

2026 May

 **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
4	5	6	7	8	9
Let's Stretch Band (HPB) 10am - 11am	Let's IMPRESS-MIND2S [Phase2]- Piloxing lite (8/24) (For registered seniors only) 9:30am - 10:30am	Let's Lim Kopi (Male exclusive) 9am - 11am	Let's Exercise with Joyce 9am - 10am	CENTER CLOSURE [Town Hall Meeting] 9am-6pm	
Let's CALM 1.0 [Week 5] (Free Weights) 11am - 12pm	Let's Gen Together MFS (K1) - Earth Day(地球日) 10:30am - 11:30am	Let's Chair Zumba (HPB) 9am - 10am	Let's Talk About DSL [Store, retrieve & delete info on mobile device] 10am - 11.30am		
Pedicure and Manicure service [Requires registration: 15 pax] 11am - 12pm	Let's Boccia 11:30am - 12:30pm	Let's Pool / Table Tennis 10:30am - 1:30pm	Enhanced F4 Exercise [Phase2] (8/24) (Registered seniors only) 11.30am-12.30pm		
Let's do Collaborative Art 12pm - 2pm	Let's Disc Golf 11:30am - 12:30pm	Strategise with Kakis 10:30am - 1:30pm	Let's Makan Together 12:30pm - 1:30pm		
Stay Well Series - Health Talk - Eating and Medication: Know the rules to avoid food - Drug clashes 2pm - 3pm	Strategise with Kakis 12:30pm - 2pm	Let's Pick Up English 2pm - 3pm	Fun with kakis (Bingo) 1:30pm - 2:30pm		
Evidence-Informed - Therapeutic Horticulture 4pm - 5.30pm	IMPRESS-MIND2S [Phase2] - CA (8/24) (for registered Seniors only) 2pm - 5pm	Let's Talk News 3pm - 4.30pm	Strategise with Kakis 2:30pm - 4:30pm		
			Community Health Post		

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
Let's Stretch Band (HPB) 10am - 11am	Let's IMPRESS-MIND2S [Phase2]- Piloxing lite (9/24) (Registered seniors only) 9:30am - 10:30am	Let's Chair Zumba (HPB) 9am - 10am	Let's Go Gai Gai to Goat Farm Requires Registration [23 Registered pax] 9am - 11am	Let's Chair Yoga with Elin 9am - 10am	
Let's CALM 1.0 [Week 6] (Resistance Band) [Registered Seniors Only] 11am - 12pm	Let's Talk About Nutrition (Module 2, Part 1 : Protein) 10.45am to 11.45am	Let's Pool/ Table Tennis 10:30am - 1:30pm	Let's Exercise with Joyce 9am - 10am	Let's Pai Da with Jenny Tan 10am - 11am	
CPF Talk & Consultation [25 Registered pax] 1pm - 3.30pm	Let's do Collaborative Art 12pm - 2pm	Strategise with Kakis 11:30am - 1:30pm	Let's Boccia 10am - 11am	Strategise with Kakis 11am - 1pm	
Evidence-Informed - Therapeutic Horticulture 4pm - 5.30pm	Strategise with Kakis 12pm - 2pm	Let's Pick Up English 2pm - 3pm	Let's Disc Golf 10am - 11am	CENTRE CLOSURE 1pm - 6pm	
	IMPRESS-MIND2S [Phase2] CA (9/24) (Registered Seniors only) 2pm-5pm	Let's Talk News (3.30pm - 4.30pm)	Enhanced F4 Exercise [Phase2] (9/24) (Registered seniors only) 11.30am-12.30pm		
			Let's Makan Together 12:30pm - 1:30pm		
			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
18	19	20	21	22	23
Let's Stretch Band (HPB) 10am - 11am	Let's IMPRESS-MIND2S [Phase2] Piloxing lite (10/24) (Registered seniors only) 9:30am - 10:30am	Let's Lim Kopi (Male exclusive) 9am - 11am	Haircut Services [25 Registered Pax] 9am - 11am	Let's Pai Da with Jenny Tan 10am - 11am	
Pedicure and Manicure service [15 Registered Seniors] 11am - 12pm	Let's Talk About Nutrition (Module 2, Part 2 : Fats and Oils) 10:45am - 11.45am	Let's Chair Zumba (HPB) 9am - 10am	Let's Walking Football (Training Session 3/13) [Registered seniors only - 10pax] 9.30am - 11.30am [Delta Sports Complex]	Strategise with Kakis 11.30am - 1.30pm	
Let's CALM 1.0 [Week 7] (Free Weights) 11am - 12pm [Registered seniors only]	Movie Time with RN @Vivo City (Liang Po Po VS Ah Beng) 9am - 3pm	Let's Pool/ Table Tennis 10:30am - 1:30pm	Enhanced F4 Exercise [Phase2] (10/24) (Registered seniors only) 11.30am-12.30pm	Let's Line Dance 1.30pm - 2.30pm	
Strategise with Kakis 1pm - 2pm	Strategise with Kakis 12pm - 2pm	Strategise with Kakis 11:30am - 1:30pm	Let's Celebrate (Birthday) 12:30pm - 2:30pm	Let's Gen Together CJC 3pm - 4.30pm	
Let's Do Collaborative Art 2pm - 4pm	IMPRESS-MIND2S [Phase2] - CA (10/24) (Registered Seniors only) 2pm - 5pm	Let's Pick Up English 2pm - 3pm	Training for staff 3pm - 6pm		
Evidence-Informed - Therapeutic Horticulture 4pm - 5.30pm		Let's Talk News (3.30pm - 4.30pm)	Community Health Post	Community Health Post	

