

2026 July

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
		1	2	3	4
		Let's Walking Football @945am - 1130am	Let's Qigong (Blk 262B) @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
		Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Exercise - Online Video @ 1015am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
		Let's Stretch Band @ 10am - 11am		Let's do Nagomi @ 10am - 11.15am	
		Strategise with Kakis (Rummy-O) @ 11am - 12pm (Blk 275)	Let's Piloxing @1pm - 2pm	Digital - Fab Lab Series - Laser Cutting Workshop (Pioneer AAC) @10am - 1pm	
		Let's Do Zentangle @ 2pm - 4pm	Let's Jam with Ukulele @2pm - 4pm	Mindfulness programme @ 11.30am - 12.30pm	
		Strategise with Kakis @ 2pm - 5pm	Fun with Tech/ Exergame @2pm - 3pm	Let's KTV together @ 1pm - 5pm	
6	7	8	9	10	11
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 (Blk 262B) @ 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 Stretch Band @ 10am - 11am	Let's Exercise - Online Video @ 1015am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
Digital - Fab Lab Series - 3D Printing Workshop (Pioneer AAC Blk 662A) @10am - 4pm	Let's Gen Together - Kindergarten @ 10am to 11am	Strategise with Kakis (Rummy-O) @ 11am - 12pm (Blk 275)	Let's Makan Together - F4 @1130am - 1pm	Let's do Nagomi @ 10am - 11.15am	
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm		Let's Piloxing @1pm - 2pm		
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)	Let's Talk News @1pm - 2pm	Let's Pick Up Malay @1pm - 2pm	Let's Pick Up Chinese @1pm - 2pm	Fun with Kakis (BINGO) @2pm - 3pm	
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 KTV together (English, Malay Songs) @ 2pm - 4pm	Fun With Kakis (Just be Happy) @ 3pm - 4pm	
Community Health Post @ 2pm - 5pm		Strategise with Kakis @ 2pm - 5pm	Let's Jam with Ukulele @2pm - 4pm	Let's KTV together @ 1pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's CrossFit @ 9am - 9.45am	Let's Exercise - Online Video @ 9am - 9.45am	Let's Walking Football @945am - 1130am	Let's Qigong (Blk 262B) @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	Let's Go Gai Gai with (Cheng Hong Welfare Service Society) Parents' Day Charity Luncheon @945am - 4pm
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	Fun With Kakis (Just be Happy) @ 11am to 1145am (Blk 275)	Let's Piloxing @1pm - 2pm	Let's Celebrate Birthday @11.30am - 1pm	
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	Fun with Tech/ Exergame @2pm - 3pm	Let's KTV together @ 1pm - 5pm	
20	21	22	23	24	25
Let's CrossFit @ 9am - 9.45am	Let's Lim Kopi (Male exclusive) @845am - 930am	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Qigong (Blk 262B) @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
Let's CALM @ 9am - 10am	Let's Exercise - Online Video @ 9am - 9.45am	Let's Stretch Band @ 10am - 11am	Let's CALM @ 1015am - 1115am	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Support SPICE+ @10am - 11am (Blk 262B)	Fun With Kakis (Just be Happy) @ 11am to 1145am (Blk 275)	Digital - Fab Lab Series - Digital Embroidery Workshop @10am - 1pm	Let's do Nagomi @ 10am - 11.15am	
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am to 11am	Let's Go Gai Gai with Abbott Nutrition @830am - 2pm	Fun With Kakis (Just be Happy) @ 1130am - 1215pm		
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)	Let's Do Seated Exercise @ 11am - 12pm				
Let's Gen Together West Grove Primary School @230pm - 330pm		Let's Pick Up Malay @1pm - 2pm	Let's Piloxing @1pm - 2pm	Let's KTV together @ 1pm - 5pm	
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	Let's Gen Together Ngee Ann Poly @3pm - 430pm	
Services - Wellness - CHP @ 2pm - 5pm		Strategise with Kakis @ 2pm - 5pm	Fun with Tech/ Exergame @2pm - 3pm		

