2026 November

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
2	3	4	5	6	7
Lets Dragon Boat [12/12] Registered seniors only 8.45am - 1.30pm	Let's Piloxing Lite with Elizabeth Tan [Session 1/2] Registered Seniors only [Blk 76 Pavillion] 9.30am - 10.30am	Let's Chair Zumba (HPB) 25 Pax [Blk 76 Pavilion] 9am - 10am	Let's Exercise with Joyce [Blk 76 Pavillion] 9am - 10am	**Centre Closed - Staff Training**	
Let's Stretch Band (HPB) [Blk 76 Pavillion] 10am - 11am	Let's Gen Together MFS (N2) - Deepavali [A2] 10:30am - 11:30am	Let's Boccia [Blk 76 Pavilion] 10am - 11am	DSL [Set up and Use Social Media App] [Blk 75B, RN Centre] 10am - 11.30am		
Manicure Pedicure [15 registered pax only][A2] 11am - 12pm		Let's Disc Golf [Blk 76 Pavilion] 10am - 11am	Enhanced F4 Exercise (Max 25pax) [Blk 76 Pavillion] 10:30am-11:30am		
Let's Visit River Valley Primary School [25-30 registered pax] 1.30pm - 4pm		Let's do Collaborative Art [Blk 75B RN Centre] 10am - 12pm	Let's Makan [70 registered pax] [Blk 75B RN Centre] 11.30am - 12.30pm		
Therapeutic Horticulture (Blk 73 Rooftop garden) 4pm - 5.30pm					

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Centre Close [Holiday In Lieu of Deepavali Day on Sunday]	Let's Talk About Nutrition Eat well, Digest Better [5&6] [Max Registered 35pax] **[Do I really Need to Detox? Food, Liver & Whole Body Health]** [Blk 75B RN Centre] 10.30am - 12pm	Let's Chair Zumba (HPB) 25PAX [Blk 76 Pavilion] 9am - 10am	Let's Exercise with Joyce [Blk 76 Pavilion] 9am - 10am	Let's do Collaborative Art [Blk 75B RN Centre] 10am - 12pm	
		Let's Gen with HCI Chinese Dance Group - Session 3 [20 - 25 registered seniors] [Blk 76 Pavilion] 10.30am - 12.30pm	Enhanced F4 Exercise (Max 25pax) [Blk 76 Pavillion] 10.30am-11.30am	Let's Line Dance [Blk 76 Pavilion] 11am - 12pm	
			Let's Makan [70 registered pax] [Blk 75B RN Centre] 11.30am - 12.30pm	Dragonboat Competition 1pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	19
FAB LAB - 3D Printing [5 Registered IB Seniors Only] 10am - 4pm	**Centre Closed**	Let's Chair Zumba (HPB) 25 Pax only [Blk 76 Pavilion] 9am - 10am	Let's Exercise with Joyce [Blk 76 Pavilion] 9am - 10am	Let's do Collaborative Art [Blk 75B RN Centre] 10am - 12pm	
Let's Stretch Band (HPB) [Blk 76 Pavillion] 10am - 11am			Enhanced F4 Exercise (Max 25pax) [Blk 76 Pavillion] 10.30am-11.30pm	Let's Line Dance [Blk 76 Pavilion] 11am - 12pm	
Therapeutic Horticulture (Blk 73 Rooftop garden) 4pm - 5.30pm			Let's Makan [70 registered pax] Blk 75B RN Centre 11.30am - 12.30pm	**Centre Closed from 3pm**	
			Let's Celebrate (Birthday) [only for Birthday Seniors][A2] 11.30pm - 12.30pm		

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MON	TUE	WED	THU	FRI	SAT
23	**24**	**25**	**26**	**27**	**28**
Therapeutic Horticulture (Blk 73 Rooftop garden) 8.30am - 10am	Let's Piloxing Lite with Elizabeth Tan [Nov Session 2/2] Registered Seniors only [Blk 76 Pavillion] 9.30am - 10.30am	Let's Chair Zumba (HPB) 25PAX only [Blk 76 Pavilion] 9am - 10am	Haircut [Max 25 registered pax] [A2] 9am - 11 am	Let's Line Dance [Blk 76 Pavilion] 11am - 12pm	
Let's Stretch Band (HPB) 10am - 11am [Blk 76 Pavillion]	Let's do Collaborative Art [Blk 75B RN Centre] 10am - 12pm		Enhanced F4 Exercise (Max 25pax) [Blk 76 Pavillion] 10.30am-11.30am		
Manicure Pedicure [15 registered pax only] [A2] 11am - 12pm			Let's Makan [70 registered pax] [Blk 75B RN Centre] 11.30am - 12.30pm		
30					
Therapeutic Horticulture (Blk 73 Rooftop garden) 8.30am - 10am					
Let's Stretch Band (HPB) [Blk 76 Pavillion] 10am - 11am					
Let's do Collaborative Art [Blk 75B RN Centre] 10am - 12pm					

