

# 2026 September

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



 NTUC Health

| MON | TUE                                                               | WED                                              | THU                                                                                                              | FRI                                       | SAT                                                                                      |
|-----|-------------------------------------------------------------------|--------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------|------------------------------------------------------------------------------------------|
|     | 1                                                                 | 2                                                | 3                                                                                                                | 4                                         | 5                                                                                        |
|     | Let's Boccia<br>9:30am - 10:30am                                  | Let's Lim Kopi (Male exclusive)<br>9am - 10.30am | Let's Exercise with Joyce<br>9am - 10am                                                                          | Let's Pai Da with Jenny<br>10am - 11am    | Let's Go Gai Gai to Singapore Sea<br>Regatta 2026<br>[20 Registered Pax]<br>8:30am - 1pm |
|     | Let's Disc Golf<br>9:30am - 10:30am                               | Let's Chair Zumba (HPB)<br>9am - 10am            | Let's Walking Football 2026 -<br>Training session 10/13<br>[Registered seniors only - 10pax]<br>9.30am - 11.30am | Strategise with Kakis<br>11.30am - 1.30pm |                                                                                          |
|     | Let's Gen Together MFS (N2) -<br>Mid Autumn<br>10:30am - 11:30am  | Let's Pool/ Table Tennis<br>10:30am - 1:30pm     | Let's Talk About DSL<br>[Protect device from malicious<br>softwares]<br>10am - 11.30am                           | Let's Line Dance<br>1.30pm - 2.30pm       |                                                                                          |
|     | Strategise with Kakis<br>12pm -2pm                                | Strategise with Kakis<br>10:30am - 1:30pm        | Enhanced F4 Exercise<br>(25 Registered Pax)<br>11.30am - 12.30pm                                                 |                                           |                                                                                          |
|     | Let's Talk About Dementia<br>Awareness talk by CREST<br>2pm - 3pm | Let's Pick up English<br>2pm - 3pm               | Let's Makan Together<br>12.30pm - 1.30pm                                                                         |                                           |                                                                                          |
|     |                                                                   | Let's Talk News<br>3pm - 4.30pm                  | Fun with kakis (Bingo)<br>1.30pm - 2.30pm                                                                        |                                           |                                                                                          |
|     |                                                                   |                                                  | Strategise with kakis<br>2.30pm - 4.30pm                                                                         |                                           |                                                                                          |
|     |                                                                   |                                                  | Community Health Post                                                                                            | Community Health Post                     |                                                                                          |

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 NTUC Health

MON

TUE

WED

THU

FRI

SAT

| 7                                                                                              | 8                                                                                                          | 9                                                                                                         | 10                                                                                                               | 11                                                                                                 | 12 |
|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----|
| Lets Dragon Boat<br>[Training Session 4/12]<br>Registered seniors only<br>8.45am - 1.30pm      | Let's Piloxing Lite with Elizabeth Tan<br>[Sep Session 1/4]<br>[15 -25 Registered Pax]<br>9.30am - 10.30am | Let's Chair Zumba (HPB)<br>9am - 10am                                                                     | Let's Exercise with Joyce<br>9am - 10am                                                                          | Let's Pai Da with Jenny<br>10am - 11am                                                             |    |
| Let's Stretch Band (HPB)<br>10am - 11am                                                        | Let's Talk About Nutrition<br>(What Happens After We Eat?)<br>[35 Registered Pax]<br>10.30am - 12:30pm     | Let's Gen with HCI Chinese Dance<br>Group<br>[20 - 25 Registered Pax]<br>Session 1/6<br>10.30am - 12.30pm | Let's Walking Football 2026 -<br>Training session 11/13<br>[Registered seniors only - 10pax]<br>9.30am - 11.30am | Digital - Fab Lab Series - Laser<br>Cutting Workshop<br>[Registered IB Seniors only]<br>10am - 1pm |    |
| Pedicure and Manicure service<br>(15 Registered Pax, first come first<br>serve)<br>11am - 12pm | Strategise with Kakis<br>12pm -2pm                                                                         | Strategise with Kakis<br>12pm - 2pm                                                                       | Let's Boccia<br>10am - 11am                                                                                      | Strategise with Kakis<br>11.30am - 1.30pm                                                          |    |
| Strategise with Kakis<br>1pm - 2pm                                                             | Let's Do Crochet<br>(12 Registered Pax)<br>2pm - 4pm                                                       | Let's Pick up English<br>2pm - 3pm                                                                        | Let's Disc Golf<br>10am - 11am                                                                                   | Let's Line Dance<br>1.30pm - 2.30pm                                                                |    |
| Let's do Collaborative Art<br>2pm - 4pm                                                        |                                                                                                            | Let's Talk News<br>3pm - 4.30pm                                                                           | Enhanced F4 Exercise<br>(25 Registered pax)<br>11.30am-12.30pm                                                   |                                                                                                    |    |
| Therapeutic Horticulture<br>4pm - 5.30pm                                                       |                                                                                                            |                                                                                                           | Let's Makan<br>12.30pm - 1.30pm                                                                                  |                                                                                                    |    |
|                                                                                                |                                                                                                            |                                                                                                           | Ler's KTV Together<br>2pm - 4pm                                                                                  |                                                                                                    |    |
|                                                                                                |                                                                                                            |                                                                                                           | Strategise with kakis<br>2pm - 4pm                                                                               |                                                                                                    |    |
|                                                                                                |                                                                                                            |                                                                                                           | Community Health Post                                                                                            | Community Health Post                                                                              |    |

