



2026 May

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



MON

TUE

WED

THU

FRI

SAT

1

2

**Centre Closed
(Labour Day)**

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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MON 4	TUE 5	WED 6	THU 7	FRI 8	SAT 9
Let's Join In House Sports Carnival 9.30am-11.30am	Let's Dance @10-11am	Let's Exercise @9-10am [Paid programme]	Let's Exercise - Online Video @9.15am-10am	Centre Closed	
Let's Yogalates @2-3pm	Let's Learn to Take Photos (Golden Clicks) @2-4pm	Let's Exercise @10-11am [Paid programme]	Let's Exercise - Online Video @10am-10.45am		
		Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall)	Let's Say No to Frailty @10am-12pm (Selected only)		
Let's Do Recycle Art @2-3.30pm		Let's Do Knotting @2-3pm	Let's Perform Circus Acts (Male Exclusive)@10.30am-12pm [Paid programme]		
	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)		
		Community Health Post@9am-6pm	Let's Do Flower Arrangement @1-4pm		

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
Let's Join In House Sports Carnival 9.30am-11.30am	Let's Dance @10-11am	Let's Exercise @9-10am [Paid programme]	Let's Exercise - Online Video @9.15am - 10am	Let's Do Seated Exercise@9.30-10.30am	Let's Gen Together - Hua Yi Secondary School @ 2.30-4.30pm
	Scent Healing @ 2-3pm [Paid programme]	Let's Exercise @10-11am [Paid programme]	Let's Exercise - Online Video @10am - 10.45am	Let's Do Seated Exercise@10.45-11.45am	
Let's Yogalates @2-3pm		Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall)	Let's Say No to Frailty @10am-12pm (Selected only)	Let's Gen Together - Hua Yi Secondary School @ 2.30-4.30pm	
	Let's Join In House Sports Carnival 2pm-4pm	Let's Do Knotting @2-3pm	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)		
Let's Do Recycle Art @2- 3.30pm	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 Gen Together - ACS(I) @ 2-3pm		
		Community Health Post@9am-6pm			

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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
Let's Do Chair Yoga @9.30-10.30am [Paid Programme]	Let's Dance @10-11am	Let's Exercise @9-10am [Paid programme]	Let's Exercise - Online Video @9.15am-10am	Let's Do Seated Exercise@9.30-10.30am	
Let's Yogalates @2-3pm	Let's Join In House Sports Carnival 2pm-4pm	Let's Exercise @10-11am [Paid programme]	Let's Exercise - Online Video @10am - 10.45am	Let's Do Seated Exercise@10.45-11.45am	
	Stay Well Series - Mental Health Workshop (Chinese) @1:30pm - 4:30pm (TBC)	Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall)	Let's Say No to Frailty @10am-12pm (Selected only)	Exergame (Taiko No Tatsujin)@1-3pm	
Let's Do Knotting @2-3pm		Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)			
Let's Do Recycle Art @2-3.30pm	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) [FULL]	Let's Gen Together - My First Skool @2-3pm (RetroGems Card Game)	Centre Closed	Let's Do Arts & Craft@2-3pm (Zone 6 RC)	
		Let's Do Calligraphy @3-4.30pm (At Centre) [FULL]			
		Community Health Post@9am-6pm			

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MON 25	TUE 26	WED 27	THU 28	FRI 29	SAT 30
Let's Do Chair Yoga @9.30-10.30am [Paid Programme]	HQ PERSCOM Do Good At Bukit Panjang @10am-12pm	Centre Closed (Hari Raya Haji)	Let's Exercise - Online Video @9.15am - 10am	Let's Do Seated Exercise@9.30-10.30am	
Let's Talk News @11am-12pm	Let's Learn to Take Photos (Golden Clicks) @6pm		Let's Exercise - Online Video @10am - 10.45am	Let's Do Seated Exercise@10.45-11.45am	
Let's Yogalates @2-3pm	Wellness - Scent Healing @ 2-3pm [Paid programme]		Let's Say No to Frailty @10am-12pm (Selected only)	Let's Go Gai Gai - Bollywood Veggies Farm @8.15-11.30am	
Let's Learn Gua Sha@2-3pm	Let's Celebrate Birthday [Invitation only]		Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)	Let's Go Gai Gai - Hay Diaries Goat Farm @9.30am-12.30pm	
Let's Learn Gua Sha@3-4pm			Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) (FULL)	Stay Well Series - Mental health Workshop (Chinese) @2pm - 4pm (TBC)	Stay Well Series - Mental Health Workshop (English) @1:30pm-4:30pm (TBC)
Let's Do Recycle Art @2-3.30pm					

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MON	TUE	WED	THU	FRI	SAT
				1	2
				中心休业 (劳动节)	

