



2026 April

 **Centre Name:** AAC (Bukit Panjang)
 **Centre Address:** 2 Bukit Panjang Ring Road, #02-06, S679947
 **Centre Contact:** 80312839





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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Let's Exercise @9-10am [Paid programme]	HAPPY Programme @9.30-10.30am (FULL)	Centre Closed (Good Friday)	
		Let's Exercise @10-11am [Paid programme]	Let's Perform Circus Acts (Male Exclusive) @10.30am-12pm [Paid programme]		
		Let's Piloxing @10-11am (Zone 7 RC) [Paid Programme]	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)		
		Let's Do Knotting @2-3pm	Steady Lah! @2-3.30pm (FULL)		
		Let's Do Calligraphy @2.30-4pm (Zone 7 RC) [One-time Payment]	Let's Pick Up English @2-3pm		
		Community Health Post @9am-5pm			

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
Let's Do Chair Yoga @9.30-10.30am [Paid Programme]	Let's Dance @10-11am	Let's Exercise @9-10am [Paid programme]	HAPPY Programme @9.30-10.30am (FULL)	Let's Do Seated Exercise @9.30-10.30am	Let's Learn to Bake @10am-12pm
Let's Exercise - Online Video @10.30-11.15am		Let's Exercise @10-11am [Paid programme]	Let's Perform Circus Acts (Male Exclusive) @10.30am-12pm [Paid programme]	Let's Do Seated Exercise @10.45-11.45am	
Let's Yogalates @2-3pm	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) (FULL)	Let's Piloxing @10-11am (Zone 7 RC) [Paid Programme]	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)	Exergame (Taiko No Tatsujin) @1-3pm	
		Let's Do Knotting @2-3pm	Steady Lah! @2-3.30pm (FULL)	Let's Learn Gua Sha @2-3pm	
Let's Do Recycle Art @2-3.30pm		Project PRAISE by SPF @2-3pm (Malay)	Let's Pick Up English @2-3pm	Let's Do Arts & Craft @2-3pm (Zone 6 RC)	
		Let's Do Calligraphy @2.30-4pm (Zone 7 RC) [One-time Payment]			
		Community Health Post @9am-5pm			

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MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
Let's Do Chair Yoga @9.30-10.30am [Paid Programme]	Let's Dance @10-11am	Let's Exercise @9-10am [Paid programme]	Let's Say No to Frailty @10am-12pm (Selected only)	Let's Do Seated Exercise@9.30-10.30am	
Let's Exercise - Online Video @10.30-11.15am	Let's Gen Together - Singapore Polytechnic @2.30-4pm	Let's Exercise @10-11am [Paid programme]	Let's Perform Circus Acts (Male Exclusive) @10.30am-12pm [Paid programme]	Let's Do Seated Exercise@10.45-11.45am	
Let's Yogalates @2-3pm		Let's Piloxing @10-11am (Zone 7 RC) [Paid Programme]	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)	Let's Celebrate Hari Raya @ 2pm-4pm	
Let's Do Recycle Art @2- 3.30pm	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) (FULL)	Let's Do Knotting @2-3pm	Let's Pick Up English @2-3pm	Let's Do Arts & Craft @2-3pm (Zone 6 RC)	
	Let's Learn to Take Photos (Golden Clicks) @2-4pm	Let's Do Calligraphy @2.30-4pm (Zone 7 RC) [One-time Payment]	Let's Gen Together - Singapore Polytechnic @4-5.30pm		
		Community Health Post @9am-5pm			

