




# 2025 September

 **Centre Name:** Active Ageing Centre (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   | 5  | 6  |
| Let's Stretch Band (HPB)<br>10am - 11am  | Let's Piloxing (4/24)<br>(IMPRESS-MIND2S)<br>(Registered seniors only)<br>9.30am - 10.30am | Chair Zumba (HPB)<br>10am - 11am  | DSL (Health Apps)<br>10am - 11.30am   | Let's Pai Da with Jenny Tan<br>10am - 11am                               |  |
| Strategise with Kakis<br>11:30am - 1:30pm<br><br>Stay Well Series - Health<br>Talk (All About Uric Acid<br>Stones, Protecting My<br>Kidneys)<br>2pm - 3.30pm | Adaptive Sports<br>11am - 12pm<br><br>Strategise with Kakis<br>12pm - 2pm                  | Adaptive Sports<br>11am - 12pm<br><br>Strategise with Kakis<br>12pm - 2pm | Enhanced F4 Exercise (4/24)<br>(Registered seniors only)<br>11.30am-12.30pm<br><br>Let's Talk About Nutrition<br>12:30pm - 1pm<br><br>Let's Makan Together<br>1pm - 2pm<br><br>Strategise with Kakis<br>2pm - 4pm | Strategise with Kakis<br>11.30am - 1.30pm<br><br>Line Dance<br>2pm - 3pm | Radin Mas CC Silverjoy<br>(Registered seniors only)<br>8am - 12:30pm |
| Therapeutic Horticulture<br>4pm - 5.30pm   | IMPRESS-MIND2S - CA (4/24)<br>(Registered seniors only)<br>2pm - 5pm                       | Let's Do Collaborative Art<br>2pm - 4pm                                   | Karaoke<br>2pm - 4pm<br><br>Aqua Fun Fit (10/12)<br>(Registered seniors only)<br>4:30pm - 5:30pm<br><br>Community Health Post   | Fun with Kakis (BINGO)<br>3.30pm - 4.30pm<br><br>Community Health Post   |  |

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| MON  | TUE   | WED   | THU   | FRI                              | SAT |
|--|---|---|---|----------------------------------|-----|
| 8  | 9   | 10  | 11  | 12                               | 13  |
| <b>Let's Stretch Band (HPB)</b><br>10am - 11am   | <b>Senior National Games</b><br>(Registered Seniors Only)<br>9am - 1pm<br><br><b>Let's Piloxing (5/24)</b><br>(IMPRESS-MIND2S)<br>(Registered seniors only)<br>9:30am - 10:30am | <b>Chair Zumba (HPB)</b><br>10am - 11am<br><br><b>NEA Talk - Dengue Prevention</b><br>11.30am - 12.30pm | <b>Adaptive Sports</b><br>9:30am - 10:30am<br><br><b>Enhanced F4 Exercise (5/24)</b><br>(Registered seniors only)<br>11.30am - 12.30pm<br><br><b>Let's Makan Together</b><br>12.30pm - 1.30pm | <b>Centre Closure - Townhall</b> |     |
| <b>Strategise with Kakis</b><br>11:30am - 1:30pm<br><br><b>Let's Do Collaborative Art</b><br>2pm - 4pm | <b>Strategise with Kakis</b><br>11am - 2pm  | <b>Let's Gen with NYP</b><br>2pm - 3.30pm   | <b>CSR Do Good at Redhill</b><br>2.30pm - 4.30pm  |                                  |     |
| <b>Therapeutic Horticulture</b><br>4pm - 5.30pm  | <b>IMPRESS-MIND2S - CA (5/24)</b><br>(Registered Seniors only)<br>2pm - 5pm   | <b>Manicure &amp; Pedicure</b><br>(Registered seniors only)<br>3.30pm - 4.30pm                          | <b>Aqua Fun Fit (11/12)</b><br>(Registered seniors only)<br>4.30pm - 5.30pm<br><br><b>Community Health Post</b>   |                                  |     |

