

2025 March

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 275)	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	Let's Join DBS Pop-Up Market (Blk 187A Multi-Purpose Hall) @ 9am - 2pm
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 - 11.15am	
	Let's Do Seated Exercise @ 11am - 12pm	Rummy-O @ 10.45am to 11.30pm (Blk 275)	Let's do Kueh Together @ 10.30am - 12pm	Mindfulness programme @ 11.30am - 12.30pm	
Let's do Pebbles Painting @ 12.30pm - 2.30pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm	Fun with Exergame @ 11am - 12pm	Fun with Kakis (Bingo) @ 1pm - 2pm		
Let's Support EQUAL @ 2pm-4pm (EQUAL)			Let's Makan Together @ 2pm - 2.30pm		
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 3pm - 5pm	Strategise with Kakis @ 2pm to 5pm	Strategise with Kakis @ 2.30pm 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 Lim Kopi (Male exclusive) @ 8.45am to 9.30am	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	Wellness - Health Talk by NUS Foot-care sharing/interactive talk @ 9am to 10am
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am to 11am	Let's Exercise with Razak on Zoom @ 10am - 10.45am (Blk 275)	Let's Walking Football (AAC JCP) @ 10am to 11.30am	Let's do Nagomi @ 10am - 11.15am	
Let's do Pebbles Painting @ 12.30pm - 2.30pm	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am		Let's Celebrate Birthday @ 11.30am - 1pm	Let's Support NUS- Foot Assessment for Diabetes Patients @ 10am to 4pm
Let's Support EQUAL @ 2pm-4pm (EQUAL)	Let's Support EQUAL @ 2pm-4pm (AAC Nanyang)	Rummy-O @ 10.45am to 11.30pm (Blk 275)	Let's Talk About Job Fair @ 1pm to 2pm		
	Let's KTV together @ 1pm - 5pm	Fun with Exergame @ 11am - 12pm	Digital - IMDA Go-Digital - Workshop (Mandarin) @ 2.30pm to 4.30pm		
Services - Wellness - CHP @ 2pm - 5pm		Let's Do Zentangle @ 2pm - 4pm		Let's KTV together @ 1pm - 5pm	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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 NTUC Health

MON

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SAT

17

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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 - 10.45am **(Blk 275)**

Let's Walking Football **(AAC JCP)** @ 10am to 11.30am

Let's do Nagomi @ 10am - 11.15am

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

Let's Stretch Band @ 10am - 11am

Let's Gen Together - Tertiary Ngee Ann Polytechnic @ 10am to 12am

Let's do Pebbles Painting @ 12.30pm - 2.30pm

National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm

Fun With Kakis (Just be Happy) @ 10.45am - 11.30am **(Blk 275)**

Let's Support EQUAL @ 2pm-4pm (AAC JCP)

Fun with Exergame @ 11am - 12pm

Dave & Friends Do Good at NTUC Health Boon Lay AAC @ 1.30pm to 3.30pm

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

Services - Wellness - CHP @ 2pm - 5pm

Let's KTV together @ 3pm - 5pm **(English and Other Language Songs)**

Let's Do Zentangle @ 2pm - 4pm

Let's KTV together @ 2pm - 5pm

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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 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 join CWAS trishaw Jurong Point @ 9am to 11.30am

Let's do Pebbles Painting @ 12.30pm - 2.30pm

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

Current Affair U&Me @ 10.45am - 11.30am **(Blk 275)**

Let's Gen Together - Secondary Hwa Chong institution @ 10am to 12pm

Let's do Nagomi @ 10am - 11.15am

Let's Support EQUAL @ 2pm-4pm (EQUAL)

