

2026 August

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

3

4

5

6

7

8

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

Let's Chair Zumba
@ 9am - 10am

Let's CALM @ 9am - 10am

Let's Support SPICE+
@10am - 11am (Blk 262B)

Let's Stretch Band
@ 10am - 11am

Let's CALM @ 1015am -
1115pm

Let's Gen Together -
Westwood Secondary School
@ 815am to 1030am

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

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

Let's Celebrate National Day
(Blk 275)
@ 1130am - 1pm

Let's CrossFit @ 1015am -
11am

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

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

Let's Celebrate National Day
@ 1130am - 1pm

Let's do Nagomi @ 10am -
11.15am

9

Let's Support SPICE+
@1030am - 1130am (Boon Lay CC)

Let's Go Gai Gai
Garden by the Bay @ 1pm - 6pm

Let's Piloxing @1pm - 2pm

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

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

Let's Do Zentangle @ 2pm - 4pm

Let's Jam with Ukulele
@2pm - 4pm

Community Health Post
@ 2pm - 5pm

Strategise with Kakis
@ 2pm - 5pm

Let's KTV together @ 1pm - 5pm



10

11

12

13

14

15

Centre Closed
for Public
Holiday

Let's Exercise - Online Video
@ 9am - 9.45am

Let's CALM @ 9am - 10am

Let's Qigong @ 9am - 10am

Let's Chair Zumba
@ 9am - 10am

Let's Support SPICE+
@10am - 11am (Blk 262B)

Let's Support SPICE+
@10am - 11am (Blk 275)

Let's CALM @ 1015am - 11pm

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

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

Let's Stretch Band
@ 10am - 11am

Let's CrossFit @ 1015am -
1115am

Let's do Nagomi @ 10am -
11.15am

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

Strategise with Kakis (Rummy-O)
@ 11am - 12pm (Blk 275)

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

Let's Piloxing @1pm - 2pm

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

Let's Pick Up Malay
@1pm - 2pm

Let's Jam with Ukulele
@2pm - 4pm

Let's Do Zentangle @ 2pm - 4pm

Let's Pick Up Chinese
@2pm - 3pm

Let's Talk About
(Say Yes to Waste Less -Biligual)
@3pm - 4pm

Strategise with Kakis
@ 2pm - 5pm

Let's KTV together (English,
Malay Songs)
@ 3pm - 4pm

Let's KTV together @ 1pm - 5pm

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
Let's CrossFit @ 9am - 9.45am	Let's Exercise - Online Video @ 9am - 9.45am	Let's Walking Football (Blk 662) @945am - 1130am	Let's Lim Kopi (Male exclusive) @845am - 930am	Let's Chair Zumba @ 9am - 10am	
Let's CALM @ 9am - 10am	Let's Support SPICE+ @10am - 11am (Blk 262B)	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Qigong @ 9am - 10am	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Dragonboat (Lakeside Garden) @ 10am - 12pm	Let's Stretch Band @ 10am - 11am	Let's CALM @ 1015am - 11pm	Let's do Nagomi @ 10am - 11.15am	
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am to 11am	Strategise with Kakis (Rummy-O) @ 11am - 12pm (Blk 275)	Let's CrossFit @ 1015am - 11am		
Let's Support SPICE+ @1030am-1130am (Boon Lay CC)	Let's Do Seated Exercise @ 11am - 12pm		Let's Piloxing @1pm - 2pm		
Let's do Pebbles Painting @ 1pm - 3pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm		Let's Jam with Ukulele @2pm - 4pm		
Community Health Post @ 2pm - 5pm		Let's Do Zentangle @ 2pm - 4pm		Let's KTV together @ 1pm - 5pm	
Let's Go Gai Gai Movie: Dear You (给阿嬷的情书) @2pm - 4pm	Let's Talk News @3pm - 4pm	Strategise with Kakis @ 2pm - 5pm		Let's Gen Together - Boon Lay Secondary School @ 3pm to 430pm	
24	25	26	27	28	29
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	Let's Chair Zumba @ 9am - 10am	
Let's CALM @ 9am - 10am	Let's Support SPICE+ @10am - 11am (Blk 262B)	Let's Stretch Band @ 10am - 11am	Let's CALM @ 1015am - 11pm	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Dragonboat (Lakeside Garden) @ 10am - 12pm	Fun With Kakis (Just be Happy) @ 11am to 1145am (Blk 275)	Let's CrossFit @ 1015am - 11am	Let's do Nagomi @ 10am - 11.15am	
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am to 11am		Let's Makan Together - F4 @1130am - 1pm	Let's KTV together @ 1pm - 5pm	
Let's Support SPICE+ @1030am-1130am (Boon Lay CC)	Let's Do Seated Exercise @ 11am - 12pm	Let's Pick Up Malay @1pm - 2pm	Let's Piloxing @1pm - 2pm		
Let's do Pebbles Painting @ 1pm - 3pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm	Let's Do Zentangle @ 2pm - 4pm	Let's Jam with Ukulele @2pm - 4pm	Fun with Kakis (BINGO) @2pm - 3pm	
Community Health Post @ 2pm - 5pm		Strategise with Kakis @ 2pm - 5pm	Let's Gen Together - Boon Lay Garden Primary School @230pm - 330pm	Fun With Kakis (Just be Happy) @ 3pm - 4pm	
	Let's Talk News @3pm - 4pm				

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MON	TUE	WED	THU	FRI	SAT
31					
Let's CrossFit @ 9am - 9.45am					
Let's CALM @ 9am - 10am					
Let's Chair Zumba (Blk 275) @ 10am - 11am					
Let's Learn to Sing @ 10am - 12pm					
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)					
Let's do Pebbles Painting @ 1pm - 3pm					
Community Health Post @ 2pm - 5pm					