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MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
一起来参加运动嘉年华 @9.30am-11.30am	一起嗨舞吧 @10-11am	一起做运动 @9-10am [需付费]	一起线上做运动 @9.15am-10am	中心休业	
一起做瑜伽提斯 @2-3pm		一起做运动 @10-11am [需付费]	一起线上做运动 @10am-10.45am		
一起做再循环工艺 (包装编织) @2-3.30pm	金龄摄友会 @2-4pm	一起做 Piloxing @10-11am (227A Pending Road Community Hall)	与衰弱说不 @10am-12pm [仅限特定乐龄]		
		一起做打结 @2pm-3pm	一起打气功 @10.30am-12pm (213 Petir Road Community Hall)		
		一起写书法 @2.30-4pm (Zone 7 RC) [已满]	一起做插花 @1-4pm		
一起玩乌克丽丽(初级) @3.30pm-4.30pm (Zone 6 RC) [已满]	社区保健站 @9am-6pm				

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11	12	13	14	15	16	
一起来参加运动嘉年华 @9.30am-11.30am	一起嗨舞吧 @10-11am	一起做运动 @9-10am [需付费]	一起线上做运动 @9.15am-10am	一起做运动 (坐式) @9.30-10.30am		
一起做瑜伽提斯 @2-3pm		一起做运动 @10-11am [需付费]	一起做运动 @10-11am [需付费]	一起线上做运动 @10am-10.45am		一起做运动 (坐式) @10.45-11.45am
	芳香疗愈 @2-3pm [需付费]	一起做 Piloxing @10-11am (227A Pending Road Community Hall)	与衰弱说不 @10am-12pm [仅限特定乐龄]	代际交流 - 华义中学 @ 2.30-4.30pm		
一起做再循环工艺 (包装编织) @2-3.30pm	一起来参加运动嘉年华 @2-4pm	一起做打结 @2pm-3pm	一起打气功 @10.30am-12pm (213 Petir Road Community Hall)			
	一起玩乌克丽丽(初级) @3.30pm-4.30pm (Zone 6 RC) [已满]	芳香疗愈 @2-3pm [需付费]	一起写书法 @2.30-4pm (Zone 7 RC) [已满]			代际交流 - 英华(自主)中学 @2-3pm
		社区保健站 @9am-6pm				

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18	19	20	21	22	23
一起做椅子瑜伽 @9.30-10.30am [需付费]	一起嗨舞吧 @10-11am	一起做运动 @9-10am [需付费]	一起线上做运动 @9.15am-10am	一起做运动 (坐式) @9.30-10.30am	
一起做瑜伽提斯 @2-3pm		一起做运动 @10-11am [需付费]	一起线上做运动 @10am-10.45am		
	一起来参加运动嘉年华 @2-4pm	一起做 Piloxing @10-11am (227A Pending Road Community Hall)	与衰弱说不 @10am-12pm [仅限特定 乐龄]	一起做运动 (坐式) @10.45-11.45am	
一起做打结 @2pm-3pm		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	保健系列 - 精神健康讲座 (华文) @1.30pm-4.30pm (TBC)	代际交流 - My First Skool 幼儿园 @2-3pm (RetroGems 卡牌游戏)	中心休业	电子游戏时间 (Taiko No Tatsujin) @1-3pm	
		一起写书法 @3-4.30pm (中心) [已满]			
一起玩乌克丽丽(初级) @3.30pm-4.30pm (Zone 6 RC) [已满]	社区保健站@9am-6pm	一起做艺术与手工 @2-3pm (Zone 6 RC)			

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
一起做椅子瑜伽 @9.30-10.30am [需付费]	人事指挥部总部与 Bukit Panjang 同乐 @10am-12pm	中心休业 (哈芝节)	一起线上做运动 @9.15am-10am	一起做运动 (坐式) @9.30-10.30am	
一起聊新闻 @11am-12pm	金龄摄友会 @ 6pm		一起线上做运动 @10am-10.45am	一起做运动 (坐式) @10.45-11.45am	
一起做瑜伽提斯 @2-3pm	心灵系列 - 芳香疗愈 @2-3pm [需付费]		与衰弱说不 @10am-12pm [仅限 特定乐龄]	一起去 Gai Gai - 宝莱坞 蔬菜农场 @8.15-11.30am	
一起做再循环工艺 (包装编织) @2-3.30pm	一起来庆生@2-4pm [仅限邀请]		一起打气功 @10.30am-12pm (213 Petir Road Community Hall)	Let's Go Gai Gai - 山羊农 场 @9.30am-12.30pm	
一起学刮痧@2-3pm	一起玩乌克丽丽(初 级) @3.30pm-4.30pm (Zone 6 RC) [已满]		保健系列 - 精神健康 讲座(华文)@2-4pm	保健系列 - 精神健康讲 座(英文)@1.30-4pm	
一起学刮痧@3-4pm				一起做艺术与手工 @2-3pm (Zone 6 RC)	

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