

2026 October

 **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
			1	2	
			Let's Exercise (By Joyce) 9am - 10am	Let's Pai Da (By Jenny) 10am - 11am	
			Let's Go Gai Gai - AAC Day 2026 [25 Registered Pax] 10am - 2pm	Strategise with Kakis 11.30am - 1.30pm	
			Let's Talk About DSL [Using common Gen AI tools] 10am - 11.30am	Let's Line Dance 1.30pm - 2.30pm	
			Enhanced F4 Exercise (Max 25pax) 11.30am-12.30pm	Let's Pool / Let's Table Tennis 3pm - 5pm	
			Let's Makan Together [50 Registered Pax] 12.30pm - 1.30pm		
			Ler's KTV Together 1:30pm - 3:30pm		
			Strategise with Kakis 2.30pm - 4.30pm		
			Community Health Post	Community Health Post	

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 NTUC Health

MON

TUE

WED

THU

FRI

SAT

5

6

7

8

9

10

Lets DragonBoat
[Training Session 8 / 12]
8.45am - 1.30pm

Let's Piloxing Lite
(By Elizabeth Tan)
[Oct Session 1 / 4]
15 Registered Seniors only
9.30am - 10.30am

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

Let's Exercise with Joyce
9am - 10am

Let's Walking Football 2026
- Finals @ Our Tampines Hub
9am - 12pm

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

Let's Gen Together with MFS (N2)
All about animals (Pet Animals) and
Grandparents' Day
10:30am - 11:30am

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

Let's Boccia
10am - 11am

Let's Pai Da (By Jenny)
10am - 11am

Strategise with Kakis
1pm - 2pm

Let's Boccia
11:30am - 12:30pm

Strategise with Kakis
10:30am - 1:30pm

Let's Disc Golf
10am - 11am

Strategise with Kakis
11.30am - 1.30pm

Let's Do Collaborative Art
2pm - 4pm

Let's Disc Golf
11:30am - 12:30pm

Let's Talk News
2pm-3.30pm

Enhanced F4 Exercise
(Max 25pax)
11.30am-12.30pm

Let's Line Dance
1.30pm - 2.30pm

Therapeutic Horticulture
4pm - 5.30pm

Let's Talk About Dengue Prevention
Sharing (By NEA)
[English / Chinese]
[25pax]
2pm - 3pm