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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
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	
一起做防肌肉萎缩运动 @ 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	一起做防肌肉萎缩运动 @ 1015am - 1115am	代际交流 - 维林中学 @ 815am to 1030am	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	代际交流 - 幼儿园 @ 10am - 11am	一起来庆祝国庆日 (Blk 275) @ 1130am - 1pm	一起做CrossFit @ 1015am - 11.15am		
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式) @ 11am - 12pm		一起来庆祝国庆日 @ 1130am - 1pm	一起做日本和谐粉彩 @ 10am - 11.15am	9
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)	一起去Gai Gai 滨海湾花园 @ 1pm - 6pm				
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 @ 2pm - 4pm	一起做普拉提拳击 @1pm - 2pm	
服务 - 社区保健站 @ 2pm - 5pm		游戏时间 @ 2pm - 5pm	一起玩乌克兰丽丽 @2pm - 4pm	一起来K歌 @ 1pm - 5pm	
10	11	12	13	14	15
公共假期 中心休业	一起线上做运动 @ 9am - 9.45am	一起做防肌肉萎缩运动 @ 9am - 10am	一起练气功 (Blk 262B) @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	
	一起参与研究计划 - (Spice+) Blk 262B @ 10am - 11am	一起参与研究计划 - (Spice+) @ 10am - 11am (Blk 275)	一起做防肌肉萎缩运动 @ 1015am - 1115am	推广健康老龄化计划 @ 10am - 11am (Blk 275)	
	代际交流 - 幼儿园 @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am	一起做CrossFit @ 1015am - 11.15am	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) @ 11am to 12pm (Blk 275)	一起来 makan - F4 @1130am - 1pm		
	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm		一起做普拉提拳击 @1pm - 2pm		
		一起学(马来语)- 初级 @1pm - 2pm	一起玩乌克兰丽丽 @2pm - 4pm		
	一起来谈 (减少废弃, 我愿意) @3pm - 4pm	一起做禅绕画 @ 2pm - 4pm	一起学(华语)- 初级 @2pm - 3pm	一起来K歌 @ 1pm - 5pm	
		游戏时间 @ 2pm - 5pm	一起来K歌 (英语和其他语言) @ 3pm - 430pm		

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17	18	19	20	21	22
一起做CrossFit @ 9am - 9.45am	一起线上做运动 @ 9am - 9.45am	一起来踢球 (Blk 662) @945am - 1130am	一起喝咖啡(只限男性) @845am - 930am	一起做椅子尊巴 @ 9am - 10am	
一起做防肌肉萎缩运动 @ 9am - 10am	一起参与研究计划 - (Spice+) Blk 262B @ 10am - 11am	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 @ 10am - 11am (Blk 275)	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	一起划龙舟 (裕廊湖畔花园) @ 10am - 12pm	一起做弹力带拉筋操 @ 10am - 11am	一起做防肌肉萎缩运动 @ 1015am - 1115am	一起做日本和谐粉彩 @ 10am - 11.15am	
一起学唱歌 @ 10am - 12pm	代际交流 - 幼儿园 @ 10am - 11am	游戏时间 (Rummy-O) @ 11am to 12pm (Blk 275)	一起做CrossFit @ 1015am - 11.15am		
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)	一起做运动 (坐式) @ 11am - 12pm				
一起学画石 @ 1pm - 3pm	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm				
服务 - 社区保健站 @ 2pm - 5pm		一起做禅绕画 @ 2pm - 4pm	一起做普拉提拳击 @1pm - 2pm	一起来K歌 @ 1pm - 5pm	
一起去Gai Gai 电影: 给阿嬷的情书 @2pm - 4pm	一起聊新闻 @3pm - 4pm	游戏时间 @ 2pm - 5pm	一起玩乌克兰丽丽 @2pm - 4pm	代际交流 - 文礼中学 @ 3pm to 430pm	
24	25	26	27	28	29
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	
一起做防肌肉萎缩运动 @ 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	一起做防肌肉萎缩运动 @ 1015am - 1115am	推广健康老龄化计划 @ 10am - 11am (Blk 275)	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	一起划龙舟 (裕廊湖畔花园) @ 10am - 12pm	游戏时间 (欢喜就好) Blk 275 @ 11am - 1145am	一起做CrossFit @ 1015am - 11.15am	一起做日本和谐粉彩 @ 10am - 11.15am	
一起学唱歌 @ 10am - 12pm	代际交流 - 幼儿园 @ 10am - 11am		一起来makan - F4 @1130am - 1pm		
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)	一起做运动 (坐式) @ 11am - 12pm		一起做普拉提拳击 @1pm - 2pm		
	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm	一起学(马来语)- 初级 @1pm - 2pm	一起玩乌克兰丽丽 @2pm - 4pm	一起来K歌 @ 1pm - 5pm	
一起学画石 @ 1pm - 3pm		一起做禅绕画 @ 2pm - 4pm	代际交流 - 文园小学 @230pm - 330pm	游戏时间 (宾果游戏) @2pm to 3pm	
服务 - 社区保健站 @ 2pm - 5pm	一起聊新闻 @3pm - 4pm	游戏时间 @ 2pm - 5pm		游戏时间 (欢喜就好) @ 3pm - 4pm	

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31					
一起做CrossFit @ 9am - 9.45am					
一起做防肌肉萎缩运动 @ 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					
服务 - 社区保健站 @ 2pm - 5pm					

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