

2025 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	3	4
		AAC Day @ Temasek Poly 9am - 2pm	Let's Exercise 9.15am - 9.45am	Let's Pai Da with Jenny Tan 10am - 11am	
		Chair Zumba (HPB) 10am - 11am	DSL(Transport Apps) 10am - 11.30am	Strategise with Kakis 11.30am - 1.30pm	
		Strategise with Kakis 11:30am - 1:30pm	Enhanced F4 Exercise (8/24) (Registered seniors only) 11.30am-12.30pm	Line Dance 2pm - 3pm	
		Let's learn English 2pm - 3pm	Let's Makan Together 1.30pm -2.30pm		
			Strategise with Kakis 1.30pm - 3pm		
			Fun with Kakis (Bingo) 3pm-4pm		
			Community Health Post	Community Health Post	

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
Let's Stretch Band (HPB) 10am - 11am	Let's Piloxing (9/24) (IMPRESS-MIND2S) (Registered seniors only) 9.30am - 10.30am	Chair Zumba (HPB) 10am - 11am	Let's Exercise 9.15am - 10am	Let's Pai Da with Jenny Tan 10am - 11am	
Strategise with Kakis 11:30am - 1:30pm Let's Do Collaborative Art 12pm - 2pm	Let's Gen Together MFS 10:30am - 11:30am	Strategise with Kakis 11:30am - 1pm	Adaptive Sports 10am - 11am	NEA Talk:"Say Yes to Waste Less" Campaign (20 pax) 11am - 12pm	
Stay Well Series - Health Talk (Best Exercise for Seniors) 2pm - 3:30pm	Strategise with Kakis 11:30am - 1:30pm	Let's learn English 2pm - 3pm	Enhanced F4 Exercise (9/24) (Registered seniors only) 11.30am-12.30pm	Strategise with Kakis 12pm - 2pm	
Therapeutic Horticulture 4pm - 5.30pm	IMPRESS-MIND2S - CA (9/24) (Registered Seniors only) 2pm - 5pm	When Music Meets Life (Via Zoom) 3:30pm - 4:15pm	Let's Makan Together 1pm - 2pm	Line Dance 2pm - 3pm	
			Strategise with Kakis 2pm - 4pm		
			Karaoke 2pm - 4pm		
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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's Stretch Band (HPB) 10am - 11am	Let's Piloxing (10/24) (IMPRESS-MIND2S) (Registered seniors only) 9.30am - 10.30am	Chair Zumba (HPB) 10am - 11am	Let's Exercise 9.15am - 10am	Let's Pai Da with Jenny Tan 10am - 11am	
Strategise with Kakis 11:30am - 1:30pm	Nutrition Talk (Module 2 Part 1: Protein) 10.30am to 11.30am	Strategise with Kakis 11:30am - 1:30pm	Adaptive Sports 10am - 11am	Strategise with Kakis 11:30am - 2pm	
Let's Do Collaborative Art 2pm - 4pm	Adaptive Sports 11.30am - 12.30pm	Let's learn English 2pm - 3pm	Enhanced F4 Exercise (10/24) (Registered seniors only) 11.30am - 12.30pm	Line Dance 2pm - 3pm	
Therapeutic Horticulture 4pm - 5.30pm	Strategise with Kakis 12.30pm - 2pm	Let's Do Collaborative Art 3pm - 5pm	Let's Celebrate (Birthday) 1pm - 3pm	Let's Gen Together CJC 3pm - 4.30pm	
	IMPRESS-MIND2S - CA (10/24) (Registered Seniors only) 2pm - 5pm	Manicure & Pedicure (Registration required - 15pax) 3.30pm - 4.30pm			
			Community Health Post	Community Health Post	

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Centre Close (Deepavali)	Let's Piloxing (11/24) (IMPRESS-MIND2S) (Registered seniors only) 9.30am - 10.30am	Chair Zumba (HPB) 10am - 11am	Let's Exercise 9.15am - 10am	Let's Pai Da with Jenny Tan 10am - 11am	
	Let's Talk About Nutrition (Module 2 Part 2: Fats & Oils) 10.30am - 11.30am	Strategise with Kakis 11:30am - 1:30pm	Adaptive Sports 10am - 11am	Strategise with Kakis 11:30am - 1:30pm	
	Adaptive Sports 11.30am to 12.30pm	Let's learn English 2pm - 3pm	Enhanced F4 Exercise (11/24) (Registered seniors only) 11.30am-12.30pm	Line Dance 2pm - 3pm	
	IMPRESS-MIND2S - CA (11/24) (Registered Seniors only) 2pm - 5pm	Digital Coaching by Staff 3pm - 4pm	Let's Makan Together 1pm - 2pm	Let's Gen Together CJC 3pm - 4.30pm	
		Let's Do Collaborative Art 4pm - 6pm	Strategise with Kakis 2pm - 4pm		
			Karaoke 2pm - 4pm		
			Community Health Post	Community Health Post	

