

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
			1	2	3
				<div>Let's Chair Zumba @ 9am - 10am</div> <div>Let's do Nagomi @ 10am - 11.15am</div> <div>Mindfulness programme @ 11.30am - 12.30pm</div> <div>Let's Makan Together (For Ukulele group) @ 1pm to 1.30pm</div> <div>Let's Jam with Ukulele @130pm to 2.30pm</div> <div>Let's KTV together @ 2.30pm - 5pm</div>	
5	6	7	8	9	10
Center Close	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 10am - 1045am (Blk 275)	Let's Qigong @ 9am - 10am	<div>Let's Chair Zumba @ 9am - 10am</div>	
	Let's Gen Together - Kindergarten @ 10am to 11am	<div>Let's Stretch Band @ 10am - 11am</div>	Let's Exercise with Razak on Zoom @ 10am - 10.45am	Let's do Nagomi @ 10am - 11.15am	
	Let's Do Seated Exercise @ 11am - 12pm	Strategise with Kakis (Rummy-O) @ 1045am to 1130pm (Blk 275)	<div>Let's Celebrate Vesak Day @1130am - 1pm</div>	<div>Let's Jam with Ukulele @1pm to 2pm</div>	
	<div>Let's Jam with Ukulele @1pm to 2pm</div>		National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm	Let's Talk About Bus Safety @2pm to 3pm	
	<div>Let's KTV together @ 2pm - 5pm</div>	Let's Do Zentangle @ 2pm - 4pm	Strategise with Kakis @ 3pm to 5pm	<div>Let's KTV together @ 3pm - 5pm</div>	

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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 May

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ntuc Health

MON

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Happy Vesak Day!



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

Let's join CWAS Trishaw @ Jurong Point @ 9am to 1130am

Let's Gen Together - Kindergarten @ 10am to 11am

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

Let's Jam with Ukulele @1pm to 2pm

Let's Gen Together - Secondary RVHS Chinese Orchestra @ 3pm - 4.30pm

Let's Lim Kopi (Male exclusive) @845am to 930am

Let's Exercise with Razak on Zoom @ 10am - 1045am **(Blk 275)**

Let's Stretch Band @ 10am - 11am

Strategise with Kakis (Rummy-O) @ 1045am to 1130pm **(Blk 275)**

Let's Do Zentangle @ 2pm - 4pm

Let's Qigong @ 9am - 10am

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

Fun with Kakis (Bingo) @ 1pm - 2pm

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

Strategise with Kakis @ 3pm to 5pm

Let's Chair Zumba @ 9am - 10am

Let's do Nagomi @ 10am - 11.15am

Let's Celebrate Birthday / Mother's Day @11.30am to 1pm

Let's Jam with Ukulele @1pm to 2pm

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 Learn to Sing @ 10am - 12pm

Let's Gen Together - Kindergarten @ 10am to 11am

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

Let's Jam with Ukulele @1pm to 2pm

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

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

Services - Wellness - CHP @ 2pm - 5pm

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

Let's Gen Together - Secondary Juying Secondary Carnival @ 930am to 12pm (Blk 179 and Blk 275)

Let's Stretch Band @ 10am - 11am

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

Let's Do Zentangle @ 2pm - 4pm

Let's Qigong @ 9am - 10am

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

Let's Makan Together @ 12.45Pm - 1.15PM

Current Affairs U&Me @ 1.15pm - 2pm

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

Let's Chair Zumba @ 9am - 10am

Let's do Nagomi @ 1030am - 1145am

Let's Jam with Ukulele @1pm to 2pm

Let's Gen Together - Primary Corporation Primary @ 2pm to 530pm

Let's Gen Together - Tertiary (NTU NIE) @ 9.30am - 12.30am (limited to 20pax)

