




# 2026 July

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



**ntuc Health**

MON

TUE

WED

THU

FRI




SAT

|  |  | 1   | 2  | 3  | 4 |
|--|--|---|--|--|---|
|  |  | Community Health Post<br>@9am-5pm   | Let's Chair Zumba<br>@9.30-10.30am   | Let's Do Seated Exercise<br>@9.30-10.30am            |   |
|  |  | Let's Exercise @9-10am<br>[Paid programme]  | Say No to Frailty (Finale)<br>@10am-12pm                                   | Let's Do Seated Exercise<br>@10.45-11.45am           |   |
|  |  | Let's Exercise<br>@10-11am [Paid<br>programme]  | Let's Qigong<br>@10.30am-12pm (213<br>Petir Road Community<br>Hall)        | Rolling Good Times @<br>1-2.30pm                     |   |
|  |  | Let's Piloxing<br>@10-11am (Blk 227A<br>Pending Road<br>Community Hall) [Paid<br>Programme] | Let's Pick Up English<br>@2-3pm  | Let's Celebrate Birthday<br>(Invitation only) @2-4pm |   |
|  |  | Let's Do Knotting<br>@2-3pm   | Brain Power! A Mental<br>Fitness Programme for<br>Seniors (English) @2-4pm | Let's Do Arts & Craft<br>@2-3pm (Zone 6 RC)          |   |

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| MON   | TUE  | WED  | THU  | FRI                                     | SAT |
|---|--|--|--|---|-----|
| 6   | 7  | 8  | 9  | 10                                      | 11  |
| Let's Do Chair Yoga @9.30-10.30am [Paid Programme]  | Let's Dance @10-11am                                       | Community Health Post @9am-5pm   | Let's Chair Zumba @9.30-10.30am  | Let's Do Seated Exercise @9.30-10.30am  |     |
| Project Silver Strength (Pre-Assessment) @11am-12pm | Digital - IMDA Go-Digital - Workshop (Chinese) @10-11.30am | Let's Exercise @9-10am [Paid programme]  |  | Let's Do Seated Exercise @10.45-11.45am |     |
| Let's Yogalates @2-3pm                              | Rolling Good Times @1-2.30pm                               | Let's Exercise @10-11am [Paid programme]   | Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)                             | Rolling Good Times @1-2.30pm            |     |
|   | Let's Do Punch Needle @3-4pm [Paid Programme]              | Let's Do Piloxing @10-11am (Blk 227A Pending Road Community Hall) [Paid Programme] |  | Let's Do Knotting @2-3pm                |     |
| Let's Do Recycle Art @2-3.30pm                      |  | Let's Do Crochet @4-5pm  | Leave Well Series - Legacy Planning Workshop - Advanced Care Planning (English) @2-3pm |   |     |
|   | Let's Do Recycle Art @2-3.30pm                             |  | Leave Well Series - Legacy Planning Workshop - Advanced Care Planning (Chinese) @3-4pm | Let's Pick Up English @2-3pm            |     |
| Let's Learn to Take Photos (Golden Clicks)@3-5pm    |  |  |  |   |     |

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| MON  | TUE   | WED   | THU  | FRI  | SAT |
|--|---|---|--|--|-----|
| 13   | 14  | 15  | 16   | 17   | 18  |
| Let's Do Chair Yoga @9.30-10.30am [Paid Programme] | Let's Dance @10-11am                          | Community Health Post @9am-5pm  | Let's Chair Zumba @9.30-10.30am                                      | Let's Do Seated Exercise @9.30-10.30am                     |     |
| Project Silver Strength (Week 1) @11am-12pm        | Rolling Good Times @1-2.30pm                  | Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall) [Paid Programme] |  | Let's Qigong @10.30am-12pm (213 Petir Road Community Hall) |     |
|  |   | Let's Exercise @9-10am [Paid programme]   | Rolling Good Times @1pm -2.30pm                                      |  |     |
| Let's Yogalates @2-3pm                             | Let's Do Punch Needle @3-4pm [Paid Programme] | Let's Exercise @10-11am [Paid programme]  |  | Let's Pick Up English @2-3pm                               |     |
|  |   | Let's Do Knotting @2-3pm  |  |  |     |
| Let's Do Recycle Art @2-3.30pm                     | Let's Do Crochet @4-5pm                       | Let's Do Calligraphy @2-3.30pm (Zone 7 RC) [One-time payment]                   | Brain Power! A Mental Fitness Programme for Seniors (English) @2-4pm | Let's Learn to Take Photo @3-5pm (Mobile Phone)            |     |

