

# 2026 April

Registration Required

📍 **Centre Name:** AAC (Boon Lay)  
 🏠 **Centre Address:** Blk 179 Boon Lay Drive, #01-448 S640179  
 📞 **Centre Contact:** 6590 4368



NTUC Health

MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Qigong @ 9am - 10am		
		<b>Let's Stretch Band @ 10am - 11am</b>	Let's Exercise - Online Video @ 1015am - 11am		
		Strategise with Kakis (Rummy-O) @ 11am - 12pm (Blk 275)	<b>Let's Celebrate Hari Raya &amp; Birthday @11.30am - 1pm</b>		
		Let's Do Patchwork @1pm - 3pm	<b>Let's Piloxing @1pm - 2pm</b>		
		Let's Do Zentangle @ 2pm - 4pm	Let's Jam with Ukulele @2pm - 4pm		
		Strategise with Kakis @ 2pm - 5pm	<b>Centre closed at 4pm for corporate activity</b>		
6	7	8	9	10	11
Let's CrossFit @ 9am - 9.45am	Let's Exercise - Online Video @ 9am - 9.45am	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Qigong @ 9am - 10am	<b>Let's Chair Zumba @ 9am - 10am</b>	
HAPPY Programme @ 9am - 10am	Let's Support SPICE+ @10am - 11am (Blk 262B)	<b>Let's Stretch Band @ 10am - 11am</b>	Let's Exercise - Online Video @ 1015am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
<b>Let's Chair Zumba (Blk 275) @ 10am - 11am</b>	Let's Gen Together - Kindergarten @ 10am to 11am	Strategise with Kakis (Rummy-O) @ 11am - 12pm (Blk 275)	<b>Let's Makan Together - F4 @1130am - 1pm</b>	Let's do Nagomi @ 10am - 11.15am	
Let's Learn to Sing @ 10am - 12pm	<b>Let's Go Gai Gai (Duck Tour) @ 9am -12pm</b>			<b>Mindfulness programme @ 11.30am - 12.30pm</b>	
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)	Let's Do Seated Exercise @ 11am - 12pm	Let's Do Patchwork @1pm - 3pm			
Let's do Pebbles Painting @ 1pm - 3pm	Let's Talk News @1pm - 2pm	Let's Do Zentangle @ 1pm - 3pm	<b>Let's Piloxing @1pm - 2pm</b>		
<b>Scent healing @2pm - 3pm</b>	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm	<b>Scent healing @2pm - 3pm</b>	<b>Scent healing @2pm - 3pm</b>	<b>Let's KTV together @ 1pm - 5pm</b>	
<b>Community Health Post @ 2pm - 5pm</b>		<b>Centre closed at 4pm for corporate activity</b>	Let's Jam with Ukulele @2pm - 4pm	<b>Let's Gen Together - Jurong West Secondary School @2pm - 330pm</b>	

