


2024 October

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



1	2	3	4	5
	Let's Exercise 9:30-10:15am Let's Gen Together via Zoom - MFS 10:30 - 11:30am	Let's Zumba Gold (HPB) 10 - 11am Let's Do Crochet 11:15-12:15pm	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
	Let's C.A.L.M 1.0 Resistance Band and Move Better Sharing 2-3pm Let's Celebrate (Birthday) 3:30 - 5pm	Let's Learn Batik Art 3 - 4:30pm Community Health Post	Living Well by Serene & Grace 2:30-4:30pm	Let's Table Tennis 2-4pm Community Health Post
7	8	9	10	11
Let's Stretch Band (HPB) 10 - 11am Let's do Paint by Numbers 11:15 - 12:15pm Virtual Health Talk: Stress, is it good or bad for us 2-3pm	Let's Brisk Walk 7:30-9:30am Let's Exercise with Razak on Zoom 10 - 11am Let's Makan Together / Makan Bersama 11:15-12:15pm Let's C.A.L.M 1.0 Free Weights 2-3pm	Let's Zumba Gold (HPB) 10 - 11am Let's Do Crochet 11:15-12:15pm Let's Learn Batik Art (2) 3 - 4.30pm Community Health Post	Let's Do Chair Yoga 9:30-10:30am Living Well by Serene & Grace 2:30-4:30pm	Let's C.A.L.M 1.0 Supervised Practice 9-10am Let's Pai Da Exercise with Jenny Tan 10am-11am Let's Gen Together with Catholic Junior College 3-4:30pm Community Health Post
14	15	16	17	18
Let's Stretch Band (HPB) 10 - 11am Let's do Paint by Numbers 11:15-12:15 pm Let's Line Dance with Andrew & Siew Lan 3-4pm	Let's Exercise with Razak on Zoom 10 - 11am Let's Makan Together / Makan Bersama 11:15-12:15pm Let's C.A.L.M 1.0 Resistance Band and Eat Better Sharing 2-3pm	Let's Zumba Gold (HPB) 10 - 11am Let's Do Crochet 11:15-12:15pm Let's go NLB for Time of Your Life 1:00 - 4:45pm Let's Learn Batik Art 3 - 4.30pm	Let's Do Chair Yoga 9:30-10:30am Current Affairs U and Me 10:45-11:15am Healthier Minds, Healthier Lives! by NTU Confucius Institute 2-3pm Community Health Post	Let's C.A.L.M 1.0 Supervised Practice 9-10am Let's Pai Da Exercise with Jenny Tan 10am-11am Let's Gen Together with Catholic Junior College 3-4:30pm Community Health Post
21	22	23	24	25
Let's Stretch Band (HPB) 10 - 11am Let's do Paint by Numbers 11:15-12:15pm Let's Line Dance with Andrew & Siew Lan 3-4pm	Let's Exercise with Razak on Zoom 10 - 11am Let's Makan Together / Makan Bersama 11:15-12:15pm Let's C.A.L.M 1.0 Free Weights 2-3pm	Let's Zumba GOLD (HPB) 10 - 11am Let's Do Crochet 11:15-12:15pm Let's Learn Batik Art 3 - 4.30pm	Let's Do Chair Yoga 9:30 - 10.30am Let's Gen Together: HCI 10:30-12pm Let's Karaoke Together 2-4pm Community Health Post	Let's C.A.L.M 1.0 Supervised Practice 9-10am Let's Pai Da Exercise with Jenny Tan 10am-11am Fun with Kakis - Bingo 2 -3:30pm Community Health Post
28	29	30	31	
Let's Stretch Band (HPB) 10 - 11am Let's do Paint by Numbers 11:15-12:15pm Let's Line Dance with Andrew & Siew Lan 3-4pm	Let's Exercise with Razak on Zoom 10 - 11am Let's Makan Together / Makan Bersama 11:15-12:15pm Let's C.A.L.M 1.0 Resistance Band and Rest Better Sharing 2-3pm	Let's Zumba Gold (HPB) 10 - 11am Let's Do Crochet 11:15-12:15pm Let's Learn Batik Art 3 - 4.30pm	Deepavali	

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	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 Let's C.A.L.M 1.0 阻力带训练 / 分享如何更好运动 2-3pm 生日聚会 3:30 - 5 pm	一起跳尊巴(乐龄版)(HPB) 10-11am 一起做钩针编织 11:15-12:15pm 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 美好生活 2:30-4:30pm	Let's C.A.L.M 1.0 监督训练 9-10am 一起做拍打运动 10 - 11am 一起打乒乓 2-4pm 社区健康岗	
7	8	9	10	11	12
一起做弹力带运动(HPB) 10 - 11am 一起按数字绘画 11:15-12:15pm 虚拟健康讲座: 压力, 对我们是好是坏 2-3pm	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 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 一起做钩针编织 11:15-12:15pm 一起学Batik艺术 (2) 3-4:30pm 社区健康岗	一起做椅子瑜伽 9:30 - 10:30am 美好生活 2:30-4:30pm	Let's C.A.L.M 1.0 监督训练 9-10am 一起做拍打运动 10 - 11am 代际交流: 公教初级学院 3-4:30pm 社区健康岗	
14	15	16	17	18	19
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 阻力带训练 / 分享如何吃得 更健康 2-3pm	一起跳尊巴(乐龄版)(HPB) 10-11am 一起做钩针编织 11:15-12:15pm Let's go NLB for Time of Your Life 1-4:45pm 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 社区健康岗 南洋理工大学孔子学院: 健康的思 想,健康的生活 2-3pm	Let's C.A.L.M 1.0 监督训练 9-10am 一起做拍打运动 10 - 11am 代际交流: 公教初级学院 社区健康岗	与SMEEU 同乐 9:30-12pm (仅限受邀者)
21	22	23	24	25	26
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 哑铃训练 2-3pm	一起跳尊巴(乐龄版)(HPB) 10-11am 钩针编织 11:15-12:15pm 一起学Batik艺术 3-4:30pm	一起做椅子瑜伽 9:30 - 10:30am 代际交流: HCI 10:30-12pm 卡拉OK 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 宾果游戏 2 - 3:30pm 社区健康岗	
28	29	30	31		
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 阻力带训练 / 分享 如何更好休息 2-3pm	一起跳尊巴(乐龄版)(HPB) 10-11am 一起做钩针编织 11:15-12:15pm 一起学Batik艺术 3-4:30pm /	屠妖节		

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