

2025 December

Registration Required

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





MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Steady Lah! @10am - 1130am (Blk 275)	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Support SPICE+ @10am - 11am (Blk 262B)	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Exercise with Razak on Zoom @ 1015am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am	Let's Makan Together - F4 @1130am - 1pm	Let's do Nagomi @ 10am - 11.15am	
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)		Strategise with Kakis (Rummy-O) @ 11am - 1145am (Blk 275)	Let's Piloxing @1pm - 2pm	Mindfulness programme @ 11.30am - 12.30pm	
Let's do Pebbles Painting @ 1pm - 3pm		Let's Zumba Gold @ 1pm - 2pm	Fun with Kakis (BINGO) @2pm - 3pm		
		Let's Do Zentangle @ 2pm - 4pm	Fun With Kakis (Just be Happy) @ 3pm - 4pm	Let's KTV together @ 1pm - 5pm	
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 1pm - 5pm	Digital - Fun! ARTec STEM Coding @230pm - 4pm	Let's Go Gai Gai (Blk 275) River Cruise at Singapore River @515pm - 930pm		
8	9	10	11	12	13
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Steady Lah! @10am - 1130am (Blk 275)	Let's Qigong @ 9am - 10am	Centre Close for Company Function	
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Support SPICE+ @10am - 11am (Blk 262B)	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Exercise with Razak on Zoom @ 1015am - 11am		
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am	Let's Makan Together - F4 @1130am - 1pm		
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)		Fun With Kakis (Just be Happy) @ 11am - 1145am (Blk 275)			
		Let's Pick Up Malay @11am - 12pm			
Let's Zumba Gold @ 1pm - 2pm		Let's Piloxing @1pm - 2pm			
Let's do Pebbles Painting @ 1pm - 3pm		Let's Do Zentangle @ 2pm - 4pm	Let's Pick Up Chinese @2pm - 3pm		
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 1pm - 5pm	Digital - Fun! ARTec STEM Coding @230pm - 4pm	Let's KTV together @ 3pm - 430pm (English, Malay Songs)		

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Steady Lah! @10am - 1130am (Blk 275)	Let's Lim Kopi (Male exclusive) @845am - 930am	Let's Chair Zumba @ 9am - 10am	
Let's Chair Zumba (Blk 275) @ 10am - 11am	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 Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am	Let's Exercise with Razak on Zoom @ 1015am - 11am	Let's do Nagomi @ 10am - 11.15am	
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)		Current Affairs U&Me @ 11am - 1145am (Blk 275)		Let's Celebrate Christmas & Birthday @11.30am - 1pm	
Let's do Pebbles Painting @ 1pm - 3pm		Stay Well Series - Health Talk by RHS (Boon Lay CC) @2pm - 330pm	Let's Piloxing @1pm - 2pm	Let's Tea Dance @ 2pm - 5pm	
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 1pm - 5pm	Digital - Fun! ARTEc STEM Coding @230pm - 4pm	Let's Gen Together - Tertiary Ngee Ann Polytechnic @ 2pm - 4pm		
22	23	24	25	26	27
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Steady Lah! @10am - 1130am (Blk 275)		Let's Chair Zumba @ 9am - 10am	
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Support SPICE+ @10am - 11am (Blk 262B)	Let's Support SPICE+ @10am - 11am (Blk 275)		Let's do Nagomi @ 10am - 11.15am	
Let's Celebrate Christmas (Blk 275) @11am - 1230pm	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am		HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Learn to Sing @ 10am - 12pm		Strategise with Kakis (Rummy-O) @ 11am - 1145am (Blk 275)		Fun With Kakis (Just be Happy) @ 1130am - 12pm	
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)		Centre Closed for Christmas Eve		Let's Makan Together @12pm - 1pm	
Let's do Pebbles Painting @ 1pm - 3pm	Digital - Fun! ARTEc STEM Coding @230pm - 4pm			Current Affairs U&Me @ 1pm - 2pm	
Services - Wellness - CHP @ 2pm - 5pm			Let's KTV together @ 2pm - 5pm		

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MON	TUE	WED	THU	FRI	SAT
29	30	31			
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Steady Lah! @10am - 1130am (Blk 275)			
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Support SPICE+ @10am - 11am (Blk 262B)	Let's Support SPICE+ @10am - 11am (Blk 275)			
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am			
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)		Strategise with Kakis (Rummy-O) @ 11am - 1145am (Blk 275)			
		Centre Closed for New Year Eve			
Let's do Pebbles Painting @ 1pm - 3pm					
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 1pm - 5pm				

