

2026 September

 **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	4	5
	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 @[Paid programme] @ 9.15am-10.15am	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)	Let's Do Seated Exercise @10.45-11.45am	
	Let's Seated Floorball @11 - 12.30pm	Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall) [Paid Programme]	Let's Crossfit @11am - 12pm	Let's Gen at ZhengHua Primary School @ 12pm-1.30pm	
	Let's Do Crochet @3-4pm	Let's Do Knotting @2-3pm		Let's Celebrate Birthday @ 2pm-4pm [By Invitation only]	
	Brain Power! A Mental Fitness Programme for Seniors (Chinese) @2pm - 4pm	Let's Do Calligraphy @2-3.30pm (Zone 7 RC) [FULL]			
	"Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) [FULL]				

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
Centre Closed	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) [FULL]	Lets Gai Gai - DUCKtours (English/Chinese) (Selected Only)	Let's Chair Zumba @9.30-10.30am	Functional Health Screening @ 9am - 1pm (last registration 12.30pm)	
			Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)		
Brain Power! A Mental Fitness Programme for Seniors (Malay) @11am - 1pm	Centre Closed	Let's Do Calligraphy @2-3.30pm (Zone 7 RC) [FULL]	Let's Crossfit @11am - 12pm	Guardians of the Green @ 2-3pm (Wood Transformer)	
			Let's Cup Stacking @2pm - 3pm		
		Centre Closed	Brain Power! A Mental Fitness Programme for Seniors (Chinese) @2pm - 4pm	Let's Do Upcycling @ 2-3pm	

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
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	Centre Closed (Internal Event)	Let's Go Gai Gai - DBS Sailing At The Bay @ 3pm - 7pm
Project Silver Strength (Week 8) @11am-12pm	Digital - IMDA Go-Digital - Workshop (English) @10am - 11.30am	Let's Exercise @[Paid programme] @ 9.15am-10.15am	Let's Learn Gua Sha @ 10.30 -11.30am (Chinese)		
Brain Power! A Mental Fitness Programme for Seniors (Malay) @11am - 1pm	Let's Ladder Toss @11am - 12.30pm	Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall) [Paid Programme]	Let's Qigong @10.30am-12pm (213 Petir Road Community Hall)		
Let's Yogalates @2-3pm	Let's Do Crochet @3-4pm	Let's Do Knotting @2-3pm	Let's Crossfit @11am - 12pm		
Let's Do Recycle Art @2-3.30pm	Stay Well Series - Stroke Awareness Talk (English) @2pm - 3:30pm	Let's Do Calligraphy @2-3.30pm (Zone 7 RC) [FULL]	Let's Learn Gua Sha @ 2-3-pm (English)		
	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) [FULL]		Let's Go Gai Gai - DBS Sailing At The Bay @ 3pm - 6pm		

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
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 (Week 9) @11am-12pm	Let's Disc Golf @11 - 12.30pm	Let's Exercise @[Paid programme] @ 9.15am-10.15am	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 Piloxing @10-11am (Blk 227A Pending Road Community Hall) [Paid Programme]	Let's Crossfit @11am - 12pm	Let's Go Gai Gai - Gardens By The Bay (Flower Dome & Cloud Forest) [Invitation Only]	
Let's Do Recycle Art @2-3.30pm	Leave Well Series - Legacy Planning Workshop - ACP facilitation (for previous participants only) @ 9am - 5pm	Let's Gen Together - My First Skool Preschool @2pm- 3pm		Let's Appreciate Tea with Moon Cake @2pm - 3:30pm	
		Let's Do Calligraphy @2-3.30pm (Zone 7 RC) [FULL]	Let's Celebrate Mid-Autumn@2:30-4.30pm		
	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) [FULL]	NUHS talk @3.30-4.30pm(tbc)			

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28	29	30			
Let's Do Chair Yoga @9.30-10.30am [Paid Programme]	Let's Dance @10-11am	Community Health Post @9am-5pm			
Project Silver Strength (Week 10) @11am-12pm	Let's Boccia @11am - 12.30pm	Let's Exercise @[Paid programme] @ 9.15am-10.15am			
Let's Yogalates @2-3pm		Let's Piloxing @10-11am (Blk 227A Pending Road Community Hall) [Paid Programme]			
Let's Do Recycle Art @2-3.30pm	Let's Do Crochet @3-4pm	Power Lunch @ 12pm - 1.30pm			
	Leave Well Series - Legacy Planning Workshop - ACP facilitation (for previous participants only) @ 9am - 5pm	Let's Do Calligraphy @2-3.30pm [FULL]			
	Let's Jam with Ukulele (Beginner) @3.30-4.30pm (Zone 6 RC) [FULL]	Let's Do Knotting @2-3pm			

