

2026 May

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

1

2



4

5

6

7

8

9

MON	TUE	WED	THU	FRI	SAT
				1	2
				<p>Centre closed for company Function</p>	
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		
HAPPY Programme @ 9am - 10am	Let's Support SPICE+ @10am - 11am (Blk 262B)	Let's Stretch Band @ 10am - 11am	Let's Exercise - Online Video @ 1015am - 11am		
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Gen Together - Kindergarten @ 10am to 11am	Strategise with Kakis (Rummy-O) @ 11am - 12pm (Blk 275)	Let's Makan Together - F4 @1130am - 1pm		
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm	Let's Floorball @1pm - 2pm			
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)		Let's Ladder Toss @130pm - 2pm			
Let's Floorball (Blk 275) @11am - 1130am	Let's Talk News @1pm - 2pm				
Let's Ladder Toss (Blk 275) @1130am - 12pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm		Let's Piloxing @1pm - 2pm		
Let's do Pebbles Painting @ 1pm - 3pm		Let's Do Zentangle @ 2pm - 4pm	Let's Jam with Ukulele @2pm - 4pm		
Community Health Post @ 2pm - 5pm	Fun with Tech/ Exergame @2pm - 3pm	Strategise with Kakis @ 2pm - 5pm	Dave & Friends at NTUC Health Boon Lay AAC @2pm to 330pm		

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

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
Let's CrossFit @ 9am - 9.45am	Let's Exercise - Online Video @ 9am - 9.45am	WSQ Food Safety Course (Mandarin) @9am - 530pm	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 Support SPICE+ @10am - 11am (Blk 275)	Let's Go Gai Gai (Crocodile Farm) @930am - 1230pm	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Gen Together - Kindergarten @ 10am to 11am	Let's Stretch Band @ 10am - 11am	Let's Exercise - Online Video @ 1015am - 11am	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) @ 11am - 12pm (Blk 275)			
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)		Let's Walking Football @945am - 1130am			
Let's Boccia (Blk 275) @10am - 1030am	Let's Talk News @1pm - 2pm	Let's Floorball @1pm - 2pm	Let's Piloxing @1pm - 2pm		
Let's Disc Golf (Blk 275) @1030am - 11am	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm	Let's Ladder Toss @130pm - 2pm	Let's Jam with Ukulele @2pm - 4pm		
Let's do Pebbles Painting @ 1pm - 3pm		Let's Do Zentangle @ 2pm - 4pm	Let's Pick Up Chinese @2pm - 3pm	Let's Celebrate Birthday & Let's Celebrate Mother's Day! @11.30am - 1pm	
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	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
Let's CrossFit @ 9am - 9.45am	Let's Exercise - Online Video @ 9am - 9.45am	Let's Gen Together with Juying Sec school Carnival @ 9am - 12pm	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
HAPPY Programme @ 9am - 10am	WSQ Food Safety Course @ 9am - 5.30pm	Let's Support SPICE+ @ 10am - 11am (Blk 275)	Let's Exercise - Online Video @ 10.15am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Support SPICE+ @ 10am - 11am (Blk 262B)	Let's Stretch Band @ 10am - 11am	<p>Cluster Close for company Function @ 12pm - 6pm</p>	Let's do Nagomi @ 10am - 11.15am	
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 Makan Together - F4 @ 11am - 12.30pm (Blk 275)	
Let's Support SPICE+ @ 10.30am - 11.30am (Boon Lay CC)	Let's Do Seated Exercise @ 11am - 12pm				
Let's Floorball (Blk 275) @ 11am - 11.30am		Let's Floorball @ 1pm - 2pm			
Let's Ladder Toss (Blk 275) @ 11.30am - 12pm	Let's Talk News @ 1pm - 2pm	Let's Ladder Toss @ 1.30pm - 2pm			
Let's do Pebbles Painting @ 1pm - 3pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm	Let's Do Zentangle @ 2pm - 4pm			
Community Health Post @ 2pm - 5pm		Strategise with Kakis @ 2pm - 5pm			Let's KTV together @ 1pm - 5pm

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
Let's CrossFit @ 9am - 9.45am	Let's Lim Kopi (Male exclusive) @845am - 930am	SELAMAT <i>Hari Raya Haji</i> 	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	31 
HAPPY Programme @ 9am - 10am	Let's Exercise - Online Video @ 9am - 9.45am		Let's Exercise - Online Video @ 1015am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Support SPICE+ @10am - 11am (Blk 262B)		Let's do Nagomi @ 10am - 11.15am		
Let's Boccia (Blk 275) @10am - 1030am	Let's Gen Together - Kindergarten @ 10am to 11am				
Let's Disc Golf (Blk 275) @1030am - 11am	Let's Do Seated Exercise @ 11am - 12pm				
Let's Learn to Sing @ 10am - 12pm	Let's Talk News @1pm - 2pm		Fun with Kakis (BINGO) @2pm - 3pm		
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm		Let's Pick Up Malay @1pm - 2pm	Fun With Kakis (Just be Happy) @ 3pm - 4pm	
Let's do Pebbles Painting @ 1pm - 3pm	Fun with Tech/ Exergame @2pm - 3pm		Let's Piloxing @1pm - 2pm	Let's KTV Together @ 1pm - 5pm	
Community Health Post @ 2pm - 5pm			Let's Jam with Ukulele @2pm - 4pm		

