

2025 November

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



MON	TUE	WED	THU	FRI	SAT
1					
					Let's join Grandparents' Day 9am - 12pm
3	4	5	6	7	8
Let's Stretch Band (HPB) 10am - 11am	Let's IMPRESS-MIND2S - Piloxing lite (13/24) (For registered seniors only) 9:30am - 10:30am	Let's Lim Kopi (Male exclusive) 9am - 11am	DSL (Online Banking & E Payment) 10am - 11.30am	Let's Chair Yoga with Elin 9am - 10am	Let's Join Tree Planting Day [Organised by TP GRC] 7.45am - 11am
Strategise with Kakis 11:30am - 1:30pm	Let's Gen Together MFS 10:30am - 11:30am	Let's Chair Zumba (HPB) 10am - 11am	Enhanced F4 Exercise (13/24) (Registered seniors only) 11.30am - 12.30pm	Let's Pai Da with Jenny Tan 10am-11am	
Stay Well Series - Health Talk (All About My Thyroid) (Zoom) 2pm - 3.30pm	Strategise with Kakis 11:30am - 1:30pm	Strategise with Kakis 11:30am - 1:30pm	Let's Makan Together 1pm - 2pm	Strategise with Kakis 11:30am - 1:30pm	
Therapeutic Horticulture 4pm - 5.30pm	IMPRESS-MIND2S - CA (13/24) (for registered Seniors only) 2pm-5pm	Let's learn English 2pm - 3pm	Fun with kakis (Bingo) 2pm - 3pm	Let's Line Dance 2pm - 3pm	
		Manicure and Pedicure service (Registration required - 15pax) 3.30pm - 4.30pm			
			Community Health Post	Community Health Post	

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 NTUC Health

MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Let's Stretch Band (HPB) 10am - 11am	Let's IMPRESS-MIND2S - Piloxing lite (14/24) (For registered seniors only) 9:30am - 10:30am	Let's Chair Zumba (HPB) 10am - 11am	Let's Exercise 9am - 10am	Let's Chair Yoga with Elin 9am - 10am	
Radin Mas \$1 Community Deal (for Blk 71/72 Seniors) 11:30am - 1.30pm	Let's Talk About Nutrition (Module 3_Part 2_ Sugars) 10.30am - 11.30am	Radin Mas \$1 Community Deal (for Blk 71/72 Seniors) 11:30am - 1.30pm	Let's Adaptive Sports 10am - 11am	Let's Pai Da with Jenny Tan 10am-11am	
Strategise with Kakis 2pm - 3:30pm	Let's Adaptive Sports 11.30am to 12.30pm	Strategise with Kakis 11:30am - 1:30pm	Enhanced F4 Exercise (14/24) (Registered seniors only) 11.30am-12.30pm	Strategise with Kakis 11:30am - 1:30pm	
Therapeutic Horticulture 4pm - 5.30pm	Strategise with Kakis 12.30pm - 2pm	Let's learn English 2pm - 3pm	Let's Makan 1pm - 2pm	Let's Line Dance 2pm - 3pm	
	IMPRESS-MIND2S - CA (14/24) (for registered Seniors only) 2pm-5pm	Current Affairs U & Me 3.30pm - 4.30pm	Strategise with kakis 1.30pm - 3.30pm		
			Let's KTV Together 2pm - 4pm		
			Community Health Post	Community Health Post	

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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 IMPRESS-MIND2S - Piloxing lite (15/24) (For registered seniors only) 9:30am - 10:30am	Let's Lim Kopi (Male exclusive) 9am - 11am	Let's Exercise 9am - 10am	Town Hall; Centre Closed	
Strategise with Kakis 11:30am - 1:30pm	Let's Talk About Nutrition (Module 4_Part 1_ Alcohol_Fluids) 10.30am - 11.30am	Let's Chair Zumba (HPB) 10am - 11am	Adaptive Sports 10am - 11am		
Stay Well Series - Live Health Talk (Oral Care: Tips On Oral Care for Older Adults) (Face to face) 2pm - 3pm	Let's Adaptive Sports 11.30am - 12.30pm	Strategise with Kakis 11:30am - 1:30pm	Enhanced F4 Exercise (15/24) (Registered seniors only) 11.30am - 12.30pm		
	Let's Do Collaborative Art 12:30pm - 2pm	Grooving down Memory Lane [Registered Seniors - 30pax] 2pm - 3:30pm	Let's Celebrate (Birthday) 1pm - 3pm		
	Strategise with Kakis 12.30pm - 2pm	Manicure & Pedicure (Registration required - 15pax only) 4.30pm - 5.30pm			
	IMPRESS-MIND2S - CA (15/24) (for registered Seniors only) 2pm-5pm				
			Community Health Post		

