

2026 August

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



MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Let's Do Chair Yoga @9.30-10.30am [Paid Programme]	Digital - IMDA Go-Digital - Workshop (Chinese) @10am - 11.30am	Let's Exercise @9-10am [Paid programme]	Let's Chair Zumba @9.30-10.30am	Let's Do Seated Exercise @9.30-10.30am	
Project Silver Strength (Week 4) @11am-12pm	Let's Gen with Creative-O @1.30-3.30pm (National Day)	Let's Exercise @10-11am [Paid programme]	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)	Let's Do Seated Exercise @10.45-11.45am	
Let's Yogalates @2-3pm		Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall) [Paid Programme]	Let's Boccia@12 - 2pm	Let's Celebrate Birthday 11.30am - 1.30pm [By Invitation only]	
		Let's Do Crochet @3-4pm	Community Health Post @9am-5pm	Let's Pick Up English @2-3pm	
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 Gen with ACS(I) @ 2-3pm	Let's Gen with My First Skool @ 3pm - 4pm (National Day) (Bangkit Court)	
		Let's Do Calligraphy (Beginner) @2-3.30pm (Zone 7 RC) [Full]			

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Centre Closed	Let's Dance @10-11am	Let's Exercise @9-10am [Paid programme]	Centre Closed (Internal Event)	Let's Do Seated Exercise @9.30-10.30am	
		Let's Exercise @10-11am [Paid programme]			
	Let's Disc Golf @12- 2pm	Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall) [Paid Programme]		Let's Do Seated Exercise @10.45-11.45am	
	Scent Healing @ 2-3pm [Paid programme]	Community Health Post @9am-5pm			
		Let's Do Knotting @2-3pm		Scent Healing @ 2-3pm [Paid programme]	
	Let's Do Crochet @3-4pm	Scent Healing @ 2-3pm [Paid programme]			
	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) [FULL]	Let's Do Calligraphy (Beginner) @2-3.30pm (Zone 7 RC) [Full]		Guardians of the Green @ 2-3pm	
		Let's Go Gai Gai - SHAW Movie Screening "Dear You" @1.30pm - 4pm [Full]			

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
Let's Do Chair Yoga @9.30-10.30am [Paid Programme]	Digital - IMDA Go-Digital - Workshop (English) @10am - 11.30am	Let's Exercise @9-10am [Paid programme]	Let's Chair Zumba @9.30-10.30am	Let's Do Seated Exercise @9.30-10.30am	
Project Silver Strength (Week 5) @11am-12pm	Let's Dance @10-11am	Let's Exercise @10-11am [Paid programme]		Let's Do Seated Exercise @10.45-11.45am	
	Let's Ladder Toss@12 -2pm	Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall) [Paid Programme]	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)	Digital - Fab Lab Series - Laser Cutting Workshop@10am-1pm (NTUC Health Active Ageing Centre (Pioneer))	
Let's Yogalates @2-3pm	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) [FULL]	Community Health Post @9am-5pm	Let's Seated Floorball@12-2pm	Stay Well Series - Stroke Awareness Talk (Chinese) @2pm - 3:30pm	
	Brain Power! A Mental Fitness Programme for Seniors (Chinese) @2pm - 4pm	Let's Do Knotting @2-3pm	Let's Pick Up English @2-3pm		
Let's Do Recycle Art @2-3.30pm	Let's Do Crochet @3-4pm	Let's Do Calligraphy (Beginner) @2-3.30pm (Zone 7 RC) [Full]	Let's Gen with ACS(I) @ 2-3pm		

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
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 Chair Zumba @9.30-10.30am	Let's Do Seated Exercise @9.30-10.30am	
	Let's Boccia@12 - 2pm	Let's Exercise @10-11am [Paid programme]	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)	Let's Do Seated Exercise @10.45-11.45am	
Project Silver Strength (Week 6) @11am-12pm	Stay Well Series - Mental Health Workshop by Confucious Institute (English) @2pm - 3:30pm	Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall) [Paid Programme]	Let's Cup Stacking @12-2pm	Let's Go Gai Gai - SHAW Movie Screening "Dear You" @1.30pm - 4pm [Full]	
	Let's Do Crochet @3-4pm	Community Health Post @9am-5pm	Let's Pick Up English @2-3pm	Guardians of the Green @ 2-3pm	
Let's Yogalates @2-3pm	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) [FULL]	Let's Do Knotting @2-3pm	Brain Power! A Mental Fitness Programme for Seniors (Chinese) @2pm - 4pm	Let's Learn to Take Photo @3-5pm (Mobile Phone)	
Let's Do Recycle Art @2-3.30pm		Let's Do Calligraphy (Beginner) @2-3.30pm (Zone 7 RC) [Full]			

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MON	TUE	WED	THU	FRI	SAT
31					
Let's Do Chair Yoga @9.30-10.30am [Paid Programme]					
Project Silver Strength (Week 7) @11am-12pm					
Let's Yogalates @2-3pm					
Let's Do Recycle Art @2-3.30pm					

