

2026 January

 **Centre Name:** AAC (Bukit Panjang)
 **Centre Address:** 2 Bukit Panjang Ring Road, #02-06, S(679947)
 **Centre Contact:** 80312839



MON	TUE	WED	THU	FRI	SAT
			1	2	3
			Centre Closed (New Year's Day)	Let's Do Seated Exercise@9.30-10.30am	
				Let's Do Seated Exercise@10.45-11.45am	
				Strategise with Kakis@1-5pm	
				Let's Do Arts & Craft @2-3pm [Zone 6 RC]	

2026 January

 **Centre Name:** AAC (Bukit Panjang)
 **Centre Address:** 2 Bukit Panjang Ring Road, #02-06, S(679947)
 **Centre Contact:** 80312839



MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
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@9.30-11am (Registration)	Let's Do Seated Exercise@9.30-10.30am	
Let's Exercise - Online Video@10.45-11.30am	Let's Makan Together - F4@10.45-11.15am	Let's Exercise - Online Video@9.30-10.15am	Let's Perform Circus Acts (Male Exclusive)@10.30am-12pm	Let's Do Seated Exercise@10.45-11.45am	
Let's Yogalates@2-3pm	Let's Learn to Tech (Eh How Ah)@2-4pm	Let's Exercise - Online Video@10.30-11am	Let's Qigong@10.30am-12.00pm (213 Petir Road Community Hall)	Strategise with Kakis@1-5pm	
Let's Do Recycle Art (Wrapper Weaving)@2-3.30pm	Let's Jam with Ukulele(Intermediate 1)@1.30-2.30pm (Zone 6 RC)	Let's Piloxing @10- 11am [Zone 7 RC]	Steady Lah! @ 2-3.30pm (Registration)	Let's Do Arts & Craft @2-3pm [Zone 6 RC]	
Strategise with Kakis (Sudoku)@3-4pm	Let's Jam with Ukulele (Intermediate 2)@2.30-3.30pm (Zone 6 RC)	Exergame (Taiko No Tatsujin)@1-3pm	Let's CrossFit @1-2pm		
	Let's Jam with Ukulele (Beginner)@3.30-4.30pm (Zone 6 RC)	Let's Do Knotting@2-3pm	Fun with Kakis (Chinese Chess)@3-4pm		
	Strategise with Kakis@1-5pm	Fun with Kakis (Hidden Object Puzzle)@3-4pm			

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 January

 **Centre Name:** AAC (Bukit Panjang)
 **Centre Address:** 2 Bukit Panjang Ring Road, #02-06, S(679947)
 **Centre Contact:** 80312839



MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
Let's Do Chair Yoga@9.30-10.30am	Let's Exercise with Razak@9.30-10.30am	Let's Gen Together - National Junior College @9am-12pm	Let's Gen Together - National Junior College @9am-12pm	Let's Gen Together - National Junior College @9am-12pm	
Let's Talk News@11am-12pm	Let's Makan Together - F4@10.45-11.15am	Digital - IMDA Go-Digital - Workshop (Chinese) @9.30-11am	Let's Qigong@10.30am-12.00pm (213 Petir Road Community Hall)	Strategise with Kakis@1-5pm	
Let's Yogalates@2-3pm	Let's Do Zentangle@10am-12pm	Let's Piloxing @10- 11am [Zone 7 RC]	Let's CrossFit @1-2pm	Let's Do Arts & Craft @2-3pm [Zone 6 RC]	
Let's Do Recycle Art (Wrapper Weaving)@2-3.30pm	Let's Learn to Take Photos (Golden Clicks)@2-4pm	Exergame (Taiko No Tatsujin)@1-3pm	Fun with Kakis (Chinese Chess)@3-4pm		
Strategise with Kakis (Sudoku)@3-4pm	Strategise with Kakis@1-5pm	Let's Do Knotting@2-3pm			
	Let's Jam with Ukulele(Intermediate 1)@1.30-2.30pm (Zone 6 RC)	Digital - IMDA Go-Digital - Consultation@2-4pm			
	Let's Jam with Ukulele (Intermediate 2)@2.30-3.30pm (Zone 6 RC)	Fun with Kakis (Hidden Object Puzzle)@3-4pm			
Let's Jam with Ukulele (Beginner)@3.30-4.30pm (Zone 6 RC)					

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 January

 **Centre Name:** AAC (Bukit Panjang)
 **Centre Address:** 2 Bukit Panjang Ring Road, #02-06, S(679947)
 **Centre Contact:** 80312839



MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
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	
Let's Exercise - Online Video@10.45-11.30am	Let's Makan Together - F4@10.45-11.15am	Let's Exercise - Online Video@9.30-10.15am	Let's Perform Circus Acts (Male Exclusive)@10.30am-12pm	Let's Do Seated Exercise@10.45-11.45am	
Let's Yogalates@2-3pm	Let's Do Arts & Craft@10am-12pm	Let's Exercise - Online Video@10.30-11am	Let's Qigong@10.30am-12.00pm (213 Petir Road Community Hall)	Strategise with Kakis@1-5pm	
Let's Do Recycle Art (Wrapper Weaving)@2-3.30pm	Let's Jam with Ukulele(Intermediate 1)@1.30-2.30pm (Zone 6 RC)	Let's Piloxing @10-11am [Zone 7 RC]	Let's CrossFit @1-2pm	Let's Do Arts & Craft @2-3pm [Zone 6 RC]	
Strategise with Kakis (Sudoku)@3-4pm	Let's Jam with Ukulele (Intermediate 2)@2.30-3.30pm (Zone 6 RC)	Exergame (Taiko No Tatsujin)@1-3pm	Steady Lah!@2-3.30pm		
	Let's Jam with Ukulele (Beginner)@3.30-4.30pm (Zone 6 RC)	Let's Do Knotting@2-3pm	Fun with Kakis (Chinese Chess)@3-4pm		
	Let's Learn to Take Photos@2-4pm	Fun with Kakis (Hidden Object Puzzle)@3-4pm			
	Strategise with Kakis@1-5pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 January

 **Centre Name:** AAC (Bukit Panjang)
 **Centre Address:** 2 Bukit Panjang Ring Road, #02-06, S(679947)
 **Centre Contact:** 80312839



MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
Let's Do Chair Yoga@9.30-10.30am	Let's Exercise with Razak@9.30-10.30am	Digital - IMDA Go-Digital - Workshop (English) @9.30-11am	HAPPY Programme@9.30-10.30am	Let's Do Seated Exercise@9.30-10.30am	
Let's Talk News@11am-12pm	Let's Do Goucahe@10am-12pm	Let's Piloxing @10- 11am [Zone 7 RC]	Let's Perform Circus Acts (Male Exclusive)@10.30am-12pm	Let's Do Seated Exercise@10.45-11.45am	
Let's Yogalates@2-3pm	Let's Makan Together - F4@10.45-11.15am	Let's Go Gai Gai - Asian Civilisation Museum@1.30pm - 5pm	Let's CrossFit @1-2pm	Let’s Learn to Build Sand Art Air Plant Terrarium@ 3pm - 4pm	
Let's Do Recycle Art (Wrapper Weaving)@2-3.30pm	Leave Well Series - Legacy Planning Workshop - Lasting Power of Attorney@1-5pm	MINDEF Do Good At Bukit Panjnag@2-4pm	Steady Lah!@2-3.30pm	Strategise with Kakis@1-5pm	
Strategise with Kakis (Sudoku)@3-4pm	Let's Learn to Take Photos (Golden Clicks)@2-4pm		Fun with Kakis (Hidden Object Puzzle)@4-5pm	Fun with Kakis (Chinese Chess)@3-4pm	
	Let's Jam with Ukulele(Intermediate 1)@1.30-2.30pm (Zone 6 RC)				
	Let's Jam with Ukulele (Intermediate 2)@2.30-3.30pm (Zone 6 RC)				
	Let's Jam with Ukulele (Beginner)@3.30-4.30pm (Zone 6 RC)				
	Strategise with Kakis@1-5pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 一月

 **Centre Name:** AAC (Bukit Panjang)
 **Centre Address:** 2 Bukit Panjang Ring Road, #02-06, S(679947)
 **Centre Contact:** 80312839



MON	TUE	WED	THU	FRI	SAT
			1	2	3
			中心休业 (元旦)	一起做运动 (坐式)@9.30-10.30am	
				一起做运动 (坐式)@10.45-11.45am	
				游戏时间@2-5pm	
				一起做艺术与手工 @2-3pm (Zone 6 RC)	

2026 一月

 **Centre Name:** AAC (Bukit Panjang)
 **Centre Address:** 2 Bukit Panjang Ring Road, #02-06, S(679947)
 **Centre Contact:** 80312839



MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
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 @9:30-10.30am (报名日)	一起做运动 (坐 式)@9.30-10.30am	
一起做线上做运动 @10.45-11.30am	一起来makan - F4@10.45-11.15am	一起做线上做运动 @9.30-10.15am	一起来表演杂技(只限男 性)@10.30am-12pm	一起做运动 (坐 式)@10.45-11.45am	
一起做瑜伽提斯 @2-3pm	一起学科技(Eh How Ah)@2-4pm	一起做线上做运动 @10.30-11am	一起打气功 @10.30am-12.00pm (213 Petir Road Community Hall)	游戏时间@2-5pm	
一起做再循环工艺 (包装编织) @2- 3.30pm	一起玩乌克兰丽丽(中级 1)@1.30-2.30pm (Zone 6 RC)	一起做 Piloxing @10- 11am [Zone 7 RC]	一起做CrossFit @1-2pm	一起做艺术与手工 @2-3pm (Zone 6 RC)	
游戏时间 (数独) @ 3-4pm	一起玩乌克兰丽丽(中级 2)@2.30-3.30pm (Zone 6 RC)	电子游戏时间(Taiko No Tatsujin)@1-3pm	Steady Lah! 保健操 @ 2-3.30pm (报名日)		
	一起玩乌克兰丽丽(初 级)@3.30pm-4.30pm (Zone 6 RC)	一起做打结@2pm-3pm	游戏时间(象棋)@3-4pm		
	游戏时间@2-5pm	游戏时间(图画捉迷藏)@3-4pm			

