只限已报名长者) 2pm - 5pm	游戏时间 (Rummy O) 10:30am - 1:30pm	一起玩飞盘高尔夫 10am - 11am	游戏时间 (台球/乒乓球) 3:00pm - 5:00pm	
园艺治疗 4pm - 5:30pm		一起聊新闻 2pm - 3:30pm	Enhanced F4 运动 (9/24) (只限已报名长者) 11:30am - 12:30pm		
			宾果(游戏)与庆祝生日 12:30pm - 2:30pm		
			游戏时间 (Rummy O) 2:30pm - 4:30pm		
			社区健康岗	社区健康岗	

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MON	TUE	WED	THU	FRI	SAT
22 (星期一)	23 (星期二)	24 (星期三)	25 (星期四)	26 (星期五)	27 (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) (15/24) (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 (3/12) 11am - 12pm	营养讲座 (酒精与水) 10.45am - 11.45am	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) 10:30am - 1:30pm	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) 1pm - 2pm	一起参与研究计划 (二期) (IMPRESS-MIND2S) (15/24) (只限已报名长者) 2pm - 5pm	一起聊新闻 2pm - 3:30pm	Enhanced F4 运动 (15/24) (只限已报名长者) 11:30am - 12:30pm	游戏时间 (台球/乒乓球) 3:00pm - 5:00pm	
一起合创艺术 2pm - 4pm			一起来makan - 中心内 12:30pm - 1:30pm		
园艺治疗 4pm - 5:30pm			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	

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MON

TUE

WED

THU

FRI

SAT

29 (星期一)

30 (星期二)

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) (16/24)  
(只限已报名长者)  
9.30am - 10.30am

一起来游泳 (4/12)  
11am - 12pm

营养讲座  
(营养等级)  
10.45am - 11.45am

游戏时间  
(Rummy O)  
12pm - 2pm

游戏时间  
(Rummy O)  
12pm - 2pm

一起合创艺术  
2pm - 4pm

一起参与研究计划 (二期)  
(IMPRESSMIND2S) (7/24)  
(只限已报名长者)  
2pm - 5pm

园艺治疗  
4pm - 5:30pm

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