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 NTUC Health

MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
Let's Stretch Band (HPB) 10am - 11am	NLB SG60 Heart & Soul (Registered Seniors Only - 40pax) 7am - 1pm	Chair Zumba (HPB) 10am - 11am	Let's Exercise 9.15am - 10am	Let's Pai Da with Jenny Tan 10am - 11am	
Strategise with Kakis 11:30am - 1:30pm	Let's Piloxing (12/24) (IMPRESS-MIND2S) (Registered seniors only) 9.30am - 10.30am	MINDEF (DxD) - CSR (Registered Seniors Only - 20pax) 11.30am - 1.30pm	Adaptive Sports 10am - 11am	Strategise with Kakis 11:30am - 1:30pm	
Yakult Factory Visit (Registered Seniors only - 40pax) 1pm - 4pm	Let's Talk About Nutrition (Module 3, Part 1: Sodium) 10.30am - 11.30am	Let's learn English 2pm - 3pm	Enhanced F4 Exercise (12/24) (Registered seniors only) 11.30am-12.30pm	Line Dance 2pm - 3pm	
Stay Well Series - Zoom Health Talk (Oral Care: Tips On Oral Care for Older Adults) 2pm - 3pm	Strategise with Kakis 11.30am - 1:30pm	Manicure & Pedicure (Registered Seniors Only - 15pax) 3.30pm - 4.30pm	Let's Makan Together 12.30pm -1.30pm	Let's Gen Together CJC 3pm - 4.30pm	
Therapeutic Horticulture 4pm - 5.30pm	IMPRESS-MIND2S - CA (12/24) (Registered Seniors only) 2pm - 5pm		Strategise with Kakis 1.30pm - 2:30pm		
			Fun with Kakis (Bingo) 3pm - 4pm		
			Community Health Post	Community Health Post	

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2025 十月

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MON	TUE	WED	THU	FRI	SAT
		1 (星期三)	2 (星期四)	3 (星期五)	4 (星期六)
		AAC Day @ 一起去淡 马锡理工学院 9am - 2pm	一起做运动 9:15am - 9:45am 数码科技(交通应用) 10am - 11.30pm	一起做拍打运 动 10am - 11am	
		一起做坐式尊巴 (HPB) 10am - 11am	Enhanced F4 运动 (8/24) (只限已报名长者) 11.30am - 12.30pm	游戏时间 11.30am - 1.30pm	
		游戏时间 11.30am - 1.30pm	一起来makan - 中心内 1.30pm - 2.30pm	一起跳排舞 2pm - 3pm	
		一起学英 语 2pm - 3pm	游戏时间 1.30pm - 3pm		
			宾果游戏 3pm - 4pm		
			社区健康 岗	社区健康 岗	

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
一起做弹力带运动(HPB) 10am - 11am	一起参与研究 计划 - (机 构-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) 10am - 11am	一起做运动 9.15am - 10am 一起做运动 (Adaptive Sports) 10am - 11am	一起做拍打运 动 10am - 11am	
游戏时间 11.30am - 1.30pm 一起合创艺术 12pm - 2pm	代际交流 - 幼儿园 10.30am - 11.30am	游戏时间 11.30am - 1pm	Enhanced F4 运动 (9/24) (只限已报名长者) 11.30am - 12.30pm	环境局讲座 - 如何不浪 费 (只限20报名长者) 11am - 12pm	
(社区健康 讲座)年长者的最佳运 动 2pm - 3.30pm	游戏时间 11.30am - 1.30pm	一起学英 语 2pm - 3pm	一起来 makan - 中心内 1pm - 2pm	游戏时间 12pm - 2pm	
园艺治疗 4pm - 5.30pm	一起参与研究 计划 - (机 构-IMPRESS-MIND2S) (9/24) (只限已报名长者) 2pm - 5pm	Where Music Meets Life (线上) 3:30pm - 4:14pm	游戏时间 2pm - 4pm	一起跳排舞 2pm - 3pm	
			卡拉OK 2pm - 4pm		
			社区健康 岗	社区健康 岗	

