# 2026 November

**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 |
|---|---|---|---|---|---|
| **2** | **3** | **4** | **5** | **6** | **7** |
| **Let's CrossFit** @ 9.00am - 9.45am | **Let's Exercise - Online Video (By Peggy)** @ 9.00am - 9.45am | **Let's Stretch Band @ 10.00am - 11.00am** | **Let's Qigong** @ 9.00am - 10.00am (Blk 262B) | **Let's Chair Zumba @ 9.00am - 10.00am** | |
| **Aqua Fun Fit** @ 9.00am - 10.00am | **Let's Dragonboat** @10.00am - 12.00pm | **Lets Exercise - Online Video (By Peggy)** @ 11.00am - 12.00pm (Blk 275) | **Let's Exercise & Dance - Siti** @ 10.15am - 11.00am | **Let's Go Gai Gai (THK - TJ AAC) 9.30am to 12.00pm** | |
| **Let's Chair Zumba** (Blk 275) @ 10.00am - 11.00am | **Let's Gen Together - Kindergarten** @ 10.00am to 11.00am | **Scent Healing** @ 11.00am - 12.00pm (Blk 275) | | **HAPPY Programme** @ 10.00am - 11.00am (Blk 275) | |
| **Let's Learn to Sing** @ 10.00am - 12.00pm | | **Let's Do Recycle Art** @ 1pm - 2pm | **Let's Makan Together** @11.30am - 1.00pm | **Strategise with Kakis** @ 11am to 1145am (Blk 275) | |
| **Let's do Pebbles Painting** @ 1.00pm - 3.00pm | **ST Engineering Do Good @ BL AAC** @2.00pm - 4.00pm | **Let's Talk About Nutrition & Culinary Art** @ 2.00pm - 4.30pm @ NTUC Health Active Ageing (Pioneer) | **Let's Piloxing (Lite)** @1.00pm - 2.00pm | **Let's do Nagomi** @ 10.00am - 11.15am | |
| **Community Health Post** @ 2.00pm - 5.00pm | **Strategise with Kakis** @ 2.00pm - 5.00pm | **Let's Do Zentangle** @ 2.00pm - 4.00pm | **Let's Jam with Ukulele** @2.00pm - 4.00pm | **Mindfulness programme** @ 11.30am - 12.30pm | |
| | | **Strategise with Kakis** @ 2.00pm - 5.00pm | | **Let's KTV together @ 1pm - 5pm** | |
| **9** | **10** | **11** | **12** | **13** | **14** |
| **Centre Closed for Public Holiday** | | **Let's Stretch Band** @ 10.00am - 11.00am | **Let's Qigong** @ 9.00am - 10.00am (Blk 262B) | **Let's Chair Zumba @ 9am - 10am** | |
| | **Let's Exercise - Online Video (Peggy)** @ 9.00am - 9.45am | **Let's Do Exercise & Dance - Siti** @ 10.00am - 11.00am (Blk 275) | **Let's Exercise & Dance - Siti** @ 10.15am - 11.00am | **HAPPY Programme** @ 10.00am - 11.00am (Blk 275) | |
| | **Let's Gen Together - Kindergarten** @ 10.00am to 11.00am | **Scent Healing** @ 11.00am - 12.00pm (Blk 275) | **Let's Celebrate (Birthday & Deepavali)** @11.30am - 1.00pm | **Strategise with Kakis** @ 11am to 1145am (Blk 275) | |
| | | **Let's Do Recycle Art** @ 1pm - 2pm | | **Let's do Nagomi Art** @ 10.00am - 11.15am | |
| | **Current Affairs U&Me** @2.00pm - 3.00pm | **Let's Talk About Nutrition & Culinary Art** @ 2.00pm - 4.30pm @ NTUC Health Active Ageing (Pioneer) | **Let's Piloxing (Lite)** @1pm - 2pm | **Fun with Kakis (Bingo)** @2.00pm - 3.00pm | |
| | **Strategise with Kakis** @ 2.00pm - 5.00pm | **Let's Do Zentangle** @ 2.00pm - 4.00pm | | **Let's Dragonboat** @2.30pm - 6.00pm | |
| | **Let's KTV together** @ 1pm - 5pm | **Let's Pickup Malay** @ 2.00pm - 3.00pm | **Let's Jam with Ukulele** @2.00pm - 4.00pm | **Let's KTV together** @ 1pm - 5pm | |

