

2025 December

 **Centre Name:** AAC (Bukit Panjang)
 **Centre Address:** 2 Bukit Panjang Ring Road, #02-06, S679947
 **Centre Contact:** 8031 2839



MON

TUE

WED

THU

FRI

SAT

1	2	3	4	5	6
Let's Do Chair Yoga@9.30-10.30am	Let's Exercise - Online Video@9.15-10am	Services - Wellness - CHP@9-12pm	HAPPY Programme - NTUC Health Led@9.30-10.30am	Let's Do Seated Exercise@9.30-10.30am * Registration Required	Let's Gen With National Junior College@ 10am-12pm
Let's Yogalates@2-3pm	Let's Exercise - Online Video@10-10.45am	Let's Exercise - Online Video@9.15-10am	Let's Qigong@10.30am-12.00pm (213 Petir Road Community Hall)	Let's Do Seated Exercise@10.45-11.45am * Registration Required	
Strategise with Kakis (Sudoku)@3-4pm	Strategise with Kakis@1-5pm	Let's Exercise - Online Video@10-10.45am	Let's Gen With National Junior College@ 3pm-4pm	Let's Say Yes to Waste Less by NEA @ 1-2pm	
		Let's Piloxing @10- 11am [Zone 7 RC]		Strategise with Kakis@1-5pm	
		Let's Do Knotting@2-3pm		Let's Do Arts & Craft @2-3pm [Zone 6 RC]	

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8	9	10	11	12	13
Let's Do Chair Yoga@9.30-10.30am	Let's Exercise - Online Video@9.15-10am	Let's Exercise - Online Video@9.15-10am	HAPPY Programme - NTUC Health Led@9.30-10.30am	Centre Closed For Internal Event (Team Building Day)	
Let's Upcycle (Coffee Scrub) @11-11.45am	Let's Exercise - Online Video@10-10.45am	Let's Exercise - Online Video@10-10.45am	Let's Qigong@10.30am-12.00pm (213 Petir Road Community Hall)		
SPH - Let's Talk News @ 11am - 12pm	Strategise with Kakis@1-5pm	Let's Piloxing @10- 11am [Zone 7 RC]	Let's Do Arts & Craft - Floating Teacup@2-4pm		
Let's Yogalates@2-3pm		Let's Do Knotting@2-3pm			
Strategise with Kakis (Sudoku)@3-4pm					

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
Centre Closed (Hawker Centre Washing)	Centre Closed (Hawker Centre Washing)	Services - Wellness - CHP@9-12pm	HAPPY Programme - NTUC Health Led@9.30-10.30am	Let's Do Seated Exercise@9.30-10.30am * Registration Required	Let's Celebrate Christmas @ 9.30am-12.30pm
		Let's Exercise - Online Video@9.15-10am	Let's Qigong@10.30am-12.00pm (213 Petir Road Community Hall)	Let's Do Seated Exercise@10.45-11.45am * Registration Required	
		Let's Exercise - Online Video@10-10.45am	Stay Well Series - Health Talk by Ngee Ann Polytechnic@2-4pm	Strategise with Kakis@1-5pm	
		Let's Piloxing @10- 11am [Zone 7 RC]	Let's Gen With National Junior College@3-4pm	Let's Do Arts & Craft @2-3pm [Zone 6 RC]	
		Let's Do Knotting@2-3pm			

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NTUC Health

MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
Let's Do Chair Yoga@9.30-10.30am	Let's Exercise with Razak@9.30-10.30am	Let's Exercise - Online Video@9.15-10am	Centre Closed (Christmas Day)	Let's Do Seated Exercise@10.45-11.45am * Registration Required	
SPH - Let's Talk News @ 11am - 12pm	Let's Makan Together - F4@10.45-11.15am	Let's Exercise - Online Video@10-10.45am		Let's Do Seated Exercise@10.45-11.45am * Registration Required	
Let's Yogalates@2-3pm	Let's Talk about: LPA nomination by SMU Law students (English) @ 2 - 3pm	Centre Closed		Let's Tea Dance@2-4pm	
Strategise with Kakis (Sudoku)@3-4pm	Let's Talk about: LPA nomination by SMU Law students (Chinese) @ 3.15 - 4.15pm				
	Strategise with Kakis@1-5pm				

