

2026 March

 **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

SUN

1

**Let's Celebrate CNY &
 Dinner with RN @ Blk 89
 5:30pm**

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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 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
Let's Stretch Band (HPB) 10am - 11am	Let's Boccia 9:30am - 10:30am	Let's Lim Kopi (Male exclusive) 9am - 11am	Let's Exercise with Joyce 9am - 10am	Senior Engagement Project Project Citizens (Session 1) (Registered 20 pax only) 10am - 12pm	
Let's Talk About Digital Skills [Registered 20 pax only] 12pm - 2pm	Let's Disc Golf 9:30am - 10:30am	Let's Chair Zumba (HPB) 9am - 10am	Let's Talk About DSL (Strong Passwords/2FA) 10am - 11:30am	Strategise with Kakis 12 pm - 1pm	
CoC Health Talk Understanding Financial Resources for Senior: A guide to hospital costs & support 2pm - 3pm	Let's Gen Together with MFS (K2) Hari Raya 10:30am - 11:30am	Let's Pool / Table Tennis 10:30am - 1:30pm	Let's Makan Together 1pm - 2pm	Let's Line Dance 1pm - 2pm	
My Green Fingers Growing Your Own Edibles & DIY Self-Watering Planters 3pm - 4:30pm	Strategise with Kakis 12pm - 2pm	Strategise with Kakis 11am - 2pm	Fun with kakis (Bingo) 2pm - 3pm	Let's Gen Together with CJC 3pm - 4:30pm	
Let's Do Collaborative Art 4:30pm - 6pm	Let's Pool 2pm - 4pm	Let's Pick Up English 2pm - 3pm	Strategise with kakis 3pm - 5pm		
		Let's Talk News 3pm - 4:30pm			
			Community Health Post	Community Health Post	

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MON

TUE

WED

THU

FRI

SAT

9

10

11

12

13

14

Let's Stretch Band (HPB)
10am - 11am

Centre Closed
[Full Day]

Let's Chair Zumba (HPB)
9am - 10am

Haircut Services
9am - 11am

Let's Join Senior Engagement
Project : Project Citizens
(Session 2)
(Registered 20 pax only)
10am - 12pm

Pedicure Manicure Services
11am - 12pm

Let's Pool / Table Tennis
10:30am - 1:30pm

Let's Gen together with
Methodist Girls' School
10:30am - 12:30pm

Strategise with Kakis
12pm - 1pm

Strategise with Kakis
11:30am - 1:30pm

Strategise with Kakis
11am - 2pm

Let's Makan
1pm - 2pm

Let's Line Dance
1pm - 2pm

Let's Do Collaborative Art
1pm - 3pm

Let's Pick Up English
2pm - 3pm

Ler's KTV Together
2pm - 4pm

Let's Gen Together with CJC
3pm - 4:30pm

My Green Fingers - Guide to
Gardening & DIY Enzyme
Solutions
3pm - 4:30pm

Let's Talk News
3pm - 4:30pm

Strategise with kakis
2pm - 4pm

Community Health Post

Community Health Post

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Stretch Band (HPB) 10am - 11am	Let's IMPRESS-MIND2S [Phase2] Piloxing lite (1/24) (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 10am - 11am	Public Holiday [Hari Raya Puasa]
Pedicure Manicure Services 11am - 12pm	Let's Boccia 11am - 12pm	Let's Chair Zumba (HPB) 9am - 10am	Let's Boccia 10am - 11am	Strategise with Kakis 11:30am - 1:30pm	
Strategise with Kakis 11:30am - 1:30pm	Let's Disc Golf 11am - 12pm	Let's Pool / Table Tennis 10:30am - 1:30pm	Let's Disc Golf 10am - 11am	Let's Line Dance 1pm - 2pm	
My Green Fingers - Nature Inspired Terracotta Pot Painting 3pm - 4:30pm	Strategise with Kakis 12pm - 2pm	Strategise with Kakis 11am - 2pm	Enhanced F4 Exercise [Phase2] (1/24) (Registered seniors only) 11:30am - 12:30pm		
	IMPRESS-MIND2S [Phase2] - CA (1/24) (Registered seniors only) 2pm - 5pm	Let's Pick Up English 2pm - 3pm	Let's Celebrate (Birthday) 1pm - 3pm		
		Let's Talk News 3pm - 4:30pm	Strategise with kakis 3pm - 5pm		
			Community Health Post	Community Health Post	

