

2026 March

 **Centre Name:** AAC (Bukit Panjang)
 **Centre Address:** 2 Bukit Panjang Ring Road, #02-06, S679947
 **Centre Contact:** 8031 2839



***Indicates paid programme**

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Do Chair Yoga @9.30-10.30am*	Let's Do Sewing @10am-12pm	Services - Wellness - CHP @9-12pm	HAPPY Programme@9.30-10.30 am (FULL)	Let's Do Seated Exercise @9.30-10.30am	
Let's Exercise - Online Video @10.30-11.15am	Let's Exercise - Online Video @9.30-10.15am	Let's Exercise @9-10am*	Let's Do Sewing@10am-1pm	Let's Do Seated Exercise @10.45-11.45am	
Let's Yogalates @2-3pm		Let's Piloxing @10-11am (Zone 7 RC)*	Let's Perform Circus Acts (Male Exclusive)@10.30am-12pm*	Exergame (Taiko No Tatsujin)@1-3pm	
Let's Do Recycle Art @2- 3.30pm	Let's Exercise - Online Video @10.30-11.15am	Let's Exercise @10-11am*	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)	Let's Go Gai Gai with DBS - Tengah @8:30am-1.30pm (FULL)	
		Let's Makan Together-F4 @10-11.30am*	Steady Lah!@2-3.30pm (FULL)	Let's Do Arts & Craft@2-3pm (Zone 6 RC)	
	Let's Do Goucahe @10am-12pm	Let's Do Knotting @2-3pm	Let's Pick Up English @2-3pm		
		Let's Learn to Take Photos (Golden Clicks) @6-9pm			

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Centre Closed	Centre Closed	Digital - IMDA Go-Digital - Workshop (Chinese)@9.30-11am	HAPPY Programme@9.30-10.30am (FULL)	Let's Do Seated Exercise@9.30-10.30am	
		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 Do Knotting@2-3pm	Let's Qigong@ 10.30am-12pm (213 Petir Road Community Hall)	Exergame (Taiko No Tatsujin)@1-3pm	
		Digital - IMDA Go-Digital - Consultation@2-4pm	Steady Lah!@2-3.30pm (FULL) Let's Pick Up English @2-3pm	Let's Do Arts & Craft@2-3pm (Zone 6 RC)	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Do Chair Yoga @9.30-10.30am*	Let's Exercise - Online Video @9.30-10.15am	Services - Wellness - CHP @9-12pm	HAPPY Programme@ 9.30-10.30am (FULL)	Let's Do Seated Exercise@ 9.30-10.30am	Public Holiday (Hari Raya Puasa)
Let's Exercise - Online Video @10.30-11.15am	Let's Exercise - Online Video @10.30-11.15am	Let's Exercise @ 9-10am*	Let's Go Gai Gai with NJC (Changi T5) @ 9.15am-4pm	Let's Do Seated Exercise@ 10.45-11.45am	
	Let's Do Arts & Craft@10am-12pm	Let's Piloxing @ 10-11am (Zone 7 RC)*	Let's Perform Circus Acts (Male Exclusive)@ 10.30am-12pm*	Exergame (Taiko No Tatsujin)@ 1-3pm	
Let's Yogalates @2-3pm	Let's Learn to Take Photos (Golden Clicks) @2-4pm	Let's Exercise @ 10-11am*	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)	Let's Gen with NJC (Clay Art & Exercise)@ 2pm- 4pm	
Let's Do Recycle Art @ 2- 3.30pm		Let's Makan Together-F4 @10-11.30am*	Let's Do Knotting @ 2-3pm		
	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) (FULL)	Let's Do Arts & Craft@ 2-3pm (Zone 6 RC)			

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Centre Closed	Let's Exercise - Online Video @9.30-10.15am	Digital - IMDA Go-Digital - Workshop (English) @9.30-11am	HAPPY Programme@ 9.30-10.30am (FULL)	Let's Do Seated Exercise@9.30-10.30am	
	Let's Exercise - Online Video @10.30-11.15am	Let's Piloxing @10-11am (Zone 7 RC)*	Let's Gen Together - Hwa Chong Institution @ 8am- 12pm	Let's Do Seated Exercise@10.45-11.45am	
	Let's Celebrate (Birthday)@2-4pm	Let's Do Knotting @2-3pm	Let's Qigong@10.30am-12pm (213 Petir Road Community Hall)	Let's Gen together - Creative-O Preschool@1.30-3.30pm (Celebrate Hari Raya Puasa)	
	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) (FULL)	Digital - IMDA Go-Digital - Consultation @2-4pm	Let's Do Calligraphy@2.30-4pm (Zone 7 RC)	Let's Pick Up English@2-3pm	Let's Do Arts & Craft@2-3pm (Zone 6 RC)
Stay Well Series - Heath Talk by NUHS @3.30-4.30pm			Steady Lah!@2-3.30pm (FULL)		

