

2026 February

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Do Chair Yoga @9.30-10.30am	Let's Exercise with Razak @9.30-10.30am	Services - Wellness - CHP@9-12pm	HAPPY Programme @9.30-10.30am	Let's Do Seated Exercise@9.30-10.30am *Registration Required	
Let's Exercise - Online Video @10.30-11.15am	Let's Makan Together - F4@10.45-11.15am	Let's Exercise - Online Video @9.30-10.15am	Let's Qigong@10.30am-12p m (213 Petir Road Community Hall)	Let's Do Seated Exercise@10.45-11.45am *Registration Required	
Let's Yogalates @2-3pm	Let's Do Red Packet Craft (CNY) @2pm - 3.30pm	Let's Piloxing @10- 11am [Zone 7 RC]	Let's Perform Circus Acts (Male Exclusive) @10.30am-12pm	Let's Do Arts & Craft @2-3pm [Zone 6 RC]	
Let's Do Recycle Art @2- 3.30pm	Let's Learn to Take Photos (Golden Clicks) @2-4pm	Let's Exercise - Online Video @10.30-11.15am	Let's SteadyLah @2-3.30pm		
	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC)	Exergame (Taiko No Tatsujin)@1-3pm	Let's Pick Up English @2-3pm		
		Let's Do Knotting @2-3pm			

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Let's Do Chair Yoga @9.30-10.30am	Let's Exercise with Razak @10.15-11.15am	Digital - IMDA Go-Digital - Workshop (Chinese) @9.30-11am	HAPPY Programme @9.30-10.30am	Let's Do Seated Exercise@9.30-10.30am *Registration Required	
Let's Exercise - Online Video @10.30-11.15am	Let's Makan Together - F4@11.15-11.45am	Let's Piloxing @10- 11am [Zone 7 RC]	Let's Qigong@10.30am-12pm (213 Petir Road Community Hall)	Let's Do Seated Exercise@10.45-11.45am *Registration Required	
Let's Yogalates @2-3pm	Let's Do Goucahe @10am-12pm	Let's Do Knotting @2-3pm	Let's Perform Circus Acts (Male Exclusive)@10.30am-12 pm	Centre Closed	
Let's Do Recycle Art @2- 3.30pm	Project PRAISE @2-4pm	Digital - IMDA Go-Digital - Consultation @2-4pm	Let's SteadyLah @2-3.30pm		
	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC)	Let's Do Paper Quilling (V-day Flowers) @2-5pm	Let's Pick Up English @2-3pm		

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Do Chair Yoga @9.30-10.30am	Centre Closed (Chinese New Year)	Centre Closed (Chinese New Year)	HAPPY Programme @9.30-10.30am	Let's Do Seated Exercise@9.30-10.30am *Registration Required	
Let's Exercise - Online Video @10.30-11.15am			Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)	Let's Do Seated Exercise@10.45-11.45am *Registration Required	
Centre Closed (Chinese New Year's Eve)			Let's Perform Circus Acts (Male Exclusive) @10.30am-12pm	Let's Do Arts & Craft @2-3pm [Zone 6 RC]	
			SteadyLah @2-3.30pm	Let's Celebrate Birthday @2-4pm	
	Let's Pick Up English @2-3pm				

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Let's Do Chair Yoga @9.30-10.30am	Let's Exercise with Razak @10.15-11.15am	Digital - IMDA Go-Digital - Workshop (English)@9.30-11am	HAPPY Programme @9.30-10.30am	Let's Do Seated Exercise@9.30-10.30am *Registration Required	
Let's Talk News@11am-12pm (SPH)	Let's Makan Together - F4@11.15-11.45am	Let's Piloxing @10- 11am [Zone 7 RC]	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)	Let's Do Seated Exercise@10.45-11.45am *Registration Required	
Let's Yogalates @2-3pm	Let's Do Goucahe @10am-12pm	Exergame (Taiko No Tatsujin)@1-3pm	Let's Perform Circus Acts (Male Exclusive) @10.30am-12pm	Let's Gen with Creative-O @1.30-3.30pm (Chinese New Year)	
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 SteadyLah @2-3.30pm		
	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC)	Digital - IMDA Go-Digital - Consultation@2-4pm	Let's Pick Up English @2-3pm		