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Centre Close (Hari Raya Puasa Off in lieu)	Let's IMPRESS-MIND2S [Phase2] - Piloxing lite (2/24) (Registered seniors only) 9:30am - 10:30am	Let's Chair Zumba (HPB) 9am - 10am	Let's Gen Together with Hwa Chong Institution [20-30 Registered seniors] 9am - 11am	Let's Pai Da with Jenny Tan 10am - 11am	
	Let's Boccia 11am - 12pm	Let's Pool / Table Tennis 10:30am - 1:30pm	Enhanced F4 Exercise [Phase2] (2/24) (Registered seniors only) 11:30am - 12:30pm	Strategise with Kakis 11:30am - 1:30pm	
	Let's Disc Golf 11am - 12pm	Strategise with Kakis 11am - 2pm	Let's Makan Together 12:30pm - 1:30pm	Let's Line Dance 1pm - 2pm	
	Strategise with Kakis 12pm - 2pm	Let's Pick Up English 2pm - 3pm	Ler's KTV Together 2pm - 4pm	Let's Gen Together with CJC 3pm - 4:30pm	
	IMPRESS-MIND2S [Phase2] - CA (2/24) (Registered seniors only) 2pm - 5pm	Let's Talk News 3pm - 4:30pm	Strategise with kakis 2pm - 4pm	Let's Go Gai Gai [Skyline Singapore] Requires Registration 3pm - 7pm	
			Community Health Post	Community Health Post	

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MON	TUE	WED	THU	FRI	SAT
30	31				
My Green Fingers - Sensory Garden Voyage for Textures & Tastes 8:30am - 11:30am	Let's IMPRESS-MIND2S [Phase 2] - Piloxing lite (3/24) (Registered seniors only) 9:30am - 10:30am				
Let's Stretch Band (HPB) 10am - 11am	Let's Bocchia 11am - 12pm				
Strategise with Kakis 11:30am - 1:30pm	Let's Disc Golf 11am - 12pm				
Stay Well Series - Health Talk (World Sleep Day: Sleep Hygiene) 2pm - 3pm	Strategise with Kakis 12pm - 2pm				
	IMPRESS-MIND2S [Phase 2] - CA (3/24) (Registered seniors only) 2pm - 5pm				

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2026 三月

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MON

TUE

WED

THU

FRI

SAT

1 (星期天)

**RN 新年庆祝和晚餐
@ Blk 89
5:30pm**

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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

