

# 2025 April

Registration Required

 **Centre Name:** AAC - Boon Lay

 **Centre Address:** Blk 179 Boon Lay Drive, #01-448 Singapore 640179

 **Centre Contact:** 6590 4368



 **ntuc Health**

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 10am - 10.45am <b>(Blk 275)</b>	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
	Let's Gen Together - Kindergarten @ 10am to 11am	Let's Stretch Band @ 10am - 11am	Let's Brisk Walk <b>(@ Blk 275)</b> (From Geh Poh North to 179 Boon Lay Drive) @ 9am to 10am	Let's do Nagomi @ 10am - 11.15am	
	Let's Do Seated Exercise @ 11am - 12pm	Strategise with Kakis (Rummy-O) @ 10.45am to 11.30pm <b>(Blk 275)</b>	Let's Makan Together (For Geh Poh North Residents) @ 10am - 11am	Mindfulness programme @ 11.30am - 12.30pm	
	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm	Fun with Exergame @ 11am - 12pm	Fun with Kakis (Bingo) (For Geh Poh North Residents) @ 11am - 12pm	Let's Go GaiGai (Gardens By The Bay) 1.15pm - 5.30pm	
	Let's KTV together @ 3pm - 5pm	Let's Do Zentangle @ 2pm - 4pm	Strategise with Kakis @ 2pm to 5pm	Let's KTV together @ 2pm - 5pm	
7	8	9	10	11	12
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 10am - 10.45am <b>(Blk 275)</b>	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am to 11am	Let's Stretch Band @ 10am - 11am	Let's Exercise with Razak on Zoom @ 10am - 10.45am	Let's do Nagomi @ 10am - 11.15am	
Let's do Pebbles Painting @ 1pm - 3pm	Let's Do Seated Exercise @ 11am - 12pm	Let's celebrate Hari Raya @ 10.45am to 12pm <b>(Blk 275)</b>	Let's Walking Football (AAC JCP) @ 10am to 11.30am	Let's Celebrate Hari Raya & Birthday @ 11.30am to 1pm	
Let's Support EQUAL @ 2pm-4pm (AAC JCP)	Let's Do Music & Dance for Seniors @ 1pm - 2.30pm	Fun With Kakis (Just be Happy) @ 1pm to 2pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm"		
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 3pm - 5pm	Let's Do Zentangle @ 2pm - 4pm	Strategise with Kakis @ 3pm to 5pm	Let's KTV together @ 1pm - 5pm	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

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 **ntuc Health**

MON

TUE

WED

THU

FRI

SAT

14

15

16

17

18

19

Let's CrossFit @ 9am - 9.45am

Let's Exercise with Razak on Zoom  
@ 9am - 9.45am

Let's Lim Kopi (Male exclusive)  
@845am to 930am

Let's Qigong @ 9am - 10am

Let's Learn to Sing @ 10am - 12pm

Let's join CWAS Trishaw @ Jurong  
Point @ 9am to 1130am

Let's Exercise with Razak on Zoom  
@ 10am - 1045am **(Blk 275)**

Let's Exercise with Razak on Zoom @ 10am - 10.45am

Let's Gen Together - Kindergarten  
@ 10am to 11am

Let's Stretch Band @ 10am - 11am

Let's Walking Football (AAC JCP) @ 10am to 11.30am

Let's Do Seated Exercise  
@ 11am - 12pm

Strategise with Kakis (Rummy-O)  
@ 1045am to 1130pm **(Blk 275)**

Let's Makan Together - F4  
@ 1130pm to 1pm

Let's do Pebbles Painting  
@ 1pm - 3pm

Let's Do Music & Dance for Seniors  
@ 1pm - 2.30pm

Fun with Exergame  
@ 11am - 12pm

National Heritage Board - HeritageCares programmes  
(Grooving down Memory Lane)  
@ 2pm - 3pm"

Services - Wellness - CHP  
@ 2pm - 5pm

Let's KTV together @ 3pm - 5pm

Let's Do Zentangle @ 2pm - 4pm

Strategise with Kakis  
@ 3pm to 5pm



21

22

23

24

25

26

Let's CrossFit @ 9am - 9.45am

Let's Walking Football Outing  
**(Jalan Besar Stadium)**  
@ 830am to 12pm

Let's Makan Together  
@ 8.45am - 9.30am

Let's Qigong @ 9am - 10am

Let's Chair Zumba  
@ 9am - 10am

Let's Learn to Sing @ 10am - 12pm

Let's Exercise with Razak on Zoom @ 9am - 9.45am

Let's Exercise with Razak on Zoom  
@ 10am - 1045am **(Blk 275)**

Let's Exercise with Razak on Zoom @ 10am - 10.45am

Let's do Nagomi  
@ 10am - 1115am

Let's Gen Together - Kindergarten  
@ 10am to 11am

Let's Stretch Band @ 10am - 11am

Let's Do Seated Exercise  
@ 11am - 12pm

Fun With Kakis (Just be Happy)  
@ 1045am - 1130am **(Blk 275)**

National Heritage Board - HeritageCares programmes  
(Grooving down Memory Lane)  
@ 2pm - 3pm"