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
Let's Stretch Band (HPB) 10am - 11am	Let's IMPRESS-MIND2S [Phase2]- Piloxing lite (11/24) (For registered seniors only) 9:30am - 10:30am	Centre Closed (Hari Raya Haji)	Let's Boccia 10am - 11am	Let's CALM 1.0 @ Active Health Lab (Week 8) 9am - 11:45am	
Strategise with Kakis 1pm - 2pm	Let's Boccia 11am - 12pm		Let's Disc Golf 10am - 11am	Let's Chair Yoga with Elin 9am - 10am	
Stay Well Series - Health Talk (World Asthma Day + World No Tobacco Day : Smoking Cessation) 2pm - 3pm	Let's Disc Golf 11am - 12pm		Enhanced F4 Exercise [Phase2] (11/24) (Registered seniors only) 11.30am - 12.30pm	Let's Pai Da with Jenny Tan 10am - 11am	
Evidence-Informed - Therapeutic Horticulture 4pm - 5.30pm	Let's Do Collaborative Art 12pm - 2pm		Let's Makan Together 12:30pm - 1:30pm	Strategise with Kakis 11.30am - 1.30pm	
	Strategise with Kakis 12pm - 2pm		Ler's KTV Together 1:30pm - 3:30pm	Let's Line Dance 1.30pm - 2.30pm	
	IMPRESS-MIND2S [Phase2] - CA (11/24) (for registered Seniors only) 2pm-5pm		Strategise with kakis 1:30pm - 3:30pm		
			Community Health Post	Community Health Post	

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MON

TUE

WED

THU

FRI

SAT

1 (星期五)

2 (星期六)

中心关闭
 [公定假日]
 -劳动节-

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MON	TUE	WED	THU	FRI	SAT
4 (星期一)	5 (星期二)	6 (星期三)	7 (星期四)	8 (星期五)	9 (星期六)
一起做弹力带运动(HPB) 10am - 11am	一起参与研究 计划 (IMPRESS-MIND2S-Let's Piloxing) (8/24) (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	中心关闭 - 公司活动	
CALM 1.0 (第五周) (哑铃训练) 11am - 12pm	代际交流 - 幼儿园 (庆祝地球日) 10:30am - 11:30am	一起做坐式尊巴 (HPB) 9am - 10am	新加坡数 码转型办事处 (如何运用手机存 储、检索和 删除信息与照片) 10am - 11.30am		
服务 - 美甲 (只限 15 报名长者) 11am - 12pm	一起玩硬地滚球 11.30am - 12.30pm	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		
一起合创艺术 12pm - 2pm	一起玩飞盘高尔夫 11.30am - 12.30pm	游戏时间 (Rummy O) 10:30am - 1:30pm	一起来 makan - 中心内 12:30pm - 1:30pm		
(社区健康 视频讲座) 【吃饭吃药有学问】:避免食物 药物冲突 2pm - 3pm	游戏时间 (Rummy O) 12pm - 2pm	一起学英 语 2pm - 3pm	宾果(游戏) 1.30pm - 2.30pm		
园艺治疗 4pm - 5:30pm	一起参与研究 计划 (IMPRESS-MIND2S) (8/24) (只限已报名长者) 2pm - 5pm	一起聊新闻 3pm - 4:30pm	游戏时间 (Rummy O) 2:30pm - 4:30pm		
			社区健康 岗		

