




2026 June

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





MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Centre Closed (Vesak Day)	Let's Dance @10-11am	Community Health Post @9am-5pm	Let's Exercise - Online Video @9.15-10am	Let's Do Seated Exercise @9.30-10.30am	
	Digital - IMDA Go-Digital - Workshop (Chinese) @10-11.30am	Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall)	Let's Exercise - Online Video @10-10.45am		
	Rolling Good Times (Assessment) @1pm-4pm	Let's Do Knotting @2-3pm	Let's Say No to Frailty @10am-12pm (Selected only)	Let's Do Seated Exercise @10.45-11.45am	
	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) [FULL]	Let's Do Calligraphy @2.30-4pm (Zone 7 RC) [FULL]	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)		
	Let's Learn to Take Photos (Golden Clicks)@6-8pm		Let's Celebrate Birthday @2-4pm (Invitation only)		

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MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
Centre Closed	Centre Closed	Community Health Post @9am-5pm	Let's Exercise - Online Video @9.15-10am	Let's Do Seated Exercise @9.30-10.30am	
		Let's Exercise @9-10am [Paid programme]	Let's Exercise - Online Video @10-10.45am	Let's Do Seated Exercise @10.45-11.45am	
		Let's Exercise @10-11am [Paid programme]	Let's Say No to Frailty @10am-12pm (Selected only)	Let's Gen Together - Creative-O Preschool @1.30-3.30pm (Dragon Boat Festival)	
		Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall)	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)		
		Let's Learn to Bake @1-3pm	Stay Well Series - Health Talk by Ngee Ann Polytechnic @2-4pm	Let's Do Arts & Craft @2-3pm (Zone 6 RC)	
		Let's Do Knotting @2-3pm			
		Let's Do Calligraphy @2.30-4pm (Zone 7 RC) [FULL]			

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MON 15	TUE 16	WED 17	THU 18	FRI 19	SAT 20
Let's Do Chair Yoga @9.30-10.30am [Paid Programme]	Let's Dance @10-11am	Community Health Post @9am-5pm	Let's Exercise - Online Video @9.15-10am	Let's Do Seated Exercise @9.30-10.30am	Let's Learn to Bake @9-11am
Let's Gen Together - National Junior College @11am-1pm (Crochet)	Digital - IMDA Go-Digital - Workshop (English) @10-11.30am	Let's Learn to Bake @9-11am	Let's Exercise - Online Video @10-10.45am	Let's Do Seated Exercise @10.45-11.45am	
Let's Yogalates @2-3pm	Rolling Good Times @1-2.30pm (Selected only)	Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall)	Let's Say No to Frailty @10am-12pm (Selected only)	Rolling Good Times @1-2.30pm (Selected only)	
	Let's Do Punch Needle @3-4pm (Selected only)	Let's Do Knotting @2-3pm	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)	Let's Do Arts & Craft @2-3pm (Zone 6 RC)	
	Let's Do Crochet @4-5pm	Let's Do Calligraphy @2.30-4pm (Zone 7 RC) [FULL]	Let's Learn Gua Sha (English) @3-4pm	Let's Learn to Take Photo @3-5pm (Mobile Phone)	
	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) [FULL]				

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MON 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27
Let's Do Chair Yoga @9.30-10.30am [Paid Programme]	Let's Dance @10-11am	Community Health Post @9am-5pm	Let's Exercise - Online Video @9.15-10am	Let's Do Seated Exercise @9.30-10.30am	
Let's Gen Together - National Junior College @11am-1pm (Crochet)	Rolling Good Times @1-2.30pm (Selected only)	Let's Exercise @9-10am [Paid programme]	Let's Exercise - Online Video @10-10.45am	Let's Do Seated Exercise @10.45-11.45am	
Let's Yogalates @2-3pm		Let's Exercise @10-11am [Paid programme]	Let's Say No to Frailty @10am-12pm (Selected only)	Rolling Good Times @1-2.30pm (Selected only)	
Let's Do Recycle Art @2-3.30pm	Let's Do Punch Needle @3-4pm (Selected only)	Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall)	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)		
	Let's Do Crochet @4pm-5pm	Let's Do Knotting @2-3pm	Let's Learn Gua Sha (Chinese) @3-4pm	Let's Do Arts & Craft @2-3pm (Zone 6 RC)	
	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) [FULL]	Let's Gen Together - My First Skool Preschool @2-3pm (RetroGems Card Games)			
		Stay Well series - Healthtalk by NUHS @3.30-4.30pm			

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MON	TUE	WED	THU	FRI	SAT
29	30				
Let's Do Chair Yoga @9.30-10.30am [Paid Programme]	Let's Dance @10-11am				
Let's Talk News @11am-12pm					
Let's Yogalates @2-3pm	Rolling Good Times @1-2.30pm (Selected only)				
Let's Do Recycle Art @2-3.30pm	Let's Learn to Take Photos (Golden Clicks) @3-5pm				
	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) [FULL]				

