

2026 June

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	5	6
Public Holiday	Let's Exercise - Online Video @ 9am - 9.45am	Let's Walking Football @945am - 1130am	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
	Let's Support SPICE+ @10am - 11am (Blk 262B)	Let's Exercise - Online Video @ 10am - 11am	Let's Exercise - Online Video @ 1015am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am	Let's Celebrate Birthday & Hari Raya Haji @11.30am - 1pm	Let's do Nagomi @ 10am - 11.15am	
		Let's Disc Golf (Blk 275) @11am - 1130am		Stay Zen - Mindfulness programme @ 11.30am - 12.30pm	
		Let's Floorball @1pm - 2pm			
		Let's Ladder Toss @130pm - 2pm		Let's Piloxing @1pm - 2pm	
	Let's Talk News @1pm - 2pm	Let's Do Zentangle @ 2pm - 4pm	Let's Jam with Ukulele @2pm - 4pm		
	Scent Healing @2pm - 3pm	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
8	9	10	11	12	13
Let's CrossFit @ 9am - 9.45am	Let's Exercise - Online Video @ 9am - 9.45am	Let's Join Senior National Game @9am - 1pm	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
HAPPY Programme @ 9am - 10am	Let's Support SPICE+ @10am - 11am (Blk 262B)	Let's Exercise - Online Video @ 10am - 11am	Let's Exercise - Online Video @ 1015am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Chair Zumba (Blk 275) @ 10am - 11am	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 Learn to Sing @ 10am - 12pm		Strategise with Kakis (Rummy-O) @ 11am - 12pm (Blk 275)			
Let's Boccia (Blk 275) @11am - 1130am					
Let's do Pebbles Painting @ 1pm - 3pm			Let's Piloxing @1pm - 2pm	Fun with Kakis (BINGO) @2pm - 3pm	
Scent healing @2pm - 3pm	Let's Talk News @1pm - 2pm	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	Fun with Tech/ Exergame @2pm - 3pm	Strategise with Kakis @ 2pm - 5pm	Fun with Tech/ Exergame @2pm - 3pm	Let's KTV together @ 1pm - 5pm	
15	16	17	18	19	20
Let's CrossFit @ 9am - 9.45am	Let's Lim Kopi (Male exclusive) @845am - 930am	Let's Exercise - Online Video @ 10am - 11am	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
HAPPY Programme @ 9am - 10am	Let's Exercise - Online Video @ 9am - 9.45am	Let's Stretch Band @ 10am - 11am	Let's Go Gai Gai (Hay Daries Goat Farm) @9am - 1230pm	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Do Seated Exercise @ 11am - 12pm	Strategise with Kakis (Rummy-O) @ 11am - 12pm (Blk 275)	Let's Exercise - Online Video @ 1015am - 11am	Let's do Nagomi @ 10am - 11.15am	
Let's Learn to Sing @ 10am - 12pm			Let's Piloxing @1pm - 2pm		
		Let's Pick Up Malay @1pm - 2pm	Let's Jam with Ukulele @2pm - 4pm		
Let's do Pebbles Painting @ 1pm - 3pm	Let's Talk News @1pm - 2pm	Let's Do Zentangle @ 2pm - 4pm	Let's Pick Up Chinese @2pm - 3pm		
Community Health Post @ 2pm - 5pm	Fun with Tech/ Exergame @2pm - 3pm	Strategise with Kakis @ 2pm - 5pm	Let's KTV together (English, Malay Songs) @ 3pm - 430pm	Let's KTV together @ 1pm - 5pm	

