2026 November

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



MON	TUE	WED	THU	FRI	SAT
2	**3**	**4**	**5**	**6**	**7**
Let's Do Chair Yoga @9.30-10.30am [Paid Programme]	Let's Dance @10-11am	**Centre Closed (Internal Event)**	Let's Chair Zumba @9.30-10.30am	HRSSC(SAF) Do Good at Bukit Panjang @ 10am - 11.30am	
Let's Yogalates @2-3pm	Building Upper Body Strength Through Dance @11am-12pm		Let's Crossfit @11am - 12pm	Let's Celebrate Birthday [By Invitation only] @ 2pm - 4pm	
Let's Do Recycle Art @2-3.30pm	Let's Do Crochet @ 2-3pm		Let's Qigong @10.30am-12pm (213 Petir Road Community Hall) [TBC]	Let's Do Arts & Craft@2-3pm (Zone 6 RC BLK 272)	
	Centre Closed from 3pm onwards		Let's Pick Up English (Intermediate)@ 2:30pm - 3:30pm	Silver Jukebox @6.30-8.30pm	
			Stay Well Series - ALIFE Talk by RHS@ 3pm-5pm		

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Centre Closed (Deepavali OIL)	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	
	Building Upper Body Strength Through Dance @11am-12pm	Let's Exercise@9.15am-10.15am [Paid Programme]	Let's Qigong (18 styles)@10:30am - 11:30am (Bangkit Court Blk 243A) [TBC]	Let's Do Seated Exercise@10.45-11.45am	
	Let's Do Crochet @3-4pm	Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall) [Paid Programme]	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall) [TBC]	Let's Gen Togther - West Spring Primary School (Carnival Games)@10-11.30am	
	Journey with Dementia (CL) @2:30pm - 4:30pm [FULL]	Let's Pick Up Malay@ 11am to 12pm [Week 3] (FULL)	Let's Level Up English (Intermediate)@ 2:30pm - 3:30pm	Let's Do Arts & Craft@2-3pm (Zone 6 RC BLK 272)	
		Let's Do Knotting @11am-12pm		Journey with Dementia (CL) @2.30-4.30pm	
	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) [FULL]	Let's Do Calligraphy @2-3.30pm [RC Zone 7 Blk 242]	Stay Well Series - ALIFE Talk by RHS@ 3pm-5pm		

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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 [Paid Programme]	**Centre Closed (Internal Event)**	Community Health Post @9am-5pm	Let's Chair Zumba @9.30-10.30am	Let's Do Seated Exercise@9.30-10.30am	
Let's Yogalates @2-3pm		Let's Exercise@9.15am-10.15am [Paid Programme]	Let's Learn Gua Sha @ 10.30 -11.30am (Chinese)		
		Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall) [Paid Programme]	Let's Crossfit @11am - 12pm	Let's Do Seated Exercise@10.45-11.45am	
		Let's Pick Up Malay@11am to 12pm [Week 4]	Stay Well Series - ALIFE Talk by RHS@ 3pm-5pm		
			Let's Learn Gua Sha @ 2pm - 3pm (English)	Let's Do Arts & Craft@2-3pm (Zone 6 RC BLK 272)	
		Let's Do Knotting @11am-12pm	Let's Pick Up English (Intermediate)@ 2:30pm - 3:30pm	**Centre Closed from 3pm (Internal Event)**	
Let's Do Recycle Art @2-3.30pm		Let's Do Calligraphy @2-3.30pm [RC Zone 7 Blk 242]			

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
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	
Let's Yogalates @2-3pm	Building Upper Body Strength Through Dance @11am-12pm	Let's Exercise@9.15am-10.15am [Paid Programme]		Let's Do Seated Exercise@10.45-11.45am	
	Senior Friendship Circle@12pm - 1pm	Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall) [Paid Programme]	Let's Crossfit @11am - 12pm	Let's Do Arts & Craft@2-3pm (Zone 6 RC BLK 272)	
	Let's Gen Together - My First Skool Preschool @2pm- 3pm	Let's Makan Together with Kallang Jazz Band@12-2pm	Stay Well Series - ALIFE Talk by RHS@ 3pm-5pm	Journey with Dementia (CL) @2:30pm - 4:30pm	
Let's Do Recycle Art @2-3.30pm		Let's Do Knotting @11am-12pm			
	Journey with Dementia (CL) @3pm - 5pm	Let's Do Calligraphy @2-3.30pm [RC Zone 7 Blk 242]	Let's Pick Up English (Intermediate)@ 2:30pm - 3:30pm		
		Let's Go Gai Gai - Road Safety Park @ 2-6pm (tbc)			

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MON	TUE	WED	THU	FRI	SAT
30					
Let's Do Chair Yoga @9.30-10.30am [Paid Programme] Let's Yogalates @2-3pm Let's Do Recycle Art @2-3.30pm					