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| MON  | TUE  | WED  | THU  | FRI   | SAT |
|--|--|--|--|---|-----|
| 15   | 16   | 17   | 18   | 19  | 20  |
| <b>Let's Stretch Band (HPB)</b><br>10am - 11am   | <b>Let's Piloxing (6/24)</b><br><b>(IMPRESS-MIND2S)</b><br>(Registered seniors only)<br>9.30am - 10.30am | <b>Chair Zumba (HPB)</b><br>10am - 11am  | <b>Let's Exercise with Razak on Zoom</b><br>10am - 10.45am<br><b>Enhanced F4 Exercise (6/24)</b><br>(Registered seniors only)<br>11.30am-12.30pm | <b>Let's Pai Da with Jenny Tan</b><br>10am - 11am<br><b>Strategise with Kakis</b><br>11.30am - 1:30pm |     |
| <b>Strategise with Kakis</b><br>11:30am - 1:30pm<br><b>Let's Do Collaborative Art</b><br>2pm - 4pm | <b>Adaptive Sports</b><br>11am - 12pm<br><b>Strategise with Kakis</b><br>12pm - 2pm                      | <b>Strategise with Kakis</b><br>11:30am - 1:30pm   | <b>Let's Celebrate (Birthday)</b><br>1pm - 3pm   | <b>Line Dance</b><br>2pm - 3pm  |     |
| <b>Therapeutic Horticulture</b><br>4pm - 5.30pm  | <b>IMPRESS-MIND2S - CA (6/24)</b><br>(Registered seniors only)<br>2pm - 5pm                              | <b>Let's learn English</b><br>2pm - 3pm<br><b>Digital Coaching by Staff (Google Maps)</b><br>3pm - 4pm | <b>Aqua Fun Fit (12/12-Last)</b><br>(Registered seniors only)<br>4:30pm - 5:30pm<br><b>Community Health Post</b>                                 | <b>Community Health Post</b>  |     |

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 NTUC Health

| MON<br>22  | TUE<br>23  | WED<br>24   | THU<br>25  | FRI<br>26  | SAT<br>27 |
|--|--|---|--|--|-----------|
| <b>Let's Stretch Band (HPB)</b><br>10am - 11am   | <b>Let's Piloxing (7/24)</b><br><b>(IMPRESS-MIND2S)</b><br>(Registered seniors only)<br>9:30am - 10:30am | <b>Chair Zumba (HPB)</b><br>10am - 11am<br><b>MINDEF (DxD) Do good at Redhill</b><br>11.30am - 1.30pm   | <b>Haircut</b><br>9am - 11am<br><b>Let's Exercise with Razak on Zoom</b><br>10am - 10:45am   | <b>Let's Pai Da with Jenny Tan</b><br>10am - 11am<br><b>Strategise with Kakis</b><br>11:30am - 1:30pm                                  |           |
| <b>Strategise with Kakis</b><br>11.30am - 1.30pm   | <b>Adaptive Sports</b><br>11am - 12pm<br><b>Strategise with Kakis</b><br>12pm to 2pm                     | <b>Let's learn English</b><br>2pm - 3pm   | <b>Gateway Theatre Play (Fire!)</b><br>9:30am - 11:30am<br><b>Enhanced F4 Exercise (7/24)</b><br>(Registered seniors only)<br>11.30am-12.30pm  | <b>Line Dance</b><br>2pm - 3pm   |           |
| <b>Stay Well Series - Live Health Talk (Sleeping Well in Our Golden Years)</b><br>2pm - 3pm<br><b>Therapeutic Horticulture</b><br>4pm - 5.30pm | <b>Let's IMPRESS-MIND2S - CA (7/24)</b><br>(Registered Seniors only)<br>2pm-5pm                          | <b>Digital Coaching by Staff (Google Chrome)</b><br>3pm - 4pm<br><b>Manicure &amp; Pedicure</b><br>(Registered seniors only)<br>3.30pm - 4.30pm | <b>Let's Talk About Nutrition</b><br>12:30pm - 1pm<br><b>Let's Makan Together</b><br>1pm - 2pm<br><b>Strategise with Kakis</b><br>2pm - 4pm<br><b>Karaoke</b><br>2pm - 4pm<br><b>Community Health Post</b> | <b>Outing to Lee Kong Chian Natural History Museum</b><br>(Registered seniors only)<br>1:45pm - 4:30pm<br><b>Community Health Post</b> |           |