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| MON                                                                                       | TUE                                                                                                          | WED                                              | THU                                                                                                              | FRI                             | SAT |
|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------|-----|
| 14                                                                                        | 15                                                                                                           | 16                                               | 17                                                                                                               | 18                              | 19  |
| Lets Dragon Boat<br>[Training Session 5/12]<br>Registered seniors only<br>8.45am - 1.30pm | Let's Piloxing Lite with Elizabeth Tan<br>[Sep Session 2/4]<br>[15-25pax Registered Pax]<br>9.30am - 10.30am | Let's Lim Kopi (Male exclusive)<br>9am - 10.30am | Let's Exercise with Joyce<br>9am - 10am                                                                          | Office Closure<br>Company Event |     |
| Let's Stretch Band (HPB)<br>10am - 11am                                                   | Let's Talk About Nutrition<br>(Why Do I Feel Bloating?)<br>[35 Registered Pax]<br>10.30am - 12:30pm          | Let's Chair Zumba (HPB)<br>9am - 10am            | Let's Walking Football 2026 -<br>Training session 12/13<br>[Registered seniors only - 10pax]<br>9.30am - 11.30am |                                 |     |
| Digital - Fab Lab Series - 3D Printing<br>Workshop<br>[Registered IB Pax]<br>10am - 4pm   | Strategise with Kakis<br>12pm -2pm                                                                           | Let's Pool/ Table Tennis<br>10:30am - 1:30pm     | Let's Boccia<br>10am - 11am                                                                                      |                                 |     |
| Strategise with Kakis<br>11am - 1pm                                                       | Let's Do Crochet<br>[12 Registered Pax]<br>2pm - 4pm                                                         | Strategise with Kakis<br>10:30am - 1:30pm        | Let's Disc Golf<br>10am - 11am                                                                                   |                                 |     |
| Grooving down Memory Lane<br>[Session 2]<br>[30-35 Registered Pax]<br>2pm - 3:30pm        |                                                                                                              | Let's Pick up English<br>2pm - 3pm               | Enhanced F4 Exercise<br>(25 Registered Pax)<br>11.30am-12.30pm                                                   |                                 |     |
|                                                                                           |                                                                                                              | Let's Talk News<br>3pm - 4.30pm                  | Let's Celebrate Birthday!<br>12:30pm - 1:30pm                                                                    |                                 |     |
|                                                                                           |                                                                                                              |                                                  | Fun with Kakis (Bingo)<br>1:30pm - 2:30pm                                                                        |                                 |     |
|                                                                                           |                                                                                                              |                                                  | Community Health Post                                                                                            | Community Health Post           |     |