一起玩硬地滚球
9:30am - 10:30am

一起喝咖啡
(只限男性)
9am - 11am

一起和 Joyce 做运动
9am - 10am

一起来参与
Project Citizens (第一场)
(只限已报名长者)
10am - 12pm

一起谈数码科技
(只限20名报名长者)
12pm - 2pm

一起玩飞盘高尔夫
9:30am - 10:30am

一起做坐式尊巴 (HPB)
9am - 10am

数码科技
(如何设计密码)
10am - 11:30am

游戏时间
(Rummy O)
12pm - 1pm

(社区健康 视频讲座)
了解老年人的 财务资源: 医院
费用和支持指南
2pm - 3pm

代际交流 - 幼儿园
(庆祝开斋节)
10:30am - 11:30am

游戏时间
(台球/乒乓球)
10:30am - 1:30pm

一起来 makan - 中心内
1pm - 2pm

一起跳排舞
1pm - 2pm

园艺课程:
DIY种植与自制自动浇水花盆
3pm - 4:30pm

游戏时间
(Rummy O)
12pm - 2pm

游戏时间
(Rummy O)
10:30am - 1:30pm

游戏时间
(宾果)
2pm - 3pm

代际交流 - 公教初级学院
3pm - 4:30pm

一起合创艺术
4:30pm - 6pm

游戏时间
(台球/乒乓球)
2pm - 4pm

一起学英语
2pm - 3pm

游戏时间
(Rummy O)
3pm - 5pm

一起聊新闻
3pm - 4:30pm

社区健康岗

社区健康岗

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MON 9 (星期一)	TUE 10 (星期二)	WED 11 (星期三)	THU 12 (星期四)	FRI 13 (星期五)	SAT 14 (星期六)
一起做弹力带运动(HPB) 10am - 11am	中心关闭 - 公司活动	一起做坐式尊巴 (HPB) 9am - 10am	理发 9am - 11am	一起来参与 Project Citizens (第二场) (只限已报名长者) 10am - 12pm	
服务 - 美甲 (只限15报名长者) 11am - 12pm		游戏时间 (台球/乒乓球) 10a:30m - 1:30pm	代际交流 - 中学 (美以美女校) 10:30am - 12:30pm	游戏时间 (Rummy O) 12pm - 1pm	
游戏时间 (Rummy O) 11:30am - 1:30pm		游戏时间 (Rummy O) 11am - 2pm	一起来 makan - 中心内 1pm - 2pm	一起跳排舞 1pm - 2pm	
一起合创艺术 2pm - 4pm		一起学英语 2pm - 3pm	一起来K歌 2pm - 4pm	代际交流 - 公教初级学院 3pm - 4:30pm	
园艺课程: DIY种植与自制自动浇水花盆 3pm - 4:30pm		一起聊新闻 3pm - 4:30pm	游戏时间 (Rummy O) 2pm - 4pm		
				社区健康岗	社区健康岗

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MON	TUE	WED	THU	FRI	SAT
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	一起参与研究计划 (第二期) (IMPRESSMIND2S Let's Piloxing) (1/24) (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 10am - 11am	一起做拍打运动 10am - 11am	
服务 - 美甲 (只限15报名长者) 11am - 12pm	一起玩硬地滚球 11am - 12pm	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) 11:30am - 1:30pm	一起玩飞盘高尔夫 11am - 12pm	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 1pm - 2pm	
园艺课程: DIY种植与自制自动浇水花盆 3pm - 4:30pm	游戏时间 (Rummy O) 12pm - 2pm	游戏时间 (Rummy O) 11am - 2pm	Enhanced F4 运动 (1/24) (只限已报名长者) 11.30am - 12.30pm		
	一起参与研究计划 (第二期) (IMPRESSMIND2S) (1/24) (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 1pm - 3pm		
		一起聊新闻 3pm - 4:30pm	游戏时间 (Rummy O) 3pm - 5pm		
			社区健康岗	社区健康岗	

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MON	TUE	WED	THU	FRI	SAT
23 (星期一)	24 (星期二)	25 (星期三)	26 (星期四)	27 (星期五)	28 (星期六)
中心关闭 (开斋节)	一起参与研究 计划 (第二阶段) (IMPRESSMIND2S, Let's Piloxing) (2/24) (只限已报名长者) 9.30am - 10.30am	一起做坐式尊巴 (HPB) 9am - 10am	代际交流 - 中学 (华中学院) (只限20报名长者) 9am - 11am	一起做椅子瑜伽 9am - 10am	
	一起玩硬地滚球 11am - 12pm	游戏时间 (台球/乒乓球) 10:30am - 1:30pm	Enhanced F4 运动 (2/24) (只限已报名长者) 11.30am - 12.30pm	一起做拍打运动 10am - 11am	
	一起玩飞盘高尔夫 11am - 12pm	游戏时间 (Rummy O) 11am - 2pm	一起来 makan - 中心内 12:30pm - 1:30pm	游戏时间 (Rummy O) 11:30am - 1:30pm	
	游戏时间 (Rummy O) 12pm - 2pm	一起学英语 2pm - 3pm	一起来K歌 2pm - 4pm	一起跳排舞 1pm - 2pm	
	一起参与研究 计划 (IMPRESSMIND2S) (2/24) (只限已报名长者) 2pm - 5pm	一起聊新闻 3pm - 4:30pm	游戏时间 (Rummy O) 2pm - 4pm	代际交流 - 公教初级学院 3pm - 4:30pm	
			社区健康岗	一起去 Gai Gai [金沙空中花园] (只限已报名长者) 3pm - 7pm	
				社区健康岗	

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MON	TUE	WED	THU	FRI	SAT
30 (星期一)	31 (星期二)				
My Green Fingers - Sensory Garden Voyage for Textures & Tastes 8:30am - 11:30am	一起参与研究 计划 (第二阶段) (IMPRESSMIND2S, Let's Piloxing) (3/24) (只限已报名长者) 9.30am - 10.30am				
一起做弹力带运动(HPB) 10am - 11am	一起玩硬地滚球 11am - 12pm				
游戏时间 (Rummy O) 11:30am - 1:30pm	一起玩飞盘高尔夫 11am - 12pm				
(社区健康 视频讲座) 世界睡眠日 2pm - 3pm	游戏时间 (Rummy O) 12pm - 2pm				
	一起参与研究 计划 (IMPRESSMIND2S) (3/24) (只限已报名长者) 2pm - 5pm				

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