

2025 September

 **Centre Name:** AAC (Bukit Panjang)
 **Centre Address:** Bukit Panjang Ring Road, #02-06, S(679947)
 **Centre Contact:** 80312839



ntuc Health

Requires Registration

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Let's Do Chair Yoga@9.30-10.30am	Let's Exercise With Razak On Zoom@9.15am-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 (FULL)	
Let's Adaptive Sports@2-4pm	Let's Exercise With Razak On Zoom@10am-10.45am	Let's Exercise With Razak On Zoom@9.15-10 am	Let's CrossFit @1-2pm	Let's Do Seated Exercise@10.45-11.45am	
Strategise with Kakis@2-4pm	Let's Dance@10.45-11.45am	Let's Exercise With Razak On Zoom@10-10.45am	Let's CALM @ 2-3pm	Let's Do Arts & Craft @2-3pm [Zone 6 RC]	
	Let's Jam With Ukulele@2-3pm [FULL]	Let's Piloxing @10- 11am [Zone 7 RC]	Let's Makan Together - F4@10.45am-11.45am	Let's Adaptive Sports@2-4pm	
	Strategise with Kakis@2-4pm	Let's Do Knotting@2-3pm Exergame (Nintendo Sports)@1-2pm	Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm	
8	9	10	11	12	13
Senior National Games @ 7am - 1pm	Centre Closed (Spring Cleaning)	Let's Piloxing @10-11am [Zone 7 RC]	HAPPY Programme - NTUC Health Led@9.30-10.30am	Centre Closed For Internal Event	
Centre Closed (Spring Cleaning)		Centre Closed (Spring Cleaning)	Let's CALM@ 2-3pm Centre Closed For Internal Event @ 4pm - 6pm		

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
Let's Do Chair Yoga@9.30-10.30am	Let's Exercise With Razak On Zoom@9.15am-10 am	Services - Wellness - CHP@9-12pm	HAPPY Programme - NTUC Health Led@9.30-10.30am	Open House	
Let's CALM@ 10.30am -11.30am	Let's Exercise With Razak On Zoom@10am-10.45am	Let's Exercise With Razak On Zoom@9.15am-10 am	Let's Makan Together - F4@10.45am-11.45am		
Let's Do Knotting@2pm-3pm	Let's Dance@10.45-11.45am	Let's Exercise With Razak On Zoom@10-10.45am	Let's CrossFit @1-2pm		
Strategise with Kakis@2-4pm	Let's Jam With Ukulele@2-3pm [FULL]	Let's Piloxing @10-11am [Zone 7 RC]	Let's CALM @ 2-3pm	Strategise with Kakis@3-4pm	
	Strategise with Kakis@2-4pm	Exergame (Nintendo Sports)@1-2pm	Centre Closed For Internal Event @3pm - 6pm		

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 **ntuc Health**

MON

TUE

WED

THU

FRI

SAT

22	23	24	25	26	27
Let's Do Chair Yoga@9.30-10.30am	Let's Exercise With Razak On Zoom@9.15-10 am	Let's Exercise With Razak On Zoom@9.15-10am	HAPPY Programme - NTUC Health Led@9.30-10.30am	Let's Do Seated Exercise@9.30-10.30am (FULL)	
Let's CALM@ 10.30 -11.30am	Let's Exercise With Razak On Zoom@10-10.45am	Let's Exercise With Razak On Zoom@10-10.45am	Let's CrossFit @1-2pm	Let's Do Seated Exercise@10.45-11.45a m	
Let's Lim Kopi (Male exclusive) @2pm-3pm (Hawker)	Let's Dance@10.45-11.45am	Let's Do Knotting@10.30-11.30am	Let's CALM@ 2-3pm	Let's Celebrate Birthday@2-4pm [By Invitation Only]	
Strategise with Kakis@3-4pm	Let's Jam With Ukulele@2-3pm [FULL]	Let's Piloxing @10-11am [Zone 7 RC]	Adaptive Sports Fun Day @3.30-5pm		
	Strategise with Kakis@3-4pm	Exergame (Nintendo Sports)@1-2pm			
		Let's Appreciate Tea @2-4pm			