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2026 八月

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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
一起做椅子瑜伽 @9.30-10.30am [需付费]	资讯通信媒体发展局 - 数码 乐龄计划 - 培训课程 (华文) @10-11.30am	社区保健站 @9am-5pm	一起做坐式尊巴 @9.30-10.30am	一起做运动 (坐式) @9.30-10.30am	
银发力量计划 (第四周) @11am-12pm [需付费]	代际交流 - Creative-O 幼儿园 @1.30-3.30pm @1.30-3.30pm (庆祝国庆节)	一起做运动 @9-10am [需付费]	一起练气功 @10.30am-12pm (213 Petir Road Community Hall)	一起做运动 (坐式) @10.45-11.45am	
一起做瑜伽提斯 @2-3pm	一起做钩针编织@3-4pm	一起做运动 @10-11am [需付费]	一起玩硬地滚球 @12-2pm	一起来庆生 @11.30am-1.30pm (仅 限邀请)	
		一起拳击皮拉提 @10-11am (227A Pending Road Community Hall) [需 付费]	一起学英文 - 初级 @2-3pm	一起庆祝国庆节 @1-3pm	
一起做再循环工艺 (包 装编织) @2-3.30pm	一起玩乌克丽丽(初级) @3.30-4.30pm (Zone 6 RC) [已 满]	一起做打结 @2-3pm	代际交流 - 英华(自主) 中学 @2-3pm	一起做艺术与手工 @2-3pm (Zone 6 RC Blk 272)	
				代际交流 - My First Skool 幼儿园 @ 3pm - 4pm (国庆节) (Bangkit Court)	

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MON	TUE	WED	THU	FRI	SAT	
10	11	12	13	14	15	
中心休业	一起嗨舞吧 @10-11am	社区保健站 @9am-5pm	中心休业 (内部活动)	一起做运动 (坐式) @9.30-10.30am		
		一起做运动 @9-10am [需 付费]				
		一起做运动 @10-11am [需 付费]				
	一起玩竞技叠杯@12-2pm	一起拳击皮拉提 @10-11am (227A Pending Road Community Hall) [需付 费]		一起做运动 (坐式) @10.45-11.45am		
	心灵系列 - 芳香疗愈@ 2-3pm [需付费]	一起做打结 @2-3pm				心灵系列 - 芳香疗愈@ 2-3pm [需付费]
	一起做钩针编织 @3-4pm	心灵系列 - 芳香疗愈@ 2-3pm [需付费]				
	一起玩乌克兰丽丽(初级) @3.30-4.30pm (Zone 6 RC) [已满]	一起写书法@2.30-4pm (Zone 7 RC) [已满]		环保活动 - 绿色护卫队 @2-3pm		
		一起去Gai Gai -"给阿嬷的 情书" 电影放映 @1.30pm - 4pm [已满]				一起做艺术与手工 @2-3pm (Zone 6 RC Blk 272)

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17	18	19	20	21	22
一起做椅子瑜伽 @9.30-10.30am [需付费]	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 (英文) @10-11.30am	社区保健站 @9am-5pm	一起做坐式尊巴 @9.30-10.30am	一起做运动 (坐式) @9.30-10.30am	
银发力量计划 (第五周) @11am-12pm [需付费]	一起嗨舞吧 @10-11am	一起做运动 @9-10am [需付费]		一起做运动 (坐式) @10.45-11.45am	
一起做瑜伽提斯 @2-3pm	一起玩梯式投球 @12-2pm	一起做运动 @10-11am [需付费]	一起练气功 @10.30am-12pm (213 Petir Road Community Hall)	激光切割工作坊 @10am-1pm	
	一起做钩针编织 @3-4pm	一起拳击皮拉提 @10-11am (227A Pending Road Community Hall) [需付费]	一起玩就座的地板球 @12-2pm		
一起做再循环工艺 (包装编织) @2-3.30pm	一起玩乌克丽丽(初级) @3.30-4.30pm (Zone 6 RC) [已满]	一起做打结 @2-3pm	一起学英文 - 初级 @2-3pm	保健系列 -中风意识讲座 (花文)@2pm - 3:30pm	
	最强大脑! 乐龄心理健康节目 (花文) @2-4pm	一起写书法@2.30-4pm (Zone 7 RC) [已满]	代际交流 - 英华(自主)中学 @2-3pm		

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24	25	26	27	28	29
一起做椅子瑜伽 @9.30-10.30am [需付费]	一起嗨舞吧 @10-11am	社区保健站 @9am-5pm	一起做坐式尊巴 @9.30-10.30am	一起做运动 (坐式) @9.30-10.30am	
		一起做运动 @9-10am [需付费]		一起做运动 (坐式) @10.45-11.45am	
银发力量计划 (第六周) @11am-12pm [需付费]	保健系列 - 孔子学院心理健康 工作坊(英文) @2pm - 3:30pm	一起做运动 @10-11am [需付费]	一起练气功 @10.30am-12pm (213 Petir Road Community Hall)	一起去Gai Gai - "给阿嬷的情 书" 电影放映 @1.30pm - 4pm [已满]	
一起做瑜伽提斯 @2-3pm	一起玩硬地滚球 - 12pm to 2pm	一起拳击皮拉提 @10-11am (227A Pending Road Community Hall) [需 付费]	一起玩竞技叠杯@12-2pm		
		一起做打结 @2-3pm		环保活动 - 绿色护卫队 @2-3pm	
一起做再循环工艺 (包装编 织) @2-3.30pm	一起做钩针编织 @3-4pm	一起写书法@2.30-4pm (Zone 7 RC) [已满]	最强大脑! 乐龄心理健康节目 (花文) @2-4pm	一起做艺术与手工 @2-3pm (Zone 6 RC Blk 272)	
	一起玩乌克兰(初级) @3.30-4.30pm (Zone 6 RC) [已满]		一起学英文 - 初级 @2-3pm	一起学手机拍照技巧 @3-5pm	

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31					
一起做椅子瑜伽 @9.30-10.30am [需付费]					
银发力量计划 (第七周) @11am-12pm [需付费]					
一起做瑜伽提斯 @2-3pm					
一起做再循环工艺 (包装 编织) @2-3.30pm					

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