

2026 October

 **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
			Let's Chair Zumba @9.30-10.30am	Let's Do Seated Exercise @9.30-10.30am	
				Let's Do Seated Exercise @10.45-11.45am	
			Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)	Let's Celebrate Birthday@2-4pm [By Invitation Only]	
			Let's Crossfit@11am - 12pm	Let's Do Arts & Craft @2-3pm (Zone 6 RC)	

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
Project Silver Strength(Week 11)@11am-12pm	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	
	Digital - IMDA Go-Digital - Workshop (Chinese) @10am - 11.30am	Let's Exercise@9.15am-10.15 am [Paid Programme]	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)	Let's Do Seated Exercise@10.45-11.45am	
Let's Yogalates @2-3pm	Building Upper Body Strength Through Dance @11am-12pm	Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall) [Paid Programme]		Walking Football Finals@9am-12pm (Tampines Hub)	
	Let's Do Crochet @3-4pm	Let's Do Knotting @2-3pm		Let's Gen with NJC Badminton@2-4pm (213A 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 Crossfit@11am - 12pm	Let's Do Arts & Craft @2-3pm (Zone 6 RC)	

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
Project Silver Strength (Week 12) @11am-12pm	Let's Dance @10-11am	Centre Closed: 3pm Onwards	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 Qigong @10.30am-12pm (213 Petir Road Community Hall)	Let's Do Seated Exercise@10.45-11.45am	
Let's Yogalates @2-3pm	Let's Do Crochet @3-4pm		Let's Crossfit@11am - 12pm	Let's Talk about Dengue Prevention@2-3pm (Mandarin)	
	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) [FULL]			Let's Do Arts & Craft@2-3pm (Zone 6 RC)	
Let's Do Recycle Art @2-3.30pm					

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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
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	
Project Silver Strength(Post Assessment)@11am-12pm	Digital - IMDA Go-Digital - Workshop (English) @10am - 11.30am	Let's Exercise@9.15-10.15am [Paid Programme]	Let's Qigong@10.30am-12pm (213 Petir Road Community Hall)	Let's Do Seated Exercise@10.45-11.45am	
Let's Yogalates@2-3pm	Building Upper Body Strength Through Dance @11am-12pm	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)	
	Senior Friendship Circle @12pm - 1pm	Let's Pick Up Malay@11am to 12pm	Let's Gen with NJC Badminton@2pm - 4pm (213 Petir Road Community Hall)		
Let's Do Recycle Art@2-3.30pm	Let's Do Crochet @3-4pm	Let's Do Knotting @2-3pm	Let's Level Up English@2.30-4.30pm		
	Let's Gen Together - National JC @2 - 4pm (environmental conservation, upcycling)				

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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
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@9.15-10.15am [Paid Programme]	Let's Qigong@10.30am-12pm (213 Petir Road Community Hall)	Let's Do Seated Exercise@10.45-11.45am	
		Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall) [Paid Programme]	Let's Level Up English@2.30-4.30pm	Let's Do Arts & Craft@2-3pm (Zone 6 RC)	
Let's Do Recycle Art@2-3.30pm		Let's Pick Up Malay@11am to 12pm	Let's Celebrate Halloween@3-5pm	Let's Talk about Dengue Prevention@2-3pm (English)	
		Let's Makan Together with Kallang Jazz Band@12-2pm		Let's Gen with NJC Badminton @ 3pm - 5pm	
		Let's Gen Together - My First Skool Preschool @2pm- 3pm			
		Let's Crossfit@3.30-4.30pm			

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2026 十月

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MON	TUE	WED	THU	FRI	SAT
			1	2	3
			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 (坐式) @10.45-11.45am	
			一起练气功 @10.30am-12pm (213 Petir Road Community Hall)	一起来庆生@2-4pm(仅限邀请)	
			一起做CrossFit@11am-12pm	一起做艺术与手工 @2-3pm (Zone 6 RC Blk 272)	

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
银发力量计划 (第十一周) @11am-12pm [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	
一起做瑜伽提斯 @2-3pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 @10-11.30am (华文)	一起做运动 @9.15-10.15am [需付费]	一起练气功 @10.30am-12pm (213 Petir Road Community Hall)	一起做运动 (坐式) @10.45-11.45am	
一起做再循环工艺 (包装编织) @2-3.30pm	舞出健康@11am-12pm	一起拳击皮拉提 @10-11am (227A Pending Road Community Hall) [需付费]	一起做 CrossFit@11am-12pm	代际交流 - NJC (羽毛球)@2-4pm (213 Petir Road Community Hall)	
	一起做钩针编织 @3-4pm	一起做打结 @2-3pm		一起做艺术与手工 @2-3pm (Zone 6 RC Blk 272)	
	一起玩乌克丽丽(初级) @3.30-4.30pm (Zone 6 RC) [已满]				

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12	13	14	15	16	17
银发力量计划 (第十二周) @11am-12pm [需付费]	一起嗨舞吧@10-11am	中心休业: 下午2点起	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		一起练气功 @10.30am-12pm (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	一起做钩针编织 @3-4pm		一起做 CrossFit@11am-12pm	踢球决赛@9am-12pm (Tampines Hub)	
	一起玩乌克兰丽丽(初级) @3.30-4.30pm (Zone 6 RC) [已满]			一起来谈登革热预防 @2-3pm (华文)	
一起做再循环工艺 (包装编织) @2-3.30pm				一起做艺术与手工 @2-3pm (Zone 6 RC Blk 272)	

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19	20	21	22	23	24
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	
银发力量计划 @11am-12pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@10-11.30am (英文)	一起做运动 @9.15-10.15am [需付费]	一起练气功 @10.30am-12pm (213 Petir Road Community Hall)	一起做运动 (坐式) @10.45-11.45a m	
一起做瑜伽提斯@2-3pm	舞出健康 @11am-12pm	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	乐龄友谊圈@12-1pm	一起学马来语-初级 @11am-12pm	代际交流 - NJC (羽毛球) @2-4pm (213 Petir Road Community Hall)		
	一起做钩针编织 @3-4pm	一起做打结 @2-3pm	一起学英文-中级 @2.30-4.30pm		
	代际交流 - NJC @2 - 4pm (环境保护、升级再造)				

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26	27	28	29	30	31
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)	
		一起学马来语-初级 @11am-12pm			
一起做再循环工艺 (包装 编织) @2-3.30pm		一起来makan和Kallang Jazz Band - 中心内@12-2pm	一起学英文-中级 @2.30-4.30pm	一起来谈登革热预防 @2-3pm (英文)	
		代际交流 - My First Skool Preschool @2pm- 3pm		代际交流 - NJC (羽毛 球)@3-5pm (213 Petir Road Community Hall)	
		一起做CrossFit @ 3.30pm - 4.30pm			

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