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| MON   | TUE  | WED | THU | FRI | SAT |
|---|--|-----|-----|-----|-----|
| 29  | 30   |     |     |     |     |
| <b>Active Generation @ JP</b><br>(Registered seniors only)<br>8am - 2pm<br><b>Let's Stretch Band (HPB)</b><br>10am - 11am | <b>Let's Piloxing (8/24)</b><br><b>(IMPRESS-MIND2S)</b><br>(Registered seniors only)<br>9.30am - 10.30am |     |     |     |     |
| <b>Strategise with Kakis</b><br>11:30am - 1:30pm<br><b>Let's Do Collaborative Art</b><br>2pm - 4pm                        | <b>Adaptive Sports</b><br>11am - 12pm<br><b>Strategise with Kakis</b><br>12pm - 2pm                      |     |     |     |     |
| <b>Therapeutic Horticulture</b><br>4pm - 5.30pm   | <b>IMPRESS-MIND2S - CA (8/24)</b><br>(Registered seniors only)<br>2pm - 5pm                              |     |     |     |     |

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2025 九月

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| MON                          | TUE   | WED                                      | THU  | FRI                      | SAT                       |
|------------------------------|---|--|--|--------------------------|---------------------------|
| 1 (星期一)                      | 2 (星期二)   | 3 (星期三)                                  | 4 (星期四)  | 5 (星期五)                  | 6 (星期六)                   |
| 一起做弹力带运动(HPB)<br>10am - 11am | Let's Piloxing (守护记忆) (4/24)<br>(只限已报名长者)<br>9.30am - 10.30am                                     | 一起做坐式尊巴 (HPB)<br>10am - 11am             | 数码科技<br>10am - 11.30pm   | 一起做拍打运 动<br>10am - 11am  | 拉丁马士 联络所<br>8am - 12:30pm |
| 游戏时间<br>11.30am - 1.30pm     | 一起做运 动<br>11am - 12pm   | 一起做运动<br>11am - 12pm                     | Enhanced F4 运动 (4/24)<br>(只限已报名长者)<br>11.30am - 12.30pm                              | 游戏时间<br>11.30am - 1.30pm |                           |
| (健康讲座)保持肾脏健康<br>2pm - 3.30pm | 游戏时间<br>12pm - 1.30pm   | 游戏时间<br>12m - 2pm                        | 一起来谈营养<br>12:30pm - 1pm<br>一起来 makan - 中心内<br>1pm - 2pm                              | 一起跳排舞<br>2pm - 3pm       |                           |
| 园艺治疗<br>4pm - 5.30pm         | 守护记忆 - CA (4/24)<br>(只限已报名长者)<br>2pm - 5pm  | 一起合创艺术<br>2pm - 4pm                      | 卡拉OK<br>2pm - 4pm  | 宾果游戏<br>3.30pm - 4.30pm  |                           |
|                              |   |  | 一起去游泳 (10/12)<br>(只限已报名长者)<br>4.30pm - 5.30pm<br>社区健康岗                               | 社区健康岗                    |                           |
| 8                            | 9   | 10                                       | 11   | 12                       | 13                        |
| 一起做弹力带运动(HPB)<br>10am - 11am | 长者运动会 (只限已报名长者)<br>9am - 1pm<br><br>Let's Piloxing (守护记忆) (5/24)<br>(只限已报名长者)<br>9.30am - 10.30am | 一起做坐式尊巴 (HPB)<br>10am - 11am             | 一起做运动<br>9.30am - 10.30am<br>Enhanced F4 运动 (5/24)<br>(只限已报名长者)<br>11.30am - 12.30pm | 中心关闭 - 公司活动              |                           |
| 游戏时间<br>11.30am - 1.30pm     | 游戏时间<br>11am - 2pm  | 环境局讲座 - 预防骨痛热症<br>11.30am - 12.30pm      | 一起来 makan - 中心内<br>12:30pm - 1:30pm  |                          |                           |
| 一起合创艺术<br>2pm - 4pm          | 守护记忆 - CA (5/24)<br>(只限已报名长者)<br>2pm - 5pm  | 代际交流 - 南洋理工<br>2pm - 3.30pm              | 与国防部同乐<br>2.30pm - 4.30pm  |                          |                           |
| 园艺治疗<br>4pm - 5.30pm         |   | 服务 - 美甲<br>(只限15报名长者)<br>3:30pm - 4:30pm | 一起去游泳 (11/12)<br>(只限已报名长者)<br>4.30pm - 5.30pm  |                          |                           |
|                              |   |  | 社区健康岗  |                          |                           |