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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
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 Gen Together - Tertiary (NTU NIE) (Outing to National Gallery) @ 9.30am - 12.30am (limited to 20pax)
Let's Go Gai Gai with DBS (Brisk Walk) @ 9am - 11.30am	Let's Gen Together - Kindergarten @ 10am to 11am	Let's Stretch Band @ 10am - 11am	Let's Exercise with Razak on Zoom @ 10am - 10.45am	Let's Brisk Walk (@ Blk 275) (From Geh Poh North to 179 Boon Lay Drive) @ 9am to 10am	
	Let's Do Seated Exercise @ 11am - 12pm	Current Affairs U&Me (Blk 275) @ 10.45pm - 11.30pm		Let's Makan Together @ 10am - 10.30am	
Let's Learn to Sing @ 10am - 12pm	Let's Jam with Ukulele @1pm to 2pm			Let's do Nagomi @ 10am - 11.15am	Let's Share Share (Without activity) @ 9.30am - 12.30pm
Let's do Pebbles Painting @ 1pm - 3pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm		Dave & Friends Do Good at AAC BL @ 1.30pm - 3.30pm	Let's Jam with Ukulele @1pm to 2pm	
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 3pm - 5pm	Let's Do Zentangle @ 2pm - 4pm		Let's KTV together @ 2pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
			1	2	3
				<div>一起做椅子尊巴 @ 9am - 10am</div> <div>一起做日本和谐粉彩 @ 10am - 11.15am</div> <div>心灵系列 - 正念课程 @ 11.30am - 12.30pm</div> <div>一起来 Makan @ 1pm to 130pm</div> <div>一起玩乌克兰丽 @130pm to 230pm</div> <div>一起来K歌 @ 230pm - 5pm</div>	
5	6	7	8	9	10
中心休业一天	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	
	代际交流 - 幼儿园 @ 10am - 11am	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	
	一起做运动 (坐式) @ 11am - 12pm	游戏时间 (Rummy-O) @ 1045am to 1130pm (Blk 275)	一起来庆祝卫塞节 @ 11.30am - 1pm	一起玩乌克兰丽 @1pm to 2pm	
	一起玩乌克兰丽 @1pm to 2pm		国家文物局 - 沿着记忆的轨迹 @2pm to 3pm	一起来谈巴士安全 @2pm to 3pm	
	一起来K歌 @ 2pm - 5pm	一起做禅绕画 @ 2pm - 4pm	游戏时间 @ 3pm to 5pm	一起来K歌 @ 3pm - 5pm	
12	13	14	15	16	17
	一起跟Razak线上做运动 @ 9am - 9.45am	一起喝咖啡 (只限男性) @845am to 930am	一起练气功 @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	
	一起参加 CWAS 三轮车体验活动- 裕廊坊 @ 9am to 1130am	一起跟Razak线上做运动 @ 10am - 1045am (Blk 275)	一起跟Razak线上做运动 @ 10am - 10.45am	一起做日本和谐粉彩 @ 10am - 11.15am	
	代际交流 - 幼儿园 @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am	游戏时间 (Bingo) @ 1pm to 2pm	一起来庆祝生日/母情节 @ 11.30am - 1pm	
	一起做运动 (坐式) @ 11am - 12pm	游戏时间 (Rummy-O) @ 1045am to 1130pm (Blk 275)	国家文物局 - 沿着记忆的轨迹 @2pm to 3pm	一起玩乌克兰丽 @1pm to 2pm	
	一起玩乌克兰丽 @1pm to 2pm			一起来K歌 @ 2pm - 5pm	
	一起来K歌 @ 2pm - 5pm	一起做禅绕画 @ 2pm - 4pm	游戏时间 @ 3pm to 5pm		

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一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	代际交流 - 聚英中学嘉年华会 @ 930am - 12pm (Blk 179 and Blk 275)	一起练气功 @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	代际交流 - 大专学府 (NTU NIE) @ 9.30am - 12.30am (只限20人)
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	一起跟Razak线上做运动 @ 10am - 10.45am	一起做日本和谐粉彩 @ 10am - 11.15am	
	一起做运动 (坐式) @ 11am - 12pm				
	一起玩乌克兰丽丽 @1pm to 2pm		一起来 Makan @ 1245pm to 115pm		
一起学画石 @ 1pm - 3pm	国家文物局 - 沿着记忆的轨迹 @2pm to 3pm	游戏时间 (欢喜就好) @ 1pm - 2pm	时事新闻你和我 @ 115pm - 2pm	一起玩乌克兰丽丽 @1pm to 2pm	
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 (英语和其他语言) @ 3pm - 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 @ 2pm - 5pm	
26	27	28	29	30	31
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	代际交流 - 大专学府 (NTU NIE) 一起去Gai Gai (国家美术馆) @ 9.30am - 12.30am (只限20人)
一起和 DBS 去Gai Gai (一起快步走)	代际交流 - 幼儿园 @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am	一起跟Razak线上做运动 @ 10am - 10.45am	一起快步走 (从 Geh Poh North 到 179 Boon Lay Drive) @ 915am to 10am	
	一起做运动 (坐式) @ 11am - 12pm	时事新闻你和我 @ 1045am - 1130am	Dave & Friends 与文礼活跃乐龄中心同乐 @130pm to 330pm	一起来 Makan @ 10am to 1030am	一起来分享 @ 9.30am - 12.30pm
一起学唱歌 @ 10am - 12pm	一起玩乌克兰丽丽 @1pm to 2pm			一起做日本和谐粉彩 @ 1030am - 1130am	
一起学画石 @ 1pm - 3pm	国家文物局 - 沿着记忆的轨迹 @2pm to 3pm	一起做禅绕画 @ 2pm - 4pm		一起玩乌克兰丽丽 @1pm to 2pm	
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 (英语和其他语言) @ 3pm - 5pm			一起来K歌 @ 2pm - 5pm	

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