

2025 August

Requires Registration

 **Centre Name:** AAC (Bukit Panjang)
 **Centre Address:** Bukit Panjang Ring Road, #02-06, S(679947)
 **Centre Contact:** 80312839



ntuc Health

MON	TUE	WED	THU	FRI	SAT
				1	2
				Let's Do Seated Exercise@9.30-10.30am	
				Let's Do Seated Exercise@10.45-11.45am	
				Let's Do Arts & Craft @2-3pm [Zone 6 RC]	
				Let's Pick Up English@3.30-4.45pm	
4	5	6	7	8	9
Let's Exercise With Razak On Zoom@9.30-10.15am (WATER BOTTLE)	Let's Exercise With Razak On Zoom@9.30-10.15am (FUN DANCE)	Services - Wellness - CHP@9-12pm	Let's Exercise With Razak On Zoom@9.30-10.15am (RESISTANCE BAND)	Let's Do Seated Exercise@9.30-10.30am	
Let's Do Chair Yoga@10.30-11.30am	Let's Go Gai Gai(Yakult Factory)@10am-12pm	Let's Exercise With Razak On Zoom@9.30-10.15am (BOXING)	HAPPY Programme - NTUC Health Led@10.30-11.30am	Let's Do Seated Exercise@10.45-11.45am	
Let's Learn To Sing@2-4pm	Let's Dance@10.45-11.45am	Let's Piloxing @11.30am-12.30pm [Zone 7 RC]	Let's CrossFit @2-3pm	Let's Do Arts & Craft @2-3pm [Zone 6 RC]	
Strategise with Kakis@2-4pm	Let's Jam With Ukulele@2-3pm [FULL]	Exergame (Nintendo Sports)@1-2pm	Adaptive Sports Fun Day @2-4pm	Strategise with Kakis@2-4pm	
	Strategise with Kakis@2-4pm	MINDEF Do Good at Bukit Panjang@2.30-4.30pm [By Invitation Only]	Let's Pick Up English@4.30-5.30pm		

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
Centre Closed	Let's Exercise With Razak On Zoom@9.30-10.15am (CHAIROBICS)	Let's Exercise With Razak On Zoom@9.30-10.15am (BOXING)	Let's Exercise With Razak On Zoom@9.30-10.15am (RESISTANCE BAND)	Let's Do Seated Exercise@9.30-10.30am	Let's Intergeren With National Junior College@9am-1pm
	Let's Dance@10.45-11.45am	Let's Do Knotting@10.30-11.30am	HAPPY Programme - NTUC Health Led@10.30-11.30am	Let's Do Seated Exercise@10.45-11.45am	
	Let's Jam With Ukulele@2-3pm [FULL]	Let's Piloxing @11.30am-12.30pm [Zone 7 RC]	Let's CrossFit @2-3pm	Centre Closed For Internal Event	Let's Go Gai Gai (The Sheng Siong Show)@6-10pm
	Strategise with Kakis@2-4pm	Exergame (Mario Kart 8)@1-2pm	Strategise with Kakis@2-4pm		
		Let's Adaptive Sports@2-4pm	Let's Pick Up English@4.30-5.30pm		

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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
SkillsFuture Workshop@9.30-10.30am (CHINESE)	Let's Exercise With Razak On Zoom@9.30-10.15am (FUN DANCE)	Services - Wellness - CHP@9-12pm	Let's Exercise With Razak On Zoom@9.30-10.15am (RESISTANCE BAND)	Let's Do Seated Exercise@9.30-10.30am	Let's Intergen With National Junior College@9am-1pm
Let's Exercise With Razak On Zoom@9.30-10.15am (WATER BOTTLE)	Let's Dance@10.45-11.45am	Let's Exercise With Razak On Zoom@9.30-10.15am (BOXING)	HAPPY Programme - NTUC Health Led@10.30-11.30am	Let's Do Seated Exercise@10.45-11.45am	
SkillsFuture Workshop@10.30-11.30am (ENGLISH/MALAY)	Let's Jam With Ukulele@2-3pm [FULL]	Let's Do Knotting@10.30-11.30am	Let's CrossFit @2-3pm	Let's Do Clay Art @2-4pm [Zone 6 RC]	
Let's Do Chair Yoga@10.30-11.30am	Strategise with Kakis@2-4pm	Let's Piloxing @11.30am-12.30pm [Zone 7 RC]	Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm	
Let's KTV Together@2-4pm		Exergame (Mario Kart 8)@1-2pm	Let's Pick Up English@4.30-5.30pm		
Strategise with Kakis@2-4pm		Let's Adaptive Sports@2-4pm			

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
Let's Exercise With Razak On Zoom@9.30-10.15am (WATER BOTTLE)	Let's Exercise With Razak On Zoom@9.30-10.15am (CHAIROBICS)	Let's Exercise With Razak On Zoom@9.30-10.15am (BOXING)	Let's Exercise With Razak On Zoom@9.30-10.15am (RESISTANCE BAND)	Let's Do Seated Exercise@9.30-10.30am	
Let's Do Chair Yoga@10.30-11.30am	Let's Dance@10.45-11.45am	Let's Do Knotting@10.30-11.30am	HAPPY Programme - NTUC Health Led@10.30-11.30am	Let's Do Seated Exercise@10.45-11.45am	
Let's KTV Together@2-4pm	Let's Jam With Ukulele@2-3pm [FULL]	Let's Lim Kopi (Male exclusive) @11am-12pm (Hawker)	Let's CrossFit @2-3pm	Let's Do Clay Art @2-4pm [Zone 6 RC]	
Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm	Let's Piloxing @11.30am-12.30pm [Zone 7 RC]	Let's Pick Up English@4.30-5.30pm	Strategise with Kakis@2-4pm	
	Let's Learn To Take Photos@3-5pm (Zone 4 RC)	Exergame (Nintendo Sports)@1-2pm	Let's CALM- 1.30-3pm[Registered]		
		Let's Adaptive Sports@2-4pm			