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MON 11 (星期一)	TUE 12 (星期二)	WED 13 (星期三)	THU 14 (星期四)	FRI 15 (星期五)	SAT 16 (星期六)
一起做弹力带运动(HPB) 10am - 11am	一起参与研究 计划 (IMPRESS-MIND2S-Let's Piloxing) (9/24) (只限已报名长者) 9:30am - 10:30am	一起做坐式尊巴 (HPB) 9am - 10am	一起去 Gai Gai 【山羊养殖场】 (只限已报名 23 长者) 9:30am - 11:30am	一起做椅子瑜伽 9am - 10am	
CALM 1.0 (第六周) (弹力带训练) 11am - 12pm	营养讲座 (关于蛋白质) 10.45am - 11.45am	游戏时间 (台球/乒乓球) 10:30am - 1:30pm	一起和 Joyce 做运动 9am - 10am	一起做拍打运 动 10am - 11am	
公积金：讲座与咨询 (只限已报名长者) 1pm - 3:30pm	游戏时间 (Rummy O) 12pm - 2pm	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) 11am - 1pm	
园艺治疗 4pm - 5:30pm	一起合创艺术 12pm - 2pm	一起学英 语 2pm - 3pm	一起玩飞盘高尔夫 10am - 11am	中心关闭 - 公司活动 1pm - 6pm	
	一起参与研究 计划 (IMPRESS-MIND2S) (9/24) (只限已报名长者) 2pm - 5pm	一起聊新闻 3pm - 4:30pm	Enhanced F4 运动 (9/24) (只限已报名长者) 11:30am - 12:30pm		
			一起来 makan - 中心内 12:30pm - 1:30pm		
			一起来 K 歌 1:30pm - 3:30pm		
			游戏时间 (Rummy O) 1:30pm - 3:30pm		
			社区健康岗		

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MON	TUE	WED	THU	FRI	SAT
18 (星期一)	19 (星期二)	20 (星期三)	21 (星期四)	22 (星期五)	23 (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) (10/24) (只限已 报名长者) 9.30am - 10.30am	一起喝咖啡 (只限男性) 9am - 11am	理发 (只限25报名长者) 9am - 11am	一起做拍打运 动 10am - 11am	
服务 - 美甲 (只限15报名长者) 11am - 12pm	营养讲座 (脂肪与油脂) 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) 3/13 9.30am - 11.30am	游戏时间 (Rummy O) 11:30am - 1:30pm	
CALM 1.0 (第七周) (哑铃训练) 11am - 12pm	电影时间 - (梁婆婆 VS阿炳) 9am - 3pm	游戏时间 (Rummy O) 10:30am - 1:30pm	Enhanced F4 运动 (10/24) (只限已 报名长者) 11.30am - 12.30pm	一起跳排舞 1.30pm - 2.30pm	
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	宾果(游戏)与庆祝生日 12:30pm - 2:30pm	代际交流 - 公教初级学院 3pm - 4:30pm	
一起合创艺术 2pm - 4pm	一起参与研究 计划 (IMPRESS-MIND2S) (10/24) (只限已 报名长者) 2pm - 5pm	一起学英 语 2pm - 3pm	员工培训 3pm - 6pm		
园艺治疗 4pm - 5:30pm		一起聊新闻 3pm - 4:30pm			
			社区健康岗	社区健康岗	

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MON 25 (星期一)	TUE 26 (星期二)	WED 27 (星期三)	THU 28 (星期四)	FRI 29 (星期五)	SAT 30 (星期六)
一起做弹力带运动(HPB) 10am - 11am	一起参与研究 计划 (第二阶段) (IMPRESSMIND2S-Let's Piloxing) (7/24) (只限已 报名长者) 9.30am - 10.30am	中心关闭	一起玩硬地滚球 10am - 11pm	Let's CALM 1.0 @ Active Health Lab (第八周) - 评估 9am - 11.45am	
游戏时间 (Rummy O) 1pm - 2pm	一起玩硬地滚球 11am - 12pm		一起玩飞盘高尔夫 10am - 11pm	一起做椅子瑜伽 9am - 10am	
健康视频讲座 【世界哮喘日与无烟日】 2pm - 3pm	一起玩飞盘高尔夫 11am - 12pm		Enhanced F4 运动 (7/24) (只限已 报名长者) 11.30am - 12.30pm	一起做拍打运 动 10am - 11am	
园艺治疗 4pm - 5:30pm	一起合 创艺术 12pm - 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		一起来 K歌 1:30pm - 3:30pm	一起跳排舞 1.30pm - 2.30pm	
	一起参与研究 计划 (IMPRESSMIND2S) (7/24) (只限已 报名长者) 2pm - 5pm		游戏时间 (Rummy O) 1:30pm - 3:30pm		
			社区健康 岗	社区健康 岗	

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