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 NTUC Health

| MON                                                                                         | TUE                                                                                                        | WED                                                          | THU                                                                                                  | FRI                                       | SAT |
|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------|-----|
| 21                                                                                          | 22                                                                                                         | 23                                                           | 24                                                                                                   | 25                                        | 26  |
| Lets Dragon Boat<br>[Training Session 6/12]<br>Registered seniors only<br>8.45am - 1.30pm   | Let's Piloxing Lite with Elizabeth Tan<br>[Sep Session 3/4]<br>[15 -25 Registered Pax]<br>9.30am - 10.30am | Let's Chair Zumba (HPB)<br>9am - 10am                        | Haircut Services<br>[25 Registered Pax]<br>9am - 11am                                                | Let's Exercise with Joyce<br>9am - 10am   |     |
| Let's Stretch Band (HPB)<br>10am - 11am                                                     | Let's Boccia<br>10:30am - 11.30am                                                                          | Fire Safety and Drill Briefing for Seniors<br>10am - 10.30am | Digital - Fab Lab Series - Digital Embroidery Workshop<br>[Registered IB Seniors only]<br>10am - 1pm | Let's Pai Da with Jenny<br>10am - 11am    |     |
| Pedicure and Manicure service<br>(15 Registered Pax, first come first serve)<br>11am - 12pm | Let's Disc Golf<br>10:30am - 11.30am                                                                       | Let's Pool / Table Tennis<br>10:30am - 1:30pm                | Let's Walking Football 2026 - Training session 13/13<br>[10 Registered Pax]<br>9.30am - 11.30am      | Strategise with Kakis<br>11.30am - 1.30pm |     |
| Strategise with Kakis<br>1pm - 2pm                                                          | Strategise with Kakis<br>12pm -2pm                                                                         | Strategise with Kakis<br>10:30am - 1:30pm                    | Enhanced F4 Exercise<br>(25 Registered Pax)<br>11.30am-12.30pm                                       | Let's Line Dance<br>1.30pm - 2.30pm       |     |
| Therapeutic Horticulture<br>4pm - 5.30pm                                                    | Let's do Collaborative Art<br>2pm - 4pm                                                                    | Let's Pick up English<br>2pm - 3pm                           | Let's Makan<br>[60 Registered Pax only]<br>12.30pm - 1.30pm                                          |                                           |     |
|                                                                                             |                                                                                                            | Let's Talk News<br>3pm - 4.30pm                              | Ler's KTV Together<br>1:30pm - 3:30pm                                                                |                                           |     |
|                                                                                             |                                                                                                            |                                                              | Strategise with kakis<br>1:30pm - 3:30pm                                                             |                                           |     |
|                                                                                             |                                                                                                            |                                                              | Community Health Post                                                                                | Community Health Post                     |     |

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| MON                                                                                       | TUE                                                                                                        | WED                                                                                        | THU | FRI | SAT |
|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----|-----|-----|
| 28                                                                                        | 29                                                                                                         | 30                                                                                         |     |     |     |
| Lets Dragon Boat<br>[Training Session 7/12]<br>Registered seniors only<br>8.45am - 1.30pm | Let's Piloxing Lite with Elizabeth Tan<br>[Sep Session 4/4]<br>[15 -25 Registered Pax]<br>9.30am - 10.30am | Let's Lim Kopi (Male exclusive)<br>9am - 10.30am                                           |     |     |     |
| Let's Stretch Band (HPB)<br>10am - 11am                                                   | Let's Boccia<br>9:30am - 10:30am                                                                           | Let's Chair Zumba (HPB)<br>9am - 10am                                                      |     |     |     |
| Strategise with Kakis<br>1pm - 2pm                                                        | Let's Disc Golf<br>9:30am - 10:30am                                                                        | Let's Walking Football 2026 -<br>Qualifying 10pax]<br>Our Tampines Hub<br>9:30am - 11:30am |     |     |     |
| Therapeutic Horticulture<br>4pm - 5.30pm                                                  | Strategise with Kakis<br>12pm -2pm                                                                         | Let's Pool/ Table Tennis<br>10:30am - 1:30pm                                               |     |     |     |
|                                                                                           | Let's do Collaborative Art<br>2pm - 4pm                                                                    | Strategise with Kakis<br>10:30am - 1:30pm                                                  |     |     |     |
|                                                                                           |                                                                                                            | Let's Pick up English<br>2pm - 3pm                                                         |     |     |     |
|                                                                                           |                                                                                                            | Let's Talk News<br>3pm - 4.30pm                                                            |     |     |     |
|                                                                                           |                                                                                                            |                                                                                            |     |     |     |

