

# 2026 March

Registration Required

Centre Name: AAC (Boon Lay)  
 Centre Address: Blk 179 Boon Lay Drive, #01-448 S640179  
 Centre Contact: 6590 4368



MON	TUE	WED	THU	FRI	SAT
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
HAPPY Programme @ 9am - 1030am	Let's Exercise - Online Video @ 9am - 9.45am	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Qigong (Blk 262B) @ 9am - 10am	<b>Let's Chair Zumba @ 9am - 10am</b>	
<b>Let's Chair Zumba (Blk 275) @ 10am - 11am</b>	Let's Support SPICE+ @10am - 11am (Blk 262B)	<b>Let's Stretch Band @ 10am - 11am</b>	Let's Exercise - Online Video @ 1015am - 11am	Let's Go Gai Gai with DBS Bukit Batok West @ 830am - 130pm	
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am to 11am	<b>Project PRAISE (Blk 275) @11am - 1230pm</b>	<b>Let's Makan Together - F4 @1130am - 1pm</b>	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)				<b>Let's Gen Together - Tertiary (NTU) Lakeside Garden @10am - 1130am</b>	
<b>Let's Do Sewing @2pm - 4pm</b>	Let's Do Seated Exercise @ 11am - 12pm		<b>Let's Piloxing @1pm - 2pm</b>	Let's do Nagomi @ 10am - 11.15am	
Let's do Pebbles Painting @ 1pm - 3pm	Let's Talk News @1pm - 2pm	Let's Do Zentangle @ 2pm - 4pm	<b>Project PRAISE @2pm - 330pm</b>	<b>Mindfulness programme @ 11.30am - 12.30pm</b>	
<b>Community Health Post @ 2pm - 5pm</b>	<b>Let's Gen Together - Secondary RV High Chinese Orchestra @230pm - 430pm</b>	Strategise with Kakis @ 2pm - 5pm	<b>Let's Do Sewing @2pm - 4pm</b>	<b>Let's KTV together @ 1pm - 5pm</b>	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
HAPPY Programme @ 930am - 1030am	<b>Centre Closed</b>	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Qigong (Blk 262B) @ 9am - 10am	<b>Let's Chair Zumba @ 9am - 10am</b>	
<b>Let's Chair Zumba (Blk 275) @ 10am - 11am</b>		<b>Let's Stretch Band @ 10am - 11am</b>	Let's Exercise - Online Video @ 1015am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Learn to Sing @ 10am - 12pm		Strategise with Kakis (Rummy-O) @ 11am - 12pm (Blk 275)		Let's do Nagomi @ 10am - 11.15am	
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)			<b>Let's Piloxing @1pm - 2pm</b>	<b>Let's Celebrate Birthday @11.30am - 1pm</b>	
			Dave & Friends at NTUC Health Boon Lay AAC @2pm to 330pm		
Let's do Pebbles Painting @ 1pm - 3pm			Let's Do Zentangle @ 2pm - 4pm	Outings (Organised by DBS) Raya Shopping @ Bt Gombak @1pm - 5pm	<b>Let's Gen Together - Tertiary (NTU) @2pm - 330pm</b>
<b>Community Health Post @ 2pm - 5pm</b>		Strategise with Kakis @ 2pm - 5pm			

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
HAPPY Programme @ 930am - 1030am	Let's Exercise - Online Video @ 9am - 9.45am	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Lim Kopi (Male exclusive) @845am - 930am	<b>Let's Chair Zumba @ 9am - 10am</b>	<p>Selamat Hari Raya Aidilfitri</p>
<b>Let's Chair Zumba (Blk 275) @ 10am - 11am</b>	Let's Support SPICE+ @10am - 11am (Blk 262B)	<b>Let's Stretch Band @ 10am - 11am</b>	Let's Qigong (Blk 262B) @ 9am - 10am	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am to 11am	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 Support SPICE+ @1030am - 1130am (Boon Lay CC)	Let's Do Seated Exercise @ 11am - 12pm				
	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 Pick Up Malay @1pm - 2pm	<b>Let's Piloxing @1pm - 2pm</b>	Fun with Kakis (BINGO) @1pm - 2pm	
<b>Services - Wellness - CHP @ 2pm - 5pm</b>	<b>Let's KTV together @ 3pm - 5pm</b>	Let's Join Project Citizens @2pm - 4pm	<b>Let's KTV together @ 2pm - 5pm</b>	<b>Let's Gen Together - Tertiary (NTU) @2pm - 330pm</b>	
23	24	25	26	27	28
<b>Centre Closed</b>	Let's Support SPICE+ @10am - 11am (Blk 262B)	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Qigong (Blk 262B) @ 9am - 10am	<b>Let's Chair Zumba @ 9am - 10am</b>	
	Let's Gen Together - Kindergarten @ 10am to 11am	<b>Let's Stretch Band @ 10am - 11am</b>	Let's Exercise - Online Video @ 1015am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
	Let's Do Seated Exercise @ 11am - 12pm	Fun With Kakis (Just be Happy) @ 11am to 1145am (Blk 275)	<b>Let's Makan Together - F4 @1130am - 1pm</b>	Let's do Nagomi @ 10am - 11.15am	
	Let's Talk News @1pm - 2pm			Fun With Kakis (Just be Happy) @ 1pm - 2pm	
	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm		<b>Let's Piloxing @1pm - 2pm</b>		
	<b>Let's KTV together @ 3pm - 5pm</b>	Let's Join Project Citizens @2pm - 4pm	Let's Pick Up Chinese @2pm - 3pm	Let's Gen Together - Tertiary (NTU) @2pm - 330pm	
		Let's KTV together (English, Malay Songs) @ 3pm - 430pm			