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MON	TUE	WED	THU	FRI	SAT
				1	2
				一起做运动 (坐式)@9.30-10.30am	
				一起做运动 (坐式)@10.45-11.45am	
				一起做艺术与手工 @2-3pm (Zone 6 RC)	
				一起学英语(初级)@3.30-4.45pm	
4	5	6	7	8	9
一起跟Razak线上做运动 @9.30-10.15am(水瓶)	一起跟Razak线上做运动@9.30-10.15am(舞蹈)	服务 - 社区保健站 @9am-12pm	一起跟Razak线上做运动 @9.30-10.15am (阻力带)	一起做运动 (坐式)@9.30-10.30am	
一起做椅子瑜伽 @10.30-11.30am	一起去Gai Gai(養樂多工廠)@10am-12pm	一起跟Razak线上做运动 @9.30-10.15am (拳术)	推广健康老龄化计划 @10.30-11.30am	一起做运动 (坐式)@10.45-11.45am	
一起来唱歌@2-4pm	一起来跳舞 @10.45-11.45am	Let's Piloxing @11.30am-12.30pm [Zone 7 RC]	一起做CrossFit @2-3pm	一起做艺术与手工 @2-3pm (Zone 6 RC)	
游戏时间@2-4pm	一起玩乌克丽丽 @2-3pm[节目已满]	电子游戏时间(Nintendo Sports)@1-2pm	游戏时间@2-4pm	游戏时间@2-4pm	
	游戏时间@2-4pm	MINDEF 与 Bukit Panjang 同乐@2.30-4.30pm	一起学英语(初级)@4.30-5.30pm		

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
中心休业	一起跟Razak线上做运动 @9.30-10.15am (椅子运动)	一起跟Razak线上做运动 @9.30-10.15am (拳术)	一起跟Razak线上做 运动@9.30-10.15am (阻力带)	一起做运动 (坐 式)@9.30-10.30am	代际交流-国家初 级学院@9am-1pm
	一起来跳舞@10.45-11.45am	一起做打结 @10.30-11.30am	推广健康老龄化计 划@10.30-11.30am	一起做运动 (坐 式)@10.45-11.45a m	
	一起玩乌克兰丽丽@2-3pm[节 目已满]	Let's Piloxing @11.30am-12.30pm [Zone 7 RC]	一起做CrossFit @2-3pm	中心休业 (内部活动)	一起去Gai Gai(缤 纷万千在昇 菴)@6-10pm
	游戏时间@2-4pm	电子游戏时间(Mario Kart 8)@1-2pm	游戏时间@2-4pm		
		一起做运动@2-4pm	一起学英语(初 级)@4.30-5.30pm		

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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
技能创前程课程 @9.30-10.30am (中文)	一起跟Razak线上做运动@9.30-10.15am(舞蹈)	服务 - 社区保健站 @9am-12pm	一起跟Razak线上做运动 @9.30-10.15am (阻力带)	一起做运动 (坐式)@9.30-10.30am	代际交流-国家初级学院 @9am-1pm
一起跟Razak线上做运动 @9.30-10.15am(水瓶)	一起来跳舞 @10.45-11.45am	一起跟Razak线上做运动 @9.30-10.15am (拳术)	推广健康老龄化计划 @10.30-11.30am	一起做运动 (坐式)@10.45-11.45am	
技能创前程课程 @10.30-11.30am (英语/马来语)	一起玩乌克兰丽丽 @2-3pm[节目已满]	一起做打结 @10.30-11.30am	一起做CrossFit @2-3pm	一起做粘土艺术 @2-3pm (Zone 6 RC)	
一起做椅子瑜伽 @10.30-11.30am	游戏时间@2-4pm	Let's Piloxing @11.30am-12.30pm [Zone 7 RC]	游戏时间@2-4pm	游戏时间@2-4pm	
一起来K歌 @2-4pm		电子游戏时间(Mario Kart 8)@1-2pm	一起学英语(初级)@4.30-5.30pm		
游戏时间@2-4pm		一起做运动@2-4pm			

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25	26	27	28	29	30
一起跟Razak线上做运动 @9.30-10.15am(水瓶)	一起跟Razak线上做运动 @9.30-10.15am (椅子运动)	一起跟Razak线上做运动 @9.30-10.15am (拳术)	一起跟Razak线上做运动 @9.30-10.15am (阻力带)	一起做运动 (坐式) @9.30-10.30am	
一起做椅子瑜伽 @10.30-11.30am	一起来跳舞 @10.45-11.45am	一起做打结 @10.30-11.30am	推广健康老龄化计划 @10.30-11.30am	一起做运动 (坐式) @10.45-11.45am	
一起来K歌 @2-4pm	一起玩乌克兰丽丽 @2-3pm[节目已满]	一起喝咖啡(只限男性) @11am-12pm	一起做CrossFit @2-3pm	一起做粘土艺术 @2-3pm (Zone 6 RC)	
游戏时间@2-4pm	游戏时间@2-4pm	Let's Piloxing @11.30am-12.30pm [Zone 7 RC]	一起学英语(初级) @4.30-5.30pm	游戏时间@2-4pm	
	一起来学拍照@3-5pm	电子游戏时间 (Nintendo Sports) @1-2pm	一起做防肌肉萎缩运动 @1.30-3pm		
		一起做运动@2-4pm			

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