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2026 九月

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| MON | TUE                                        | WED                                   | THU                                                    | FRI                                   | SAT                                                      |
|-----|--------------------------------------------|---------------------------------------|--------------------------------------------------------|---------------------------------------|----------------------------------------------------------|
|     | 1 (星期二)                                    | 2 (星期三)                               | 3 (星期四)                                                | 4 (星期五)                               | 5 (星期六)                                                  |
|     | 一起玩硬地滾球<br>9.30am - 10.30am                | 一起喝咖啡<br>(只限男性)<br>9am - 10:30am      | 一起和Joyce做运动<br>9am - 10am                              | 一起做拍打运动<br>10am - 11am                | 一起去Gai Gai (新加坡海上<br>龙舟赛)<br>(只限20名报名长者)<br>8:30am - 1pm |
|     | 一起玩飞盘高尔夫<br>9.30am - 10.30am               | 一起做坐式尊巴 (HPB)<br>9am - 10am           | 2026 步行足球 - 培训10/13<br>(只限10名报名长者)<br>9.30am - 11.30am | 游戏时间<br>(Rummy O)<br>11.30am - 1:30pm |                                                          |
|     | 代际交流 - 幼儿园<br>(庆祝中秋节)<br>10:30am - 11:30am | 游戏时间<br>(台球/乒乓球)<br>10:30am - 1:30pm  | 新加坡数码转型办事处<br>(如何预防电子设备中病毒)<br>10am - 11.30am          | 一起跳排舞<br>1:30pm - 2:30pm              |                                                          |
|     | 游戏时间<br>(Rummy O)<br>12pm - 2pm            | 游戏时间<br>(Rummy O)<br>10:30am - 1:30pm | Enhanced F4 运动<br>[只限25名报名长者]<br>11:30am - 12:30pm     |                                       |                                                          |
|     | 精神健康邻里咨询小组活动<br>[失智意识讲座]<br>2pm -3pm       | 一起学英语<br>2pm - 3pm                    | 一起来makan - 中心内<br>12:30pm - 1:30pm                     |                                       |                                                          |
|     |                                            | 一起聊新闻<br>3pm - 4:30pm                 | 宾果(游戏)<br>1.30pm - 2.30pm                              |                                       |                                                          |
|     |                                            |                                       | 游戏时间 (Rummy O)<br>2:30pm - 4:30pm                      |                                       |                                                          |
|     |                                            |                                       | 社区健康岗                                                  | 社区健康岗                                 |                                                          |

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2026 九月

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| MON                                     | TUE                                                            | WED                                                          | THU                                                     | FRI                                | SAT      |
|-----------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------|------------------------------------|----------|
| 7 (星期一)                                 | 8 (星期二)                                                        | 9 (星期三)                                                      | 10 (星期四)                                                | 11 (星期五)                           | 12 (星期六) |
| 一起划龙舟<br>[培训课程 4/12]<br>8:45am - 1:30pm | 皮拉提斯拳击舞蹈 (九月课程)<br>(1/4)<br>(只限已报名15-25长者)<br>9:30am - 10:30am | 一起做坐式尊巴 (HPB)<br>9am - 10am                                  | 一起和Joyce做运动<br>9am - 10am                               | 一起做拍打运动<br>10am - 11am             |          |
| 一起做弹力带运动(HPB)<br>10am - 11am            | 一起谈营养 (1/8)<br>(只限已报名长者)<br>10:30am - 12:30am                  | 代际交流 - 华中学院<br>[一起来跳舞] 1/6<br>(只限已报名长者)<br>10:30am - 12:30pm | 2026 步行足球 - 培训<br>(只限10名报名长者) 11/13<br>9.30am - 11.30am | 激光切割工作坊<br>(只限报名长者)<br>10am - 1pm  |          |
| 服务 - 美甲<br>(只限15报名长者)<br>11am - 12pm    | 游戏时间<br>(Rummy O)<br>12pm - 2pm                                | 游戏时间<br>(Rummy O)<br>12:30pm - 1:30pm                        | 一起玩硬地滚球<br>10am - 11am                                  | 一起来makan - 中心内<br>12:30pm - 1:30pm |          |
| 游戏时间<br>(Rummy O)<br>1pm - 2pm          | 一起来钩织<br>(只限已报名长者)<br>2pm - 4pm                                | 一起学英语<br>2pm - 3pm                                           | 一起玩飞盘高尔夫<br>10am - 11am                                 | 一起跳排舞<br>1:30pm - 2:30pm           |          |
| 一起合创艺术<br>2pm - 4pm                     |                                                                | 一起聊新闻<br>3pm - 4:30pm                                        | 一起来makan - 中心内<br>12:30pm - 1:30pm                      |                                    |          |
| 园艺治疗<br>4pm - 5:30pm                    |                                                                |                                                              | 一起来K歌<br>1:30pm - 3:30pm                                |                                    |          |
|                                         |                                                                |                                                              | 游戏时间<br>(Rummy O)<br>1:30pm - 3:30pm                    |                                    |          |
|                                         |                                                                |                                                              | 社区健康岗                                                   | 社区健康岗                              |          |

