

2025 November

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



ntuc Health

Requires Registration

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Let's Do Chair Yoga@9.30-10.30am	Let's Exercise with Razak@9.30-10.30am	Services - Wellness - CHP@9-12pm	HAPPY Programme - NTUC Health Led@9.30-10.30am	Let's Do Seated Exercise@9.30-10.30am	
Let's Talk News@11am-12pm	Let's Makan Together - F4@10.45-11.15am	Let's Exercise - Online Video@9.15-10am	Let's Qigong@10.30am-12.00pm (213 Petir Road Community Hall)	Let's Do Seated Exercise@10.45-11.45am	
Let's Yogalates@2-3pm	Let's Dance@10.45-11.45am	Let's Exercise - Online Video@10-10.45am	Let's CrossFit @1-2pm	Let's Do Arts & Craft @2-3pm [Zone 6 RC]	
Wellness - Scent Healing@3-4pm	Wellness - Scent Healing@2-3pm	Exergame (Nintendo Sports)@1-3pm	Let's Pick Up English@2-3pm	Strategise with Kakis@1-5pm	
	Strategise with Kakis@1-5pm	Let's Do Knotting@2-3pm	Let's talk: CPF Cares by CPF @ 2.00-5.30pm		

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

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Let's Do Chair Yoga@9.30-10.30am	Let's Exercise with Razak@9.30-10.30am	Digital - IMDA Go-Digital - Workshop (Chinese)@9.30-11am	HAPPY Programme - NTUC Health Led@9.30-10.30am	Let's Do Seated Exercise@9.30-10.30am	
Let's Talk News@11am-12pm			Let's Qigong@10.30am-12.00pm (213 Petir Road Community Hall)		
Let's Yogalates@2-3pm	Let's Makan Together - F4@10.45-11.15am		Let's CrossFit @1-2pm	Let's Do Seated Exercise@10.45-11.45am	
Wellness - Scent Healing@3-4pm	Stay Well Series - Dementia Talk by NUHS@2-3pm	MINDEF Do Good at Bukit Panjang@2-4pm	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
17	18	19	20	21	22
Let's Do Chair Yoga@9.30-10.30am	Let's Exercise with Razak@9.30-10.30am	Services - Wellness - CHP@9-12pm	HAPPY Programme - NTUC Health Led@9.30-10.30am	Centre Closed for Internal Event	
Let's Talk News@11am-12pm	Let's Makan Together - F4@10.45-11.15am	Let's Exercise - Online Video@9.15-10am	Let's Qigong@10.30am-12.00pm (213 Petir Road Community Hall)		
	Let's Dance@10.45-11.45am	Let's Exercise - Online Video@10-10.45am	Let's CrossFit @1-2pm		
Let's Yogalates@2-3pm	Let's Exercise - Online Video@2-2.45pm	Exergame (Nintendo Sports)@1-3pm	Let's Pick Up English@2-3pm		
Strategise with Kakis (Sudoku)@3-4pm	Let's Learn to Take Photo@3-5pm	Let's Pool (Male Exclusive) @ 2-5pm	Let's Floorball@2-3pm		
		Let's Do Knotting@2-3pm			

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
Let's Do Chair Yoga@9.30-10.30am	Let's Exercise with Razak@9.30-10.30am	Digital - IMDA Go-Digital - Workshop (English)@9.30-11am	HAPPY Programme - NTUC Health Led@9.30-10.30am	Let's Do Seated Exercise@9.30-10.30am	
Let's Talk News@11am-12pm	Strategise with Kakis@9-11am	Exergame (Nintendo Sports)@1-3pm	Let's Qigong@10.30am-12.00pm (213 Petir Road Community Hall)	Let's Do Seated Exercise@10.45-11.45am	
Let's Yogalates@2-3pm	Centre Closed For Internal Event (12pm onwards)	Digital - IMDA Go-Digital - Consultation@2-4pm	Let's CrossFit @1-2pm	Let's Do Arts & Craft @2-3pm [Zone 6 RC]	
Strategise with Kakis (Sudoku)@3-4pm		Let's Do Knotting@2-3pm	Let's Pick Up English@2-3pm	Strategise with Kakis@1-5pm	

