

2025 October

 **Centre Name:** AAC (Bukit Panjang)
 **Centre Address:** Bukit Panjang Ring Road, #02-96, S679947
 **Centre Contact:** 8031 2839



MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Let's Go Gai Gai (AAC Day)@7am-2.30pm (FULL)	SAF Do Good at Bukit Panjang@9am-11am	Let's Do Seated Exercise@9.30-10.30am	SPF Do Good at Bukit Panjang @9.30am-12.30pm
		Services - Wellness - CHP@9-12pm	Let's Zhineng Qigong@10.30am-12.00pm (213 Petir Road Community Hall)	Let's Do Seated Exercise@10.45-11.45am	
		Let's Exercise With Razak On Zoom@9.15-10 am	Let's CrossFit @1-2pm	Let's Do Arts & Craft @2-3pm [Zone 6 RC]	
		Let's Exercise With Razak On Zoom@10-10.45am	Let's CALM @ 2-3pm	Strategise with Kakis@2-4pm	
		Let's Piloxing @10- 11am [Zone 7 RC]	Let's Pick Up English@2-3pm		
		Exergame (Nintendo Sports)@1-2pm	Strategise with Kakis@3-5pm		
		Let's Do Knotting@2-3pm			

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
Let's Do Chair Yoga@9.30-10.30am	Let's Exercise With Razak On Zoom@9.15am-10 am	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 CALM@ 10.30am -11.30am	Let's Exercise With Razak On Zoom@10am-10.45am	Let's Piloxing @10-11am [Zone 7 RC]	Let's CrossFit @1-2pm	Let's Do Seated Exercise@10.45-11.45 am	
MINDEF Do Good at Bukit Panjang@2-4pm	Let's Bowl (Male Exclusive)@2-5pm	Exergame (Nintendo Sports)@1-2pm	Let's CALM@2-3pm	Let's Do Arts & Craft @2-3pm [Zone 6 RC]	
	Strategise with Kakis@2-4pm	Let's Do Knotting@2-3pm	Let's Pick Up English@2-3pm		
			Strategise with Kakis@3-5pm		

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MON

TUE

WED

THU

FRI

SAT

13	14	15	16	17	18
Let's Do Chair Yoga@9.30-10.30am	Let's Exercise With Razak On Zoom@9.15-10 am	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 CALM@ 10.30am -11.30am	Let's Exercise With Razak On Zoom@10-10.45am	Let's Exercise With Razak On Zoom@9.15am-10 am	Let's Zhineng Qigong@10.30am-12.00p m (213 Petir Road Community Hall)	Let's Do Seated Exercise@10.45-11.45a m	
Let's Makan Together - F4@11.30am-12pm	Let's Dance@10.45-11.45am	Let's Exercise With Razak On Zoom@10-10.45am	Let's CrossFit @1-2pm	Let's Do Arts & Craft @2-3pm [Zone 6 RC]	
Let's Yogalates@2-3pm	Strategise with Kakis@2-4pm	Let's Piloxing @10-11am [Zone 7 RC]	Let's Pick Up English@2-3pm		
Let's Do Sudoku@3-4pm		Exergame (Nintendo Sports)@1-2pm	Strategise with Kakis@3-5pm		
		Let's Do Knotting@2-3pm			

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Centre Closed (Deepavali)	Let's Exercise With Razak On Zoom@9.15-10 am	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 Go Gai Gai(Digital For Life)@3-5pm
	Let's Exercise With Razak On Zoom@10-10.45am	Let's Piloxing @10-11am [Zone 7 RC]	Let's CrossFit @1-2pm	Let's Do Seated Exercise@10.45-11.45am	
	Let's Dance@10.45-11.45am	Exergame (Nintendo Sports)@1-2pm	Let's Pick Up English@2-3pm	Let's Celebrate Deepavali@2-4pm	
	Strategise with Kakis@2-4pm	Let's Exercise With Razak On Zoom@ 2-2.45pm	Let's Do Arts & Craft (Floating Teacup) @2-4pm		
		Let's Do Knotting@2-3pm	Strategise with Kakis@3-5pm		

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MON

TUE

WED

THU

FRI

SAT

27	28	29	30	31	
Let's Do Chair Yoga@9.30-10.30am	Let's Exercise With Razak On Zoom@9.15-10 am	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 Yogalates@2-3pm	Let's Exercise With Razak On Zoom@10-10.45am	Let's Exercise With Razak On Zoom@9.15am-10 am	Let's CrossFit @1-2pm	Let's Do Seated Exercise@10.45-11.45am	
Let's Do Sudoku@3-4pm	Let's Dance@10.45-11.45am	Let's Exercise With Razak On Zoom@10-10.45am	Let's Pick Up English@2-3pm	Let's Celebrate Halloween@2-4pm	
	Strategise with Kakis@2-4pm	Let's Piloxing @10-11am [Zone 7 RC]	Let's Intergen With National Junior College@2-4pm (Upcycling Art)		
	Let's Learn To Take Photos@3-5pm	Exergame (Nintendo Sports)@1-2pm	Strategise with Kakis@3-5pm		
		Let's Do Knotting@2-3pm			