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MON	TUE	WED	THU	FRI	SAT
29	30				
Let's Do Chair Yoga@9.30-10.30am	Let's Exercise With Razak On Zoom@9.15-10 am				
Let's CALM@10.30 -11.30am	Let's Exercise With Razak On Zoom@10-10.45am				
Let's Talk About Dengue@1.30-2.30p m (English)	Let's Dance@10.45-11.45am				
Let's Talk About Dengue@ 2.30-3.30pm (Chinese)	Let's Jam With Ukulele@2-3pm [FULL]				
Strategise with Kakis@2-4pm	Let's Learn To Take Photos@3-5pm (Zone 4 RC)				

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2025 九月

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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
一起做椅子瑜伽 @9.30-10.30am	一起跟Razak线上做运动 @9.15-10 am	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 (节目已满)	
一起做运动@2-4pm	一起跟Razak线上做运动 @10-10.45am	一起跟Razak线上做运动 @9.15-10 am	一起来makan - F4 @10.45am-11.45am	一起做运动 (坐式) @10.45-11.45am	
游戏时间@2-4pm	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 @2-3pm	一起做艺术与手工 @2-3pm (Zone 6 RC)	
	一起玩乌克丽丽@2-3pm[节目已满]	Let's Piloxing @10-11am [Zone 7 RC]	一起做防肌肉萎缩运动 @2-3pm	一起做运动 @2-4pm	
	游戏时间@2-4pm	一起做打结@2pm-3pm	游戏时间@2-4pm	游戏时间@2-4pm	
		电子游戏时间(Nintendo Sports) @1-2pm			
8	9	10	11	12	13
乐龄全国运动会 @ 7am - 1pm	中心休业 (清洗巴刹)	Let's Piloxing @10-11am [Zone 7 RC]	推广健康老龄化计划 @9:30-10.30am	中心休业 (内部活动)	
中心休业 (清洗巴刹)		中心休业 (清洗巴刹)	一起做CrossFit @2-3pm		
			一起做防肌肉萎缩运动 @2-3pm		
			游戏时间@2-4pm		

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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	一起来makan - F4@10.45am-11.45am		
一起做打结@2-3pm	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 @2-3pm		
游戏时间@2-4pm	一起玩乌克兰丽丽@2-3pm[节目已满]	Let's Piloxing @10-11am [Zone 7 RC]	一起做防肌肉萎缩运动 @2-3pm		
	游戏时间@2-4pm	电子游戏时间(Nintendo Sports)@1-2pm	游戏时间@2-4pm		
		中心休业 (内部活动) @4-6pm		游戏时间 @2-4pm	

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一起做防肌肉萎缩运动@ 10.30am-11.30am	一起跟Razak线上做运动@10-10.45am	一起跟Razak线上做运动 @9.15-10 am	一起做CrossFit @2-3pm	一起做运动 (坐式) @10.45-11.45am	
游戏时间@2-4pm	一起来跳舞 @10.45-11.45am	一起跟Razak线上做运动 @10-10.45am	一起做防肌肉萎缩运动@2-3pm	一起来庆生@2-4pm	
	一起玩乌克兰丽丽 @2-3pm[节目已满]	Let's Piloxing @10-11am [Zone 7 RC]	游戏时间@2-4pm	游戏时间@2-4pm	
	游戏时间@2-4pm	一起做打结 @10.30-11.30am	一起做运动 @3.30-5pm		
		电子游戏时间(Nintendo Sports) @1-2pm			
		一起鉴赏中国茶@ 2-4pm			

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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				
一起来谈防止家中蚊虫滋生 @1.30-2.30pm (英文)	一起来跳舞 @10.45-11.45am				
一起来谈防止家中蚊虫滋生 @2.30-3.30pm (中文)	一起玩乌克兰丽丽 @2-3pm[节目已满]				
	游戏时间@2-4pm				
游戏时间@2-4pm	一起来学拍照@3-5pm				

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