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| MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|
| **16** | **17** | **18** | **19** | **20** | **21** |
| Let's CrossFit<br>@ 9.00am - 9.45am | **Centre closed for Company Event** | **Let's Stretch Band @ 10am - 11am** | Let's Qigong @ 9.00am - 10.00am (Blk 262B) | **Let's Chair Zumba<br>@ 9am - 10am** | **Let's Gen Together - BLYN<br>@ 9am to 1pm** |
| Aqua Fun Fit<br>@ 9.00am - 10.00am | | Let's Do Exercise & Dance (By Siti)<br>@ 10.00am - 11.00am (Blk 275) | Let's Exercise & Dance (By Siti)<br>@ 10.15am - 11.00am | HAPPY Programme<br>@ 10am - 11am (Blk 275) | |
| **Let's Chair Zumba (Blk 275)**<br>@ 10.00am - 11.00am | | **Scent Healing**<br>@ 11.00am - 12.00pm (Blk 275) | **Let's Piloxing (Lite)**<br>@1.00pm - 2.00pm | **Let's Makan Together (Blk 275)**<br>@ 11.00am - 12.30pm | |
| Let's Learn to Sing<br>@ 10.00am - 12.00pm | | Let's Do Recycle Art<br>@ 1.00pm - 2.00pm | **Let's Pick up Chinese**<br>@ 2.00pm - 3.00pm | Strategise with Kakis<br>@ 11am to 1145am (Blk 275) | |
| Let's do Pebbles Painting<br>@ 1.00pm - 3.00pm | | **Let's Talk About Nutrition & Culinary Art** @ 2.00pm - 4.30pm @ NTUC Health Active Ageing (Pioneer) | Lets Do Beads Art<br>@ 3.00pm - 5.00pm | Let's do Nagomi Art @ 10.00am - 11.15am | |
| **Community Health Post**<br>@ 2.00pm - 5.00pm | | Let's Do Zentangle @ 2.00pm - 4.00pm | Let's Jam with Ukulele<br>@2.00pm - 4.00pm | | |
| | | Strategise with Kakis<br>@ 2.00pm - 5.00pm | **Let's KTV together (English, Malay Hindi)**<br>@ 3.00pm - 5.00pm | **Let's KTV together**<br>@ 1.00pm - 5.00pm | |
| **23** | **24** | **25** | **26** | **27** | **28** |
| Let's CrossFit @ 9.00am - 9.45am | Let's Lim Kopi (Male exclusive)<br>@8.45am - 9.30am | **Let's Stretch Band**<br>@ 10.00am - 11.00am | Let's Qigong @ 9.00am - 10.00am (Blk 262B) | **Let's Chair Zumba<br>@ 9.00am - 10.00am** | |
| Aqua Fun Fit<br>@ 9.00am - 10.00am | Let's Exercise - Online Video (Peggy)<br>@ 9.00am - 9.45am | Let's Do Exercise & Dance - Siti<br>@ 10.00am - 11.00am (Blk 275) | Let's Exercise & Dance - Siti<br>@ 10.15am - 11.00am | HAPPY Programme<br>@ 10.00am - 11.00am (Blk 275) | |
| **Let's Chair Zumba (Blk 275)**<br>@ 10.00am - 11.00am | Let's Gen Together - Kindergarten<br>@ 10.00am to 11.00am | Lets Do Beads Art<br>@ 11.00am - 1.00pm (Blk 275) | **Let's Piloxing (Lite)**<br>@1pm - 2pm | Strategise with Kakis<br>@ 11am to 1145am (Blk 275) | |
| Let's Learn to Sing @ 10.00am - 12.00pm | | Let's Do Recycle Art<br>@ 1.00pm - 2.00pm | Piece of Mine (pre-workshop)<br>@ 2.00pm - 3.30pm (NYAAC) | Let's do Nagomi Art @ 10.00am - 11.15am | |
| Let's do Pebbles Painting<br>@ 1.00pm - 3.00pm | NHB - HeritageCares programmes (Grooving down Memory Lane) @ 2.00pm - 3.00pm | **Let's Talk About Nutrition & Culinary Art**<br>@ 2.00pm - 4.30pm @ NTUC Health Active Ageing (Pioneer) | | | |
| **Community Health Post**<br>@ 2.00pm - 5.00pm | Strategise with Kakis<br>@ 2.00pm - 5.00pm | Let's Do Zentangle @ 2.00pm - 4.00pm | Let's Jam with Ukulele<br>@2.00pm - 4.00pm | | |
| | | Let's Pickup Malay<br>@ 2.00pm - 3.00pm | | I am OK, You are OK<br>@ 2.00pm - 4.00pm | |
| | **Let's KTV together** @ 1.00pm - 5.00pm | Digital - Fun! LEGGO with 乖孙 (grandkids)<br>@ 2.00pm - 5.30pm | | **Let's KTV together** @ 1.00pm - 5.00pm | |