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MON 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25	
Let's Do Chair Yoga @9.30-10.30am [Paid Programme]	Let's Gen Together - My First Skool @10-11am (RetroGems Card Games)	Let's Exercise @9-10am [Paid programme]	Let's Say No to Frailty @10am-12pm (Selected only)	Let's Do Seated Exercise @9.30-10.30am		
Let's Exercise - Online Video @10.30-11.15am	Wellness - Scent Healing @ 2-3pm [Paid Programme]	Let's Exercise @10-11am [Paid programme]	Let's Perform Circus Acts (Male Exclusive)@10.30am-12pm [Paid programme]	Let's Do Seated Exercise @10.45-11.45am		
Let's Yogalates @2-3pm		Let's Piloxing @10-11am (Zone 7 RC) [Paid Programme]	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)	Let's Celebrate Birthday @2-4pm [Invitation only]		
Let's Do Recycle Art @2- 3.30pm		Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) (FULL)	Let's Do Knotting @2-3pm	Let's Pick Up English @2-3pm		Let's Learn Gua Sha @2-3pm
			Let's Do Calligraphy @2.30-4pm (Zone 7 RC) [One-time Payment]	Let's Gen Together - National Junior College @2-4pm		Let's Do Arts & Craft @2-3pm (Zone 6 RC)
	Community Health Post @9am-5pm					

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MON 27	TUE 28	WED 29	THU 30	FRI	SAT
Let's Do Chair Yoga @9.30-10.30am [Paid Programme]	Let's Dance @10-11am	Let's Exercise @9-10am [Paid programme]	Let's Say No to Frailty @10am-12pm (Selected only)		
Let's Talk News @11am-12pm (SPH)	Wellness - Scent Healing @2-3pm [Paid Programme]	Let's Exercise @10-11am [Paid programme]	Let's Go Gai Gai @9am-12pm - Jurong Camp		
Let's Yogalates @2-3pm		Let's Piloxing @10- 11am (Zone 7 RC) [Paid Programme]	Let's Perform Circus Acts (Male Exclusive)@10.30am-12pm [Paid programme]		
Let's Do Recycle Art @2-3.30pm	Let's Learn to Take Photos (Golden Clicks) @2-4pm	Let's Do Knotting @2-3pm	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)		
		Let's Do Calligraphy @2.30-4pm (Zone 7 RC) [One-time Payment]	Let's Gen Together - ACS(I) @2-3pm		
	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) (FULL)	Wellness - Scent Healing @2-3pm [Paid Programme]	Let's Pick Up English @2-3pm		
	Community Health Post @9am-5pm	Let's Gen Together - InWARD BOUND Drama Show @3.45-5.30pm			

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		一起做运动 @9-10am [需付费]	推广健康老龄化计划 @9:30am-10.30am [已满]	中心休业 (耶稣受难日)	
		一起做运动 @10-11am [需付费]	一起来表演杂技(只限男性) @10.30am-12pm [需付费]		
		一起做 Piloxing @10-11am (Zone 7 RC) [需付费]	一起打气功 @10.30am-12pm (213 Petir Road Community Hall)		
		一起做打结 @2pm-3pm	Steady Lah! 保健操 @2-3.30pm (已满)		
		一起写书法@2.30-4pm (Zone 7 RC) [一次性付费]	一起学英文 - 初级 @2-3pm		
		服务 - 社区保健站 @9am-5pm			

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
一起做椅子瑜伽 @9.30-10.30am [需付费]	一起嗨舞吧 @10-11am	一起做运动 @9-10am [需付费]	推广健康老龄化计划 @9:30am-10.30am [已满]	一起做运动 (坐式) @9.30-10.30am	一起学烘焙 @10am-12.00pm
一起线上做运动 @10.30-11.15am		一起做运动 @10-11am [需付费]	一起来表演杂技(只限 男性) @10.30am-12pm [需付费]	一起做运动 (坐式) @10.45-11.45am	
一起做瑜伽提斯 @2-3pm	一起玩乌克兰(初级) @3.30pm-4.30pm (Zone 6 RC) (已满)	一起做 Piloxing @10-11am (Zone 7 RC) [需付费]	一起打气功 @10.30am-12pm (213 Petir Road Community Hall)	电子游戏时间 (Taiko No Tatsujin) @1-3pm	
		一起做打结 @2pm-3pm	Steady Lah! 保健操 @2-3.30pm (已满)	一起学刮痧 @2-3pm	
一起做再循环工艺 (包装编织) @2-3.30pm		防诈骗讲座 @2-4pm (马来文)	一起做英文 - 初级 @2-3pm	一起做艺术与手工 @2-3pm (Zone 6 RC)	
		一起写书法@2.30-4pm (Zone 7 RC) [一次性付费]			
		服务 - 社区保健站 @9am-5pm			

