

2025 June

 **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
2	3	4	5	6	7
Let's Exercise With Razak On Zoom@10-10.45am (WATER BOTTLE)	Let's Gen Together - Jurongville Secondary@9am-12pm (Jurongville Secondary School)	Services - Wellness - CHP@9-12pm	HAPPY Programme - NTUC Health Led@10.30-11.30am	Let's Do Seated Exercise@10-11am	
Let's Do Chair Yoga@2-3pm [Zone 6 RC]	Let's Exercise With Razak On Zoom@10-10.45am (FUN DANCE)	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)		Let's Do Nagomi Art @1-2pm [Zone 6 RC]	
Let's Learn To Sing@2-4pm	Let's Jam With Ukulele@2-3pm [FULL]	Let's Piloxing Lite@11.30am-12.30pm	Let's CrossFit @2-3pm	Strategise with Kakis@2-4pm	
Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm	Exergame (Mario Party)@1.30-2.30pm Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm		
9	10	11	12	13	14
Centre Closed	Let's Exercise With Razak On Zoom@10-10.45am (CHAIROBICS)	Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	HAPPY Programme - NTUC Health Led@10.30-11.30am	Let's Do Seated Exercise@10-11am	
	Let's Jam With Ukulele@2-3pm [FULL]	Let's Piloxing Lite@11.30am-12.30pm		Let's Do Nagomi Art @1-2pm [Zone 6 RC]	
	Strategise with Kakis@2-4pm	Exergame (Mario Party)@1.30-2.30pm	Let's CrossFit @2-3pm	Strategise with Kakis@2-4pm	
		Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm		
16	17	18	19	20	21
Let's Exercise With Razak On Zoom@10-10.45am (WATER BOTTLE)	Let's Exercise With Razak On Zoom@10-10.45am (FUN DANCE)	Services - Wellness - CHP@9-12pm	HAPPY Programme - NTUC Health Led@10.30-11.30am	Let's Do Seated Exercise@10-11am	
Let's Do Chair Yoga@2-3pm [Zone 6 RC]	Let's Jam With Ukulele@2-3pm [FULL]	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)		Let's Do Nagomi Art @1-2pm [Zone 6 RC]	
Let's Learn To Sing@2-4pm	Strategise with Kakis@2-4pm	Let's Piloxing Lite@11.30am-12.30pm	Let's CrossFit @2-3pm	Strategise with Kakis@2-4pm	
Strategise with Kakis@2-4pm		MINDEF Do Good at Bukit Panjang@2-4pm	Strategise with Kakis@2-4pm		
		Strategise with Kakis@2-4pm			
		Centre Closed (Internal Event)			

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Centre Closed (Spring Cleaning)	Centre Closed (Spring Cleaning)	Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	HAPPY Programme - NTUC Health Led@10.30-11.30am	Centre Closed (Internal Event)	
		Let's Lim Kopi (Male exclusive) @11am-12pm			
		Let's Piloxing Lite@11.30am-12.30pm	Dave & Friends Do Good at Bukit Panjang@1.30-4.30pm		
		Exergame (Mario Party)@1.30-2.30pm			
Let's Do Chair Yoga@2-3pm [Zone 6 RC]	Let's Jam With Ukulele@2-3pm [FULL] [Zone 6 RC]	Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm		
30					
Let's Exercise With Razak On Zoom@10-10.45am (WATER BOTTLE)					
Let's Do Chair Yoga@2-3pm [Zone 6 RC]					
Let's KTV Together@2-4pm					
Strategise with Kakis@2-4pm					

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2025 六月

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起跟Razak线上做运动@10-10.45am (WATER BOTTLE)	代际交流 - 丰嘉中学@9am-12pm (丰嘉中学)	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)@10-11am	
一起做椅子瑜伽 @2-3pm [Zone 6 RC]	一起跟Razak线上做运动@10-10.45am (FUN DANCE)	一起跟Razak线上做运动 @10-10.45am (BOXING)		一起做日本和谐粉彩 @1-2pm (Zone 6 RC)	
一起来唱歌 @2-4pm	一起玩乌克兰丽丽@2-3pm[节目已满]	Let's Piloxing Lite@11.30am-12.30pm	一起做CrossFit @2-3pm		
游戏时间@2-4pm	游戏时间@2-4pm	电子游戏时间(Super Mario Party)@1.30-2.30pm	游戏时间@2-4pm	游戏时间@2-4pm	
		游戏时间@2-4pm			
9	10	11	12	13	14
中心休业	Let's Exercise With Razak On Zoom@10-10.45am (CHAIROBICS)	一起跟Razak线上做运动 @10-10.45am (RESISTANCE BAND)	推广健康老龄化计划 @10.30-11.30am	一起做运动 (坐式)@10-11am	
	一起玩乌克兰丽丽@2-3pm[节目已满]	Let's Piloxing Lite@11.30am-12.30pm		一起做日本和谐粉彩 @1-2pm (Zone 6 RC)	
	游戏时间@2-4pm	电子游戏时间(Super Mario Party)@1.30-2.30pm	一起做CrossFit @2-3pm	游戏时间@2-4pm	
		游戏时间@2-4pm	游戏时间@2-4pm		
16	17	18	19	20	21
一起跟Razak线上做运动@10-10.45am (WATER BOTTLE)	一起跟Razak线上做运动@10-10.45am (FUN DANCE)	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)@10-11am	
一起做椅子瑜伽 @2-3pm [Zone 6 RC]	一起玩乌克兰丽丽@2-3pm[节目已满]	一起跟Razak线上做运动 @10-10.45am (BOXING)		一起做日本和谐粉彩 @1-2pm (Zone 6 RC)	
一起来唱歌 @2-4pm		Let's Piloxing Lite@11.30am-12.30pm	一起做CrossFit @2-3pm		
		电子游戏时间(Super Mario Party)@1.30-2.30pm		游戏时间@2-4pm	
		MINDEF 与 Bukit Panjang 同乐 @2-4pm	游戏时间@2-4pm		
游戏时间@2-4pm	游戏时间@2-4pm	游戏时间@2-4pm			
		中心休业 (内部活动)			

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
中心休业 (巴刹清洗日)	中心休业 (巴刹清洗日)	一起跟Razak线上做运动 @10-10.45am (RESISTANCE BAND)	推广健康老龄化计划 @10.30-11.30am	中心休业 (内部活动)	
		一起喝咖啡(只限男 性)@11am-12pm			
		Let's Piloxing @11.30am-12.30pm	Dave & Friends 与 Bukit Panjang 同乐@1.30-4.30pm		
		电子游戏时间(Super Mario Party)@1.30-2.30pm			
一起做椅子瑜伽 @2-3pm [Zone 6 RC]	一起玩乌克兰丽丽@2-3pm[节目已 满] [Zone 6 RC]	游戏时间@2-4pm	游戏时间@2-4pm		
30					
一起跟Razak线上做运动 @10-10.45am (WATER BOTTLE)					
一起做椅子瑜伽 @2-3pm [Zone 6 RC]					
一起来K歌 @2-4pm					
游戏时间@2-4pm					

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