

2025 January

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



		1	2	3	4
		New Year's Day	Let's Do Chair Yoga 9:30-10:30am HAPPY Programme 10.30am-12pm	Let's Pai Da with Jenny Tan 10am-11am	
			IMDA workshop - Set up and use email 2-4pm	Dance Move Express 2.30-4.30pm	
				Community Health Post	
6	7	8	9	10	11
Let's Stretch Band (HPB) 10 - 11am	Steady Lah 9-10.30am Aqua Fun Fit 10am-12pm Let's Gen Together Zoom Session MFS 10:30 - 11:30am	Chair Zumba (HPB) 10 - 11am	Let's Do Chair Yoga 9:30-10:30am	Let's Pai Da with Jenny Tan 10am-11am	DBS CNY Outing 9-12pm
Rummy O 1-2.30pm		Let's learn English 2-3pm	Let's Celebrate (Birthday) 2 - 3.30pm		
Let's Line Dance 3-4pm	Walking Football @ Telok Blangah CC 2.30-4pm		Community Health Post	Community Health Post	
13	14	15	16	17	18
Let's Stretch Band (HPB) 10 - 11am	Steady Lah 9-10.30am Aqua Fun Fit 10am-12pm	Chair Zumba (HPB) 10 - 11am Digital Coaching by Staff 1-2pm	Let's Do Chair Yoga 9:30-10:30am HAPPY Programme 10.30-11.30am	Let's Pai Da with Jenny Tan 10am-11am	
Rummy O 1-2.30pm	Art Project at SAM 1.30-4pm	Let's learn English 2-3pm		Let's Gen Together CJC 2-4pm	
Let's Line Dance 3-4pm	Walking Football @ Telok Blangah CC 2.30-4pm		Community Health Post		
20	21	22	23	24	25
Let's Stretch Band (HPB) 10 - 11am	Steady Lah 9-10.30am Aqua Fun Fit 10am-12pm	Chair Zumba (HPB) 10 - 11am	Let's Do Chair Yoga 9:30 - 10.30am HAPPY Programme 10.30-11.30am	Let's Pai Da with Jenny Tan 10am-11am Current Affairs U and Me 11.15-12.15pm	
Rummy O 1-2.30pm	Let's Makan Together / Makan Bersama 11:15-12:15pm	SGH Health Talk 2-3pm		Let's Gen Together CJC 2-4pm	
Let's Line Dance 3-4pm	Walking Football @ Telok Blangah CC 2.30-4pm	Digital Coaching by Staff 3.30-4pm	Community Health Post	Community Health Post	
27	28	29	30	31	
Let's Stretch Band (HPB) 10 - 11am	Aqua Fun Fit 10am-12pm	Chinese New Year	Chinese New Year	Let's Pai Da with Jenny Tan 10am-11am Rummy O 12-1.30pm	
Rummy O 1-2.30pm	Let's Makan Together / Makan Bersama 11:15-12:15pm			Let's Gen Together CJC 2-4pm	
Let's Line Dance 3-4pm	Walking Football @ Telok Blangah CC 2.30-4pm			Community Health Post	

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2024 九月

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



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起做弹力带运动(HPB) 10 - 11am 按数字绘画 11:15-12:15pm	一起跟Razak线上做运动 9:30-10.15am IG - MFS 线上跨代活动 10:30-11:30am 生日聚会 2-4pm	一起跳尊巴(乐龄版)(HPB) 10-11am 钩针编织 11:15-12:15pm 英语会话 2-3pm 一起学Batik艺术 3-4:30pm 社区健康岗	一起做椅子瑜伽 9:30 - 10.30am 一起去参观亚洲文明博物馆 1:30-3:30pm 美好生活 2:30-4:30pm	一起做拍打运动 10 - 11am 一起打乒乓 2-4pm 社区健康岗	
9	10	11	12	13	14
一起做弹力带运动(HPB) 10 - 11am 按数字绘画 11:15-12:15pm 让我们和Dave一起唱歌跳舞 1:30-3:30pm	一起去轻快步行 7.30-9.30am 一起跟Razak线上做运动 10-11am 一起来makan 11.15-12:15pm	一起跳尊巴(乐龄版)(HPB) 10-11am 钩针编织 11:15-12:15pm 英语会话 2-3pm 一起学Batik艺术 3-4:30pm 社区健康岗	一起做椅子瑜伽 9:30 - 10:30am 卡拉OK 2 - 4pm	一起做拍打运动 10 - 11am 游戏时间 2-3:30pm 社区健康岗	
16	17	18	19	20	21
一起做弹力带运动(HPB) 10 - 11am 按数字绘画 11:15-12:15pm 一起去郊游 2-4pm	剪头发 9-10am 一起来makan 11.15-12:15pm	一起跳尊巴(乐龄版)(HPB) 10-11am 钩针编织 11:15-12:15pm 英语会话 2-3pm 一起学Batik艺术 3-4:30pm 社区健康岗	一起做椅子瑜伽 9:30 - 10:30am 时事新闻你和我 10:45-11:15am 美好生活 2:30-4:30pm	一起做拍打运动 10 - 11am SINEW 11 - 12noon (请向工作人员登记) 社区健康岗	
23	24	25	26	27	28
一起做弹力带运动(HPB) 10 - 11am 按数字绘画 11:15 -12:15pm	一起跟Razak线上做运动 10-11am 一起来makan 11:15-12:15pm 循环工艺 - 手提袋制作 2-3:30pm	一起跳尊巴(乐龄版)(HPB) 10-11am 钩针编织 11:15-12:15pm 英语会话 2-3pm 一起学Batik艺术 3-4:30pm 社区健康岗	一起做椅子瑜伽 9:30 - 10:30am 卡拉OK 2 - 4pm	一起做拍打运动 10 - 11am 宾果游戏 2 - 3:30pm 社区健康岗	
30					
一起做弹力带运动(HPB) 10 - 11am 按数字绘画 11:15-12:15pm					

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