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
一起做椅子瑜伽 @9.30-10.30am [需付费]	一起嗨舞吧 @10-11am	一起做运动 @9-10am [需付费]	与衰弱说不 @10am-12pm [仅限特定乐龄]	一起做运动 (坐式) @9.30-10.30am	
一起线上做运动 @10.30-11.15am	代际交流- 新加坡理工学院 @ 2.30-4pm	一起做运动 @10-11am [需付费]	一起来表演杂技(只限男性) @10.30am-12pm [需付费]	一起做运动 (坐式) @10.45-11.45am	
一起做瑜伽提斯 @2-3pm		一起做 Piloxing @10-11am (Zone 7 RC) [需付费]	一起打气功 @10.30am-12pm (213 Petir Road Community Hall)	一起来庆祝开斋节 @2pm-4pm	
一起做再循环工艺 (包装编织) @2-3.30pm	一起玩乌克丽丽(初级) @3.30pm-4.30pm (Zone 6 RC) (已满)	一起做打结 @2pm-3pm	一起学英文 - 初级 @2-3pm	一起做艺术与手工 @2-3pm (Zone 6 RC)	
	金龄摄友会 @2-4pm	一起写书法@2.30-4pm (Zone 7 RC) [一次性付费]	代际交流- 新加坡理工学院 @4-5.30pm		
		服务 - 社区保健站 @9am-5pm			

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
一起做椅子瑜伽 @9.30-10.30am [需付费]	代际交流 - My First Skool 幼儿园 @10-11am (RetroGems 卡牌游戏)	一起做运动 @9-10am [需付费]	与衰弱说不 @10am-12pm [仅限特定乐龄]	一起做运动 (坐式) @9.30-10.30am	
一起线上做运动 @10.30-11.15am		一起做运动 @10-11am [需付费]	一起来表演杂技(只限男性) @10.30am-12pm [需付费]	一起做运动 (坐式) @10.45-11.45am	
一起做瑜伽提斯 @2-3pm	心灵系列 - 芳香疗愈 @ 2-3pm [需付费]	一起做 Piloxing @10-11am (Zone 7 RC) [需付费]	一起打气功 @10.30am-12pm (213 Petir Road Community Hall)	一起来庆生@2-4pm [仅限邀请]	
一起做再循环工艺 (包装编织) @2-3.30pm		一起做打结 @2pm-3pm	一起学英文 - 初级 @2-3pm		
	一起玩乌克丽丽(初级) @3.30pm-4.30pm (Zone 6 RC) (已满)	一起写书法@2.30-4pm (Zone 7 RC) [一次性付费]	代际交流- 国家初级学院 @2-4pm	一起学刮痧 @2-3pm	
		服务 - 社区保健站 @9am-5pm		一起做艺术与手工 @2-3pm (Zone 6 RC)	

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27	28	29	30		
一起做椅子瑜伽 @9.30-10.30am [需付费]	一起嗨舞吧 @10-11am	一起做运动 @9-10am [需付费]	与衰弱说不 @10am-12pm [仅限特定乐龄]		
一起聊新闻 @11am-12pm	心灵系列 - 芳香疗愈 @2-3pm[需付费]	一起做运动 @10-11am [需付费]	一起去Gai Gai @9am-12pm - 裕廊军营		
一起做瑜伽提斯 @2-3pm	金龄摄友会 @2-4pm	一起做 Piloxing @10-11am (Zone 7 RC) [需付费]	一起来表演杂技(只限男性) @10.30am-12pm [需付费]		
		一起做打结 @2pm-3pm	一起打气功 @10.30am-12pm (213 Petir Road Community Hall)		
一起做再循环工艺 (包装编织) @2-3.30pm	一起玩乌克兰(初级) @3.30pm-4.30pm (Zone 6 RC) (已满)	一起写书法@2.30-4pm (Zone 7 RC) [一次性付费]	代际交流 - 英华文萃中学 @2-3pm		
		心灵系列 - 芳香疗愈 @2-3pm [需付费]	一起学英文 - 初级 @2-3pm		
		服务 - 社区保健站@9am-5pm	代际交流 - InWARD BOUND 戏剧表演 @3.45-5.30pm		

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