# 2025 九月

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| MON                          | TUE   | WED   | THU   | FRI  | SAT |
|------------------------------|---|---|---|--|-----|
| 15                           | 16  | 17  | 18  | 19   | 20  |
| 一起做弹力带运动(HPB)<br>10am - 11am | Let's Piloxing (守护记忆) (6/24)<br>(只限已报名长者)<br>9.30am - 10.30am | 一起做坐式尊巴 (HPB)<br>10am - 11am                    | 一起跟 Razak 线上做运动<br>10am - 10:45am                       | 一起做拍打运 动<br>10 - 11am                        |     |
| 游戏时间<br>11.30am - 1.30pm     | 一起做运动<br>11am - 12pm  | 游戏时间<br>11.30am - 1.30pm                        | Enhanced F4 运动 (6/24)<br>(只限已报名长者)<br>11.30am - 12.30pm | 游戏时间<br>11.30am - 1.30pm                     |     |
| 一起合创艺术<br>2pm - 4pm          | 游戏时间<br>12pm - 2pm  |   |   | 一起跳排舞<br>2pm - 3pm                           |     |
| 园艺治疗<br>4pm - 5.30pm         | 守护记忆 - CA (6/24)<br>(只限已报名长者)<br>2pm - 5pm                    | 一起学英语<br>2pm - 3pm                              | 宾果(游戏)与庆祝生日<br>2pm - 4pm                                |  |     |
|                              |   | 一起学科技(谷歌地图)<br>3pm - 4pm                        | 一起去游泳 (12/12)<br>(只限已报名长者)<br>4.30pm - 5.30pm<br>社区健康岗  | 社区健康岗  |     |
| 22                           | 23  | 24  | 25  | 26   | 27  |
| 一起做弹力带运动(HPB)<br>10am - 11am | Let's Piloxing (守护记忆)(7/24)<br>(只限已报名长者)<br>9.30am - 10.30am  | 一起做坐式尊巴 (HPB)<br>10am - 11am                    | 剪头发<br>9am-10.30am<br>开心乐龄 (防火!)<br>9:30am - 11:30am    | 一起做拍打运 动<br>10 - 11am                        |     |
| 游戏时间<br>11:30am - 1:30pm     | 一起做运动<br>11am - 12pm  |   | 一起跟 Razak 线上做运动<br>10am - 10:45am                       | 游戏时间<br>11:30am - 1:30pm                     |     |
|                              | 游戏时间<br>12pm - 2pm  | 与国防部同乐<br>11.30am - 1.30pm                      | Enhanced F4 运动 (7/24)<br>(只限已报名长者)<br>11.30am - 12.30pm | 一起跳排舞<br>2pm - 3pm                           |     |
| (健康讲座) 活出精彩<br>2pm - 3pm     | 守护记忆 - CA (7/24)<br>(只限已报名长者)<br>2pm - 5pm                    | 一起学英语<br>2pm - 3pm<br>一起学科技(谷歌浏览器)<br>3pm - 4pm | 一起来谈营养<br>12:30pm - 1pm<br>一起来 makan - 中心内<br>1pm - 2pm | 李光前自然 历史博物馆<br>(限20名报名长者)<br>1:45pm - 4:30pm |     |
| 园艺治疗<br>4pm - 5.30pm         |   | 服务 - 美甲<br>(只限15报名长者)<br>3:30pm - 4:30pm        | 卡拉OK<br>2pm - 4pm<br>游戏时间<br>2pm - 4pm                  |  |     |
|                              |   |   | 社区健康岗   | 社区健康岗  |     |

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| MON  | TUE   | WED | THU | FRI | SAT |
|--|---|-----|-----|-----|-----|
| 29   | 30  |     |     |     |     |
| 一起和 Active Generation 去 Gai Gai<br>8am - 2pm<br>一起做弹力带运动(HPB)<br>10am - 11am | Let's Piloxing (守护记忆) (8/24)<br>(只限已报名长者)<br>9.30am - 10.30am |     |     |     |     |
| 游戏时间<br>11.30am - 1.30pm<br><br>一起合创艺术<br>2pm - 4pm                          | 一起做运动<br>11am - 12pm<br><br>游戏时间<br>12pm - 2pm                |     |     |     |     |
| 园艺治疗<br>4pm - 5.30pm   | 守护记忆 - CA (8/24)<br>(只限已报名长者)<br>2pm - 5pm                    |     |     |     |     |
|  |   |     |     |     |     |
|  |   |     |     |     |     |

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