

2025 February

Highlighted texts are by invite only

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
3	4	5	6	7	8
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 274B)	Let's Exercise with Razak on Zoom @ 10am - 10.45am	Let's Chair Zumba @ 9am - 10am	
Fun with Exergame @ 9.45am - 10.45am	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am	Let's Walking Football (AAC JCP) @ 10am to 11.30am	Let's do Nagomi @ 10am - 11.15am	
		Let's Celebrate Chinese New Year (Blk 274B) @ 10.45am - 1pm	Let's Zumba (Zoom) @ 1pm - 2pm	Mindfulness programme @ 11.30am - 12.30pm	
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 1pm - 5pm	Strategise with Kakis @ 2pm to 5pm	Strategise with Kakis @ 2pm to 5pm	Let's KTV together @ 2pm - 5pm	
10	11	12	13	14	15
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 274B)	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 Walking Football (AAC JCP) @ 10am to 11.30am	Let's do Nagomi @ 10am - 11.30am	
		Let's Celebrate Yuan Xiao @ 10.45am to 12pm (Blk 274B)			
Let's Support EQUAL @ 2pm-4pm (AAC JCP)		Let's Celebrate Yuan Xiao @ 1.30pm - 3pm	Let's Zumba (Zoom) @ 1pm - 2pm	Let's Celebrate Birthday @ 11.45am - 2pm	
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 1pm - 5pm	Strategise with Kakis @ 3pm to 5pm	Digital - IMDA Go-Digital - Workshop (Mandarin) @ 2.30pm to 4.30pm	Let's KTV together @ 2pm - 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。

2025 February

Highlighted texts are by invite only

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
17	18	19	20	21	22
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 Chair Zumba @ 9am - 10am	
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am to 11am	Let's Exercise with Razak on Zoom @ 10am - 1045am (Blk 274B)	Let's Walking Football (AAC JCP) @ 10am to 11.30am	Let's do Nagomi @ 10am - 1130am	
	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am			
Let's do Pebbles Painting @ 12.30pm - 2.30pm		Fun with Kakis (Just Be Happy) @ 1045am - 1130am (Blk 274B)			
Let's Support EQUAL @ 2pm-4pm (AAC JCP)	Fun with Kakis (Just Be Happy) @ 1pm - 2pm	Let's Makan Together @ 12pm - 1.30pm	Let's Zumba (Zoom) @ 1pm - 2pm	Let's Talk about Online Scam Awareness @ 2pm - 3pm (Bilingual)	
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 2pm - 5pm	Let's Do Zentangle @ 2pm - 4pm	Let's Talk About Advance Care Plan @ 2pm - 3.30pm (Bilingual)	Let's Support SIT Scam Awareness research @ 3pm - 4pm	
24	25	26	27	28	
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	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 Gen Together - Kindergarten @ 10am to 11am	Let's Exercise with Razak on Zoom @ 10am - 1045am (Blk 274B)	Let's Walking Football (AAC JCP) @ 10am to 11.30am	Let's join CWAS trishaw Jurong Point @ 9am to 1130am	
	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am		Let's do Nagomi @ 10am - 1130am	
Let's do Pebbles Painting @ 12.30pm - 2.30pm		Current Affairs U&Me @ 1045am - 1130am (Blk 274B)			
Let's Support EQUAL @ 2pm-4pm (AAC JCP)		Fun with Exergame @ 11am - 12pm	Let's Zumba (Zoom) @ 1pm - 2pm	Current Affairs U&Me @ 1pm - 2pm	
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 1pm - 5pm	Let's Do Zentangle @ 2pm - 4pm	Digital - IMDA Go-Digital - Workshop (English) @ 2.30pm to 4.30pm	Let's KTV together @ 2pm - 5pm (English and Other Language Songs)	

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。

2025 二月

标有颜色的项目是受邀参与的活动

标有颜色的项目须报名

📍 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

3	4	5	6	7	8
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 - 10.45am (Blk 274B)	一起跟Razak线上做运动 @ 10am - 10.45am	一起做椅子尊巴 @ 9am - 10am	
电子游戏时间 @ 9.45am - 10.45am	一起做运动 (坐式) @ 11am - 12pm	一起做弹力带拉筋操 @ 10am - 11am	一起来踢球(AAC JCP) @ 10am to 11.30am	一起做日本和谐粉彩 @ 10am - 11.15am	
		一起来庆祝农历新年 (Blk 274B) @ 10.45am - 1pm	一起线上跳尊巴 @ 1pm - 2pm	心灵系列 - 正念课程 @ 11.30am - 12.30pm	
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 1pm - 5pm	游戏时间 @ 2pm to 5pm	游戏时间 @ 2pm to 5pm	一起来K歌 @ 2pm - 5pm	
10	11	12	13	14	15
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 - 10.45am (Blk 274B)	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	一起来踢球(AAC JCP) @ 10am to 11.30am	一起做日本和谐粉彩 @ 10am - 11.15am	
		一起来庆祝元宵 @ 10.45am to 12pm (Blk 274B)			
一起参与研究计划 - (EQUAL) @ 2pm-4pm (AAC JCP)		一起来庆祝元宵 @ 1.30pm -3pm	一起线上跳尊巴 @ 1pm - 2pm	一起来庆生 @ 11.45am - 2pm	
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 1pm - 5pm	游戏时间 @ 3pm to 5pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 (华语) @ 2.30pm to 4.30pm	一起来K歌 @ 2pm - 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。

2025 二月

标有颜色的项目是受邀参与的活动

标有颜色的项目须报名

📍 **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

17	18	19	20	21	22
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	一起跟Razak线上做运动 @ 10am - 1045am (Blk 274B)	一起来踢球(AAC JCP) @ 10am to 11.30am	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			
一起学画石 @ 12.30pm - 2.30pm		游戏时间(欢喜就好) @ 1045am - 1130am (Blk 274B)			
一起参与研究计划 - (EQUAL) @ 2pm-4pm (AAC JCP)	游戏时间(欢喜就好) @ 1pm - 2pm	一起来 Makan @ 12pm - 1.30pm	一起线上跳尊巴 @ 1pm - 2pm	起来谈网络诈骗意识 @ 2pm - 3pm (双语)	
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 2pm - 5pm	一起做禅绕画 @ 2pm - 4pm	一起来谈预先护理计划 @ 2pm - 3.30pm (双语)	一起参与研究计划 @ 3pm - 4pm	
24	25	26	27	28	
一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	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	代际交流 - 幼儿园 @ 10am - 11am	一起跟Razak线上做运动 @ 10am - 1045am (Blk 274B)	一起来踢球(AAC JCP) @ 10am to 11.30am	一起参加 CWAS 三轮车体验活动-裕廊坊 @ 9am to 1130am	
	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	
一起学画石 @ 12.30pm - 2.30pm		时事新闻你和我 @ 1045am - 1130am (Blk 274B)			
一起参与研究计划 - (EQUAL) @ 2pm-4pm (AAC JCP)		电子游戏时间 @ 11am - 12pm	一起线上跳尊巴 @ 1pm - 2pm	时事新闻你和我 @ 1pm - 2pm	
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 1pm - 5pm	一起做禅绕画 @ 2pm - 4pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程(英语) @ 230pm to 430pm	一起来K歌(英语和其他语言) @ 2pm - 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。