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MON	TUE	WED	THU	FRI	SAT
29	30	31			
Let's Do Chair Yoga@9.30-10.30am	Let's Exercise with Razak@9.30-10.30am	Let's Exercise - Online Video@9.15-10am			
Let's Yogalates@2-3pm	Let's Makan Together - F4@10.45-11.15am	Let's Exercise - Online Video@10-10.45am			
Strategise with Kakis (Sudoku)@3-4pm	Strategise with Kakis@1-5pm	Centre Closed			
	Let's Learn to Take Photos(Christmas Wonderland)@5-8.30pm				

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2025 十二月

 **Centre Name:** AAC (Bukit Panjang)
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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
一起做椅子瑜伽 @9.30-10.30am	一起做线上做运动 @9.15-10am	服务 - 社区保健站 @9-12pm	推广健康老龄化计划 @9:30-10.30am	一起做运动 (坐式) @9.30-10.30am	代际交流-国家初级学院@ 10am-12am
一起做瑜伽提斯 @2-3pm	一起做线上做运动 @10-10.45am	一起做线上做运动 @9.15-10am	一起打气功 @10.30am-12.00pm (213 Petir Road Community Hall)	一起做运动 (坐式) @10.45-11.45am	
游戏时间 (Sudoku)@3-4pm	游戏时间@1-5pm	一起做线上做运动 @10-10.45am	代际交流-国家初级学院@ 3pm-4pm	Let's Say Yes to Waste Less by NEA @ 1-2pm	
		Let's Piloxing @10- 11am [Zone 7 RC]		一起做艺术与手工 @2-3pm (Zone 6 RC)	
		一起做打结@2pm-3pm		游戏时间@2-5pm	

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8	9	10	11	12	13
一起做椅子瑜伽 @9.30-10.30am	一起做线上做运动 @9.15-10am	一起做线上做运动 @9.15-10am	推广健康老龄化计划 @9:30-10.30am	中心休业 (内部活动)	
一起聊新闻 @11am-12pm	一起做线上做运动 @10-10.45am	一起做线上做运动 @10-10.45am	一起打气功 @10.30am-12.00pm (213 Petir Road Community Hall)		
一起做瑜伽提斯 @2-3pm	游戏时间@1-5pm	Let's Piloxing @10- 11am [Zone 7 RC]	一起做漂浮茶杯@2-4pm		
游戏时间 (Sudoku)@3-4pm		一起做打结@2pm-3pm			

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15	16	17	18	19	20
中心休业 (清洗巴刹)	中心休业 (清洗巴刹)	服务 - 社区保健站 @9-12pm	推广健康老龄化计划 @9:30-10.30am	一起做运动 (坐式) @9.30-10.30am	一起来庆祝圣诞节@ 9.30am-12.30pm
		一起做线上做运动 @9.15-10am	一起打气功 @10.30am-12.00pm (213 Petir Road Community Hall)	一起做运动 (坐式) @10.45-11.45am	
		一起做线上做运动 @10-10.45am	代际交流-义安理工学院 @2-4pm	一起做艺术与手工 @2-3pm (Zone 6 RC)	
		Let's Piloxing @10-11am [Zone 7 RC]	代际交流-国家初级学院 @3-4pm	游戏时间@2-5pm	
		一起做打结@2pm-3pm			

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22	23	24	25	26	27
一起做椅子瑜伽 @9.30-10.30am	一起跟Razak做运动 @9.30-10.30am	一起做线上做运动 @9.15-10am	中心休业 (圣诞节)	一起做运动 (坐式) @9.30-10.30am	
一起做瑜伽提斯 @2-3pm	一起来makan - F4@10.45-11.15am	一起做线上做运动 @10-10.45am		一起做运动 (坐式) @10.45-11.45am	
游戏时间 (Sudoku)@3-4pm	一起来谈持久授权书 @2-3pm (英语)	中心休业		Let's Tea Dance@2-4pm	
	一起来谈持久授权书 @3.15-4.15pm (华文)				
	游戏时间@1-5pm				

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29	30	31			
一起做椅子瑜伽 @9.30-10.30am	一起跟Razak做运动 @9.30-10.30am	一起做线上做运动 @9.15-10am			
一起聊新闻 @11am-12pm	一起来makan - F4@10.45-11.15am	一起做线上做运动 @10-10.45am			
一起做瑜伽提斯 @2-3pm	游戏时间@1-5pm	中心休业			
游戏时间 (Sudoku)@3-4pm	一起来学拍照 @5-8.30pm				

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