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2026 十一月

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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 [需付费]	一起嗨舞吧@10-11am	中心休业 (INTERNAL EVENT)	一起做坐式尊巴 @9.30-10.30am	HRSSC(SAF) 一起去做义工- Bukit Panjang@10am - 11.30am	
	舞出健康 @11am-12pm		一起做 CrossFit@11am-12pm		
一起做瑜伽提斯 @2-3pm	一起做钩针编织 @2-3pm		一起练气功 (十八式) @10.30-11.30am (Bangkit Court Blk 243A) [TBC]	一起来庆生 @2-4pm(仅限邀请)	
一起做再循环工艺 (包装编织) @2-3.30pm	中心休业 @ 3pm onwards		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 Blk 272)	
			一起学英文-中级 @2.30-4.30pm		
			保健系列 - ALIFE Talk 健康讲座S@ 3pm-5pm	Silver Jukebox @ 6.30pm - 8.30pm	

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2026 十一月

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
中心休业 (Deepavali OIL)	一起嗨舞吧@10-11am	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	
	舞出健康@11am-12pm	一起做运动 @9.15-10.15am [需付费]	一起做 CrossFit@11am-12pm	一起做运动 (坐式) @10.45-11.45am	
	一起做钩针编织 @3-4pm	一起拳击皮拉提 @10-11am (227A Pending Road Community Hall) [需付费]	一起练气功 (十八式) @10.30-11.30am (Bangkit Court Blk 243A) [TBC]	代际交流-伟源小学 (嘉年华游戏) @ 10-11.30am	
	与失智症同行 (华文)@3-5pm	一起学马来语-初级 @11am-12pm	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 Blk 272)	
		一起做钩针编织 @11am-12pm	一起学英文-中级 @2.30-4.30pm	与失智症同行 (华文) @2:30pm - 4:30pm	
	一起玩乌克丽丽(初级) @3.30-4.30pm (Zone 6 RC) [已满]	一起写书法 @2-3.30pm [RC Zone 7 Blk 242]	保健系列 - ALIFE Talk 健康讲座S@ 3pm-5pm		

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16	17	18	19	20	21
一起做椅子瑜伽 @9.30-10.30am [需付费]	中心休业 (INTERNAL EVENT)	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 @9.15-10.15am [需付费]	一起学刮痧 @ 10.30 -11.30am (华文)	一起做运动 (坐式) @10.45-11.45am	
一起做瑜伽提斯@2-3pm		一起拳击皮拉提 @10-11am (227A Pending Road Community Hall) [需付费]	一起做 CrossFit@11am-12pm	一起做艺术与手工 @2-3pm (Zone 6 RC Blk 272)	
一起做再循环工艺 (包装编织) @2-3.30pm		一起学马来语-初级 @11am-12pm	保健系列 - ALIFE Talk 健康讲座S@ 3pm-5pm		
		一起做钩针编织 @11am-12pm	一起学刮痧@ 2-3-pm (英文)	中心休业 (INTERNAL EVENT)	
		一起写书法 @2-3.30pm [RC Zone 7 Blk 242]	一起学英文-中级 @2.30-4.30pm		

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23	24	25	26	27	28
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	一起做坐式尊巴 @9.30-10.30am	一起做运动 (坐式) @9.30-10.30am	
	舞出健康@11am-12pm	一起做运动 @9.15-10.15am [需付费]	一起做 CrossFit@11am-12pm	一起做运动 (坐式) @10.45-11.45am	
一起做瑜伽提斯 @2-3pm	乐龄友谊圈@12-1pm	一起拳击皮拉提 @10-11am (227A Pending Road Community Hall) [需付费]	一起练气功 (十八式) @10.30-11.30am (Bangkit Court Blk 243A) [TBC]	一起做艺术与手工 @2-3pm (Zone 6 RC Blk 272)	
一起做再循环工艺 (包装编织) @2-3.30pm	一起做钩针编织 @3-4pm	一起来makan和Kallang Jazz Band - 中心内@12-2pm	一起练气功 @10.30am-12pm (213 Petir Road Community Hall)		
	与失智症同行 (华文)@3-5pm	一起做钩针编织 @11am-12pm	保健系列 - ALIFE Talk 健康讲座S@ 3pm-5pm	与失智症同行 (华文) @2:30pm - 4:30pm	
		一起写书法@2-3.30pm [RC Zone 7 Blk 242]	一起学英文-中级 @2.30-4.30pm		
	一起玩乌克丽丽(初级) @3.30-4.30pm (Zone 6 RC) [已满]	一起去Gai Gai (公路安全公园) @ 2-6pm (tbc)			

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30					
一起做椅子瑜伽 @9.30-10.30am [需付费] 一起做瑜伽提斯@2-3pm 一起做再循环工艺 (包装编织) @2-3.30pm					

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