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	25
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 (Blk 262B) @ 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 - 1115am	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Gen Together - Kindergarten @ 10am to 11am	Fun With Kakis (Just be Happy) @ 11am to 1145am (Blk 275)	Let's Makan Together - F4 @1130am - 1pm	Let's do Nagomi @ 10am - 11.15am	
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm				
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)			Let's Piloxing @1pm - 2pm	Fun with Kakis (BINGO) @2pm - 3pm	
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 (Just be Happy) @ 3pm - 4pm	
Community Health Post @ 2pm - 5pm		Strategise with Kakis @ 2pm - 5pm	Fun with Tech/ Exergame @2pm - 3pm	Let's KTV together @ 1pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		一起来踢球 @945am - 1130am	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+) @ 10am - 11am (Blk 275)	一起线上做运动 @ 1015am - 11am	推广健康老龄化计划 @ 10am - 11am (Blk 275)	
		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) @ 11am to 12pm (Blk 275)	一起做普拉提拳击 @1pm - 2pm	激光切割工作坊 (Pioneer AAC) @10am - 1pm	
		一起做禅绕画 @ 2pm - 4pm	一起玩乌克兰丽丽 @2pm - 4pm	心灵系列 - 正念课程 @ 11.30am - 12.30pm	
		游戏时间 @ 2pm - 5pm	电子游戏时间 @2pm - 3pm	一起来K歌 @ 1pm - 5pm	
6	7	8	9	10	11
一起做CrossFit @ 9am - 9.45am	一起线上做运动 @ 9am - 9.45am	一起来踢球 @945am - 1130am	一起练气功 (Blk 262B) @ 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 @ 1015am - 11am	推广健康老龄化计划 @ 10am - 11am (Blk 275)	
3D 打印工作坊 (Pioneer AAC Blk 662A) @10am - 4pm	代际交流 - 幼儿园 @ 10am - 11am	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	
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式) @ 11am - 12pm	游戏时间 (Rummy-O) @ 11am to 12pm (Blk 275)	一起做普拉提拳击 @1pm - 2pm		
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)	一起聊新闻 @1pm - 2pm	一起学(马来语)- 初级 @1pm - 2pm	一起学(华语)- 初级 @2pm - 3pm		
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	一起来K歌 (英语和其他语言) @ 3pm - 430pm		
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	

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13	14	15	16	17	18
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	一起和(众弘医药中心)去Gai Gai 双亲节慈善午餐 @945am - 4pm
一起做椅子尊巴 (Blk 275) @ 10am - 11am	一起参与研究计划 - (Spice+) Blk 262B @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am	一起线上做运动 @ 1015am - 11am	推广健康老龄化计划 @ 10am - 11am (Blk 275)	
一起学唱歌 @ 10am - 12pm	代际交流 - 幼儿园 @ 10am - 11am	游戏时间 (Rummy-O) @ 11am to 12pm (Blk 275)		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		一起做普拉提拳击 @1pm - 2pm	一起来庆祝生日 @11.30am - 1pm	
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	一起玩乌克兰丽丽 @2pm - 4pm		
服务 - 社区保健站 @ 2pm - 5pm		游戏时间 @ 2pm - 5pm	电子游戏时间 @2pm - 3pm	一起来K歌 @ 1pm - 5pm	
20	21	22	23	24	25
一起做CrossFit @ 9am - 9.45am	一起喝咖啡(只限男性) @845am - 930am	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	一起线上做运动 @ 9am - 9.45am	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	一起参与研究计划 - (Spice+) Blk 262B @ 10am - 11am	游戏时间 (Rummy-O) @ 11am to 12pm (Blk 275)	数码刺绣工作坊 @10am - 1pm	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	一起和(Abbott Nutrition)去Gai Gai @830am - 2pm	游戏时间(欢喜就好) @ 1130am - 1215pm		
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)	一起做运动 (坐式) @ 11am - 12pm			一起来K歌 @ 1pm - 5pm	
代际交流 - 伟群小学 @230pm - 330pm	游戏时间(宾果游戏) @2pm to 3pm		一起做普拉提拳击 @1pm - 2pm		
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	一起玩乌克兰丽丽 @2pm - 4pm	代际交流 - 义安理工学院 @ 3pm - 430pm	
服务 - 社区保健站 @ 2pm - 5pm		游戏时间 @ 2pm - 5pm	电子游戏时间 @2pm - 3pm		

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27	28	29	30	31	25
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 @ 10.15am - 11.15am	推广健康老龄化计划 @ 10am - 11am (Blk 275)	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	代际交流 - 幼儿园 @ 10am - 11am	游戏时间 (欢喜就好) Blk 275 @ 11am - 11.45am	一起来 makan - F4 @ 11.30am - 1pm	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				
一起参与研究计划 - (Spice+) @ 10.30am - 11.30am (Boon Lay CC)	游戏时间 (欢喜就好) @ 3pm - 4pm	一起学(马来语)- 初级 @ 1pm - 2pm	一起做普拉提拳击 @ 1pm - 2pm	游戏时间 (宾果游戏) @ 2pm to 3pm	
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	一起玩乌克兰丽丽 @ 2pm - 4pm	游戏时间 (欢喜就好) @ 3pm - 4pm	
服务 - 社区保健站 @ 2pm - 5pm		游戏时间 @ 2pm - 5pm	电子游戏时间 @ 2pm - 3pm	一起来K歌 @ 1pm - 5pm	

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