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MON 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27
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 @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
HAPPY Programme @ 9am - 10am	Let's Support SPICE+ @10am - 11am (Blk 262B)	Let's Stretch Band @ 10am - 11am	Let's Exercise - Online Video @ 10.15am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Chair Zumba (Blk 275) @ 10am - 11am			Let's Makan Together - F4 @11.30am - 1pm	Leave Well Series Legacy Planning Workshop (English) @ 11am - 12pm (Blk 275)	
Let's Learn to Sing @ 10am - 12pm				HSBC Do Good at NTUC Health Boon Lay AAC @10am - 1pm	
Let's Support SPICE+ @10.30am - 11.30am (Boon Lay CC)	Let's Do Seated Exercise @ 11am - 12pm			Let's Talk About Financial Planning Workshop @11am - 12pm	
Let's do Pebbles Painting @ 1pm - 3pm	Let's Talk News @1pm - 2pm	Let's Do Zentangle @ 2pm - 4pm	Let's Piloxing @1pm - 2pm	Let's Talk About Anti-Scam Engagement by HSBC @12pm - 1pm	
Community Health Post @ 2pm - 5pm	Fun with Tech/ Exergame @2pm - 3pm	Strategise with Kakis @ 2pm - 5pm	Let's Jam with Ukulele @2pm - 4pm	Let's KTV together @ 1pm - 5pm	
29	30				
Let's CrossFit @ 9am - 9.45am	Let's Exercise - Online Video @ 9am - 9.45am				
HAPPY Programme @ 9am - 10am	Let's Support SPICE+ @10am - 11am (Blk 262B)				
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Do Seated Exercise @ 11am - 12pm				
Let's Learn to Sing @ 10am - 12pm					
Let's Support SPICE+ @10.30am - 11.30am (Boon Lay CC)					
Let's do Pebbles Painting @ 1pm - 3pm	Let's Talk News @1pm - 2pm				
Community Health Post @ 2pm - 5pm	Let's Gen Together Juying Swcondary School @2.30pm - 3.30pm				

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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Public Holiday	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	
	一起参与研究计划 - (Spice+) Blk 262B @ 10am - 11am	一起线上做运动 @ 10am - 11am	一起线上做运动 @ 1015am - 11am	推广健康老龄化计划 @ 10am - 11am (Blk 275)	
	一起做运动 (坐式) @ 11am - 12pm	一起做弹力带拉筋操 @ 10am - 11am	一起来庆祝哈芝节和生日 @11.30am - 1pm	一起做日本和谐粉彩 @ 10am - 11.15am	
		一起玩飞盘高尔夫 (Blk 275) @11am - 1139am		心灵系列 - 正念课程 @ 11.30am - 12.30pm	
		一起玩地板球 @1pm - 2pm			
		一起玩梯式投球 @130pm - 2pm	心灵系列 - 芳香疗愈 @2pm - 3pm	一起做普拉提拳击 @1pm - 2pm	
	一起聊新闻 @1pm - 2pm	一起做禅绕画 @ 2pm - 4pm	一起玩乌克兰丽丽 @2pm - 4pm	一起来K歌 @ 1pm - 5pm	
心灵系列 - 芳香疗愈 @2pm - 3pm	游戏时间 @ 2pm - 5pm	电子游戏时间 @2pm - 3pm			

