


2024 November

 **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
				1	2
				Let's C.A.L.M 1.0 Supervised Practice 9-10am Let's Pai Da Exercise with Jenny Tan 10am-11am	
				Let's Celebrate (Birthday) 2 - 3.30pm	
				Community Health Post	
4	5	6	7	8	9
Let's Stretch Band (HPB) 10 - 11am	Let's Brisk Walk 7:30-9:30am Let's Exercise 9:30-10:15am Let's Gen Together Zoom Session MFS 10:30 - 11:30am	Let's Zumba Gold (HPB) 10 - 11am	Let's Do Chair Yoga 9:30-10:30am	Let's C.A.L.M 1.0 Supervised Practice 9-10am Let's Pai Da Exercise with Jenny Tan 10am-11am	
Paint by Numbers 11:15 - 12:15pm	Let's Makan Together / Makan Bersama 11:15-12:15pm	Let's Learn Batik Art 3 - 4.30pm	DSL Workshop by IMDA 2-4pm	SAF Pershub Deepavali Celebration 12.30- 3.30pm	
Let's Line Dance 3-4pm	Let's C.A.L.M 1.0 Free Weights 2-3pm		Community Health Post	Community Health Post	
11	12	13	14	15	16
Let's Stretch Band (HPB) 10 - 11am	Let's Exercise with Razak on Zoom 10 - 11am	Let's Zumba Gold (HPB) 10 - 11am	Let's Do Chair Yoga 9:30-10:30am Current Affairs U and Me 10:45-11:15am	Centre Closure - AAC Townhall	
Paint by Numbers 11:15-12:15 pm	Let's Makan Together / Makan Bersama 11:15-12:15pm	Let's Learn Batik Art 3 - 4.30pm	Let's Gen Together with Eunoia Junior College 3-4:30pm		
Let's Line Dance 3-4pm	Let's C.A.L.M 1.0 Check in 1pm-4pm		Community Health Post		
18	19	20	21	22	23
Let's Stretch Band (HPB) 10 - 11am	Steady Lah 9-10.30am Aqua Fun Fit 10am-12pm	Let's Zumba GOLD (HPB) 10 - 11am	Let's Do Chair Yoga 9:30 - 10.30am	CSR Nature Walk - 8x8 International 9am-12pm	
Paint by Numbers 11:15-12:15pm	Let's Makan Together / Makan Bersama 11:15-12:15pm	Dance Move Express 1-3pm	Karaoke 2.30-4.30pm	Let's Pai Da Exercise with Jenny Tan 10am-11am 3D Pen Workshop 2-4pm	
Let's Line Dance 3-4pm	Walking Football 2.30-4pm	Let's Learn Batik Art 3 - 4.30pm	Community Health Post	Community Health Post	
25	26	27	28	29	30
Let's Stretch Band (HPB) 10 - 11am	Steady Lah 9-10.30am Aqua Fun Fit 10am-12pm	Let's Zumba Gold (HPB) 10 - 11am	Haircut 9-10am	Let's Pai Da Exercise with Jenny Tan 10am-11am	
Art & Craft - Spin Tops 11am-12pm	Let's Makan Together / Makan Bersama 11:15-12:15pm	Dance Move Express 1-3pm	Karaoke 2.30-4.30pm	Heart workshop 1.30-4.30pm 3D Pen Workshop 2-4pm	
Let's Line Dance 3-4pm	Walking Football 2.30-4pm	Let's Learn Batik Art 3 - 4.30pm	Community Health Post	Community Health Post	

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

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MON	TUE	WED	THU	FRI	SAT
				1	2
				Let's C.A.L.M 1.0 监督训练 9-10am 一起做拍打运动 10 - 11am 生日聚会 2-3.30pm 社区健康岗	
4	5	6	7	8	9
一起做弹力带运动(HPB) 10 - 11am 一起按数字绘画 11:15-12:15pm 一起跳排舞 3-4pm	一起去轻快步行 7.30-9.30am 一起做运动 9.30-10.15am IG - MFS 线上跨代活动 10:30-11:30am 一起来 makan 11.15-12:15pm Let's C.A.L.M 1.0 哑铃训练 2-3pm	一起跳尊巴(乐龄版)(HPB) 10-11am 一起学Batik艺术 3-4:30pm	一起做椅子瑜伽 9:30 - 10:30am 数码益终身: 安全、明智及友善上网 2-4pm 社区健康岗	Let's C.A.L.M 1.0 监督训练 9-10am 一起做拍打运动 10 - 11am SAF Pershub 庆祝屠妖节 12.30- 3.30pm 社区健康岗	
11	12	13	14	15	16
一起做弹力带运动(HPB) 10 - 11am 一起按数字绘画 11:15-12:15pm 一起跳排舞 3-4pm	一起跟Razak线上做运动 10-11am 一起来 makan 11.15-12:15pm Let's C.A.L.M 1.0 进度评估 1-4pm	一起跳尊巴(乐龄版)(HPB) 10-11am 一起学Batik艺术 3-4:30pm	一起做椅子瑜伽 9:30 - 10:30am 时事新闻你和我 10:45-11:15am IG - 诺雅初級學院 3-4:30pm 社区健康岗	中心关闭	
18	19	20	21	22	23
一起做弹力带运动(HPB) 10 - 11am 一起按数字绘画 11:15-12:15pm 一起跳排舞 3-4pm	Steady Lah 9-10.30am Aqua Fun Fit 10am-12pm 一起来 makan 11.15-12:15pm 步行足球 2.30-4pm	一起跳尊巴(乐龄版)(HPB) 10-11am 曹氏基金会 - Dance Move Express 1-3pm 一起学Batik艺术 3-4:30pm	一起做椅子瑜伽 9:30 - 10:30am 卡拉OK 2 - 4pm 社区健康岗	CSR Nature Walk - 8x8 International 9am-12pm 一起做拍打运动 10 - 11am 3D 笔 课程 2-4pm 社区健康岗	
25	26	27	28	29	30
一起做弹力带运动(HPB) 10 - 11am 一起做陀螺 11am-12pm 一起跳排舞 3-4pm	Steady Lah 9-10.30am Aqua Fun Fit 10am-12pm 一起来 makan 11.15-12:15pm 步行足球 2.30-4pm	一起跳尊巴(乐龄版)(HPB) 10-11am 曹氏基金会 - Dance Move Express 1-3pm 一起学Batik艺术 3-4:30pm	剪头发 9-10am 卡拉OK 2 - 4pm 社区健康岗	一起做拍打运动 10 - 11am 心里健康讲座1.30-4.30pm 3D 笔 课程 2-4pm 社区健康岗	

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