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| MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|
| **30** | | | | | |
| **Let's CrossFit**<br>@ 9.00am - 9.45am | | | | | |
| Aqua Fun Fit<br>@ 9.00am - 10.00am | | | | | |
| **Let's Chair Zumba (Blk 275)**<br>@ 10.00am - 11.00am | | | | | |
| Let's Learn to Sing<br>@ 10.00am - 12.00pm | | | | | |
| Let's do Pebbles Painting<br>@ 1.00pm - 3.00pm | | | | | |
| **Community Health Post**<br>@ 2.00pm - 5.00pm | | | | | |

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# 2026 十一月

**标有颜色的项目须报名**

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| MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|
| **2** | **3** | **4** | **5** | **6** | **7** |
| 一起做CrossFit @ 9.00am - 9.45am | 一起线上做运动<br>@ 9.00am - 9.45am | **一起做 弹力带拉筋操**<br>@ 10.00am - 11.00am | 一起练气功 **(Blk 262B)**<br>@ 9.00am - 10.00am | **一起做椅子尊巴**<br>@ 9.00am - 10.00am | |
| 水中健身运动 @ 9.00am - 10.00am | 一起划龙舟<br>@10.00am - 12.00pm | 一起做运动 - Siti<br>@ 11.00am - 12.00pm (Blk 275) | 一起做运动 - Siti<br>@ 10.150am - 11.00am | 一起去Gai Gai (THK-TJ AAC)<br>@ 9.30am - 12.00pm | |
| **一起做椅子尊巴 (Blk 275)**<br>@ 10.00am - 11.00am | 代际交流 - 幼儿园<br>@ 10.00am - 11.00am | 心灵系列 - 芳香疗愈<br>@ 11.00am to 12.00pm (Blk 275) | | 推广健康老龄化计划<br>@ 10am - 11am **(Blk 275)** | |
| 一起学唱歌 @ 10.00am - 12.00pm | 新科工程与文礼活 跃乐龄中心同乐<br>@2.00pm - 4.00pm | 一起做再循 环工艺<br>@ 1.00pm - 2.00pm | **一起来 庆祝生日与 屠妖 节**<br>@11.30am - 1pm | 一起做日本和 谐粉彩<br>@ 10am - 11.15am | |
| 一起学画石 @ 1pm - 3pm | 游戏时间<br>@ 2.00pm - 5.00pm | 一起做禅 绕画 @ 2pm - 4pm | **一起做普拉提拳 击**<br>@1.00pm - 2.00pm | 心灵系列 - 正念课程<br>@ 11.30am - 12.30pm | |
| **服务 - 社区保健站**<br>@ 2pm - 5pm | | **一起来 谈(滋养与烹 饪艺术)**<br>2.00pm - 4.30pm<br>Pioneer AAC (Blk 662A Jur West) | 一起玩乌克丽丽<br>@2.00pm - 4.00pm | **一起来 K歌 @ 1pm - 5pm** | |
| | | 游戏时间 @ 2.00pm - 5.00pm | | | |
| **9** | **10** | **11** | **12** | **13** | **14** |
| **Centre Closed for Public Holiday** | 一起线上做运动<br>@ 9.00am - 9.45am | **一起做弹力带拉筋操 @ 10.00am - 11.00am** | 一起喝咖啡(只限男性)<br>@845am - 930am | **一起做椅子尊巴** @ 9.00am - 10.00am | |