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2025 十一月

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Centre Name: AAC (Bukit Panjang)
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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
一起做椅子瑜伽 @9.30-10.30am	一起跟Razak做运动 @9.30-10.30am	服务 - 社区保健站@9-12pm	推广健康老龄化计划 @9:30-10.30am	一起做运动 (坐式) @9.30-10.30am	
一起聊新闻 @11am-12pm	一起来makan - F4@10.45-11.15am	一起做线上做运动 @9.15-10am	一起打气功 @10.30am-12.00pm (213 Petir Road Community Hall)	一起做运动 (坐式) @10.45-11.45am	
	一起嗨舞吧 @10.45-11.45am	一起做线上做运动 @10-10.45am	一起做CrossFit@1-2pm	一起做艺术与手工 @2-3pm (Zone 6 RC)	
一起做瑜伽提斯 @2-3pm	心灵系列 - 芳香疗愈 @2-3pm	电子游戏时间(Nintendo Sports) @1-3pm	一起学英语(初级) @2-3pm	游戏时间@2-5pm	
心灵系列 - 芳香疗愈 @3-4pm	游戏时间@2-5pm	一起做打结@2pm-3pm	Let's talk: CPF Cares by CPF @ 2.00-5.30pm		

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10	11	12	13	14	15
一起做椅子瑜伽 @9.30-10.30am	一起跟Razak做运动 @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) @9.30-11am	推广健康老龄化计划 @9:30-10.30am	一起做运动 (坐 式)@9.30-10.30am	
一起聊新闻 @11am-12pm			一起打气功 @10.30am-12.00pm (213 Petir Road Community Hall)	一起做运动 (坐 式)@10.45-11.45am	
一起做瑜伽提斯 @2-3pm	一起来makan - F4@10.45-11.15am		一起做CrossFit @1-2pm		
心灵系列 - 芳香疗愈 @3-4pm	保健系列 - 失智症讲座 @2-3pm	MINDEF 与 Bukit Panjang 同 乐@2-4pm	一起学英语(初 级)@2-3pm	一起做艺术与手工 @2-3pm (Zone 6 RC)	
游戏时间 (Sudoku)@3-4pm	游戏时间@2-5pm		一起玩飞盘高尔夫 @2-3pm	游戏时间@2-5pm	

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一起聊新闻 @11am-12pm	一起来makan - F4@10.45-11.15am	一起做线上做运动 @9.15-10am	一起打气功 @10.30am-12.00pm (213 Petir Road Community Hall)		
一起做瑜伽提斯 @2-3pm	一起嗨舞吧 @10.45-11.45am	一起做线上做运动 @10-10.45am	一起做CrossFit@1-2pm		
游戏时间 (Sudoku)@3-4pm	一起做线上做运动 @2-2.45pm	电子游戏时间(Nintendo Sports)@1-3pm	一起学英语(初级)@2-3pm		
	一起来学拍照@3-5pm	一起做打结@2pm-3pm	一起玩地板球@2-3pm		

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24	25	26	27	28	29
一起做椅子瑜伽 @9.30-10.30am	一起做线上做运动 @9.15-10am	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 @9:30-10.30am	一起做运动 (坐式) @9.30-10.30am	
一起聊新闻 @11am-12pm			一起打气功 @10.30am-12.00pm (213 Petir Road Community Hall)	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 @10-10.45am	电子游戏时间(Nintendo Sports) @1-3pm	一起做CrossFit@1-2pm		
游戏时间 (Sudoku)@3-4pm	游戏时间@9-11am	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	一起学英语(初级)@2-3pm	一起做艺术与手工 @2-3pm (Zone 6 RC)	
	中心休业 (内部活动)	一起做打结@2pm-3pm		游戏时间@2-5pm	

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