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2026 九月

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	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	
	资讯通信媒体发展局 - 数码乐龄计划 - 培训 课程 (华文) @10-11.30am	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	
	一起玩就座的地板球 @12-2pm	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 - 正花小学 @ 12pm-1.30pm	
	一起做钩针编织 @3-4pm	一起做打结 @2-3pm	一起学 (英文) -初级 @2pm - 3pm [已满]	一起来庆生@2-4pm(仅 限邀请)	
	最强大脑! 乐龄心理 健康节目 (华文) @2-4pm [已满]	一起写书法@2pm -3:30pm (Zone 7 RC) [已满]			
	一起玩乌克丽丽(初 级) @3.30-4.30pm (Zone 6 RC) [已满]				

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
中心休业	一起玩乌克兰(初级) @3.30-4.30pm (Zone 6 RC) [已满]	一起去Gai Gai - DUCKtours (English/Chinese) (Selected Only)	一起做坐式尊巴 @9.30-10.30am	眼, 耳, 口腔健康检查 (Functional Health Screening) @ 9am - 1pm (12.30pm 截止挂号)	
			一起练气功 @10.30am-12pm (213 Petir Road Community Hall)		
Brain Power! A Mental Fitness Programme for Seniors (Malay) @11am - 1pm	中心休业	一起写书法@2pm -3:30pm (Zone 7 RC) [已满]	一起做 CrossFit@11am-12pm	环保活动 - 绿色护卫队 @ 2-3pm (Wood Transformer)	
		中心休业	一起叠叠杯 (Cup Stacking) @2pm - 3pm		
			最强大脑! 乐龄心理健康节目 (花文) @2-4pm		

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14	15	16	17	18	19
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	中心休业	一起去Gai Gai - DBS Sailing At The Bay @ 3pm - 7pm
银发力量计划 (第八 周) @11am-12pm [需付费]	资讯通信媒体发展局 - 数码 乐龄计划 - 培训课程 (英文) @10-11.30am	一起做运动 @9.15-10.15am [需付费]	一起学刮痧 @ 10.30 -11.30am (华文)		
最强大脑! 乐龄心理 健康节目 (马来文) @11am - 1pm	Let's Ladder Toss @11am - 12.30pm	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)		
一起做瑜伽提斯 @2-3pm	一起做钩针编织 @3-4pm	一起做打结 @2-3pm	一起做 CrossFit@11am-12pm		
一起做再循环工艺 (包装编织) @2-3.30pm	保健系列 -中风意识讲座(英 文)@2-3.30pm	一起写书法@2pm -3:30pm (Zone 7 RC) [已满]	一起学刮痧@ 2-3-pm (英文) 一起去Gai Gai - DBS Sailing At The Bay @ 3pm - 6pm		

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21	22	23	24	25	26
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 (第九周) @11am-12pm [需付费]	Let's Disc Golf @11 - 12.30pm	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	一起去Gai Gai - Gardens By The Bay (Flower Dome & Cloud Forest) [Invitation Only]	
		遗产与遗嘱规划 - 预先护理计划 (仅限之前参与者) @ 9am - 5pm	Let's Gen Together - My First Skool Preschool @2pm- 3pm	一起做鉴赏茶 @2pm - 3:30pm	
一起做再循环工艺 (包装编织) @2-3.30pm		一起做钩针编织 @3-4pm	一起写书法@2pm -3:30pm (Zone 7 RC) [已满]		
	NUHS talk @3.30-4.30pm(tbc)				

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28	29	30			
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			
银发力量计划 (第十周) @11am-12pm [需付费]		一起做运动 @9.15-10.15am [需付费]			
一起做瑜伽提斯 @2-3pm	Let's Boccia @11am - 12.30pm	一起拳击皮拉提 @10-11am (227A Pending Road Community Hall) [需付费]			
	一起做钩针编织 @3-4pm	Power Lunch @ 12pm - 2pm			
一起做再循环工艺 (包装编织) @2-3.30pm	遗产与遗嘱规划 - 预先护理计划 (仅限之前参与者) @ 9am - 5pm	一起做打结 @2-3pm			
		一起写书法@2pm -3:30pm [已满]			

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