




2024 December

 **Centre Name:** Active Ageing Centre (Redhill)
 **Centre Address:** Blk 71 Redhill Road #01-29 S150071
 **Centre Contact:** 6473 8557 (Christle / Mabel)



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Stretch Band (HPB) 10 - 11am Digital Coaching by Staff 11-12pm	Steady Lah 9-10.30am Aqua Fun Fit @ Delta 10am-11.30pm Let's Gen Together on Zoom MFS 10:30 - 11:30am	Chair Zumba (HPB) 10 - 11am	Let's Do Chair Yoga 9:30-10:30am Rummy O 12-2pm	Centre Closure - AAC Townhall	1 December RN Blk 73 Carpark Community Garden Opening 9.30-12.30pm
Rummy O 1-3pm	Rummy O 12.30-2pm Let's Celebrate (Birthday) 2 - 3.30pm	Dance Move Express 1-3pm Let's Learn Batik Art 3 - 4.30pm	DSL Workshop by IMDA 2-4pm Chit-chat session 4-4.30pm		
Let's Line Dance 3-4pm	Walking Football @ Telok Blangah CC 2.30-4pm	Chit-chat session 4.30-5pm	Community Health Post		
9	10	11	12	13	14
Let's Stretch Band (HPB) 10 - 11am Digital Coaching by Staff 11-12pm	Steady Lah 9-10.30am Chit-chat session 11-12pm	Chair Zumba (HPB) 9-10am Christmas Celebration - Moderna 10am-12pm	Let's Do Chair Yoga 9:30-10:30am Current Affairs U and Me 10:45-11:15am	Let's Pai Da Exercise with Jenny Tan 10am-11am Rummy O 12-1.30pm	
Scented Greetings with Jon 1-2pm	Rummy O 12.30-2pm Karaoke 2-4pm	Dance Move Express 1-3pm	Rummy O 12.30-2.30pm IMDA AI Workshop 2-4.30pm	Health Carnival by Ngee Ann Polytechnic 1.30-4.30pm	
Let's Line Dance 3-4pm	Walking Football @ Telok Blangah CC 2.30-4pm	Rummy O 3-4pm Chit-chat session 4-4.30pm	Community Health Post	Community Health Post	
16	17	18	19	20	21
Let's Stretch Band (HPB) 10 - 11am	Steady Lah 9-10.30am Let's Makan Together / Makan Bersama 11:15-12:15pm	Chair Zumba (HPB) 10 - 11am	Let's Do Chair Yoga 9:30 - 10.30am	Let's Pai Da Exercise with Jenny Tan 10am-11am Rummy O 12.30-2pm	
Digital Coaching by Staff 11-12pm Scented Greetings with Jon 1-2pm	Rummy O 12.30-2pm Karaoke 2-4pm	Rummy O 12.30-2.30pm	Let's do Recycle Art 10.45-12pm Rummy O 2-4pm	Let's Pétanque 2-4pm Chit-chat session 4-4.30pm	
Let's Line Dance 3-4pm	Walking Football @ Telok Blangah CC 2.30-4pm	Let's do Batik Art 2-3.30pm	Community Health Post	Community Health Post	
23	24	25	26	27	28
Let's Stretch Band (HPB) 10 - 11am	Steady Lah 9-10.30am Rummy O 11-12.30pm	Christmas Day	Let's Do Chair Yoga 9:30 - 10.30am Rummy O 12-1.30pm	Let's Pai Da Exercise with Jenny Tan 10am-11am	
Digital Coaching by Staff 11-12pm Scented Greetings with Jon 1-2pm	Chit-chat session 12.30-1pm		Sing and Dance with Dave 1.30-3.30pm Chit-chat session 3.30-4pm	Rummy O 12-2pm Dance Move Express 2.30-4.30pm	RN Blk 76 Pavillion Christmas Party Chit-chat session
Let's Line Dance 3-4pm	Half Day - 1pm close		Community Health Post	Community Health Post	
30	31				
Let's Stretch Band (HPB) 10 - 11am Digital Coaching by Staff 11-12pm	Steady Lah 9-10.30am Aqua Fun Fit @ Delta 10am-11.30pm				
Rummy O 1-2.30pm Let's do Batik Art 1-2.30pm	Let's Makan Together / Makan Bersama 11:15-12:15pm				
Let's Line Dance 3-4pm	Half Day - 1pm close				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2024 十二月