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标有颜色的项目须报名

MON	TUE	WED	THU	FRI	SAT		
				1	2		
				<p>Happy Labour Day</p> <p>中心休业</p>			
4	5	6	7			8	9
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				
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				
一起做椅子尊巴 (Blk 275) @ 10am - 11am	代际交流 - 幼儿园 @ 10am - 11am	游戏时间 (Rummy-O) @ 11am to 12pm (Blk 275)	一起来 makan - F4 @1130am - 1pm				
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式) @ 11am - 12pm						
一起玩地板球 (Blk 275) @11am - 1130am							
一起玩梯式投球 (Blk 275) @1130am - 12pm		一起玩地板球 @1pm - 2pm					
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)		一起玩梯式投球 @130pm - 2pm	一起做普拉提拳击 @1pm - 2pm				
一起学画石 @ 1pm - 3pm	一起聊新闻 @1pm - 2pm	一起做禅绕画 @ 1pm - 3pm	一起玩乌克兰丽丽 @2pm - 4pm				
服务 - 社区保健站 @ 2pm - 5pm	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm	游戏时间 @ 2pm - 5pm	Dave & Friends 与文礼活跃乐龄中心同乐 @2pm to 330pm@2pm to 330pm				

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
一起做CrossFit @ 9am - 9.45am	一起线上做运动 @ 9am - 9.45am	WSQ食品卫生课 (华语) @9am - 530pm	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+) @ 10am - 11am (Blk 262B)	一起参与研究计划 - (Spice+) @ 10am - 11am (Blk 275)	一起去Gai Gai (鳄鱼养殖场) @930am - 1230pm	推广健康老龄化计划 @ 10am - 11am (Blk 275)	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	代际交流 - 幼儿园 @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am	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	一起做运动 (坐式) @ 11am - 12pm	游戏时间 (Rummy-O) @ 11am to 12pm (Blk 275)		一起来庆祝母亲节和生日 @11.30am - 1pm	
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)		一起来踢球 @945am - 1130am			
一起玩硬地滚球 (Blk 275) @10am - 1030am		一起玩地板球 @1pm - 2pm	一起做普拉提拳击 @1pm - 2pm		
一起玩飞盘高尔夫 (Blk 275) @1030am - 11am	一起聊新闻 @1pm - 2pm	一起玩梯式投球 @130pm - 2pm	一起玩乌克兰丽丽 @2pm - 4pm		
一起学画石 @ 1pm - 3pm	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm	一起做禅绕画 @ 2pm - 4pm	一起学 (华语)- 初级 @2pm - 3pm	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	一起来K歌 (英语和其他语言) @ 3pm - 430pm		

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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
一起做CrossFit @ 9am - 9.45am	一起线上做运动 @ 9am - 9.45am	代际交流 - 聚英中学嘉年华 @ 9am - 12pm	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	WSQ食品卫生课 (英语) @9am - 530pm	一起参与研究计划 - (Spice+) @ 10am - 11am (Blk 275)	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	一起参与研究计划 - (Spice+) @ 10am - 11am (Blk 262B)	一起做弹力带拉筋操 @ 10am - 11am	中心休业 @12pm - 6pm	一起做日本和谐粉彩 @ 10am - 11.15am	
一起学唱歌 @ 10am - 12pm	代际交流 - 幼儿园 @ 10am - 11am	游戏时间 (欢喜就好) @ 3pm - 4pm		一起来 makan - F4 (Blk 275) @1130am - 1pm	
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)	一起做运动 (坐式) @ 11am - 12pm	一起玩地板球 @1pm - 2pm			
一起玩地板球 (Blk 275) @11am - 1130am		一起玩梯式投球 @130pm - 2pm		游戏时间 (宾果游戏) @2pm to 3pm	
一起玩梯式投球 (Blk 275) @1130am - 12pm				游戏时间 (欢喜就好) @ 3pm - 4pm	
一起学画石 @ 1pm - 3pm	一起聊新闻 @1pm - 2pm	一起做禅绕画 @ 2pm - 4pm			一起来K歌 @ 1pm - 5pm
服务 - 社区保健站 @ 2pm - 5pm	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm	游戏时间 @ 2pm - 5pm			

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
一起做CrossFit @ 9am - 9.45am	一起喝咖啡(只限男性) @845am - 930am	SELAMAT <i>Hari Raya Haji</i> 	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	一起线上做运动 @ 9am - 9.45am		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	一起参与研究计划 - (Spice+) Blk 262B @ 10am - 11am		Let's Makan Together - F4 @1130am - 1pm	一起做日本和谐粉彩 @ 10am - 11.15am	
一起学唱歌 @ 10am - 12pm	代际交流 - 幼儿园 @ 10am - 11am				31
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)	一起做运动(坐式) @ 11am - 12pm				HAPPY <i>Vesak</i> DAY 
一起玩硬地滚球 (Blk 275) @10am - 1030am					
一起玩飞盘高尔夫 (Blk 275) @1030am - 11am	一起聊新闻 @1pm - 2pm		一起学(马来语)- 初级 @1pm - 2pm		
一起学画石 @ 1pm - 3pm	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm	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		一起玩乌克兰丽丽 @2pm - 4pm		

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