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**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**30**

HAPPY Programme @ 930am - 1030am

**Let's Chair Zumba (Blk 275) @ 10am - 11am**

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

Let's Support SPICE+ @1030am - 1130am (**Boon Lay CC**)

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

**Services - Wellness - CHP @ 2pm - 5pm**

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标有颜色的项目须报名

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
推广健康老龄化计划 @ 9am - 1030am	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	一起和(星展银行)去Gai Gai 武吉巴督西 @ 830am - 130pm	
一起学唱歌 @ 10am - 12pm	代际交流 - 幼儿园 @ 10am - 11am	防诈骗讲座 (双语) @11am - 1230pm (Blk 275)	一起来makan - F4 @1130am - 1pm	推广健康老龄化计划 @ 10am - 11am (Blk 275)	
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)	一起做运动 (坐式) @ 11am - 12pm			一起做日本和谐粉彩 @ 10am - 11.15am	
一起做缝纫 @2pm - 4pm		一起学(马来语)- 初级 @1pm - 2pm	一起做普拉提拳击 @1pm - 2pm	心灵系列 - 正念课程 @ 11.30am - 12.30pm	
一起学画石 @ 1pm - 3pm	一起聊新闻 @1pm - 2pm	一起做禅绕画 @ 2pm - 4pm	防诈骗讲座 (双语) @2pm - 330pm		
服务 - 社区保健站 @ 2pm - 5pm	代际交流 - 中学立化中学华乐团 @230pm - 430pm	游戏时间 @ 2pm - 5pm	一起做缝纫 @2pm - 4pm	一起来K歌 @ 1pm - 5pm	
9	10	11	12	13	14
推广健康老龄化计划 @ 9am - 10am	<h2>中心休业</h2>	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	
一起做椅子尊巴 (Blk 275) @ 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		游戏时间 (Rummy-O) @ 1045am to 1130am (Blk 275)	一起做普拉提拳击 @1pm - 2pm	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)			Dave & Friends 与文礼活跃乐龄中心同乐 @2pm to 330pm	一起来庆祝生日 @1130am - 1pm	
一起学画石 @ 1pm - 3pm			一起做禅绕画 @ 2pm - 4pm		
服务 - 社区保健站 @ 2pm - 5pm			游戏时间 @ 2pm - 5pm	一起和 DBS 去Gai Gai 开斋节购物在武吉甘柏 @1pm - 5pm	代际交流 - 大专学府 @ 2pm - 330pm

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**标有颜色的项目须报名**

MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
推广健康老龄化计划 @ 930am - 1030am	一起线上做运动 @ 9am - 9.45am	一起参与研究计划 - (Spice+) @ 10am - 11am (Blk 275)	一起喝咖啡(只限男性) @845am - 930am	<b>一起做椅子尊巴 @ 9am - 10am</b>	
<b>一起做椅子尊巴 (Blk 275) @ 10am - 11am</b>	一起参与研究计划 - (Spice+) Blk 262B @ 10am - 11am	<b>一起做弹力带拉筋操 @ 10am - 11am</b>	一起练气功 (Blk 262B) @ 9am - 10am	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)	一起线上做运动 @ 1015am - 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				
	一起聊新闻 @1pm - 2pm			游戏时间 (宾果游戏) @1pm to 2pm	
一起学画石 @ 1pm - 3pm	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm	一起参加 Project Citizens @2pm - 4pm	<b>一起做普拉提拳击 @1pm - 2pm</b>	<b>代际交流 - 大专学府 @ 2pm - 330pm</b>	
服务 - 社区保健站 @ 2pm - 5pm	<b>一起来K歌 @ 3pm - 5pm</b>		<b>一起来K歌 @ 2pm - 5pm</b>		
23	24	25	26	27	28
<b>中心休业</b>	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	<b>一起做椅子尊巴 @ 9am - 10am</b>	
	一起参与研究计划 - (Spice+) Blk 262B @ 10am - 11am	<b>一起做弹力带拉筋操 @ 10am - 11am</b>	一起线上做运动 @ 1015am - 11am	推广健康老龄化计划 @ 10am - 11am (Blk 275)	
	代际交流 - 幼儿园 @ 10am - 11am	游戏时间 (Rummy-O) @ 11am to 12pm (Blk 275)	<b>一起来makan - F4 @1130am - 1pm</b>	一起做日本和谐粉彩 @ 10am - 11.15am	
	一起做运动 (坐式) @ 11am - 12pm		<b>一起做普拉提拳击 @1pm - 2pm</b>		
	一起聊新闻 @1pm - 2pm	一起学(马来语)- 初级 @1am - 2pm	一起学(华语)- 初级 @2pm - 3pm	游戏时间 (欢喜就好) @ 1pm - 2pm	
	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm	一起参加 Project Citizens @2pm - 4pm	一起来K歌 (英语和其他语言) @ 3pm - 430pm	<b>代际交流 - 大专学府 @ 2pm - 330pm</b>	
	<b>一起来K歌 @ 3pm - 5pm</b>				

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# 2026 三月

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MON	TUE	WED	THU	FRI	SAT
30					
推广健康老龄化计划 @ 930am - 1030am					
一起做椅子尊巴 (Blk 275) @ 10am - 11am					
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					
服务 - 社区保健站 @ 2pm - 5pm					

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