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 一月

 **Centre Name:** AAC (Bukit Panjang)
 **Centre Address:** 2 Bukit Panjang Ring Road, #02-06, S(679947)
 **Centre Contact:** 80312839



MON	TUE	WED	THU	FRI	SAT	
12	13	14	15	16	17	
一起做椅子瑜伽 @9.30-10.30am	一起跟Razak做运动 @9.30-10.30am	代际交流 (National Junior College)@9am-12pm	代际交流 (National Junior College)@9am-12pm	代际交流 (National Junior College)@9am-12pm		
一起聊新闻 @11am-12pm	一起来makan - F4@10.45-11.15am	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程(华文) @9.30-11am	一起打气功 @10.30am-12.00pm (213 Petir Road Community Hall)	一起做运动 (坐式)@9.30-10.30am		
一起做瑜伽提斯@2-3pm	一起做禅绕画 @10am-12pm	一起做 Piloxing @10-11am [Zone 7 RC]	一起做CrossFit @1-2pm	一起做运动 (坐式)@10.45-11.45am		
一起做再循环工艺 (包装编织) @2- 3.30pm	金龄摄友会@2-4pm	电子游戏时间(Taiko No Tatsujin)@1-3pm		游戏时间@2-5pm		
游戏时间 (数独) @ 3-4pm	一起玩乌克兰丽丽(中级1)@1.30-2.30pm (Zone 6 RC)	游戏时间(图画捉迷藏)@3-4pm		游戏时间(象棋)@3-4pm		一起做艺术与手工 @2-3pm (Zone 6 RC)
	一起玩乌克兰丽丽(中级2)@2.30-3.30pm (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				
	一起玩乌克兰丽丽(初级)@3.30pm-4.30pm (Zone 6 RC)					
	游戏时间@2-5pm					

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.
职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 一月

 **Centre Name:** AAC (Bukit Panjang)
 **Centre Address:** 2 Bukit Panjang Ring Road, #02-06, S(679947)
 **Centre Contact:** 80312839



MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
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 @9:30-10.30am	一起做运动 (坐式) @9.30-10.30am	
一起做线上做运动 @10.45-11.30am	一起来makan - F4@10.45-11.15am	一起做线上做运动 @9.30-10.15am	一起来表演杂技(只限男性) @10.30am-12pm	一起做运动 (坐式) @10.45-11.45am	
一起做瑜伽提斯 @2-3pm	一起做艺术与手工 @10am-12pm	一起做线上做运动 @10.30-11am	一起做CrossFit @1-2pm	游戏时间@2-5pm	
一起做再循环工艺 (包装编织) @2-3.30pm	一起学手机拍照技巧 @2-4pm	一起做 Piloxing @10- 11am [Zone 7 RC]	Steady Lah! 保健操 @2-3.30pm	一起做艺术与手工 @2-3pm (Zone 6 RC)	
游戏时间 (数独) @3-4pm	一起玩乌克兰丽丽(中级1) @1.30-2.30pm (Zone 6 RC)	一起做打结@2pm-3pm	游戏时间(象棋) @3-4pm		
	一起玩乌克兰丽丽(中级2) @2.30-3.30pm (Zone 6 RC)	游戏时间(图画捉迷藏) @3-4pm			
	一起玩乌克兰丽丽(初级) @3.30pm-4.30pm (Zone 6 RC)				
	游戏时间@2-5pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.
 职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2026 一月

 **Centre Name:** AAC (Bukit Panjang)
 **Centre Address:** 2 Bukit Panjang Ring Road, #02-06, S(679947)
 **Centre Contact:** 80312839



MON	TUE	WED	THU	FRI	SAT
26	27	28	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	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	
一起聊新闻 @11am-12pm	一起来makan - F4@10.45-11.15am	一起做 Piloxing @10- 11am [Zone 7 RC]	一起来表演杂技(只限男性)@10.30am-12pm	一起做运动 (坐式)@10.45-11.45am	
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	一起打气功 @10.30am-12.00pm (213 Petir Road Community Hall)	Let's Learn to Build Sand Art Air Plant Terrarium@3-4pm	
一起做再循环工艺 (包装编织) @2-3.30pm	走得自在系列 -遗产与遗嘱规划 - 持久授权书 @1-5pm	一起去 Gai Gai - 亚洲文明博物馆 @1.30pm - 5pm	Steady Lah! 保健操 @2-3.30pm	游戏时间@2-5pm	
游戏时间 (数独) @3-4pm	金龄摄友会@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	游戏时间(象棋)@3-4pm	一起做艺术与手工 @2-3pm (Zone 6 RC)	
	一起玩乌克兰丽丽(中级1)@1.30-2.30pm (Zone 6 RC)	一起做打结@2pm-3pm			
	一起玩乌克兰丽丽(中级2)@2.30-3.30pm (Zone 6 RC)	MINDEF 与 Bukit Panjang 同乐 @2-4pm			
	一起玩乌克兰丽丽(初级)@3.30pm-4.30pm (Zone 6 RC)				
	游戏时间@2-5pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。