Let's do Pebbles Painting  
@ 1pm - 3pm

Let's Do Music & Dance for Seniors @ 1pm - 2.30pm

Fun with Exergame  
@ 11am - 12pm

Current Affairs U&Me  
@ 1pm - 2pm

Services - Wellness - CHP  
@ 2pm - 5pm

Let's KTV together @ 3pm - 5pm  
**(English and Other Language Songs)**

Let's Do Zentangle @ 2pm - 4pm

Strategise with Kakis  
@ 3pm to 5pm

Let's KTV together @ 2pm - 5pm

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MON	TUE	WED	THU	FRI	SAT
28	29	30			
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	<b>Centre Closed for Townhall</b>			
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm				
Let's do Pebbles Painting @ 1pm - 3pm	Let's Do Music & Dance for Seniors @ 1pm - 2.30pm				
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 3pm - 5pm				

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标有颜色的项目须报名

Centre Name: AAC - Boon Lay  
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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	一起跟Razak线上做运动 @ 9am - 9.45am	一起跟Razak线上做运动 @ 10am - 1045am (Blk 275)	一起练气功 @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	
	代际交流 - 幼儿园 @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am	一起快步走 (从 Geh Poh North 到 179 Boon Lay Drive) @ 9am to 10am	一起做日本和谐粉彩 @ 10am - 11.15am	
	一起做运动 (坐式) @ 11am - 12pm	游戏时间 (Rummy-O) @ 1045am to 1130pm (Blk 275)	一起来 Makan (Gek Poh North 居民) @ 10am - 11am	心灵系列 - 正念课程 @ 11.30am - 12.30pm	
	国家文物局 - 沿着记忆的轨迹 @2pm to 3pm	电子游戏时间 @ 11am - 12pm	游戏时间 (Bingo) (Gek Poh North 居民) @ 11am to 12pm	一起去Gai Gai(滨海湾花园) @ 1pm to 530pm	
	一起来K歌 @ 3pm - 5pm	一起做禅绕画 @ 2pm - 4pm	游戏时间 @ 2pm to 5pm	一起来K歌 @ 2pm - 5pm	
7	8	9	10	11	12
一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	一起跟Razak线上做运动 @ 10am - 1045am (Blk 275)	一起练气功 @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	
一起学唱歌 @ 10am - 12pm	代际交流 - 幼儿园 @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am	一起跟Razak线上做运动 @ 10am - 10.45am	一起做日本和谐粉彩 @ 10am - 11.15am	
一起学画石 @ 1pm - 3pm	一起做运动 (坐式) @ 11am - 12pm	一起来庆祝开斋节 @ 10.45am - 1130am	一起来踢球(AAC JCP) @ 10am to 11.30am	一起来庆祝开斋节 / 生日 @ 11.30am - 1pm	
一起参与研究 计划 - (EQUAL) @ 2pm-4pm (AAC JCP)	一起来K歌 @ 1pm - 5pm	电子游戏时间 @ 11am - 12pm	国家文物局 - 沿着记忆的轨迹 @2pm to 3pm	一起来K歌 @ 1pm - 5pm	
服务 - 社区保健站 @ 2pm - 5pm		一起做禅绕画 @ 2pm - 4pm	游戏时间 @ 3pm to 5pm		

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	一起喝咖啡(只限男性) @845am to 930am	一起练气功 @ 9am - 10am		
一起学唱歌 @ 10am - 12pm	一起参加 CWAS 三轮车体验活动- 裕廊坊 @ 9am to 1130am	一起跟Razak线上做运动 @ 10am - 1045am (Blk 275)	一起跟Razak线上做运动 @ 10am - 10.45am		
	代际交流 - 幼儿园 @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am	一起来踢球(AAC JCP) @ 10am to 11.30am		
	一起做运动 (坐式)@ 11am - 12pm	游戏时间 (Rummy-O) @ 1045am to 1130pm (Blk 275)	一起来 Makan @ 1130am - 1pm		
一起学画石 @ 1pm - 3pm	一起跟着音乐舞起来 @ 1pm - 230pm	电子游戏时间 @ 11am - 12pm	国家文物局 - 沿着记忆的轨迹 @2pm to 3pm		
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 3pm - 5pm	一起做禅绕画 @ 2pm - 4pm	游戏时间 @ 3pm to 5pm		
21	22	23	24	25	26
一起做CrossFit @ 9am - 9.45am	一起来踢球 (惹兰勿刹体育场) @ 830am to 12pm	一起来 Makan @ 8.45am - 9.30am	一起练气功 @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	
一起学唱歌 @ 10am - 12pm	一起跟Razak线上做运动 @ 9am - 9.45am	一起跟Razak线上做运动 @ 10am - 1045am (Blk 275)	一起跟Razak线上做运动 @ 10am - 10.45am	一起做日本和谐粉彩 @ 10am - 11.15am	
	代际交流 - 幼儿园 @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am			
	一起做运动 (坐式)@ 11am - 12pm	游戏时间 (欢喜就好) @ 1045am - 1130am (Blk 275)			
一起学画石 @ 1pm - 3pm	一起跟着音乐舞起来 @ 1pm - 230pm	电子游戏时间 @ 11am - 12pm	国家文物局 - 沿着记忆的轨迹 @2pm to 3pm	时事新闻你和我 @ 1pm - 2pm	
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 (英语和其他语言) @ 3pm - 5pm	一起做禅绕画 @ 2pm - 4pm	游戏时间 @ 3pm to 5pm	一起来K歌 @ 2pm - 5pm	
28	29	30			29
一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	中心关闭			
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式)@ 11am - 12pm				
一起学画石 @ 1pm - 3pm	一起跟着音乐舞起来 @ 1pm - 230pm				
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 3pm - 5pm				

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