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MON	TUE	WED	THU	FRI	SAT
13 (星期一)	14 (星期二)	15 (星期三)	16 (星期四)	17 (星期五)	18 (星期六)
一起做弹力带运动(HPB) 10am - 11am	一起参与研究 计划 - (机 构-IMPRESS-MIND2S, Let's Piloxing) (10/24) (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 10am - 10:45am	一起做拍打运 动 10am - 11am	
游戏时间 11.30am - 1.30pm	(营养讲座)-蛋白质 10.30am - 11.30am	游戏时间 11.30am - 1.30pm	Enhanced F4 运动 (10/24) (只限已报名长者) 11.30am - 12.30pm	游戏时间 11.30am - 2pm	
一起合创艺术 2pm - 4pm	一起做运动 11.30am - 12.30pm	一起学英 语 2pm - 3pm	宾果(游戏)与庆祝生日 1pm - 3pm	一起跳排舞 2pm - 3pm	
园艺治疗 4pm - 5.30pm	游戏时间 12.30pm - 2pm	一起合创艺术 3pm - 5pm		代际交流 - 公教初级学院 3pm - 4.30pm	
	一起参与研究 计划 - (机 构-IMPRESS-MIND2S, CA) (10/24) (只限已报名长者) 2pm - 5pm	服务 - 美甲 (只限15报名长者) 3:30pm - 4:30pm	社区健康 岗	社区健康 岗	

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
中心关闭 (屠妖节)	一起参与研究 计划 - (机 构-IMPRESS-MIND2S, Let's Piloxing) (11/24) (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 9:15am - 10am	一起做拍打运 动 10am - 11am	
	(营养讲座)-脂肪与食用油 10.30am - 11.30am	游戏时间 11.30am - 1.30pm	一起做运动 10am - 11am	游戏时间 11.30am - 1:30pm	
	一起做运动 11.30am - 12.30pm	一起学英 语 2pm - 3pm	Enhanced F4 运动 (11/24) (只限已报名长者) 11.30am - 12.30pm	一起跳排舞 2pm - 3pm	
	一起参与研究 计划 - (机 构-IMPRESS-MIND2S, CA) (11/24) (只限已报名长者) 2pm - 5pm	一起学科技 3pm - 4pm	一起来 makan - 中心内 1pm - 2pm	代际交流 - 公教初级学院 3pm - 4.30pm	
		一起合创艺术 4pm - 6pm	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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27 (星期一)	28 (星期二)	29 (星期三)	30 (星期四)	31 (星期五)	1 (星期六)
一起做弹力带运动(HPB) 10am - 11am	国家图书馆 SG60 Heart & Soul (To Board Bus at 7:20am) (只限40名报名长者) 7am - 1pm	一起做坐式尊巴 (HPB) 10am - 11am	一起做运动 9:15am - 10am	一起做拍打运 动 10am - 11am	
游戏时间 11.30am - 1.30pm	一起参与研究 计划 - (机 构-IMPRESS-MIND2S, Let's Piloxing) (12/24) (只限已报名长者) 9.30am - 10.30am	与国防部同 乐 - 上色与绘画 (只限20名报名长者) 11.30am - 1.30pm	一起做运动 10am - 11am	游戏时间 11.30am - 1:30pm	
一起去 Gai Gai - 益多 (只限已报名长者) 1pm - 4pm	(营养讲座)-盐 10.30am - 11.30am	一起学英 语 2pm - 3pm	Enhanced F4 运动 (12/24) (只限已报名长者) 11.30am - 12.30pm	一起跳排舞 2pm - 3pm	
(健康讲座)-口腔护理技巧 (线上) 2pm - 3pm	游戏时间 11.30pm - 1:30pm	服务 - 美甲 (只限15报名长者) 3:30pm - 4:30pm	一起来 makan - 中心内 12:30pm - 1:30pm	代际交流 - 公教初级学院 3pm - 4.30pm	
园艺治疗 4pm - 5.30pm	一起参与研究 计划 - (机 构-IMPRESS-MIND2S, CA) (12/24) (只限已报名长者) 2pm - 5pm		游戏时间 1.30am - 2.30pm		
			宾果游戏 3pm - 4pm		
			社区健康 岗	社区健康 岗	

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