

2025 July

 **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	3	4	5
	Let's Exercise With Razak On Zoom@9.30-10.15am (CHAIROBICS)	Services - Wellness - CHP@9-12pm	HAPPY Programme - NTUC Health Led@10.30-11.30am	Let's Do Seated Exercise@9.30-10.30am	
	Let's Dance@10.45-11.45am	Let's Exercise With Razak On Zoom@9.30-10.15am (BOXING)	HAPPY Programme - NTUC Health Led@11.30am-12.30pm	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	Let's Do Nagomi Art @2-3pm [Zone 6 RC]	
	Strategise with Kakis@2-4pm	Exergame (Mario Kart 8)@1-2pm Let's Do Knotting@2-4pm Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm	
7	8	9	10	11	12
Let's Do Chair Yoga@10-11am	Let's Exercise With Razak On Zoom@9.30-10.15am (FUN DANCE)	Let's Exercise With Razak On Zoom@9.30-10.15am (RESISTANCE BAND)	HAPPY Programme - NTUC Health Led@10.30-11.30am	Let's Do Seated Exercise@9.30-10.30am	
Let's Learn To Sing@2-4pm	Let's Jam With Ukulele@2-3pm [FULL]	Let's Piloxing @11.30am-12.30pm [Zone 7 RC]	HAPPY Programme - NTUC Health Led@11.30am-12.30pm	Let's Do Seated Exercise@10.45-11.45am	
Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm	Exergame (Mario Kart 8)@1-2pm	Let's CrossFit @2-3pm	Let's Do Nagomi Art @2-3pm [Zone 6 RC]	
		MINDEF Do Good at Bukit Panjang@2.30-4.30pm [By Invitation Only] Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm	

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MON

TUE

WED

THU

FRI

SAT

14	15	16	17	18	19
Let's Do Chair Yoga@10-11am	Let's Exercise With Razak On Zoom@9.30-10.15am (CHAIROBICS)	Services - Wellness - CHP@9-12pm	HAPPY Programme - NTUC Health Led@10.30-11.30am	Let's Go Gai Gai@9am-1pm [FULL]	
Let's KTV Together@2-4pm	Let's Dance@10.45-11.45am	Let's Exercise With Razak On Zoom@9.30-10.15am (BOXING)	HAPPY Programme - NTUC Health Led@11.30am-12.30pm	Let's Do Seated Exercise@9.30-10.30am	
Strategise with Kakis@2-4pm	Let's Jam With Ukulele@2-3pm [FULL]	Let's Piloxing @11.30am-12.30pm [Zone 7 RC]	Let's CrossFit @2-3pm	Let's Do Seated Exercise@10.45-11.45am	
	Strategise with Kakis@2-4pm	Exergame (Mario Kart 8)@1-2pm	Strategise with Kakis@2-4pm	Let's Do Nagomi Art @2-3pm [Zone 6 RC]	
		Strategise with Kakis@2-4pm		Strategise with Kakis@2-4pm	
				Let's Pick Up English@3.30-4.45pm	
21	22	23	24	25	26
Let's Do Chair Yoga@10-11am	Let's Exercise With Razak On Zoom@9.30-10.15am (FUN DANCE)	Let's Exercise With Razak On Zoom@9.30-10.15am (RESISTANCE BAND)	HAPPY Programme - NTUC Health Led@10.30-11.30am	Let's Do Seated Exercise@9.30-10.30am	Let's Go Gai Gai@9am-1pm [FULL]
Let's Learn To Sing@2-4pm	Let's Dance@10.45-11.45am	Let's Piloxing @11.30am-12.30pm [Zone 7 RC]	HAPPY Programme - NTUC Health Led@11.30am-12.30pm	Let's Do Seated Exercise@10.45-11.45am	
Strategise with Kakis@2-4pm	Let's Jam With Ukulele@2-3pm [FULL]	Exergame (Mario Kart 8)@1-2pm	Let's Do Flower Arrangment@10.45-11.45am	Let's Do Nagomi Art @2-3pm [Zone 6 RC]	Health Screening @ Masjid Al-Iman@9am-1pm
	Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm	Let's CrossFit @2-3pm	Strategise with Kakis@2-4pm	Let's Pick Up English@9am-1pm
	Let's Learn To Take Photos@3-5pm	Let's KTV Together@2-4pm (Subjected To Changes)	Strategise with Kakis@2-4pm	Let's Pick Up English@3.30-4.45pm	

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MON	TUE	WED	THU	FRI	SAT
28	29	30	31		
Let's Do Chair Yoga@10-11am	Let's Exercise With Razak On Zoom@9.30-10.15am (CHAIROBICS)	Let's Exercise With Razak On Zoom@9.30-10.15am (BOXING)	HAPPY Programme - NTUC Health Led@10.30-11.30am		
Let's KTV Together@2-4pm	Let's Dance@10.45-11.45am	Let's Piloxing @11.30am-12.30pm [Zone 7 RC]	HAPPY Programme - NTUC Health Led@11.30am-12.30pm		
Strategise with Kakis@2-4pm	Let's Jam With Ukulele@2-3pm [FULL]	Exergame (Mario Kart 8)@1-2pm	Let's CrossFit @2-3pm		
	Kopi, Teh & A Good Book@2-4pm	Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm		
	Strategise with Kakis@2-4pm				