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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
中心休业 (卫塞节)	一起嗨舞吧 @10-11am	社区保健站 @9am-5pm	一起线上做运动 @9.15-10am	一起做运动 (坐式) @9.30-10.30am	
	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 (华文) @10-11.30am	一起拳击皮拉提 @10-11am (227A Pending Road Community Hall)	一起线上做运动 @10-10.45am		
	防跌课程Rolling Good Times (测验) @1-4pm	一起做打结 @2-3pm	与衰弱说不 @10am-12pm (仅限特 定乐龄)	一起做运动 (坐式) @10.45-11.45am	
	一起玩乌克丽丽(初级) @3.30-4.30pm (Zone 6 RC) [已满]	一起写书法 @2.30-4pm (Zone 7 RC) [已满]	一起练气功 @10.30am-12pm (213 Petir Road Community Hall)		
	金龄摄友会@6-8pm		一起来庆生@2-4pm (仅限邀请)		

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2026 六月

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MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
中心休业	中心休业	社区保健站 @9am-5pm	一起线上做运动 @9.15-10am	一起做运动 (坐式) @9.30-10.30am	
		一起做运动 @9-10am [需付费]	一起线上做运动 @10-10.45am	一起做运动 (坐式) @10.45-11.45am	
		一起做运动 @10-11am [需付费]	与衰弱说不 @10am-12pm (仅限特定 乐龄)	代际交流 - Creative-O 幼儿园 @1.30-3.30pm (庆祝端午节)	
		一起拳击皮拉提 @10-11am (227A Pending Road Community Hall)	一起练气功 @10.30am-12pm (213 Petir Road Community Hall)		
		一起学烘焙 @1-3pm	保健系列 - 健康讲座 @2-4pm (义安理工学院)	一起做艺术与手工 @2-3pm (Zone 6 RC)	
		一起做打结 @2-3pm			
		一起写书法@2.30-4pm (Zone 7 RC) [已满]			

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
一起做椅子瑜伽 @9.30-10.30am [需付费]	一起嗨舞吧 @10-11am	社区保健站 @9am-5pm	一起线上做运动 @9.15-10am	一起做运动 (坐式) @9.30-10.30am	一起学烘焙 @9-11am
代际交流 - 国家初级学院 @11am-1pm (钩针编织)	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 (华文) @10-11.30am	一起学烘焙 @9-11am	一起线上做运动 @10-10.45am	一起做运动 (坐式) @10.45-11.45am	
一起做瑜伽提斯 @2-3pm	防跌课程Rolling Good Times @1-2.30pm (仅限特定乐龄)	一起拳击皮拉提 @10-11am (227A Pending Road Community Hall)	与衰弱说不 @10am-12pm (仅限特定乐龄)	防跌课程Rolling Good Times @1pm-2.30pm (仅限特定乐龄)	
	一起做绣花针 @3-4pm (仅限特定乐龄)	一起做打结 @2-3pm	一起练气功 @10.30am-12pm (213 Petir Road Community Hall)	一起做艺术与手工 @2-3pm (Zone 6 RC)	
保健系列 - 精神健康讲座 (英文) @1.30-4.30pm (待确认)	一起做钩针编织 @4-5pm	一起写书法@2.30-4pm (Zone 7 RC) [已满]	保健系列 - 精神健康讲座 (华文) @2-4pm (待确认)	一起学手机拍照技巧 @3-5pm	
	一起玩乌克兰丽丽(初级) @3.30-4.30pm (Zone 6 RC) [已满]		一起学刮痧 (英文) @3-4pm		

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一起做椅子瑜伽 @9.30-10.30am [需付费]	一起嗨舞吧 @10-11am	社区保健站 @9am-5pm	一起线上做运动 @9.15-10am	一起做运动 (坐式) @9.30-10.30am	
代际交流 - 国家初级学院 @11am-1pm (钩针编织)	防跌课程Rolling Good Times @1-2.30pm (仅限特定乐龄)	一起做运动 @9-10am [需付费]	一起线上做运动 @10-10.45am	一起做运动 (坐式) @10.45-11.45am	
一起做瑜伽提斯 @2-3pm		一起做运动 @10-11am [需付费]	与衰弱说不 @10am-12pm (仅限特定乐龄)	防跌课程Rolling Good Times @1-2.30pm (仅限特定乐龄)	
一起做再循环工艺 (包装编织) @2-3.30pm	一起做绣花针 @3-4pm (仅限特定乐龄)	一起拳击皮拉提 @10-11am (227A Pending Road Community Hall)	一起练气功 @10.30am-12pm (213 Petir Road Community Hall)		
	一起做钩针编织 @4-5pm	一起做打结 @2-3pm	保健系列 - 精神健康讲座 (华文) @2-4pm (待确认)		
保健系列 - 精神健康讲座 (英文) @1.30-4.30pm (待确认)	一起玩乌克兰丽丽(初级) @3.30-4.30pm (Zone 6 RC) [已满]	代际交流 - My First Skool 幼儿园 @2-3pm (RetroGems 卡牌游戏)	一起学刮痧 (英文) @3-4pm	一起做艺术与手工 @2-3pm (Zone 6 RC)	
		保健系列 - 健康讲座 @3.30-4.30pm			

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MON	TUE	WED	THU	FRI	SAT
29	30				
一起做椅子瑜伽 @9.30-10.30am [需付费]	一起嗨舞吧 @10-11am				
一起聊新闻 @11am-12pm					
一起做瑜伽提斯 @2-3pm	防跌课程Rolling Good Times @1-2.30pm (仅限特定乐龄)				
一起做再循环工艺 (包装编织) @2-3.30pm	金龄摄友会@3-5pm				
保健系列 - 精神健康讲座 (英文) @1.30-4.30pm (待确认)	一起玩乌克丽丽(初级) @3.30-4.30pm (Zone 6 RC) [已满]				

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