

2025 August

Registration Required

 **Centre Name:** AAC - Boon Lay

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

 **Centre Contact:** 6590 4368





MON


TUE

WED

THU

FRI

SAT

				1	3 (SUNDAY)
				Let's Chair Zumba @ 9am - 10am	Let's Go Gai Gai with Mediacrop National Day Concert at Gardens by the Bay @ 430pm to 1015pm
				HAPPY Programme @ 10am - 11am (Blk 275)	
				Let's do Nagomi @ 10am - 11.15am	
				Mindfulness programme @ 11.30am - 12.30pm	
				Let's KTV together @ 1pm - 5pm	
4	5	6	7	8	9
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 (Blk 275)	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
Let's Chair Zumba (Blk 275) @ 10am - 11am	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 Good at Sparkletots @930am to 1130am	
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm	Strategise with Kakis (Rummy-O) @ 10.45am to 11.30am (Blk 275)	Let's Celebrate National Day @ 11.30pm to 1pm	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's do Pebbles Painting @ 1pm - 3pm	"National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm"	Let's Jam with Ukulele @11am to 12pm	Let's Piloxing @1pm to 2pm	Let's do Nagomi @ 10am - 11.15am	
Services - Wellness - CHP @ 2pm - 5pm	Let's Adaptive Sports @3.15pm to 5pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3.30pm	Evidence-Informed - CREST Activities @2.15pm to 4.15pm	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.

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NTUC Health

MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
Centre closed for National Day Holiday replacement	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Let's Go Gai Gai with MBS (Trishaw@ Gardens By the Bay) @9am to 2pm	Let's Lim Kopi (Male exclusive) @845am to 930am	Let's Chair Zumba @ 9am - 10am	Centre Closed for Company event
	Let's Gen Together - Kindergarten @ 10am to 11am	Let's Exercise with Razak on Zoom @ 10am - 1045am (Blk 275)	Let's Qigong @ 9am - 10am	Let's do Nagomi @ 10am - 11.15am	
	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am	Let's Exercise with Razak on Zoom @ 10am - 10.45am	HAPPY Programme @ 10am - 11am (Blk 275)	
		Strategise with Kakis (Rummy-O) @ 1045am to 1130am (Blk 275)	Let's Piloxing @1pm to 2pm	Let's Celebrate Birthday @11.30am to 1pm	
	Let's Adaptive Sports @ 1pm to 3pm	Strategise with Kakis @ 2pm to 5pm	"National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm"		
	Let's KTV together @ 3pm - 5pm	Let's Do Zentangle @ 2pm - 4pm	Let's Learn to Tech 365 App @3pm - 4.30pm		
18	19	20	21	22	23
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 10am - 1045am (Blk 275)	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	Let's Gen Together - Secondary Boys Brigade 95th Anniversary Carnival @12pm to 5pm
Let's Chair Zumba (Blk 275) @ 10am - 11am	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 Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm	Fun With Kakis (Just be Happy) @ 1045am to 1130am (Blk 275)	Let's Makan Together - F4 @1130am to 1pm	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's do Pebbles Painting @ 1pm - 3pm	Let's Gen Together - Primary (Singapore Sports Hub) @ 1pm to 5pm	Strategise with Kakis @ 2pm to 5pm	Let's Piloxing @1pm to 2pm		
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 1pm - 5pm (English and Other Language Songs)	Let's Do Zentangle @ 2pm - 4pm	"National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm"	Let's Gen Together - Secondary Boon Lay Secondary School @3pm to 430pm	

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MON

TUE

WED

THU

FRI

SAT

25

26

27

28

29

30

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 **(Blk 275)**

Let's Qigong @ 9am - 10am

**Let's Chair Zumba
@ 9am - 10am**

**Let's Chair Zumba (Blk 275)
@ 10am - 11am**

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 Learn to Sing @ 10am - 12pm

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

Current Affairs U&Me (BLK 275)
@ 10.45am - 11.30am

**Let's Makan Together - F4
@ 11.30am to 1pm**

HAPPY Programme
@ 10am - 11am (Blk 275)