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

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's CrossFit @ 9am - 9.45am	Let's Exercise - Online Video @ 9am - 9.45am	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Lim Kopi (Male exclusive) @845am - 930am	<b>Let's Chair Zumba @ 9am - 10am</b>	
HAPPY Programme @ 9am - 10am	Let's Support SPICE+ @10am - 11am (Blk 262B)	<b>Let's Stretch Band @ 10am - 11am</b>	Let's Qigong @ 9am - 10am	HAPPY Programme @ 10am - 11am (Blk 275)	
<b>Let's Chair Zumba (Blk 275) @ 10am - 11am</b>	Let's Gen Together - Kindergarten @ 10am to 11am	Strategise with Kakis (Rummy-O) @ 11am - 12pm (Blk 275)	<b>Let's Gen Together - Tertiary Singapore Polytechnic @10am - 1130apm</b>	Let's do Nagomi @ 10am - 11.15am	
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm		Let's Exercise - Online Video @ 1015am - 11am		
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)	Let's Talk News @1pm - 2pm		Let's Go Gai Gai (Bollywood) @1030am - 2pm		
	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm	Let's Do Patchwork @1pm - 3pm		Fun with Kakis (BINGO) @2pm - 3pm	
Let's do Pebbles Painting @ 1pm - 3pm		Let's Do Zentangle @ 1pm - 3pm	<b>Let's Piloxing @1pm - 2pm</b>	Fun With Kakis (Just be Happy) @ 3pm - 4pm	
<b>Community Health Post @ 2pm - 5pm</b>	<b>Let's Gen Together - Tertiary Singapore Polytechnic @230pm - 4pm</b>	Strategise with Kakis @ 2pm - 5pm	Let's Jam with Ukulele @2pm - 4pm	<b>Let's KTV together @ 1pm - 5pm</b>	
20	21	22	23	24	25
Let's CrossFit @ 9am - 9.45am	Let's Exercise - Online Video @ 9am - 9.45am	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Qigong @ 9am - 10am	<b>Let's Chair Zumba @ 9am - 10am</b>	
HAPPY Programme @ 9am - 10am	Let's Support SPICE+ @10am - 11am (Blk 262B)	<b>Let's Stretch Band @ 10am - 11am</b>	Let's Exercise - Online Video @ 1015am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
<b>Let's Chair Zumba (Blk 275) @ 10am - 11am</b>	Let's Gen Together - Kindergarten @ 10am to 11am	Fun With Kakis (Just be Happy) @ 11am to 1145am (Blk 275)	<b>Let's Makan Together - F4 @1130am - 1pm</b>	Let's do Nagomi @ 10am - 11.15am	
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm		<b>Let's Piloxing @1pm - 2pm</b>		
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)	Let's Talk News @1pm - 2pm	Let's Do Patchwork @1pm - 3pm	Let's Jam with Ukulele @2pm - 4pm		
Let's do Pebbles Painting @ 1pm - 3pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm	Let's Do Zentangle @ 1pm - 3pm	Let's Pick Up Chinese @2pm - 3pm		
<b>Community Health Post @ 2pm - 5pm</b>		Strategise with Kakis @ 2pm - 5pm	Let's KTV together (English, Malay Songs) @ 3pm - 430pm	<b>Let's KTV together @ 1pm - 5pm</b>	

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30		
Let's CrossFit @ 9am - 9.45am	Let's Exercise - Online Video @ 9am - 9.45am	Let's Support SPICE+ @10am - 11am <b>(Blk 275)</b>	Let's Qigong @ 9am - 10am		
HAPPY Programme @ 9am - 10am	Let's Support SPICE+ @10am - 11am <b>(Blk 262B)</b>	<b>Let's Stretch Band @ 10am - 11am</b>	Let's Exercise - Online Video @ 1015am - 11am		
<b>Let's Chair Zumba (Blk 275) @ 10am - 11am</b>	Let's Gen Together - Kindergarten @ 10am to 11am	Fun With Kakis (Just be Happy) @ 11am to 1145am <b>(Blk 275)</b>	<b>Let's Makan Together - F4 @1130am - 1pm</b>		
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm		<b>Let's Go Gai Gai with SAF Institute @9am - 1230pm</b>		
Let's Support SPICE+ @1030am - 1130am <b>(Boon Lay CC)</b>	Let's Talk News @1pm - 2pm				
	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm	Let's Do Patchwork @1pm - 3pm	<b>Let's Piloxing @1pm - 2pm</b>		
Let's do Pebbles Painting @ 1pm - 3pm		Let's Do Zentangle @ 1pm - 3pm	Let's Jam with Ukulele @2pm - 4pm		
<b>Community Health Post @ 2pm - 5pm</b>	<b>Let's Gen Together - Secondary Jurong Secondary School @2pm - 330pm</b>	Strategise with Kakis @ 2pm - 5pm	<b>Let's Gen Together - Secondary Jurong Secondary School @2pm - 330pm</b>		