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| MON<br>20  | TUE<br>21  | WED<br>22   | THU<br>23  | FRI<br>24  | SAT<br>25 |
|--|--|---|--|--|-----------|
| Let's Do Chair Yoga @9.30-10.30am [Paid Programme] | Let's go Gai Gai - Rainforest Wild Adventure @9am-3pm          | Community Health Post @9am-5pm  | Let's Chair Zumba @9.30-10.30am                                      | Let's Go Gai Gai with RS Components @9am-3pm - Penguin Cove (By invitation)        |           |
| Project Silver Strength (Week 2) @11am-12pm        |  | Let's Exercise @9-10am [Paid programme]   | Let's Gen Together - My First Skool Preschool @10-11.15am            | Let's Do Seated Exercise @9.30-10.30am   |           |
|  | Let's Dance @10-11am   | 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                             | Digital - IMDA Go-Digital - Workshop (English) @10am - 11.30am | Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall) [Paid Programme] | Let's Pick Up English @2-3pm   | Rolling Good Times @1-2.30pm   |           |
|  |  | Let's Do Knotting @2-3pm  |  | Let's Do Arts & Craft @2-3pm (Zone 6 RC)   |           |
| Let's Do Recycle Art @2-3.30pm                     | Rolling Good Times@ 1-2.30pm                                   | Let's Do Calligraphy @2-3.30pm (Zone 7 RC) [One-time payment]                   | Brain Power! A Mental Fitness Programme for Seniors (English) @2-4pm | Kopi, Teh and A Good Book by National Library Board @2-4pm (Hawker Centre Level 2) |           |
|  | Let's Celebrate Racial Harmony with NUS IT @2.45-5pm           |   |  |  |           |

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| MON   | TUE   | WED   | THU  | FRI                                      | SAT |
|---|---|---|--|--|-----|
| <b>27</b>                                   | <b>28</b>   | <b>29</b>   | <b>30</b>  | <b>31</b>                                |     |
| Project Silver Strength (Week 3) @11am-12pm | Ngee Ann Polytechnic Do Good at Bukit Panjang @9-11am                                 | Community Health Post @9am-5pm  | Let's Chair Zumba @9.30-10.30am                                      | Let's Do Seated Exercise @9.30-10.30am   |     |
|   |   | Let's Exercise @9-10am [Paid programme]   | Let's Go Gai Gai - Peranakan Museum @9am -12pm                       |  |     |
|   |   | Let's Exercise @10-11am [Paid programme]  |  | Let's Do Seated Exercise @10.45-11.45am  |     |
| Let's Yogalates @2-3pm                      | Stay Well Series - Mental Health Workshop by Confucious Institute (Chinese) @2-3.30pm | Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall) [Paid Programme] | Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)           | Let's Do Arts & Craft @2-3pm (Zone 6 RC) |     |
|   |   | Let's Do Knotting @2-3pm  | Let's Pick Up English @2-3pm   |  |     |
| Let's Do Recycle Art @2-3.30pm              |   | Let's Do Calligraphy @2-3.30pm (Zone 7 RC) [One-time payment]                   | Brain Power! A Mental Fitness Programme for Seniors (English) @2-4pm |  |     |