| | | 一起做运动 - Siti<br>@ 10.00am - 11.00pm (Blk 275) | 一起练气功 **(Blk 262B)**<br>@ 9.00am - 10.00am | 推广健康老龄化计划<br>@ 10am - 11am **(Blk 275)** | |
| | 代际交流 - 幼儿园<br>@ 10.00am - 11.00am | 心灵系列 - 芳香疗愈<br>@ 11.00am to 12.00pm (Blk 275) | 一起做运动 - Siti<br>@ 10.15am - 11.00pm | 一起做日本和谐粉彩<br>@ 10am - 11.15am | |
| | **一起来 Makan**<br>@ 11.30am - 1.00pm | 一起做再循环工艺<br>@ 1.00pm - 2.00pm | | | |
| | 时事新闻你和我<br>@ 2.00pm - 3.00pm | **一起来谈(滋养与烹 饪艺术)**<br>2.00pm - 4.30pm<br>Pioneer AAC (Blk 662A Jur West) | **一起做普拉提拳 击 @1.00pm - 2.00pm** | **一起来K歌 @ 1pm - 5pm** | |
| | | 一起做禅绕画 @ 2pm - 4pm | 一起学(华语)- 初级<br>@2pm - 3pm | 一起划龙舟<br>@2.30pm - 6.00pm | |
| | 游戏时间<br>@ 2.00pm - 5.00pm | 游戏时间 @ 2.00pm - 5.00pm | 一起玩乌克丽丽<br>@2.00pm - 4.00pm | | |

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# 2026 十月

**标有颜色的项目须报名**

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| MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|
| **16** | **17** | **18** | **19** | **20** | **21** |
| 一起做CrossFit @ 9.00am - 9.45am | **Centre closed for Company Event** | **一起做弹力带拉筋操 @ 10.00am - 11.00am** | 一起练气功 **(Blk 262B)**<br>@ 9.00am - 10.00am | **一起做椅子尊巴 @ 9.00am - 10.00am** | **代际交流 - 文礼青年团**<br>**@ 9.00am to 1.00pm** |
| 水中健身运动 @ 9.00am - 10.00am | | 一起做运动 - Siti<br>@ 10.00am - 11.00pm (Blk 275) | 一起做运动 - Siti<br>@ 10.15am - 11.00am | 推广健康老龄化计划<br>@ 10.00am - 11.00am **(Blk 275)** | |
| **一起做椅子尊巴 (Blk 275)**<br>**@ 10.00am - 11.00am** | | **心灵系列 - 芳香疗愈**<br>@ 11.00am to 12.00pm (Blk 275) | **一起来makan - F4**<br>@ 11.30am - 1.00pm | 一起做日本和諧粉彩<br>@ 10.00am - 11.15am | |
| 一起学唱歌 @ 10.00am - 12.00pm | | 一起做再循环工艺<br>@ 1.00pm - 2.00pm | **一起做普拉提拳击**<br>@1.00pm - 2.00pm | **一起来makan - F4 (Blk 275)**<br>@11.00am - 1230pm | |
| | | **一起来谈（滋养与烹饪艺术）**<br>**2.00pm - 4.30pm**<br>**Pioneer AAC (Blk 662A Jur West)** | 一起玩乌克丽丽<br>@2.00pm - 4.00pm | 游戏时间<br>@ 1.00pm - 2.00pm | |
| 一起学画石 @ 1.00pm - 3.00pm | | 一起做禅绕画<br>@ 2pm - 4pm | 一起做串珠艺术<br>@ 3.00pm - 5.00pm | **一起来K歌 @ 1.00pm - 5.00pm** | |
| **服务 - 社区保健站**<br>**@ 2.00pm - 5.000pm** | | 游戏时间 @ 2.00pm - 5.00pm | | | |