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

Let's Adaptive Sports
@ 1pm to 3pm

Strategise with Kakis
@ 2pm to 5pm

Let's Piloxing @ 1pm to 2pm

Current Affairs U&Me
@ 1pm - 2pm

**Services - Wellness - CHP
@ 2pm - 5pm**

Let's KTV together @ 3pm - 5pm

Let's Do Zentangle @ 2pm - 4pm

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

Let's KTV together @ 2pm - 5pm

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标有颜色的项目须报名

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MON	TUE	WED	THU	FRI	SAT
				1	3 (星期天)
				一起做椅子尊巴 @ 9am - 10am	一起去和新传媒去 Gai Gai 滨海湾花园国庆音乐会 @ 430pm to 1015pm
				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 @ 2pm - 5pm	
4	5	6	7	8	9
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	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	代际交流 - 幼儿园 @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am		一起去做义工 - Sparkletots @930am - 1130am	
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式)@ 11am - 12pm	游戏时间 (Rummy-O) @ 1045am to 1130am (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	
		一起玩乌克丽丽 @11am to 12pm	一起来庆祝国庆日 @ 1130pm to 1pm	推广健康老龄化计划 @ 10am - 1045am (Blk 275)	
一起学画石 @ 1pm - 3pm	国家文物局 - 沿着记忆的轨迹 @2pm to 3pm		一起做普拉提拳 击 @1pm to 2pm	一起来K歌 @ 1pm - 5pm	
服务 - 社区保健站 @ 2pm - 5pm	一起做运动 @ 315pm - 5pm	一起做禅绕画 @ 2pm - 4pm	精神健康邻里咨询小组活动 @ 215pm to 415pm		

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
中心休业	一起跟Razak线上做运动 @ 9am - 9.45am	一起去和濱海灣金沙去 Gai Gai (三轮车 @ 滨海花园) @ 8am to 2pm	一起喝咖啡(只限男性) @845am to 930am	一起做椅子尊巴 @ 9am - 10am	中心休业
	代际交流 - 幼儿园 @ 10am - 11am	一起跟Razak线上做运动 @ 10am - 1045am (Blk 275)	一起练气功 @ 9am - 10am	一起做日本和谐粉彩 @ 10am - 11.15am	
	一起做运动 (坐式)@ 11am - 12pm	一起做弹力带拉筋操 @ 10am - 11am	一起跟Razak线上做运动 @ 10am - 10.45am	推广健康老龄化计划 @ 10am - 1045am (Blk 275)	
		游戏时间 (Rummy-O) @ 1045am to 1130am (Blk 275)	一起做普拉提拳 击 @1pm to 2pm	一起来庆生 @1130am - 1pm	
	一起做运动 @ 1pm - 3pm	游戏时间 @ 2pm to 5pm	国家文物局 - 沿着记忆的轨迹 @2pm to 3pm		
	一起来K歌 @ 3pm - 5pm	一起做禅绕画 @ 2pm - 4pm	一起学科技 (365 App) @3pm - 4.30pm		
18	19	20	21	22	23
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	代际交流 - 中学 童子军95周年嘉年华 @12pm to 5pm
一起做椅子尊巴 (Blk 275) @ 10am - 11am	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	
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式)@ 11am - 12pm	游戏时间 (欢喜就好) @ 1045am - 1130am (Blk 275)	一起来makan - F4 @1130am to 1pm	推广健康老龄化计划 @ 10am - 1045am (Blk 275)	
一起学画石 @ 1pm - 3pm	代际交流(新加坡體育城) - 小学 @1pm - 5pm	游戏时间 @ 2pm to 5pm	一起做普拉提拳 击 @1pm to 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	国家文物局 - 沿着记忆的轨迹 @2pm to 3pm	代际交流 - 中学 文礼中学 @3pm to 430pm	

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2025 八月

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
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	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	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	
	一起做运动 (坐式) @ 11am - 12pm		一起来makan - F4 @1130am to 1pm	推广健康老龄化计划 @ 10am - 1045am (Blk 275)	
一起学唱歌 @ 10am - 12pm		时事新闻你和我 @ 1045am - 1130am (Blk 275)	一起做普拉提拳击 @1pm to 2pm		
一起学画石 @ 1pm - 3pm	一起做运动 @ 1pm - 3pm	游戏时间 @ 2pm to 5pm	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 @ 3pm - 5pm	一起做禅绕画 @ 2pm - 4pm		一起来K歌 @ 1pm - 5pm	

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