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MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
一起做CrossFit @ 9am - 9.45am	一起线上做运动 @ 9am - 9.45am	一起参加全国乐龄运动会 @9am - 1pm	一起练气功 (Blk 262B) @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	
推广健康老龄化计划 @ 9am - 10am	一起参与研究计划 - (Spice+) Blk 262B @ 10am - 11am	一起线上做运动 @ 10am - 11am	一起线上做运动 @ 1015am - 11am	推广健康老龄化计划 @ 10am - 11am (Blk 275)	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	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	
一起学唱歌 @ 10am - 12pm		游戏时间 (Rummy-O) @ 11am to 12pm (Blk 275)		游戏时间 (宾果游戏) @2pm to 3pm	
一起玩硬地滚球 (Blk 275) @11am - 1130am				游戏时间 (欢喜就好) @ 3pm - 4pm	
一起学画石 @ 1pm - 3pm					
心灵系列 - 芳香疗愈 @2pm - 3pm	一起聊新闻 @1pm - 2pm	一起做禅绕画 @ 2pm - 4pm	一起做普拉提拳击 @1pm - 2pm	一起来K歌 @ 1pm - 5pm	
服务 - 社区保健站 @ 2pm - 5pm	电子游戏时间 @2pm - 3pm	游戏时间 @ 2pm - 5pm	一起玩乌克兰丽 @2pm - 4pm		
15	16	17	18	19	20
一起做CrossFit @ 9am - 9.45am	一起喝咖啡(只限男性) @845am - 930am	一起线上做运动 @ 10am - 11am	Let's Go Gai Gai (Hay Daries Goat Farm) @9am - 1230pm	一起做椅子尊巴 @ 9am - 10am	
推广健康老龄化计划 @ 9am - 10am	一起线上做运动 @ 9am - 9.45am	一起做弹力带拉筋操 @ 10am - 11am	一起练气功 (Blk 262B) @ 9am - 10am	推广健康老龄化计划 @ 10am - 11am (Blk 275)	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	一起做运动 (坐式) @ 11am - 12pm	游戏时间 (Rummy-O) @ 11am to 12pm (Blk 275)	一起线上做运动 @ 1015am - 11am	一起做日本和谐粉彩 @ 10am - 11.15am	
一起学唱歌 @ 10am - 12pm					
一起学画石 @ 1pm - 3pm		一起学(马来语)- 初级 @1pm - 2pm			
心灵系列 - 芳香疗愈 @2pm - 3pm	一起聊新闻 @1pm - 2pm	一起做禅绕画 @ 2pm - 4pm	一起做普拉提拳击 @1pm - 2pm	一起来K歌 @ 1pm - 5pm	
服务 - 社区保健站 @ 2pm - 5pm	电子游戏时间 @2pm - 3pm	游戏时间 @ 2pm - 5pm	一起玩乌克兰丽 @2pm - 4pm		

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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	
推广健康老龄化计划 @ 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	一起线上做运动 @ 1015am - 11am	推广健康老龄化计划 @ 10am - 11am (Blk 275)	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	一起做运动 (坐式) @ 11am - 12pm	游戏时间 (Rummy-O) @ 11am to 12pm (Blk 275)	一起来 makan - F4 @ 1130am - 1pm	走得自在系列 - 遗产与遗嘱规划 @ 11am - 12pm (Blk 275)	
一起学唱歌 @ 10am - 12pm			一起做普拉提拳击 @ 1pm - 2pm	HSBC (社团/机构名称) 与 (活跃乐龄中心名称) 同乐 @ 10am - 1pm	
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)			一起玩乌克兰丽丽 @ 2pm - 4pm	理财之道 @ 11am - 12pm	
一起学画石 @ 1pm - 3pm	一起聊新闻 @ 1pm - 2pm	一起做禅绕画 @ 2pm - 4pm	一起学 (华语) - 初级 @ 2pm - 3pm	防诈骗讲座 @ 12pm - 1pm	
服务 - 社区保健站 @ 2pm - 5pm	电子游戏时间 @ 2pm - 3pm	游戏时间 @ 2pm - 5pm	一起来K歌 (英语和其他语言) @ 3pm - 430pm	一起来K歌 @ 1pm - 5pm	
29	30				
一起做CrossFit @ 9am - 9.45am	一起线上做运动 @ 9am - 9.45am				
推广健康老龄化计划 @ 9am - 10am	一起参与研究计划 - (Spice+) Blk 262B @ 10am - 11am				
一起做椅子尊巴 (Blk 275) @ 10am - 11am	一起做运动 (坐式) @ 11am - 12pm				
一起学唱歌 @ 10am - 12pm					
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)					
一起学画石 @ 1pm - 3pm	一起聊新闻 @ 1pm - 2pm				
服务 - 社区保健站 @ 2pm - 5pm	代际交流 - 聚英中学 @ 230pm - 330pm				

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