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# 2026 七月

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| MON | TUE | WED   | THU   | FRI                               | SAT |
|-----|-----|---|---|-----------------------------------|-----|
|     |     | 1   | 2   | 3                                 | 4   |
|     |     | 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]                                       | 与衰弱说不 (终场) @10am-12pm                               | 一起做运动 (坐式) @10.45-11.45am         |     |
|     |     | 一起做运动 @10-11am [需付费]                                      | 一起练气功 @10.30am-12pm (213 Petir Road Community Hall) | 防跌课程 Rolling Good Times @1-2.30pm |     |
|     |     | 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                                   | 一起来庆生 @2-4pm (仅限邀请)               |     |
|     |     | 一起做打结 @2-3pm  | 最强大脑! 乐龄心理健康节目 (英文) @2-4pm                          | 一起做艺术与手工 @2-3pm (Zone 6 RC)       |     |

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|--------------------------------|---|---|---|-------------------------------------|-----|
| 6                              | 7   | 8   | 9   | 10                                  | 11  |
| 一起做椅子瑜伽<br>@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<br>@9.30-10.30am                                  | 一起做运动 (坐式)<br>@9.30-10.30am         |     |
| 乐龄体健计划 (测验)<br>@11am-12pm      | 资讯通信媒体发展局 - 数码<br>乐龄计划 - 培训课程 (华文)<br>@10-11.30am | 一起做运动 @9-10am [需付费]   |   | 一起做运动 (坐式)<br>@10.45-11.45am        |     |
| 一起做瑜伽提斯 @2-3pm                 | 防跌课程Rolling Good Times<br>@1-2.30pm               | 一起做运动 @10-11am [需付<br>费]  | 一起练气功<br>@10.30am-12pm (213 Petir<br>Road Community Hall) | 防跌课程Rolling Good Times<br>@1-2.30pm |     |
|                                | 一起做绣花针 @3-4pm [需付<br>费]                           | 一起拳击皮拉提 @10-11am<br>(227A Pending Road<br>Community Hall) [需付费] |   | 一起参加 ActiveX (丰嘉中学)<br>@2-5.30pm    |     |
| 一起做再循环工艺 (包装<br>编织) @2-3.30pm  | 一起做钩针编织 @4-5pm                                    | 一起做打结 @2-3pm  | 代际交流 - 英华(自主)中学<br>@2-3pm                                 | 一起做艺术与手工 @2-3pm<br>(Zone 6 RC)      |     |
| 金龄摄友会@3-5pm                    |   | 走得自在系列 - 遗产与遗嘱规<br>划 - 预先护理计划 (英文讲座)<br>@2-3pm                  | 一起学英文 - 初级<br>@2-3pm                                      |                                     |     |
|                                |   | 走得自在系列 - 遗产与遗<br>嘱规划 - 预先护理计划 (华<br>文讲座) @3-4pm                 |   |                                     |     |

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| MON<br>13                      | TUE<br>14                           | WED<br>15   | THU<br>16                      | FRI<br>17  | SAT<br>18 |
|--------------------------------|-------------------------------------|---|--------------------------------|--|-----------|
| 一起做椅子瑜伽<br>@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<br>@9.30-10.30am       | 一起做运动 (坐式)<br>@9.30-10.30am                                  |           |
| 乐龄体健计划 (第一周)<br>@11am-12pm     | 防跌课程Rolling Good<br>Times @1-2.30pm | 一起拳击皮拉提<br>@10-11am (227A Pending<br>Road Community Hall) [需<br>付费] | 一起做运动 @9-10am [需<br>付费]        | 一起做运动 (坐式)<br>@10.45-11.45am                                 |           |
|                                |                                     | 一起做运动 @10-11am<br>[需付费]   |                                | 一起练气功<br>@10.30am-12pm (213<br>Petir Road Community<br>Hall) |           |
| 一起做瑜伽提斯<br>@2-3pm              | 一起做绣花针 @3-4pm<br>[需付费]              | 一起做打结 @2-3pm  | 一起学英文 - 初级<br>@2-3pm           | 防跌课程Rolling Good<br>Times @1-2.30pm                          |           |
| 一起做再循环工艺 (包装<br>编织) @2-3.30pm  | 一起做钩针编织<br>@4-5pm                   | 一起写书法@2.30-4pm<br>(Zone 7 RC) [一次性付费]                               | 最强大脑! 乐龄心理健<br>康节目 (英文) @2-4pm | 一起做艺术与手工<br>@2-3pm (Zone 6 RC)                               |           |
|                                |                                     |   |                                | 一起学手机拍照技巧<br>@3-5pm  |           |