| 23 | 24 | 25 | 26 | 27 | 28 |
|---|---|---|---|---|---|
| 一起做CrossFit @ 9.00am - 9.45am | 一起线上做运动<br>@ 9.00am - 9.45am | **一起做弹力带拉筋操 @ 10.00am - 11.00am** | 一起练气功 **(Blk 262B)**<br>@ 9.00am - 10.00am | **一起做椅子尊巴 @ 9.00am - 10.00am** | |
| 水中健身运动 @ 9.00am - 10.00am | 代际交流 - 幼儿园<br>@ 10.00am - 11.00am | 一起做运动 - Siti<br>@ 10.00am - 11.00pm (Blk 275) | 一起做运动 - Siti<br>@ 10.15am - 11.00pm (Blk 275) | 推广健康老龄化计划<br>@ 10.00am - 11.00am **(Blk 275)** | |
| **一起做椅子尊巴 (Blk 275)**<br>**@ 10.00am - 11.00am** | 一起跳社交舞<br>@ 11.00am - 12.00pm | 一起做串珠艺术<br>@ 11.00am - 1.00pm (Blk 275) | **一起做普拉提拳击**<br>@ 1.00pm - 2.00pm | 一起做日本和諧粉彩<br>@ 10am - 11.15am | |
| 一起学唱歌 @ 10.00am - 12.00pm | 国家文物局 - 沿着记忆的轨迹<br>@2.00pm - 3.00pm | 一起做再循环工艺<br>@ 1.00pm - 2.00pm | | 游戏时间<br>@ 1.00pm - 2.00pm | |
| 一起学画石 @ 1.00pm - 3.00pm | 游戏时间 @ 2.00pm- 5.00pm | **一起来谈（滋养与烹饪艺术）**<br>2.00pm - 4.30pm<br>Pioneer AAC (Blk 662A Jur West) | 一起学(华语)- 初级<br>@ 2.00pm - 3.00pm | **一起来K歌**<br>@ 1.00pm - 5.00pm | |
| **服务 - 社区保健站**<br>**@ 2.00pm - 5.000pm** | | 一起做禅绕画 @ 2.00pm - 4.00pm | 一起玩乌克丽丽<br>@2.00pm - 4.00pm | | |
| | | **Leggo! 与乖孙** @ 2.00pm - 5.30pm | 一起来K歌 (英语, 马来语)<br>@ 3.00pm - 4.30pm | | |

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|---|---|---|---|---|---|
| **30** | | | | | |
| 一起做CrossFit<br>@ 9.00am - 9.45am | | | | | |
| 水中健身运动<br>@ 9.00am - 10.00am | | | | | |
| **一起做椅子尊巴 (Blk 275)<br>@ 10am - 11am** | | | | | |
| 一起学唱歌<br>@ 10.00am - 12.00pm | | | | | |
| 一起学画石<br>@ 1.00pm - 3.00pm | | | | | |
| **服务 - 社区保健站<br>@ 2.00pm - 5.000pm** | | | | | |

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