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
Let's Stretch Band (HPB) 10 - 11am	Let's IMPRESS-MIND2S - Piloxing lite (16/24) (For registered seniors only) 9:30am - 10:30am	Let's Chair Zumba (HPB) 10 - 11am	Haircut services 9am - 11am	Let's Chair Yoga with Elin 9am - 10am	
Let's Do Collaborative Art 11.30pm - 1.30pm	Let's Talk About Nutrition (Module 4_part 2_NIP_NCS_ nutrigrade) 10.30am - 11.30am	Fire Safety and Drill Briefing for Seniors 11am - 11:30am	Enhanced F4 Exercise (16/24) (Registered seniors only) 11.30am-12.30pm	Let's Pai Da with Jenny Tan 10am-11am	
IMPRESS-MIND2S - CA (16/24) (for registered Seniors only) 2pm-5pm	Adaptive Sports 11.30am - 12.30pm	Strategise with Kakis 11:30am - 1:30pm	Strategise with Kakis 11:30am - 1:30pm	Strategise with Kakis 11.30am-1.30pm	
	Centre Closed from 12.30pm	Let's learn English 2pm - 3pm	Let's KTV 2:30pm - 4:30pm	Let's Line Dance 2pm - 3pm	
		Current Affairs U & Me 3.30pm - 4.30pm			
			Community Health Post	Community Health Post	

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2025 十一月

Centre Name: AAC (Redhill)
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Centre Contact: 6473 8557 (Daniel / Firdaus / Mabel)



MON		TUE		WED		THU		FRI		SAT	
1 (星期六)											
										祖父母节 9am - 12pm	
3 (星期一)		4 (星期二)		5 (星期三)		6 (星期四)		7 (星期五)		8 (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) (13/24) (只限已报名长者) 9.30am - 10.30am		一起喝咖啡(只限男性) 9am - 11am		数码科技(网上银行, 网上购物) 10am - 11.30pm		一起做椅子瑜伽 9am - 10am		丹戎巴葛集团代表选区种 树节 7:45am - 11am	
游戏时间 11.30am - 1.30pm		代际交流 - 幼儿园 10.30am - 11.30am		一起做坐式尊巴 (HPB) 10am - 11am		Enhanced F4 运动 (13/24) (只限已报名长者) 11.30am - 12.30pm		一起做拍打运 动 10am - 11am			
(社区健康 视频讲座)了解甲状腺 2pm - 3.30pm		游戏时间 11.30am - 1.30pm		游戏时间 11.30am - 1.30pm		一起来 makan - 中心内 1pm - 2pm		游戏时间 11.30am - 1.30pm			
园艺治疗 4pm - 5.30pm		一起参与研究 计划 (IMPRESS-MIND2S) (13/24) (只限已报名长者) 2pm - 5pm		一起学英语 2pm - 3pm		游戏时间(宾果) 2pm - 3pm		一起跳排舞 2pm - 3pm			
				服务 - 美甲 (只限15报名长者) 3:30pm - 4:30pm		游戏时间 (Rummy O) 2pm - 4pm					
						社区健康 岗		社区健康 岗			

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Centre Contact: 6473 8557 (Daniel / Firdaus / Mabel)