Dragon Boat Dry Training
4pm - 5:30pm

Let's Celebrate Birthday!
12:30pm - 1:30pm

Let's Pool / Let's Table Tennis
3pm - 5pm

Fun with Kakis (Bingo)
1:30pm - 2:30pm

Let's DragonBoat
- Extended Training
5pm - 6pm

Strategise with Kakis
1:30pm - 3:30pm

Community Health Post

Community Health Post

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12	13	14	15	16	17
Lets DragonBoat [Training Session 9 / 12] 8.45am - 1.30pm	Let's Piloxing Lite (By Elizabeth Tan) [Oct Session 2 / 4] 15 - 25 Pax Registered Seniors 9.30am - 10.30am	Let's Chair Zumba (By HPB) 9am - 10am	Let's Exercise (By Joyce) 9am - 10am	Let's Pai Da (By Jenny) 10am - 11am	
Let's Stretch Band (HPB) 10am - 11am	Let's Talk About Nutrition [35 Registered Pax] [Fibres, Fluid & Regularity / Food Pairing, Facts, Myth & Personal Preference] 10.30am - 12pm	Let's Gen Together with HCI Chinese Dance Group Session 2 / 6 20 - 25 Registered Pax Only 10.30am - 12.30pm	Let's Boccia 10am - 11am	Strategise with Kakis 11.30am - 1.30pm	
Strategise with Kakis 12pm - 2pm	Strategise with Kakis 1pm - 2pm	CENTRE CLOSED [2pm - 6pm]	Let's Disc Golf 10am - 11am	Let's Line Dance 1.30pm - 2.30pm	
Therapeutic Horticulture 4pm - 5.30pm	Let's Do Collaborative Art 2pm - 4pm		Enhanced F4 Exercise (Max 25pax) 11.30am - 12.30pm	Let's Gen Together with CJC 3pm - 4.30pm	
			Let's Makan Together 12.30pm - 1.30pm	Let's DragonBoat - Extended Training 4:30pm - 6pm	
			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
19	20	21	22	23	24
Lets DragonBoat [Training Session 10 / 12] 8.45am - 1.30pm	Let's Piloxing Lite (By Elizabeth Tan) [Oct Session 3 / 4] [15 -25 Pax Registered Seniors] 9.30am - 10.30am	Let's Chair Zumba (HPB) 9am - 10am	Let's Exercise (By Joyce) 9am - 10am	Let's Go Gai Gai - Road Safety Park @ East Coast [20 Registered Pax] 8.45am - 12pm	
Let's Stretch Band (HPB) 10am - 11am	Let's Boccia 11am - 12pm	Let's Pool / Let's Table Tennis 10:30am - 1:30pm	Let's Boccia 10am - 11am	Let's Pai Da (By Jenny) 10am - 11am	
Strategise with Kakis 1pm - 2pm	Let's Disc Golf 11am - 12pm	Strategise with Kakis 10:30am - 1:30pm	Let's Disc Golf 10am - 11am	Strategise with Kakis 11.30am - 1.30pm	
Let's Do Collaborative Art 2pm - 4pm	Strategise with Kakis 1pm - 2pm	Let's Talk News (2pm - 3.30pm)	Enhanced F4 Exercise (Max 25pax) 11.30am-12.30pm	Let's Line Dance 1.30pm - 2.30pm	
Therapeutic Horticulture 4pm - 5.30pm			Let's Makan Together [70 Registered Pax] 12.30pm - 1.30pm	Let's Gen Together with CJC 3pm - 4.30pm	
			Fun with Kakis (Bingo) 1:30pm - 2:30pm		
			Strategise with Kakis 2:30pm - 4:30pm		
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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
Lets DragonBoat [Training Session 11 / 12] 8.45am - 1.30pm	Let's Piloxing Lite (By Elizabeth Tan) [Oct Session 4 / 4] 15-25 Registered Seniors only 9.30am - 10.30am	Centre Closed - Staff Training	Let's Exercise (By Joyce) 9am - 10am	Let's Pai Da (By Jenny) 10am - 11am	
Let's Stretch Band (By HPB) 10am - 11am	Strategise with Kakis 1pm - 2pm		Let's Boccia 10am - 11am	Strategise with Kakis 11.30am - 1.30pm	
Strategise with Kakis 1pm - 2pm	Let's Do Collaborative Art 2pm - 4pm		Let's Disc Golf 10am - 11am	Let's Line Dance 1.30pm - 2.30pm	
COC Stay Well Series : Health Talk By World Alzheimer's Day [Online] 2pm - 3pm			Enhanced F4 Exercise (Max 25pax) 11.30am-12.30pm		
Therapeutic Horticulture 4pm - 5.30pm			Let's Makan Together [80 Registered Pax] 12.30pm - 1.30pm		
			Ler's KTV Together 1:30pm - 3:30pm		
			Strategise with kakis 1:30pm - 3:30pm		
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MON	TUE	WED	THU	FRI	SAT
			1 (星期四)	2 (星期五)	3 (星期六)
			一起和Joyce做运动 9am - 10am	一起做拍打运动 10am - 11am	
			一起庆祝 AAC 日 (只限 25 已报名长者) 9am - 2pm	游戏时间 (Rummy O) 11am - 1:30pm	
			新加坡数码转型办事处 (如何使用简单的 AI 工具) 10am - 11.30am	一起跳排舞 1:30pm - 2:30pm	
			Enhanced F4 运动 (只限已报名长者) 11:30am - 12:30pm	游戏时间 (台球/乒乓球) 3pm - 5pm	
			一起来makan - 中心内 (只限 50 报名长者) (清真 或 斋) 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	社区健康岗	

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MON	TUE	WED	THU	FRI	SAT
5 (星期一)	6 (星期二)	7 (星期三)	8 (星期四)	9 (星期五)	10 (星期六)
一起划龙舟 [培训课程 8/12] 8:45am - 1:30pm	皮拉提斯拳击舞蹈 (十月课程) (1/4) (只限已报名长者) 9:30am - 10:30am	一起做坐式尊巴(HPB) 9am - 10am	一起和Joyce做运动 9am - 10am	2026年步行足球决赛 9am - 12pm	
一起做弹力带运动(HPB) 10am - 11am	代际交流 - 幼儿园 (庆祝祖父母日) 10:30am - 11:30am	游戏时间 (Rummy O) 10:30am - 1:30pm	一起玩硬地滚球 10am - 11am	一起做拍打运动 10am - 11am	
游戏时间 (Rummy O) 1pm - 2pm	一起玩硬地滚球 11:30am - 12:30pm	游戏时间 (台球/乒乓球) 10:30am - 1:30pm	一起玩飞盘高尔夫 10am - 11am	游戏时间 (Rummy O) 11:30am - 1:30pm	
一起合创艺术 2pm - 4pm	一起玩飞盘高尔夫 11:30am - 12:30pm	一起聊新闻 2pm - 3:30pm	Enhanced F4 运动 (只限已报名长者) 11:30am - 12:30am	一起跳排舞 1:30pm - 2:30pm	
园艺治疗 4pm - 5:30pm	国家环境局- 面对面讲座 (预防骨痛热症) (只限已报名长者) 2pm - 3pm	龙舟陆上训练 4pm - 5:30pm	庆祝生日 12:30pm - 1:30pm	游戏时间 (台球/乒乓球) 3pm - 5pm	
			宾果(游戏) 1.30pm - 2.30pm	龙舟陆上训练 5pm - 6pm	
			游戏时间 (Rummy O) 2:30pm - 4:30pm		
			社区健康岗	社区健康岗	