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| MON                                      | TUE                                                       | WED                                   | THU                                                    | FRI         | SAT      |
|------------------------------------------|-----------------------------------------------------------|---------------------------------------|--------------------------------------------------------|-------------|----------|
| 14 (星期一)                                 | 15 (星期二)                                                  | 16 (星期三)                              | 17 (星期四)                                               | 18 (星期五)    | 19 (星期六) |
| 一起划龙舟<br>[培训课程 5/12]<br>8:45am - 1:30pm  | 皮拉提斯拳击舞蹈 (九月课程)<br>(2/4)<br>(只限已报名长者)<br>9:30am - 10:30am | 一起喝咖啡<br>(只限男性 马来同胞)<br>9am - 10:30am | 一起和Joyce做运动<br>9am - 10am                              | 中心关闭 - 公司活动 |          |
| 一起做弹力带运动(HPB)<br>10am - 11am             | 一起谈营养 (2/8)<br>(只限已报名长者)<br>10:30am - 12:30am             | 一起做坐式尊巴 (HPB)<br>9am - 10am           | 2026 步行足球 - 培训10/13<br>(只限10名报名长者)<br>9.30am - 11.30am |             |          |
| 3D 打印工作坊<br>(只限已报名长者)<br>10am - 4pm      | 游戏时间<br>(Rummy O)<br>12pm - 2pm                           | 游戏时间<br>(台球/乒乓球)<br>10:30am - 1:30pm  | 一起玩硬地滚球<br>10am - 11am                                 |             |          |
| 游戏时间<br>(Rummy O)<br>11am - 1pm          | 一起来钩织<br>(只限已报名长者)<br>2pm - 4pm                           | 游戏时间<br>(Rummy O)<br>10:30am - 1:30pm | 一起玩飞盘高尔夫<br>10am - 11am                                |             |          |
| 一起乘坐时光机<br>(只限 35 名报名长者)<br>2pm - 3:30pm |                                                           | 一起学英语<br>2pm - 3pm                    | Enhanced F4 运动<br>(只限已报名长者)<br>11:30am - 12:30pm       |             |          |
|                                          |                                                           | 一起聊新闻<br>3pm - 4:30pm                 | 庆祝生日<br>12:30pm - 1:30pm                               |             |          |
|                                          |                                                           |                                       | 宾果(游戏)<br>1.30pm - 2.30pm                              |             |          |
|                                          |                                                           |                                       | 游戏时间 (Rummy O)<br>2:30pm - 4:30pm                      |             |          |
|                                          |                                                           |                                       | 社区健康岗                                                  |             |          |