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2026 十一月

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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)
一起划龙舟 [培训课程 12/12] 8:45am - 1:30pm	皮拉提斯拳击舞蹈 (11月课程) (1/2) (只限已报名长者) 9:30am - 10:30am	一起做坐式尊巴 (HPB) (只限 25名长者) (大牌 76 多功能凉亭) 9am - 10am	一起和Joyce做运动 (大牌 76 多功能凉亭) 9am - 10am	中心关闭 - 公司培训	
一起做弹力带运动(HPB) (大牌 76 多功能凉亭) 10am - 11am	代际交流 - 幼儿园 (庆祝屠妖节) [A2] 10:30am - 11:30am	一起玩硬地滚球 (大牌 76 多功能凉亭) 10am - 11am	新加坡数码转型办事处 （如何设置社交媒体） (大牌 75B) 10am - 11.30am		
服务 - 美甲 (只限15报名长者)[A2] 11am - 12pm		一起玩飞盘高尔夫 (大牌 76 多功能凉亭) 10am - 11am	Enhanced F4 运动 (大牌 76 多功能凉亭) 10:30am-11:30am		
一起去Gai Gai (立化小学) (只限 25-30 名报名长者) 1:30pm - 4pm		一起合创艺术 (大牌 75B) 10am - 12pm	一起来makan (只限 70名长者) (大牌 75B) 11:30am - 12:30pm		
园艺治疗 (大牌 73 多层停车场) 4pm - 5:30pm					

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MON	TUE	WED	THU	FRI	SAT
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 - 屠妖节	一起谈营养 (5&6 / 8) (只限35名长者) (大牌 75B) 10:30am - 12pm	一起做坐式尊巴(HPB) (只限25名长者) (大牌 76 多功能凉亭) 9am - 10am	一起和Joyce做运动 (大牌 76 多功能凉亭) 9am - 10am	一起合创艺术 (大牌 75B) 10am - 12pm	
		代际交流 - 华中学院 [一起来跳舞] 3/6 (只限已报名长者) 10:30am - 12:30pm	Enhanced F4 运动 (大牌 76 多功能凉亭) 10:30am-11:30am	一起跳排舞 (大牌 76 多功能凉亭) 11am - 12pm	
			一起来makan (只限 70名长者) (大牌 75B) 12:30pm - 1:30pm	龙舟比赛 1pm - 5pm	
16 (星期一)	**17 (星期二)**	**18 (星期三)**	**19 (星期四)**	**20 (星期五)**	**21 (星期六)**
3D 打印, 激光切割工作坊 (只限已报名长者) 10am - 4pm	**中心关闭 - 公司活动**	一起做坐式尊巴(HPB) (只限25名长者) (大牌 76 多功能凉亭) 9am - 10am	一起和Joyce做运动 (大牌 76 多功能凉亭) 9am - 10am	一起合创艺术 (大牌 75B) 10am - 12pm	
一起做弹力带运动(HPB) (大牌 76 多功能凉亭) 10am - 11am			Enhanced F4 运动 (大牌 76 多功能凉亭) 10:30am-11:30am	一起跳排舞 (大牌 76 多功能凉亭) 11am - 12pm	
园艺治疗 (大牌 73 多层停车场) 4pm - 5:30pm			一起来makan (只限 70名长者) (大牌 75B) 11:30am - 12:30pm	**中心关闭 - 3pm 开始**	
			庆祝生日 (只限十月过生日长者)[A2] 11:30am - 12:30pm		

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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)**
园艺治疗 (大牌 73 多层停车场) 8:30am - 10am	皮拉提斯拳击舞蹈 (11月课程) (2/2) (只限已报名长者) 9:30am - 10:30am	一起做坐式尊巴(HPB) (只限25名长者) (大牌 76 多功能凉亭) 9am - 10am	剪头发 (只限25报名长者)[A2] 9am - 11am	一起跳排舞 (大牌 76 多功能凉亭) 1:30pm - 2:30pm	
一起做弹力带运动(HPB) (大牌 76 多功能凉亭) 10am - 11am	一起合创艺术 (大牌 75B) 10am - 12pm		Enhanced F4 运动 (大牌 76 多功能凉亭) 10:30am-11:30am		
服务 - 美甲 (只限15报名长者) 11am - 12pm			一起来makan - 中心内 (只限70报名长者) (大牌 75B) 11:30am - 12:30pm		
30 (星期一)					
园艺治疗 (大牌 73 多层停车场) 8:30am - 10am					
一起做弹力带运动(HPB) (大牌 76 多功能凉亭) 10am - 11am					
一起合创艺术 (大牌 75B) 10am - 12pm					

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