

Registration Required

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

2

3

4

5

6

7

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 275)

Let's Qigong @ 9am - 10am

Let's Chair Zumba @ 9am - 10am

Let's Adaptive Sports (EI) @ 9am - 11am

Sudoku @9.45am to 10.45am

Let's Stretch Band @ 10am - 11am

Let's Exercise with Razak on Zoom @ 10am - 10.45am

Let's do Nagomi @ 10am - 11.15am

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

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

Strategise with Kakis (Rummy-O) @ 10.45am to 11.30pm (Blk 275)

Let's Makan Together - F4 @11.30am to 1pm

Mindfulness programme @ 11.30am - 12.30pm

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

Strategise with Kakis @ 2pm to 5pm

Fun With Kakis (Just be Happy) @ 1pm to 2pm

Services - Wellness - CHP @ 2pm - 5pm

Let's KTV together @ 1pm - 5pm

Let's Do Zentangle @ 2pm - 4pm

Evidence-Informed - CREST Activities @2pm to 4pm

Let's Gen Together - Tertiary @ 130pm to 4m

9

10

11

12

13

14

Let's Exercise with Razak on Zoom @ 9am - 9.45am

Let's Lim Kopi (Male exclusive) @8.45am to 9.30am

Let's Chair Zumba @ 9am - 10am

Sudoku @9.45am to 10.45am

Let's Exercise with Razak on Zoom @ 10am - 10.45am (Blk 275)

Let's Qigong @ 9am - 10am

Let's do Nagomi @ 10am - 11.15am

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

Let's Stretch Band @ 10am - 11am

Let's Exercise with Razak on Zoom @ 10am - 10.45am

Let's Celebrate Hari Raya Haji @11.30am to 1pm

Strategise with Kakis (Rummy-O) @ 10.45am to 11.30pm (Blk 275)

Let's KTV together @ 1pm - 5pm

Strategise with Kakis @ 2pm to 5pm

Evidence-Informed - CREST Activities @2pm to 4pm

Let's KTV together @ 1pm - 5pm

Let's Do Zentangle @ 2pm - 4pm



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 June

Registration Required

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
16	17	18	19	20	21
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	HAPPY Program @ 10am - 11am (Blk 275)	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
Let's Adaptive Sports (EI) @ 9am - 11am	Sudoku @945am to 1045am	Let's Stretch Band @ 10am - 11am	Let's Exercise with Razak on Zoom @ 10am - 10.45am	Let's do Nagomi @ 10am - 11.15am	
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm	Fun With Kakis (Just be Happy) @ 1110am to 1150am (Blk 275)		Let's Celebrate Birthday / Father's Day @11.30am to 1pm	
Let's do Pebbles Painting @ 1pm - 3pm	Let's KTV together @ 1pm - 5pm	Strategise with Kakis @ 2pm to 5pm	Evidence-Informed - CREST Activities @2pm to 4pm		
Services - Wellness - CHP @ 2pm - 5pm		Let's Do Zentangle @ 2pm - 4pm		Let's KTV together @ 1pm - 5pm	
23	24	25	26	27	28
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Let's Go Gai Gai with CWAS (Trishaw@ Gardens By the Bay) @915am to 2pm	Let's Qigong @ 9am - 10am	Close for Townhall Meeting	
Let's Learn to Sing @ 10am - 12pm	Sudoku @945am to 1045am	Let's Stretch Band @ 10am - 11am	Let's Exercise with Razak on Zoom @ 10am - 10.45am		
	Let's Do Seated Exercise @ 11am - 12pm		Let's Makan Together - F4 @1130am to 1pm		
Let's do Pebbles Painting @ 1pm - 3pm	Let's KTV together @ 1pm - 5pm (English and Other Language Songs)	Strategise with Kakis @ 2pm to 5pm	Current Affairs U&Me @ 1pm - 2pm		
Services - Wellness - CHP @ 2pm - 5pm		Let's Do Zentangle @ 2pm - 4pm	Stay Well Series - Health Talk by RHS @2pm to 4pm		
30					31
Let's CrossFit @ 9am - 9.45am					
Let's Learn to Sing @ 10am - 12pm					
Let's do Pebbles Painting @ 1pm - 3pm					
Services - Wellness - CHP @ 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 六月

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
2	3	4	5	6	7
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 - 1045am (Blk 275)	一起练气功 @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	
一起做运动-水球 @ 9am to 11am	Sudoku @945am to 1045am	一起做弹力带拉筋操 @ 10am - 11am	一起跟Razak线上做运动 @ 10am - 10.45am	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) @ 1045am to 1130pm (Blk 275)	一起来 makan - F4 @1130am to 1pm	心灵系列 - 正念课程 @ 11.30am - 12.30pm	
一起学画石 @ 1pm - 3pm		游戏时间 @ 2pm to 5pm	游戏时间 (欢喜就好) @ 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	精神健康邻里咨询小组活动 @ 2pm to 4pm	代际交流 - 大专学府 @ 130pm - 4pm	
9	10	11	12	13	14
	一起跟Razak线上做运动 @ 9am - 9.45am		一起喝咖啡 (只限男性) @845am to 930am	一起做椅子尊巴 @ 9am - 10am	
	Sudoku @945am to 1045am	一起跟Razak线上做运动 @ 10am - 1045am (Blk 275)	一起练气功 @ 9am - 10am	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	一起跟Razak线上做运动 @ 10am - 10.45am	一起来庆祝哈芝节 @ 11.30am - 1pm	
		游戏时间 (Rummy-O) @ 1045am to 1130pm (Blk 275)			
	一起来K歌 @ 1pm - 5pm	游戏时间 @ 2pm to 5pm	精神健康邻里咨询小组活动 @ 2pm to 4pm	一起来K歌 @ 1pm - 5pm	
		一起做禅绕画 @ 2pm - 4pm			

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 六月

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
16	17	18	19	20	21
一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	推广健康老龄化计划 @ 10am - 11am (Blk 275)	一起练气功 @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	
一起做运动-水球 @ 9am to 11am	Sudoku @945am to 1045am	一起做弹力带拉筋操 @ 10am - 1110am to 1150am	一起跟Razak线上做运动 @ 10am - 10.45am	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 (欢喜就好) @ 1045am - 1130am (Blk 275)		一起来庆祝生日 / 父亲节 @ 11.30am - 1pm	
一起学画石 @ 1pm - 3pm		游戏时间 @ 2pm to 5pm			
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 1pm - 5pm	一起做禅绕画 @ 2pm - 4pm	精神健康邻里咨询小组活动 @ 2pm to 4pm	一起来K歌 @ 1pm - 5pm	
23	24	25	26	27	28
一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	一起去Gai Gai - CWAS (三轮车 @滨海湾花园) @ 915am to 2pm	一起练气功 @ 9am - 10am	中心休业	
一起学唱歌 @ 10am - 12pm	Sudoku @945am to 1045am	一起做弹力带拉筋操 @ 10am - 11am	一起跟Razak线上做运动 @ 10am - 10.45am		
	一起做运动 (坐式)@ 11am - 12pm		一起来makan - F4 @1130am to 1pm		
一起学画石 @ 1pm - 3pm		游戏时间 @ 2pm to 5pm			
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 (英语和其他语言) @ 1pm - 5pm	一起做禅绕画 @ 2pm - 4pm	保健系列 - 健康讲座 @ 2pm to 4pm		
30					
一起做CrossFit @ 9am - 9.45am					
一起学唱歌 @ 10am - 12pm					
一起学画石 @ 1pm - 3pm					
服务 - 社区保健站 @ 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。