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# 2026 四月

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标有颜色的项目须报名

MON	TUE	WED	THU	FRI	SAT
		1 一起参与研究计划 - (Spice+) @ 10am - 11am (Blk 275) 一起做弹力带拉筋操 @ 10am - 11am 游戏时间 (Rummy-O) @ 1045am to 1130am (Blk 275) 一起做拼布工艺 @1pm - 3pm 一起做禅绕画 @ 1pm - 3pm 游戏时间 @ 1pm - 5pm	2 一起练气功 (Blk 262B) @ 9am - 10am 一起线上做运动 @ 1015am - 11am 一起来庆祝开斋节和生日 @11.30am - 1pm 一起做普拉提拳击 @1pm - 2pm 一起玩乌克兰丽丽 @2pm - 4pm 中心4点休业	3 	4
6 一起做CrossFit @ 9am - 9.45am 推广健康老龄化计划 @ 9am - 10am 一起做椅子尊巴 (Blk 275) @ 10am - 11am 一起学唱歌 @ 10am - 12pm 一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC) 一起学画石 @ 1pm - 3pm 心灵系列 - 芳香疗愈 @2pm - 3pm 服务 - 社区保健站 @ 2pm - 5pm	7 一起线上做运动 @ 9am - 9.45am 一起参与研究计划 - (Spice+) Blk 262B @ 10am - 11am 代际交流 - 幼儿园 @ 10am - 11am 一起去 Gai Gai (Duck Tour) @ 9am -12pm 一起做运动 (坐式) @ 11am - 12pm 一起聊新闻 @1pm - 2pm 国家文物局 - 沿着记忆的轨迹 @2pm - 3pm	8 一起参与研究计划 - (Spice+) @ 10am - 11am (Blk 275) 一起做弹力带拉筋操 @ 10am - 11am 游戏时间 (Rummy-O) @ 1045am to 1130am (Blk 275) 一起做拼布工艺 @1pm - 3pm 心灵系列 - 芳香疗愈 @2pm - 3pm 一起做禅绕画 @ 1pm - 3pm 中心4点休业	9 一起练气功 (Blk 262B) @ 9am - 10am 一起线上做运动 @ 1015am - 11am 一起来 makan - F4 @1130am - 1pm 一起做普拉提拳击 @1pm - 2pm 心灵系列 - 芳香疗愈 @2pm - 3pm 一起玩乌克兰丽丽 @2pm - 4pm	10 一起做椅子尊巴 @ 9am - 10am 推广健康老龄化计划 @ 10am - 1045am (Blk 275) 一起做日本和谐粉彩 @ 10am - 11.15am 心灵系列 - 正念课程 @ 11.30am - 12.30pm 一起来K歌 @ 1pm - 5pm 代际交流 - 裕廊西中学 @230pm - 4pm	11