Let's Gen Together - Primary @ 2pm to 5pm

Fun with Exergame @ 11am - 12pm

Let's Makan Together - Inhouse @ 12.15pm to 1.15pm

Current Affairs U&Me @ 1pm - 2pm

Services - Wellness - CHP @ 2pm - 5pm

Let's Do Zentangle @ 2pm - 4pm

Digital - IMDA Go-Digital - Workshop (English) @ 2.30pm to 4.30pm

Let's KTV together @ 2pm - 5pm

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2025 三月

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

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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 275)	一起练气功 @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	一起参加 DBS 社区快闪店市场 @ 9am to 2pm
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	
	一起做运动 (坐式) @ 11am - 12pm	Rummy-O @ 10.45am to 11.30pm (Blk 275)	一起学造课 @ 10.30am - 12pm	心灵系列 - 正念课程 @ 11.30am - 12.30pm	
一起学画石 @ 12.30pm - 2.30pm	国家文物局 - 沿着记忆的轨迹 @ 2pm to 3pm	电子游戏时间 @ 11am - 12pm	游戏时间 (Bingo) @ 1pm to 2pm		
一起参与研究计划 - (EQUAL) @ 2pm-4pm (AAC JCP)	一起来K歌 @ 3pm - 5pm	游戏时间 @ 2pm to 5pm	一起来makan @ 2pm to 2.30pm	一起来K歌 @ 2pm - 5pm	
服务 - 社区保健站 @ 2pm - 5pm			游戏时间 @ 2.30pm to 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	一起喝咖啡(只限男性) @ 8.45am to 9.30am	一起练气功 @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	保健系列 - 健康讲座 NUS 足部护理分享/互动讲座 @ 9am to 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 - 10.45am (Blk 275)	一起来踢球(AAC JCP) @ 10am to 11.30am	一起做日本和谐粉彩 @ 10am - 11.15am	一起参与研究计划 (足部评估) @ 10am to 4pm
	一起做运动 (坐式) @ 11am - 12pm	一起做弹力带拉筋操 @ 10am - 11am		一起来庆生 @ 11.30am - 1pm	
一起学画石 @ 12.30pm - 2.30pm		Rummy-O @ 10.45am to 11.30pm (Blk 275)			
一起参与研究计划 - (EQUAL) @ 2pm-4pm (AAC JCP)	一起参与研究计划 - (EQUAL) @ 2pm-4pm (AAC Nanyang)	电子游戏时间 @ 11am - 12pm	一起来谈工作招聘会 @ 1pm to 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 (华语) @ 2.30pm to 4.30pm	一起来K歌 @ 1pm - 5pm	

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标有颜色的项目是受邀参与的活动

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MON

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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	一起来 Makan @ 8.45am - 9.30am	一起练气功 @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	代际交流 - 大专学府 (义安理工学院) @ 10am - 12pm
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 - 10.45am (Blk 275)	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	一起做运动 (坐式) @ 11am - 12pm	一起做弹力带拉筋操 @ 10am - 11am	Dave & Friends 与文礼活跃乐龄中心同乐 @130pm to 330pm	游戏时间 (欢喜就好) @ 1pm - 2pm	
一起学画石 @ 12.30pm - 2.30pm	国家文物局 - 沿着记忆的轨迹 @2pm to 3pm	游戏时间 (欢喜就好) @ 10.45am - 11.30am (Blk 275)		一起来K歌 @ 2pm - 5pm	
一起参与研究计划 - (EQUAL) @ 2pm-4pm (AAC JCP)	一起来K歌 (英语和其他语言) @ 3pm - 5pm	电子游戏时间 @ 11am - 12pm			
服务 - 社区保健站 @ 2pm - 5pm		一起做禅绕画 @ 2pm - 4pm			
24	25	26	27	28	29
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 275)	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	
一起做运动 (坐式) @ 11am - 12pm	一起做运动 (坐式) @ 11am - 12pm	时事新闻你和我 @ 10.45am - 11.30am (Blk 275)	代际交流 - 中学 (华侨中学) @ 10am to 12pm	一起参加 CWAS 三轮车体验活动- 裕廊坊 @ 9am to 11.30am	
一起学画石 @ 12.30pm - 2.30pm		电子游戏时间 @ 11am - 12pm	一起来 Makan @ 12.15pm - 1.15pm	时事新闻你和我 @ 1pm - 2pm	
一起参与研究计划 - (EQUAL) @ 2pm-4pm (AAC JCP)	代际交流 - 小学 @ 2pm - 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) @ 2.30pm to 4.30pm	一起来K歌 @ 2pm - 5pm	
服务 - 社区保健站 @ 2pm - 5pm					

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