




# 2025 March

 **Centre Name:** Active Ageing Centre (Redhill)  
 **Centre Address:** Blk 71 Redhill Road #01-29 S150071  
 **Centre Contact:** 6473 8557 (Daniel / Firdaus)






MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Let's Stretch Band (HPB) 10am - 11am	Aqua Fun Fit 10am - 11am (Session 11) My First Skool Gen with us 10.30am - 11.30am	Chair Zumba (HPB) 10am - 11am	Let's Do Chair Yoga 9am - 10am HAPPY Programme 10.30am - 11.30am	Let's Pai Da with Jenny Tan 10am - 11am	
Rummy O 1pm - 2pm	Rummy O 1pm - 2pm	Rummy O 1pm - 2pm	Rummy O 1pm - 2pm Karaoke 2pm - 4pm	<b>Centre Closure 12pm - 6pm</b>	
Let's Line Dance 3pm - 4pm	Therapeutic Horticulture 2.30pm - 4pm Walking Football @ Telok Blangah CC 2.30pm - 4pm	Let's learn English 2pm - 3pm SUSS Engagement 3pm - 4pm	Community Health Post	Community Health Post	
10	11	12	13	14	15
Let's Stretch Band (HPB) 10am - 11am	Aqua Fun Fit (Assessment at AAC) 10am - 11am	Chair Zumba (HPB) 10am - 11am	Let's Do Chair Yoga 9am - 10am HAPPY Programme 10.30am - 11.30am	Let's Pai Da with Jenny Tan 10am - 11am Let's Gen with Gan Eng Seng Secondary School 11.15am - 1pm	
Rummy O 1pm - 2pm	Rummy O 1pm - 2pm	Rummy O 1pm - 2pm	Rummy O 1pm - 2pm Adaptive Sports (Pétanque) 2.30pm - 4pm	Rummy O 1pm - 2pm	
Let's Line Dance 3pm - 4pm	Walking Football @ Telok Blangah CC 2.30pm - 4pm	Let's learn English 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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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
Let's Stretch Band (HPB) 10am - 11am	Let's Makan Together / Makan Bersama 11.15am-12.15pm	Chair Zumba (HPB) 10am - 11am	Haircut 9am - 10am HAPPY Programme 10.30am - 11.30am	Let's Pai Da with Jenny Tan 10am - 11am	
Rummy O 1pm - 2pm	Rummy O 1pm - 2pm Therapeutic Horticulture 2.30pm - 4pm	Rummy O 1pm - 2pm	Rummy O 1pm - 2pm	Rummy O 1pm - 2pm	
Let's Line Dance 3pm - 4pm	Walking Football @ Telok Blangah CC 2.30pm - 4pm	Let's learn English 2pm - 3pm Let's Lim Kopi (Men's Talk) 3pm - 4pm	Karaoke 2pm - 4pm Community Health Post	Community Health Post	
24	25	26	27	28	29
Let's Stretch Band (HPB) 10am - 11am	Hari Raya Art 9.30am - 10.30am Let's Makan Together / Makan Bersama 11.15am - 12.15pm	Chair Zumba (HPB) 10pm - 11am Rummy O 11pm - 12pm	Chair Yoga (Online) 9am - 10am HAPPY Programme 10.30am - 11.30am	Let's Pai Da with Jenny Tan 10am - 11am Rummy O 12pm - 1.30pm	
Rummy O 1pm - 2pm	Rummy O 1pm - 2pm	SGH Health Talk (Financial Resources in Healthcare) 2pm - 3pm	Rummy O 12pm - 2pm Birthday Celebration 2pm - 4pm	Let's visit Gan Eng Seng Primary School 2pm - 4pm Let's Celebrate Birthday with CJC 3pm - 4.30pm	
Let's Line Dance 3pm - 4pm	Walking Football @ Telok Blangah CC 2.30pm - 4pm	Let's learn English 3pm - 4pm **	Community Health Post	Community Health Post	
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<b>Hari Raya Puasa</b>					

# 2025 三月

📍 **Centre Name:** Active Ageing Centre (Redhill)  
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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
一起做弹力带运动(HPB) 10am - 11am 游戏时间 Rummy O 1pm - 2pm 一起跳排舞 3pm - 4pm	一起来游泳(11) 10am - 11.00am 代际交流 - 幼儿园 10.30am - 11.30am 游戏时间 Rummy O 1pm - 2pm 园艺治疗 2.30pm - 4pm 一起来踢球 2.30pm - 4pm	一起跳尊巴(HPB) 10am - 11am 游戏时间 Rummy O 1pm - 2pm 一起学英语 2pm - 3pm 一起喝咖啡(只限男性) 3pm - 4pm	一起做椅子瑜伽 9am - 10am 推广健康老龄化计划 10.30am - 11.30pm 游戏时间 Rummy O 1pm - 2pm 卡拉OK 2pm - 4pm 社区健康岗	一起做拍打运动 10am - 11am    <b>中心关闭</b>	
10	11	12	13	14	15
一起做弹力带运动(HPB) 10am - 11am 游戏时间 Rummy O 1pm - 2pm 一起跳排舞 3pm - 4pm	一起来游泳(12) 10am - 11.00am 游戏时间 Rummy O 1pm - 2pm 一起来踢球 2.30pm - 4pm	一起跳尊巴(HPB) 10am - 11am 游戏时间 Rummy O 1pm - 2pm 一起学英语 2pm - 3pm	一起做椅子瑜伽 9am - 10am 推广健康老龄化计划 10.30am - 11.30pm 游戏时间 Rummy O 1pm - 2pm 一起玩法式滚球 2.30pm - 4pm 社区健康岗	一起做拍打运动 10 - 11am 代际交流 - 颜永成中学 游戏时间 1pm - 2pm  社区健康岗	
17	18	19	20	21	22
一起做弹力带运动(HPB) 10am - 11am 游戏时间 Rummy O 1pm - 2pm 一起跳排舞 3pm - 4pm	一起来 Makan 11.15-12:15pm 游戏时间 Rummy O 1pm - 2pm 园艺治疗 2.30pm - 4pm 一起来踢球 2.30pm - 4pm	一起跳尊巴(HPB) 10am - 11am 游戏时间 Rummy O 1pm - 2pm 一起学英语 2pm - 3pm 一起喝咖啡(只限男性) 3pm - 4pm	理发 9am - 10am 推广健康老龄化计划 10.30am - 11.30pm 游戏时间 Rummy O 1pm - 2pm 卡拉OK 2pm - 4pm	一起做拍打运动 10am - 11am 游戏时间 Rummy O 1pm - 2pm  社区健康岗	
24	25	26	27	28	29
一起做弹力带运动(HPB) 10 - 11am 游戏时间 Rummy O 1pm - 2pm 一起跳排舞 3pm - 4pm	一起来 Makan 11.15-12:15pm 游戏时间 Rummy O 1pm - 2pm 一起来踢球 2.30pm - 4pm	一起跳尊巴(HPB) 10am-11am 保健系列 - 健康讲座 2pm -3pm 一起学英语 3pm - 4pm*	一起做椅子瑜伽(线上) 9am - 10am 推广健康老龄化计划 10.30am - 11.30pm 游戏时间 Rummy O 12pm - 2pm 庆祝生日 2pm - 4pm 社区健康岗	一起做拍打运动 10am - 11am 游戏时间 Rummy O 12pm - 2pm 代际交流 - 颜永成小学 代际交流 - 公教初级学院 社区健康岗	
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<b>Hari Raya Pussa</b>					

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