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MON

TUE

WED

THU

FRI

SAT

		1	2	3	4
		一起去Gai Gai(AAC Day)@7am-2.30pm (节目已满)	SAF与 职总保健活跃乐龄中心 (武吉班让)同乐 @9am-11am	一起做运动 (坐式)@9.30-10.30am	SPF与 职总保健活跃乐龄中心 (武吉班让) 同乐 @9.30am-12.30pm
		服务 - 社区保健站@9-12pm	一起打智能气功 @10.30am-12.00pm (213 Petir Road Community Hall)	一起做运动 (坐式)@10.45-11.45am	
		一起跟Razak线上做运动 @9.15-10am	一起做CrossFit @1-2pm	一起做艺术与手工 @2-3pm (Zone 6 RC)	
		一起跟Razak线上做运动 @10-10.45am	一起做防肌肉萎缩运动 @2-3pm		
		Let's Piloxing @10- 11am [Zone 7 RC]	一起学英语(初级)@2-3pm		
		电子游戏时间(Nintendo Sports)@1-2pm	游戏时间@2-4pm		
		一起做打结@2pm-3pm			

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6	7	8	9	10	11
一起做椅子瑜伽 @9.30-10.30am	一起跟Razak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(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	
一起做防肌肉萎缩运动 @10.30-11.30am	一起跟Razak线上做运动 @10-10.45am	Let's Piloxing @10- 11am [Zone 7 RC]	一起做CrossFit @1-2pm	一起做运动 (坐式)@10.45-11.45am	
MINDEF 与 Bukit Panjang 同乐 @2-4pm	游戏时间@2-4pm	电子游戏时间(Nintendo Sports)@1-2pm	一起做防肌肉萎缩运动@2-3pm	一起做艺术与手工 @2-3pm (Zone 6 RC)	
数独游戏@3-4pm	一起打保龄球(只限男性)@2-5pm	一起做打结@2pm-3pm	一起学英语(初级)@2-3pm		
			游戏时间@2-4pm		

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
一起做椅子瑜伽 @9.30-10.30am	一起跟Razak线上做运动 @9.15-10am	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	
一起做防肌肉萎缩运动 @10.30-11.30am	一起跟Razak线上做运动 @10-10.45am	一起跟Razak线上做运动 @9.15-10am	一起打智能气功 @10.30am-12.00pm (213 Petir Road Community Hall)	一起做运动 (坐式) @10.45-11.45am	
一起来makan - F4@11.30am	一起来跳舞@10.45-11.45am	一起跟Razak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	游戏时间@2-4pm	Let's Piloxing @10-11am [Zone 7 RC]	一起学英语(初级) @2-3pm		
数独游戏@3-4pm		电子游戏时间(Nintendo Sports)@1-2pm 一起做打结@2pm-3pm	游戏时间@2-4pm		

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中心休业 (屠妖节)	一起跟Razak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	一起去Gai Gai(Digital For Life)@3-5pm
	一起跟Razak线上做运动@10-10.45am	Let's Piloxing @10-11am [Zone 7 RC]	一起做CrossFit @1-2pm	一起做运动 (坐式)@10.45-11.45am	
	一起来跳舞 @10.45-11.45am	一起做打结@2pm-3pm	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@2-4pm	电子游戏时间(Nintendo Sports)@1-2pm	一起做艺术与手工 @2-4pm	一起来庆祝屠妖节 @2-4pm	
		一起跟Razak线上做运动 @2-2.45pm	游戏时间@2-4pm		

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27	28	29	30	31	
一起做椅子瑜伽 @9.30-10.30am	一起跟Razak线上做运动 @9.15-10am	一起跟Razak线上做运动 @9.15-10am	推广健康老龄化计划 @9:30-10.30am	一起做运动 (坐式) @9.30-10.30am	
一起做瑜伽提斯 @2-3pm	一起跟Razak线上做运动 @10-10.45am	一起跟Razak线上做运动 @10-10.45am	一起做CrossFit @1-2pm	一起做运动 (坐式) @10.45-11.45am	
数独游戏@3-4pm	一起来跳舞 @10.45-11.45am	Let's Piloxing @10-11am [Zone 7 RC]	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@2-4pm	电子游戏时间(Nintendo Sports) @1-2pm	代际交流 (National Junior College) @2-4pm (改造艺术)	一起来庆祝万圣节 @2-4pm	
	一起来学拍照@3-5pm	一起做打结@2pm-3pm	游戏时间@2-4pm		

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