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2026 二月

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起做椅子瑜伽 @9.30-10.30am	一起跟Razak做运动 @9.30-10.30am	服务 - 社区保健站 @9-12pm	推广健康老龄化计划 @9:30am-10.30am	一起做运动 (坐式) @9.30-10.30am * 需要注册	
一起做线上做运动 @10.30-11.15am	一起来makan - F4@10.45-11.15am	一起做线上做运动 @9.30-10.15am	一起打气功 @10.30am-12pm (213 Petir Road Community Hall)	一起做运动 (坐式) @10.45-11.45am * 需要注册	
一起做瑜伽提斯 @2-3pm	一起做红包手工 (农历 新年) @2pm - 3.30pm	一起做 Piloxing @10- 11am [Zone 7 RC]	一起来表演杂技(只限男 性) @11am-12.30pm	一起做艺术与手工 @2-3pm (Zone 6 RC)	
一起做再循环工艺 (包装编织) @2- 3.30pm	金龄摄友会 @2-4pm	一起做线上做运动 @10.30-11.15am	Steady Lah! 保健操 @2-3.30pm		
	一起玩乌克兰丽丽(初级) @3.30pm-4.30pm (Zone 6 RC)	电子游戏时间(Taiko No Tatsujin) @1-3pm	一起学英文 - 初级 @2-3pm		
		一起做打结 @2pm-3pm			

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9	10	11	12	13	14
一起做椅子瑜伽 @9.30-10.30am	一起跟Razak做运动 @10.15-11.15am	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程(华文) @9.30-11am	推广健康老龄化计划 @9:30-10.30am	一起做运动 (坐式) @9.30-10.30am * 需要注册	
一起做线上做运动 @10.30-11.15am	一起来makan - F4@11.15-11.45am	一起做 Piloxing @10- 11am [Zone 7 RC]	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 * 需要注册	
一起做瑜伽提斯 @2-3pm	一起做水粉画 @10am-12pm	一起做打结 @2pm-3pm	一起来表演杂技(只限 男性)@10.30am-12pm	中心休业	
一起做再循环工艺 (包装编织) @2- 3.30pm	防诈骗讲座 @2-4pm	资讯通信媒体发展局 - 数码乐龄计划 - 社区咨 询流动柜台@2-4pm	Steady Lah! 保健操 @2-3.30pm		
	一起玩乌克兰丽丽(初级) @3.30pm-4.30pm (Zone 6 RC)	一起做衍纸 (情人节花 朵) @ 2-5pm	一起学英文 - 初级 @2-3pm		

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16	17	18	19	20	21
一起做椅子瑜伽 @9.30-10.30am	中心休业 (初一)	中心休业 (初二)	推广健康老龄化计划 @9:30-10.30am	一起做运动 (坐式) @9.30-10.30am * 需要注册	
一起做线上做运动 @10.30-11.15am			一起打气功 @10.30am-12pm (213 Petir Road Community Hall)	一起做运动 (坐式) @10.45-11.45am * 需要注册	
中心休业 (除夕)			一起来表演杂技(只限男性) @10.30am-12pm	一起做艺术与手工 @2-3pm (Zone 6 RC)	
			Steady Lah! 保健操 @ 2-3.30pm	一起来庆生 @2-4pm	
	一起学英文 - 初级 @2-3pm				

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23	24	25	26	27	28
一起做椅子瑜伽 @9.30-10.30am	一起跟Razak做运动 @10.15-11.15am	资讯通信媒体发展局 - 数码乐龄计划 - 培训 课程(英文) @9.30-11am	推广健康老龄化计划 @9:30-10.30am	一起做运动 (坐式) @9.30-10.30am * 需要注册	
一起聊新闻 @11am-12pm	一起来makan -F4 @11.15-11.45am	一起做 Piloxing @10- 11am [Zone 7 RC]	一起打气功 @10.30am-12pm (213 Petir Road Community Hall)	一起做运动 (坐式) @10.45-11.45am * 需要注册	
一起做瑜伽提斯 @2-3pm	一起做水粉画 @10am-12pm	电子游戏时间(Taiko No Tatsujin) @1-3pm	一起来表演杂技 (只限男性) @10.30am-12pm	代际交流 - 新意元幼源 幼儿园 @1.30-3.30pm (农历新年)	
一起做再循环工艺 (包装 编织) @2-3.30pm	金龄摄友会 @2-4pm	一起做打结 @2pm-3pm	Steady Lah! 保健操 @ 2-3.30pm		
	一起玩乌克丽丽(初 级) @3.30pm-4.30pm (Zone 6 RC)	资讯通信媒体发展局 - 数码乐龄计划 - 社 区咨询流动柜台 @2-4pm	一起学英文 - 初级 @2-3pm		

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