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	一起跟Razak线上做运动 @9.30-10.15am(CHAIROBICS)	服务 - 社区保健站 @9am-12pm	推广健康老龄化计划 @10.30-11.30am	一起做运动 (坐式)@9.30-10.30am	
	一起来跳舞 @10.45-11.45am	一起跟Razak线上做运动 @9.30-10.15am (BOXING)	推广健康老龄化计划 @11.30am-12.30pm	一起做运动 (坐式)@10.45-11.45am	
	一起玩乌克兰丽丽@2-3pm[节目已满]	Let's Piloxing @11.30am-12.30pm [Zone 7 RC]	Let's CrossFit @2-3pm	一起做日本和谐粉彩 @2-3pm (Zone 6 RC)	
	游戏时间@2-4pm	电子游戏时间(Mario Kart 8)@1-2pm 一起来打结@2-4pm 游戏时间@2-4pm	游戏时间@2-4pm	游戏时间@2-4pm	
7	8	9	10	11	12
一起做椅子瑜伽 @10-11am	一起跟Razak线上做运动 @9.30-10.15am (FUN DANCE)	一起跟Razak线上做运动 @9.30-10.15am (RESISTANCE BAND)	推广健康老龄化计划 @10.30-11.30am	一起做运动 (坐式)@9.30-10.30am	
一起来唱歌 @2-4pm	一起玩乌克兰丽丽@2-3pm[节目已满]	Let's Piloxing @11.30am-12.30pm [Zone 7 RC]	推广健康老龄化计划 @11.30am-12.30pm	一起做运动 (坐式)@10.45-11.45am	
游戏时间@2-4pm	游戏时间@2-4pm	电子游戏时间(Mario Kart 8)@1-2pm MINDEF 与 Bukit Panjang 同乐 @2.30-4.30pm 游戏时间@2-4pm	一起做CrossFit @2-3pm 游戏时间@2-4pm	一起做日本和谐粉彩 @2-3pm (Zone 6 RC) 游戏时间@2-4pm	

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14	15	16	17	18	19
一起做椅子瑜伽 @10-11am	一起跟Razak线上做运动 @9.30-10.15am(CHAIROBICS)	服务 - 社区保健站 @9am-12pm	推广健康老龄化计划 @10.30-11.30am	Let's Go Gai Gai@9am-1pm [FULL]	
一起来K歌 @2-4pm	一起来跳舞 @10.45-11.45am	一起跟Razak线上做运动 @9.30-10.15am (BOXING)	推广健康老龄化计划 @11.30am-12.30pm	一起做运动 (坐式)@9.30-10.30am	
游戏时间@2-4pm	一起玩乌克兰丽@2-3pm[节目已满]	Let's Piloxing @11.30am-12.30pm [Zone 7 RC]	一起做CrossFit @2-3pm	一起做运动 (坐式)@10.45-11.45am	
	游戏时间@2-4pm	电子游戏时间(Mario Kart 8)@1-2pm	游戏时间@2-4pm	一起做日本和谐粉彩 @2-3pm (Zone 6 RC)	
		游戏时间@2-4pm		游戏时间@2-4pm	
				一起学英语(初级)@3.30-4.45pm	
21	22	23	24	25	26
一起做椅子瑜伽 @10-11am	一起跟Razak线上做运动 @9.30-10.15am (FUN DANCE)	一起跟Razak线上做运动 @9.30-10.15am (RESISTANCE BAND)	推广健康老龄化计划 @10.30-11.30am	一起做运动 (坐式)@9.30-10.30am	一起去Gai Gaii@9am-1pm [FULL]
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]	推广健康老龄化计划 @11.30am-12.30pm	一起做运动 (坐式)@10.45-11.45am	
游戏时间@2-4pm	一起玩乌克兰丽@2-3pm[节目已满]	电子游戏时间(Mario Kart 8)@1-2pm	一起来插花 @10.45-11.45am	一起做日本和谐粉彩 @2-3pm (Zone 6 RC)	Health Screening @ Masjid Al-Iman@9am-1pm
	游戏时间@2-4pm	一起来K歌 @2-4pm (可能会有变化)	一起做CrossFit @2-3pm	游戏时间@2-4pm	一起学英语(初级)@9am-1pm
	一起来学拍照 @3-5pm	游戏时间@2-4pm	游戏时间@2-4pm	一起学英语(初级)@3.30-4.45pm	

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一起来K歌 @2-4pm	一起来跳舞@10.45-11.45am	Let's Piloxing @11.30am-12.30pm [Zone 7 RC]	推广健康老龄化计划 @11.30am-12.30pm		
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(Mario Kart 8)@1-2pm	一起做CrossFit @2-3pm		
	咖啡, 茶, 好书香@2-4pm				
	游戏时间@2-4pm	游戏时间@2-4pm	游戏时间@2-4pm		

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