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
一起做CrossFit @ 9am - 9.45am	一起线上做运动 @ 9am - 9.45am	一起参与研究计划 - (Spice+) @ 10am - 11am (Blk 275)	一起喝咖啡(只限男性) @ 8.45am - 9.30am	一起做椅子尊巴 @ 9am - 10am	
推广健康老龄化计划 @ 9am - 10am	一起参与研究计划 - (Spice+) <b>Blk 262B</b> @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am	一起练气功 (Blk 262B) @ 9am - 10am	推广健康老龄化计划 @ 10am - 10.45am (Blk 275)	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	代际交流 - 幼儿园 @ 10am - 11am	游戏时间 (Rummy-O) @ 10.45am to 11.30am (Blk 275)	代际交流 新加坡理工学院 @ 10am - 11.30am	一起做日本和谐粉彩 @ 10am - 11.15am	
一起学唱歌 @ 10am - 12pm	一起做运动(坐式) @ 11am - 12pm		一起线上做运动 @ 10.15am - 11am		
一起参与研究计划 - (Spice+) @ 10.30am - 11.30am (Boon Lay CC)	一起聊新闻 @ 1pm - 2pm	一起做拼布工艺 @ 1pm - 3pm	一起去Gai Gai (宝莱坞) @ 10.30am - 2pm	游戏时间(宾果游戏) @ 2pm to 3pm	
一起学画石 @ 1pm - 3pm	国家文物局 - 沿着记忆的轨迹 @ 2pm - 3pm	一起做禅绕画 @ 1pm - 3pm	一起做普拉提拳击 @ 1pm - 2pm	游戏时间(欢喜就好) @ 3pm - 4pm	
服务 - 社区保健站 @ 2pm - 5pm	代际交流 新加坡理工学院 @ 2.30pm - 4pm	游戏时间 @ 1pm - 5pm	一起玩乌克兰丽丽 @ 2pm - 4pm	一起来K歌 @ 1pm - 5pm	
20	21	22	23	24	25
一起做CrossFit @ 9am - 9.45am	一起线上做运动 @ 9am - 9.45am	一起参与研究计划 - (Spice+) @ 10am - 11am (Blk 275)	一起练气功 (Blk 262B) @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	
推广健康老龄化计划 @ 9am - 10am	一起参与研究计划 - (Spice+) <b>Blk 262B</b> @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am	一起线上做运动 @ 10.15am - 11am	推广健康老龄化计划 @ 10am - 10.45am (Blk 275)	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	代际交流 - 幼儿园 @ 10am - 11am	游戏时间 (Rummy-O) @ 10.45am to 11.30am (Blk 275)	一起来 makan - F4 @ 11.30am - 1pm	一起做日本和谐粉彩 @ 10am - 11.15am	
一起学唱歌 @ 10am - 12pm	一起做运动(坐式) @ 11am - 12pm		一起做普拉提拳击 @ 1pm - 2pm		
一起参与研究计划 - (Spice+) @ 10.30am - 11.30am (Boon Lay CC)	一起聊新闻 @ 1pm - 2pm	一起做拼布工艺 @ 1pm - 3pm	一起玩乌克兰丽丽 @ 2pm - 4pm		
一起学画石 @ 1pm - 3pm	国家文物局 - 沿着记忆的轨迹 @ 2pm - 3pm	一起做禅绕画 @ 1pm - 3pm	一起学(华语)- 初级 @ 2pm - 3pm	一起来K歌 @ 1pm - 5pm	
服务 - 社区保健站 @ 2pm - 5pm		游戏时间 @ 1pm - 5pm	一起来K歌(英语和其他语言) @ 3pm - 4.30pm		

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27	28	29	30		
一起做CrossFit @ 9am - 9.45am	一起线上做运动 @ 9am - 9.45am	一起参与研究计划 - (Spice+) @ 10am - 11am (Blk 275)	一起练气功 (Blk 262B) @ 9am - 10am		
推广健康老龄化计划 @ 9am - 10am	一起参与研究计划 - (Spice+) Blk 262B @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am	一起去Gai Gai (SAF Institute) @9am - 1230pm		
一起做椅子尊巴 (Blk 275) @ 10am - 11am	代际交流 - 幼儿园 @ 10am - 11am	游戏时间 (Rummy-O) @ 1045am to 1130am (Blk 275)	一起线上做运动 @ 1015am - 11am		
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式) @ 11am - 12pm		一起来 makan - F4 @1130am - 1pm		
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)	一起聊新闻 @1pm - 2pm	一起做拼布工艺 @1pm - 3pm			
一起学画石 @ 1pm - 3pm	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm	一起做禅绕画 @ 1pm - 3pm	一起做普拉提拳击 @1pm - 2pm		
服务 - 社区保健站 @ 2pm - 5pm	代际交流 - 裕廊中学 @2pm - 330pm	游戏时间 @ 1pm - 5pm	代际交流 - 裕廊中学 @2pm - 330pm		

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