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起做弹力带运动(HPB) 10 - 11am 一起学科技 11-12pm	Steady Lah 9-10.30am Aqua Fun Fit 10am-12pm IG - MFS 线上跨代活动 10:30-11:30am	一起跳尊巴(乐龄版)(HPB) 10-11am	一起做椅子瑜伽 9:30 - 10:30am 游戏时间 - Rummy O 12-2pm	中心关闭	十二月一号 RN 大牌73停车场社区花园开张 9.30am-12.30pm
游戏时间 - Rummy O 1-3pm	游戏时间 - Rummy O 12.30-2pm 生日聚会 2-3.30pm	曹氏基金会 - Dance Move Express 1-3pm	数码益终身: 在网上搜索信息 2-4pm 一起来谈天 4-4.30pm		
一起跳排舞 3-4pm	Telok Blangah CC 步行足球 2.30-4pm	一起学Batik艺术 3-4:30pm	社区健康岗		
9	10	11	12	13	14
一起做弹力带运动(HPB) 10 - 11am 一起学科技 11-12pm	Steady Lah 9-10.30am 一起来谈天 11-12pm	一起跳尊巴(乐龄版)(HPB) 9-10am 一起庆祝圣诞节 - Moderna 10am-12pm	一起做椅子瑜伽 9:30 - 10:30am 时事新闻你和我 10:45-11:15am	一起做拍打运动 10 - 11am 游戏时间 - Rummy O 12-1.30pm	
香薰疗法课程 1-2pm	游戏时间 - Rummy O 12.30-2pm 卡拉OK 2 - 4pm	曹氏基金会 - Dance Move Express 1-3pm	游戏时间 - Rummy O 12.30-2pm 数码益终身: 怎么用AI 2-4.30pm	健康展览会 1.30-4.30pm	
一起跳排舞 3-4pm	Telok Blangah CC 步行足球 2.30-4pm	一起来谈天 4-4.30pm	社区健康岗	社区健康岗	
16	17	18	19	20	21
一起做弹力带运动(HPB) 10 - 11am 一起学科技 11-12pm	Steady Lah 9-10.30am 一起来makan 11.15-12:15pm	一起跳尊巴(乐龄版)(HPB) 10-11am	一起做椅子瑜伽 9:30 - 10:30am	一起做拍打运动 10 - 11am 游戏时间 - Rummy O 12.30-2pm	
香薰疗法课程 1-2pm	游戏时间 - Rummy O 12.30-2pm 卡拉OK 2 - 4pm	游戏时间 - Rummy O 12.30-2.30pm	一起做再循环工艺 10.45-12pm 游戏时间 - Rummy O 2-4pm	一起玩法式滚球 2-4pm 一起来谈天 4-4.30pm	
一起跳排舞 3-4pm	Telok Blangah CC 步行足球 2.30-4pm	一起做Batik艺术 2-3.30pm	社区健康岗	社区健康岗	
23	24	25	26	27	28
一起做弹力带运动(HPB) 10 - 11am 一起学科技 11-12pm	Steady Lah 9-10.30am 游戏时间 - Rummy O 12.30-2pm		一起做椅子瑜伽 9:30 - 10:30am 游戏时间 - Rummy O 12-1.30pm	一起做拍打运动 10 - 11am	
香薰疗法课程 1-2pm	一起来谈天 12.30-1pm	中心关闭	让我们和Dave一起唱歌跳舞 1:30-3:30pm 一起来谈天 3.30-4pm	游戏时间 - Rummy O 12.30-2pm 曹氏基金会 - Dance Move Express 2.30-4.30pm	RN 大牌76圣诞节排队 一起来聊天
一起跳排舞 3-4pm	中心半天 - 1pm关		社区健康岗	社区健康岗	
30	31				
一起做弹力带运动(HPB) 10 - 11am 一起学科技 11-12pm	Steady Lah 9-10.30am Aqua Fun Fit 10am-12pm				
游戏时间 - Rummy O 1-3pm 一起做Batik艺术 1-2.30pm	一起来makan 11.15-12:15pm				
一起跳排舞 3-4pm	中心半天 - 1pm关				

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