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12 (星期一)	13 (星期二)	14 (星期三)	15 (星期四)	16 (星期五)	17 (星期六)
一起划龙舟 [培训课程 9/12] 8:45am - 1:30pm	皮拉提斯拳击舞蹈 (十月课程) (2/4) (只限已报名长者) 9:30am - 10:30am	一起做坐式尊巴 (HPB) 9am - 10am	一起和Joyce做运动 9am - 10am	一起做拍打运动 10am - 11am	
一起做弹力带运动(HPB) 10am - 11am	一起谈营养 (3 & 4 /8) (只限35已报名长者) 10:30am - 12:30pm	代际交流 - 华中学院 [一起来跳舞] 2/6 (只限20-25已报名长者) 10:30am - 12:30pm	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) 12pm - 2pm	游戏时间 (Rummy O) 1pm - 3pm	中心关闭 - 公司活动 2pm - 6pm	一起玩飞盘高尔夫 10am - 11am	一起跳排舞 1.30pm - 2.30pm	
园艺治疗 4pm - 5:30pm	一起合创艺术 2pm - 4pm		Enhanced F4 运动 (只限已报名长者) 11:30am - 12:30pm	代际交流 - 公教初级学院 3pm - 4:30pm	
			一起来K歌 1:30pm - 3:30pm	龙舟陆上训练 4:30pm - 6pm	
			游戏时间 (Rummy O) 1:30pm - 3:30pm		
			社区健康岗	社区健康岗	

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19 (星期一)	20 (星期二)	21 (星期三)	22 (星期四)	23 (星期五)	24 (星期六)
一起划龙舟 [培训课程 10/12] 8:45am - 1:30pm	皮拉提斯拳击舞蹈 (十月课程) (3/4) (大牌 76 多功能凉亭) (只限已报名长者) 9:30am - 10:30am	一起做坐式尊巴(HPB) 9am - 10am	一起和Joyce做运动 9am - 10am	一起去Gai Gai (东海岸公园公路安全公园) (只限20名报名长者) 8:30am - 12pm	
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) 10:30am - 1:30pm	一起玩硬地滚球 10am - 11am	一起做拍打运动 10am - 11am	
游戏时间 (Rummy O) 1pm - 2pm	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	游戏时间 (Rummy O) 11.30am - 1.30pm	
一起合创艺术 2pm - 4pm	游戏时间 (Rummy O) 1pm - 2pm	一起聊新闻 2pm - 3:30pm	Enhanced F4 运动 (只限25名报名长者) 11:30am - 12:30pm	一起跳排舞 1:30pm - 2:30pm	
园艺治疗 4pm - 5:30pm			一起来makan - 中心内 (只限70报名长者) 12:30pm - 1:30pm	代际交流 - 公教初级学院 3pm - 4:30pm	
			宾果(游戏) 1.30pm - 2.30pm		
			游戏时间 (Rummy O) 2:30pm - 4:30pm		
			社区健康岗	社区健康岗	

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26 (星期一)	27 (星期二)	28 (星期三)	29 (星期四)	30 (星期五)	31 (星期六)
一起划龙舟 [培训课程 11/12] 8:45am - 1:30pm	皮拉提斯拳击舞蹈 (十月课程) (4/4) (大牌 76 多功能凉亭) (只限已报名长者) 9:30am - 10:30am	中心关闭 - 员工培训	一起和Joyce做运动 9am - 10am	一起做拍打运动 10am - 11am	
一起做弹力带运动(HPB) 10am - 11am	游戏时间 (Rummy O) 1pm - 2pm		一起玩硬地滚球 10am - 11am	游戏时间 (Rummy O) 1pm - 2pm	
游戏时间 (Rummy O) 1pm - 2pm	一起合创艺术 2pm - 4pm		一起玩飞盘高尔夫 10am - 11am	一起跳排舞 11am - 12pm	
健康讲座 (世界阿尔茨海默病日) [线上] 2pm - 3pm			Enhanced F4 运动 (只限25名报名长者) 11:30am - 12:30pm		
园艺治疗 4pm - 5:30pm			一起来makan - 中心内 (只限80报名长者) 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	社区健康岗	

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