




# 2026 February

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
2	3	4	5	6	7
Let's CrossFit @ 9am - 9.45am	Let's Exercise - Online Video @ 9am - 9.45am	Steady Lah! @10am - 1130am (Blk 275)	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	Let's Join Zone C RN (Ang Bao giving) 11am to 115pm
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 - Online Video @ 1015am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am to 11am	Let's Stretch Band @ 10am - 11am	Let's Celebrate CNY@1130am to 1pm	Let's do Nagomi @ 10am - 11.15am	
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)	Let's Do Seated Exercise @ 11am - 12pm			Stay Zen - Mindfulness program @ 11.30am - 12.30pm	
	Let's Talk News @1pm - 2pm				Let's Join Gek Poh North RN CNY celebration 10am to 12pm
Let's do Pebbles Painting @ 1pm - 3pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm	Strategise with Kakis (Rummy-O) @ 11am - 12pm (Blk 275)			
		Let's Do Zentangle @ 2pm - 4pm	Let's Piloxing @1pm - 2pm	Let's Gen Together - Tertiary (NTU) @2pm - 330pm	
Community Health Post @ 2pm - 5pm	Fun with Tech/ Exergame (Gamified Lion Dance) @3pm - 430pm	Strategise with Kakis @ 2pm - 5pm	Let's KTV together @ 2pm - 5pm		
9	10	11	12	13	14
Let's CrossFit @ 9am - 9.45am	Let's Exercise - Online Video @ 9am - 9.45am	Steady Lah! @10am - 1130am (Blk 275)	Let's Lim Kopi (Male exclusive) @845am - 930am	Let's Chair Zumba @ 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 - Online Video @ 1015am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am to 11am	Let's Stretch Band @ 10am - 11am		Let's do Nagomi @ 10am - 11.15am	
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)	Let's Do Seated Exercise @ 11am - 12pm	Strategise with Kakis (Rummy-O) @ 11am - 12pm (Blk 275)		Let's Celebrate CNY (Blk 275) @11am to 1230pm	
	Let's Talk News @1pm - 2pm				
Let's do Pebbles Painting @ 1pm - 3pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm		Let's Piloxing @1pm - 2pm		
		Let's Do Zentangle @ 2pm - 4pm	St Engineering Do Good at NTUC Health AAC (Boon Lay) @2pm - 4pm		
Community Health Post @ 2pm - 5pm	Fun with Tech/ Exergame (Gamified Lion Dance) @3pm - 430pm	Strategise with Kakis @ 2pm - 5pm			

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
16	17	18	19	20	21
Let's CrossFit @ 9am - 9.45am			Let's Exercise - Online Video @ 1015am - 11am	Let's Chair Zumba @ 9am - 10am	
Let's Chair Zumba (Blk 275) @ 10am - 11am				HAPPY Programme @ 10am - 11am (Blk 275)	
				Let's do Nagomi @ 10am - 11.15am	
				Let's Gen Together - Jurong West Secondary @230pm to 430pm	
			Let's Piloxing @1pm - 2pm		
23	24	25	26	27	28
Let's CrossFit @ 9am - 9.45am	Let's Exercise - Online Video @ 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 Gen Together - Kindergarten @ 10am to 11am	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Exercise - Online Video @ 1015am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Learn to Sing @ 10am - 12pm	Let's Support SPICE+ @10am - 11am (Blk 262B)	Let's Stretch Band @ 10am - 11am		Let's do Nagomi @ 10am - 11.15am	
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)	Let's Do Seated Exercise @ 11am - 12pm	Fun With Kakis (Just be Happy) @ 11am to 1145am (Blk 275)		Let's Makan Together - F4 @1130am - 1pm	
Let's do Pebbles Painting @ 1pm - 3pm	CPF do good at Boon Lay AAC @1pm to 4pm	Let's Do Zentangle @ 2pm - 4pm	Let's Piloxing @1pm - 2pm		
Community Health Post @ 2pm - 5pm		Strategise with Kakis @ 2pm - 5pm	Dave & Friend: 2pm to 330pm	Let's KTV together @ 1pm - 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
2	3	4	5	6	7
一起做CrossFit @ 9am - 9.45am	一起线上做运动 @ 9am - 9.45am	Steady Lah! 保健操 (Blk 275) @10am - 11am	一起练气功 (Blk 262B) @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	一起参加(派发敬老红包) @11am - 115pm
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)	一起线上做运动 @ 9am - 9.45am	推广健康老龄化计划 @ 10am - 1045am (Blk 275)	
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	一起来庆祝农历新年和生日 @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)	一起做运动 (坐式) @ 11am - 12pm	游戏时间 (Rummy-O) @ 1045am to 1130am (Blk 275)		心灵系列 - 正念课程 @ 11.30am - 12.30pm	
	一起聊新闻 @1pm - 2pm				一起参加(派发敬老红包) @11am - 115pm
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	电子游戏时间 (游戏化舞狮活动) @3pm - 430pm	游戏时间 @ 2pm - 5pm	一起来K歌 @ 2pm - 5pm	代际交流 - 大专学府 @ 2pm - 330pm	
9	10	11	12	13	14
一起做CrossFit @ 9am - 9.45am	一起线上做运动 @ 9am - 9.45am	Steady Lah! 保健操 (Blk 275) @10am - 11am	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)	一起线上做运动 @ 9am - 9.45am	推广健康老龄化计划 @ 10am - 1045am (Blk 275)	
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)	一起做运动 (坐式) @ 11am - 12pm	游戏时间 (Rummy-O) @ 1045am to 1130am (Blk 275)		一起来庆祝农历新年 (Blk 275) @11am - 1230pm	
	一起聊新闻 @1pm - 2pm		一起做普拉提拳击 @1pm - 2pm	中心休业 @1pm to 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	新科工程与文礼 职总健康乐龄中心同乐 @ 2pm - 4pm		
服务 - 社区保健站 @ 2pm - 5pm	电子游戏时间 (游戏化舞狮活动) @3pm - 430pm	游戏时间 @ 2pm - 5pm			

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16	17	18	19	20	21
一起做CrossFit @ 9am - 9.45am			一起线上做运动 @ 9am - 9.45am	一起做椅子尊巴 @ 9am - 10am	
一起做椅子尊巴 (Blk 275) @ 10am - 11am				推广健康老龄化计划 @ 10am - 10.45am (Blk 275)	
				一起做日本和谐粉彩 @ 10am - 11.15am	
			一起做普拉提拳击 @1pm - 2pm	代际交流 - 中学 (裕廊西中学) 230pm to 430pm	
23	24	25	26	27	28
一起做CrossFit @ 9am - 9.45am	一起线上做运动 @ 9am - 9.45am	Steady Lah! 保健操 (Blk 275) @10am - 11am	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)	一起线上做运动 @ 9am - 9.45am	推广健康老龄化计划 @ 10am - 10.45am (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		一起做日本和谐粉彩 @ 10am - 11.15am	
		游戏时间 (Rummy-O) @ 10.45am to 11.30am (Blk 275)	一起做普拉提拳击 @1pm - 2pm	一起来 makan - F4 @11.30am - 1pm	
一起学画石 @ 1pm - 3pm	公积金 与文礼活跃乐龄中心同乐 @1pm - 4pm	一起做禅绕画 @ 2pm - 4pm	Dave & Friends 与文礼活跃乐龄中心同乐 @2pm - 3.30pm		
服务 - 社区保健站 @ 2pm - 5pm		游戏时间 @ 2pm - 5pm		一起来K歌 @ 1pm - 5pm	

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