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| MON                                     | TUE                                                       | WED                                   | THU                                                     | FRI                                   | SAT      |
|-----------------------------------------|-----------------------------------------------------------|---------------------------------------|---------------------------------------------------------|---------------------------------------|----------|
| 21 (星期一)                                | 22 (星期二)                                                  | 23 (星期三)                              | 24 (星期四)                                                | 25 (星期五)                              | 26 (星期六) |
| 一起划龙舟<br>[培训课程 6/12]<br>8:45am - 1:30pm | 皮拉提斯拳击舞蹈 (九月课程)<br>(3/4)<br>(只限已报名长者)<br>9:30am - 10:30am | 一起做坐式尊巴 (HPB)<br>9am - 10am           | 剪头发<br>9am - 11am                                       | 一起和Joyce做运动<br>9am - 10am             |          |
| 一起做弹力带运动(HPB)<br>10am - 11am            | 一起玩硬地滚球<br>10am - 11am                                    | 消防演习讲解<br>10am - 10:30am              | 数码刺绣工作坊<br>10am - 1pm                                   | 一起做拍打运动<br>10am - 11am                |          |
| 服务 - 美甲<br>(只限15报名长者)<br>11am - 12pm    | 一起玩飞盘高尔夫<br>10am - 11am                                   | 游戏时间<br>(台球/乒乓球)<br>10:30am - 1:30pm  | 2026 步行足球 - 培训<br>(只限10名报名长者) 13/13<br>9.30am - 11.30am | 游戏时间<br>(Rummy O)<br>11.30am - 1.30pm |          |
| 游戏时间<br>(Rummy O)<br>12pm - 2pm         | 游戏时间<br>(Rummy O)<br>12pm - 2pm                           | 游戏时间<br>(Rummy O)<br>10:30am - 1:30pm | Enhanced F4 运动<br>(只限25名报名长者)<br>11:30am - 12:30pm      | 一起跳排舞<br>1:30pm - 2:30pm              |          |
| 园艺治疗<br>4pm - 5:30pm                    | 一起合创艺术<br>2pm - 4pm                                       | 一起学英语<br>2pm - 3pm                    | 一起来makan - 中心内<br>(只限60报名长者)<br>12:30pm - 1:30pm        | 游戏时间<br>(台球/乒乓球)<br>3pm - 5pm         |          |
|                                         |                                                           | 一起聊新闻<br>3pm - 4:30pm                 | 一起来K歌<br>1:30pm - 3:30pm                                |                                       |          |
|                                         |                                                           |                                       | 游戏时间<br>(Rummy O)<br>1:30pm - 3:30pm                    |                                       |          |
|                                         |                                                           |                                       | 社区健康岗                                                   | 社区健康岗                                 |          |

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2026 九月

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 |
|-----------------------------------------|-----------------------------------------------------------|--------------------------------------------------------|-----|-----|-----|
| 28 (星期一)                                | 29 (星期二)                                                  | 30 (星期三)                                               |     |     |     |
| 一起划龙舟<br>[培训课程 7/12]<br>8:45am - 1:30pm | 皮拉提斯拳击舞蹈 (九月课程)<br>(3/4)<br>(只限已报名长者)<br>9:30am - 10:30am | 一起喝咖啡<br>(只限男性)<br>9am - 10:30am                       |     |     |     |
| 一起做弹力带运动(HPB)<br>10am - 11am            | 一起玩硬地滚球<br>10am - 11am                                    | 一起做坐式尊巴(HPB)<br>9am - 10am                             |     |     |     |
| 游戏时间<br>(Rummy O)<br>12pm - 2pm         | 一起玩飞盘高尔夫<br>10am - 11am                                   | 2026 步行足球 - [资格赛]<br>(谈滨尼天地 / OTH)<br>9.30am - 11.30am |     |     |     |
| 园艺治疗<br>4pm - 5:30pm                    | 游戏时间<br>(Rummy O)<br>12pm - 2pm                           | 游戏时间<br>(台球/乒乓球)<br>10:30am - 1:30pm                   |     |     |     |
|                                         | 一起合创艺术<br>2pm - 4pm                                       | 游戏时间<br>(Rummy O)<br>10:30am - 1:30pm                  |     |     |     |
|                                         |                                                           | 一起学英语<br>2pm - 3pm                                     |     |     |     |
|                                         |                                                           | 一起聊新闻<br>3pm - 4:30pm                                  |     |     |     |
|                                         |                                                           |                                                        |     |     |     |
|                                         |                                                           |                                                        |     |     |     |

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