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MON	TUE	WED	THU	FRI	SAT
30	31				
Let's Gen together - North Vista Secondary School @9-11.30am	Let's Exercise - Online Video @9.30-10.15am				
Let's Talk News @ 11am-12pm (SPH)	Let's Exercise - Online Video @10.30-11.15am				
Let's Do Recycle Art@2-3.30pm	Let's Do Arts & Craft @10am-12pm				
	Let's Learn to Take Photos (Golden Clicks) @2-4pm				
	Let's Gen Together - My First Skool @2-4pm (RetroGems)				
	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) (FULL)				

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2026 三月

***代表付费活动**

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起做椅子瑜伽 @9.30-10.30am	一起做缝纫 @10am-12pm	服务 - 社区保健站 @9-12pm	推广健康老龄化计划 @9:30am-10.30am (已 满)	一起做运动 (坐式) @9.30-10.30am	
一起做线上做运动 @10.30-11.15am	一起做线上做运动 @9.30-10.15am	一起做运动 @9-10am*	一起做缝纫 @10am-1pm	一起做运动 (坐式) @10.45-11.45am	
一起做瑜伽提斯 @2-3pm	一起做线上做运动 @10.30-11.15am	一起做 Piloxing @10-11am (Zone 7 RC)*	一起来表演杂技(只限男 性) @10.30am-12pm*	电子游戏时间 (Taiko No Tatsujin) @1-3pm	
		一起做运动 @10-11am	一起打气功 @10.30am-12pm (213 Petir Road Community Hall)	一起和星展银行去 Gai Gai - 登加 @8:30am-1.30pm (已满)	
一起做再循环工艺 (包装 编织) @2- 3.30pm	一起做水粉画 @10am-12pm	一起来 makan - F4 @10-11.30am	Steady Lah! 保健操 @2-3.30pm (已满)		
		一起做打结 @2pm-3pm	一起学英文 - 初级 @2-3pm	一起做艺术与手工 @2-3pm (Zone 6 RC)	
		金龄摄友会@6-9pm			

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
中心休业	中心休业	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 (华文) @9.30-11am	推广健康老龄化计划 @9:30am-10.30am (已满)	一起做运动 (坐式) @9.30-10.30am	
		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	
		一起做打结 @2pm-3pm	一起打气功 @10.30am-12pm (213 Petir Road Community Hall)	电子游戏时间 (Taiko No Tatsujin) @1-2pm	
		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	Steady Lah! 保健操 @2-3.30pm (已满)	一起做艺术与手工 @2-3pm (Zone 6 RC)	
	一起学英文 - 初级 @2-3pm				
			代际交流 - 英华文萃中学 (手工) @2-3pm		

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16	17	18	19	20	21
一起做椅子瑜伽 @9.30-10.30am*	一起做线上做运动 @9.30-10.15am	服务 - 社区保健站 @9-12pm	推广健康老龄化计划 @9:30am-10.30am (已满)	一起做运动 (坐式) @9.30-10.30am	公定假期 - 开斋节
一起做线上做运动 @10.30-11.15am	一起做线上做运动 @10.30-11.15am	一起做运动 @9-10am*	一起和NJC去Gai Gai - 樟宜机场T5航站楼展览 @9.15am-4pm	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 Piloxing @10-11am (Zone 7 RC)*	一起来表演杂技(只限男性) @10.30am-12pm*	电子游戏时间 (Taiko No Tatsujin) @1-3pm	
		一起做运动 @10-11am	一起打气功 @10.30am-12pm (213 Petir Road Community Hall)		
一起做再循环工艺 (包装编织) @2- 3.30pm	金龄摄友会 @2-4pm	一起来makan - F4 @10-11.30am	一起学英文 - 初级 @2-3pm	代际交流- 国家初级学院 (粘土手工与运动) @2-4pm	
		一起做打结 @2-3pm	Steady Lah! 保健操 @2-3.30pm (已满)	一起做艺术与手工 @2-3pm (Zone 6 RC)	
	一起玩乌克兰丽丽(初级) @3.30pm-4.30pm (Zone 6 RC) (已满)				

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23	24	25	26	27	28
中心休业	一起做线上做运动 @9.30-10.15am	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 @9:30am-10.30am (已 满) 代际交流- 华中 @ 8am-12pm	一起做运动 (坐式) @9.30-10.30am	
	一起做线上做运动 @10.30-11.15am	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	
	一起来庆生@2-4pm	一起做打结 @2pm-3pm	一起打气功 @10.30am-12pm (213 Petir Road Community Hall)	代际交流 - 新意元幼源 幼儿园 @1.30-3.30pm (庆祝开斋节)	
	一起玩乌克兰(初级) @3.30pm-4.30pm (Zone 6 RC) (已满)	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	一起学英文 - 初级 @2-3pm		
		一起写书法@2.30-4pm (Zone 7 RC)	Steady Lah! 保健操 @2-3.30pm (已满)	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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30	31				
代际交流 - 德新中学 @9-11.30am	一起做线上做运动 @9.30-10.15am				
一起聊新闻 @11am-12pm	一起做线上做运动 @10.30-11.15am				
一起做再循环工艺 (包装编织) @2-3.30pm	一起做艺术与手工 @10am-12pm				
	金龄摄友会 @2-4pm				
	代际交流 - My First Skool@2-4pm (RetroGems)				
	一起玩乌克丽丽(初级) @3.30pm-4.30pm (Zone 6 RC) (已满)				

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