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|--------------------------------|--|---|--|---|-----|
| 20                             | 21   | 22  | 23   | 24  | 25  |
| 一起做椅子瑜伽<br>@9.30-10.30am [需付费] | 一起去Gai Gai - 雨林探险园 @9am-3pm                          | 社区保健站 @9am-5pm  | 一起做坐式尊巴<br>@9.30-10.30am                                     | 一起和 RS Components<br>去Gai Gai @9am-3pm -<br>企鹅湾 (凭邀请) |     |
| 乐龄体健计划 (第二周)<br>@11am-12pm     |  | 一起做运动 @9-10am [需<br>付费]   | 代际交流 - My First<br>Skool 幼儿园<br>@9.30-11am (待确认)             | 一起做运动 (坐式)<br>@9.30-10.30am                           |     |
|                                | 一起嗨舞吧 @10-11am                                       | 一起做运动 @10-11am [需<br>付费]  | 一起练气功<br>@10.30am-12pm (213<br>Petir Road Community<br>Hall) | 一起做运动 (坐式)<br>@10.45-11.45am                          |     |
| 一起做瑜伽提斯<br>@2-3pm              | 资讯通信媒体发展局 -<br>数码乐龄计划 - 培训<br>课程 (英文)<br>@10-11.30am | 一起拳击皮拉提<br>@10-11am (227A Pending<br>Road Community Hall) [需<br>付费] | 一起学英文 - 初级<br>@2-3pm   | 防跌课程Rolling Good<br>Times @1-2.30pm                   |     |
| 一起做再循环工艺 (包装<br>编织) @2-3.30pm  | 防跌课程Rolling Good<br>Times @1-2.30pm                  | 一起做打结 @2-3pm  |  | 一起做艺术与手工<br>@2-3pm (Zone 6 RC)                        |     |
|                                | 一起和国大庆祝种族<br>和谐日 @2.45-5pm                           | 一起写书法@2.30-4pm<br>(Zone 7 RC) [一次性付费]                               | 最强大脑! 乐龄心理健<br>康节目 (英文) @2-4pm                               | 咖啡, 茶与好书 - 了解本<br>地小贩文化 @2-4pm<br>(小贩中心二楼)            |     |

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|----------------------------|----------------------------------|---|---|-----------------------------|-----|
| 27                         | 28                               | 29  | 30  | 31                          |     |
| 乐龄体健计划 (第三周)<br>@11am-12pm | 义安理工学院与 Bukit Panjang 同乐 @9-11am | 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]                                       | 一起去Gai Gai - 土生文化馆 @9am -12pm                       |                             |     |
|                            |                                  | 一起做运动 @10-11am [需付费]                                      |   | 一起做运动 (坐式) @10.45-11.45am   |     |
| 一起做瑜伽提斯 @2-3pm             | 保健系列 - 精神健康讲座 (华文) @2-3.30pm     | 一起拳击皮拉提 @10-11am (227A Pending Road Community Hall) [需付费] | 一起练气功 @10.30am-12pm (213 Petir Road Community Hall) |                             |     |
| 一起做再循环工艺 (包装编织) @2-3.30pm  |                                  | 一起做打结 @2-3pm  | 一起学英文 - 初级 @2-3pm                                   |                             |     |
|                            |                                  | 一起写书法 @2-3.30pm (Zone 7 RC) [一次性付费]                       | 最强大脑! 乐龄心理健康节目 (英文) @2-4pm                          | 一起做艺术与手工 @2-3pm (Zone 6 RC) |     |

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