MON	TUE	WED	THU	FRI	SAT
10 (星期一)	11 (星期二)	12 (星期三)	13 (星期四)	14 (星期五)	15 (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) (14/24) (只限已报名长者) 9.30am - 10.30am	一起做坐式尊巴 (HPB) 10am - 11am	一起做运动 9am - 10am	一起做椅子瑜伽 9am - 10am	
拉丁马士 \$1社区优惠(针对 71/72 座老年人) 11:30am - 1:30pm	(营养讲座)-糖 10.30am - 11.30am	拉丁马士 \$1社区优惠(针对 71/72 座老年人) 11:30am - 1:30pm	一起做运动 (适应性运动) 10am - 11am	一起做拍打运 动 10am - 11am	
游戏时间 2pm - 3:30pm	一起做运动 (适应性运动) 11.30am - 12.30pm	游戏时间 11.30am - 1.30pm	Enhanced F4 运动 (13/24) (只限已报名长者) 11.30am - 12.30pm	游戏时间 11.30am - 1.30pm	
园艺治疗 4pm - 5.30pm	游戏时间 12:30pm - 2pm	一起学英 语 2pm - 3pm	一起来 makan - 中心内 1pm - 2pm	一起跳排舞 2pm - 3pm	
	一起参与研究 计划 (IMPRESS-MIND2S) (13/24) (只限已报名长者) 2pm - 5pm	一起谈新闻 3:30pm - 4:30pm	游戏时间 2pm - 4pm		
			卡拉OK 2pm - 4pm		
			社区健康 岗	社区健康 岗	

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2025 十一月

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
17 (星期一)	18 (星期二)	19((星期三)	20 (星期四)	21 (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 (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	一起做运动 9am - 10am	中心关闭 - 公司活动	
游戏时间 11:30am - 1:30pm	(营养讲座)-酒精 10.30am - 11.30am	一起做坐式尊巴 (HPB) 10am - 11am	一起做运动 (适应性运动) 10am - 11am		
(社区健康 视频讲座)(面对面) 口腔护理技巧 2pm - 3pm	一起做运动 (适应性运动) 11.30am - 12.30pm	游戏时间 11.30am - 1.30pm	Enhanced F4 运动 (13/24) (只限已报名长者) 11.30am - 12.30pm		
	一起合创艺术 11:30am - 1:30pm	Grooving Down Memory Lane (只限已30报名长者) 2pm-3:30pm	宾果(游戏)与庆祝生日 1pm - 3pm		
	游戏时间 12:30pm - 2pm	一起谈新闻 3:30pm - 4:30pm			
	一起参与研究 计划 (IMPRESS-MIND2S) (13/24) (只限已报名长者) 2pm - 5pm				
			社区健康 岗		

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MON	TUE	WED	THU	FRI	SAT
24 (星期一)	25((星期二)	26(星期三)	27 (星期四)	28(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 (IMPRESS-MIND2S,Let's Piloxing) (16/24) (只限已报名长者) 9.30am - 10.30am	一起喝咖啡(只限男性) 9am - 11am	剪头发 9am - 11am	一起做椅子瑜伽 9am - 10am	
一起合创艺术 11:30am - 1:30pm	(营养讲座)-营养品 10.30am - 11.30am	一起做坐式尊巴 (HPB) 10am - 11am	Enhanced F4 运动 (13/24) (只限已报名长者) 11.30am - 12.30pm	一起做拍打运 动 10am - 11am	
一起参与研究 计划 (IMPRESS-MIND2S) (13/24) (只限已报名长者) 2pm - 5pm	一起做运动 (适应性运动) 11.30am - 12.30pm	游戏时间 11.30am - 1.30pm	游戏时间 1:30pm - 3:30pm	游戏时间 11.30am - 1.30pm	
	中心关闭 12:30pm	Grooving Down Memory Lane (只限已30报名长者) 2pm-3:30pm	卡拉OK 2:30pm - 4:30pm	一起跳排舞 2pm - 3pm	
		一起谈新闻 3:30pm - 4:30pm			
		服务 - 美甲 (只限15报名长者) 4:30pm - 5:30pm	社区健康岗	社区健康岗	

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MON	TUE	WED	THU	FRI	SAT
30 (星期一)					
一起做弹力带运动(HPB) 10am - 11am					
游戏时间 11.30am - 1.30pm					
一起合创艺术 2pm - 4pm					
园艺治疗 4pm - 5.30pm					