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标有颜色的项目须报名

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	Steady Lah! 保健操 (Blk 275) @10am - 1130am	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	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)	一起跟Razak线上做运动 @ 1015am - 11am	推广健康老龄化计划 @ 10am - 11am (Blk 275)	
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式)@ 11am - 12pm	一起做弹力带拉筋操 @ 10am - 11am	一起来makan - F4 @1130am - 1pm	一起做日本和谐粉彩 @ 10am - 11.15am	
一起参与研究计划 - (Spice+) @1030am - 1130am (Boon Lay CC)		游戏时间 (Rummy-O) @ 11am to 1145am (Blk 275)	一起做普拉提拳击 @1pm - 2pm	心灵系列 - 正念课程 @ 11.30am - 12.30pm	
		一起跳尊巴 @ 1pm - 2pm	游戏时间 (宾果游戏) @2pm to 3pm	一起来K歌 @ 1pm - 5pm	
一起学画石 @ 1pm - 3pm		一起做禅绕画 @ 2pm - 4pm	游戏时间 (欢喜就好) @ 3pm - 4pm		
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 1pm - 5pm	ARTec STEM 编程学习课程 230pm - 4pm	一起去Gai Gai (Blk 275) 新加坡河游船之旅 @515pm - 915pm		
8	9	10	11	12	
一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	Steady Lah! 保健操 (Blk 275) @10am - 1130am	一起练气功 @ 9am - 10am	中心休业	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	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)	一起跟Razak线上做运动 @ 1015am - 11am		
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式)@ 11am - 12pm	一起做弹力带拉筋操 @ 10am - 11am	一起来makan - F4 @1130am - 1pm		
一起参与研究计划 - (Spice+) @1030am - 1130am (Boon Lay CC)		游戏时间 (欢喜就好) @ 11am to 1145am (Blk 275)			
		一起学(马来语)- 初级 @11am - 12pm			
		一起跳尊巴 @ 1pm - 2pm	一起做普拉提拳击 @1pm - 2pm		
一起学画石 @ 1pm - 3pm		一起做禅绕画 @ 2pm - 4pm	一起学(华语)- 初级 @2pm - 3pm		
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 1pm - 5pm	ARTec STEM 编程学习课程 230pm - 4pm	一起来K歌 (英语和其他语言) @ 3pm - 430pm		

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2025 十二月

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一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	Steady Lah! 保健操 (Blk 275) @10am - 1130am	一起喝咖啡(只限男性) @845am - 930am	一起做椅子尊巴 @ 9am - 10am	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	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 @ 9am - 10am	推广健康老龄化计划 @ 10am - 11am (Blk 275)	
一起学唱歌 @ 10am - 12pm	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 @ 1015am - 11am	一起做日本和谐粉彩 @ 10am - 11.15am	
一起参与研究计划 - (Spice+) @1030am - 1130am (Boon Lay CC)		一起聊新闻 @ 11am to 1145am (Blk 275)		一起来庆祝圣诞节和生日 @1130am - 1pm	
一起学画石 @ 1pm - 3pm		保健系列 - 健康讲座 (文礼民众俱乐部) @2pm - 330pm	一起做普拉提拳击 @1pm - 2pm		
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 1pm - 5pm	ARTec STEM 编程学习课程 230pm - 4pm	代际交流 - 大专学府 义安理工学院 @ 2pm - 4pm	Let's Tea Dance @ 2pm - 5pm	
22	23	24	25	26	27
一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	Steady Lah! 保健操 (Blk 275) @10am - 1130am		一起做椅子尊巴 @ 9am - 10am	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	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)		推广健康老龄化计划 @ 10am - 11am (Blk 275)	
一起来庆祝圣诞 (Blk 275) @11am - 1230pm	一起做运动 (坐式)@ 11am - 12pm	一起做弹力带拉筋操 @ 10am - 11am		一起做日本和谐粉彩 @ 10am - 11.15am	
一起学唱歌 @ 10am - 12pm		游戏时间 (Rummy-O) @ 11am to 1145am (Blk 275)		游戏时间 (欢喜就好) @ 1130am - 12pm	
一起参与研究计划 - (Spice+) @1030am - 1130am (Boon Lay CC)		中心休业		一起来 makan @12pm - 1pm	
一起学画石 @ 1pm - 3pm	ARTec STEM 编程学习课程 230pm - 4pm			一起聊新闻 @ 1pm - 2pm	
服务 - 社区保健站 @ 2pm - 5pm				一起来K歌 @ 2pm - 5pm	

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一起做椅子尊巴 (Blk 275) @ 10am - 11am	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)			
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式) @ 11am - 12pm	一起做弹力带拉筋操 @ 10am - 11am			
一起参与研究计划 - (Spice+) @1030am - 1130am (Boon Lay CC)		游戏时间 (Rummy-O) @ 11am to 1145am (Blk 275)			
一起学画石 @ 1pm - 3pm		中心休业			
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 1pm - 5pm				

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