2025 November

Registration Required

O Centre Name: AAC (Boon Lay)

Centre Address: Blk 179 Boon Lay Drive, #01-448 S640179

Centre Contact: 6590 4368





				UHE
MON	TUE	WED	THU	FRI
3	4	5	6	7
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Gen Together - Kindergarten @ 10am - 11am	Let's Stretch Band @ 10am - 11am	Let's Exercise with Razak on Zoom @ 1015am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)
Let's Learn to Sing @ 10am - 12pm	Let's Support SPICE+ @1030am - 1130am (Blk 262A)	Strategise with Kakis (Rummy-O) @ 11am - 1130am (Blk 275)	Let's Makan Together - F4 @1130am - 1pm	Let's do Nagomi @ 10am - 11.15am
	Let's Do Seated Exercise @ 11am - 12pm	Fun with Tech/ Exergame @11pm - 12pm		Mindfulness programme @ 11.30am - 12.30pm
	National Heritage Board - HeritageCares programmes	Let's Pick Up Malay @1pm - 2pm	Let's Piloxing @1pm - 2pm	
Let's do Pebbles Painting @ 1pm - 3pm	(Grooving down Memory Lane) @ 2pm - 3pm	Strategise with Kakis @ 2pm to 5pm	Let's Pick Up Chinese @2pm - 3pm	ST Engineering Do Good at
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 3pm - 5pm	Let's Do Zentangle @ 2pm - 4pm	Let's KTV together @ 3pm - 430pm (English, Malay Songs)	NTUC Health Boon Lay AAC @ 2pm - 4pm
10	11	12	13	14
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Steady Lah! @10am - 11.30am (Blk 275)	Let's Lim Kopi (Male exclusive)	Let's Chair Zumba @ 9am - 10am
	G Jan J. IJani	@10aiii - 11.30aiii (Bik 273)	@845am - 930am	& Saili - Idaili
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Gen Together - Kindergarten @ 10am - 11am	Let's Stretch Band @ 10am - 11am	Let's Qigong @ 9am - 10am	HAPPY Programme @ 10am - 11am (Blk 275)
	Let's Gen Together - Kindergarten	Let's Stretch Band @ 10am -		HAPPY Programme
@ 10am - 11am	Let's Gen Together - Kindergarten @ 10am - 11am Let's Support SPICE+	Let's Stretch Band @ 10am - 11am Strategise with Kakis (Rummy-O)	Let's Qigong @ 9am - 10am Let's Exercise with Razak on Zoom	HAPPY Programme @ 10am - 11am (Blk 275) Let's do Nagomi @ 10am -
@ 10am - 11am	Let's Gen Together - Kindergarten @ 10am - 11am Let's Support SPICE+ @1030am - 1130am (Blk 262A) Let's Do Seated Exercise @	Let's Stretch Band @ 10am - 11am Strategise with Kakis (Rummy-O)	Let's Qigong @ 9am - 10am Let's Exercise with Razak on Zoom @ 1015am - 11am Let's Celebrate Birthday	HAPPY Programme @ 10am - 11am (Blk 275) Let's do Nagomi @ 10am -
@ 10am - 11am	Let's Gen Together - Kindergarten @ 10am - 11am Let's Support SPICE+ @1030am - 1130am (Blk 262A) Let's Do Seated Exercise @ 11am - 12pm "National Heritage Board -	Let's Stretch Band @ 10am - 11am Strategise with Kakis (Rummy-O)	Let's Qigong @ 9am - 10am Let's Exercise with Razak on Zoom @ 1015am - 11am Let's Celebrate Birthday @11.30am - 1pm	HAPPY Programme @ 10am - 11am (Blk 275) Let's do Nagomi @ 10am -

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Steady Lah! @10am - 1130am (Blk 275)	Let's Qigong @ 9am - 10am	Centre Close for Corporate Function	
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Gen Together - Kindergarten @ 10am - 11am	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Exercise with Razak on Zoom @ 1015am - 11am		
Let's Learn to Sing @ 10am - 12pm	Let's Support SPICE+ @1030am - 1130am (Blk 262A)	Let's Stretch Band @ 10am - 11am	Let's Makan Together - F4 @1130am - 1pm		
Let's Support SPICE+ Screening at Boon Lay CC	Let's Do Seated Exercise @ 11am - 12pm	Fun With Kakis (Just be Happy) @ 1045am to 1130am (Blk 275)	Let's Piloxing @1pm - 2pm		
@1030am - 4pm		Fun with Tech/ Exergame @11pm - 12pm			
	"National Heritage Board - HeritageCares programmes	Let's Pick Up Malay @1pm - 2pm	Let's Go Gai Gai with Atlas Advisory @ 1.15pm - 4.30pm		
Let's do Pebbles Painting @ 1pm - 3pm	(Grooving down Memory Lane) @ 2pm - 3pm"	Digital - Fun! ARTec STEM Coding @230pm - 4pm	Let's Pick Up Chinese @2pm - 3pm		
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 3pm - 5pm	Let's Do Zentangle @ 2pm - 4pm	Let's KTV together @ 3pm - 430pm (English, Malay Songs)		
24	25	26	27	28	29
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Steady Lah! @10am - 1130am (Blk 275)	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Gen Together - Kindergarten @ 10am - 11am	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Exercise with Razak on Zoom @ 1015am - 11am	Let's do Nagomi @ 10am - 11.15am	
Let's Learn to Sing @ 10am - 12pm	Let's Support SPICE+ @1030am - 1130am (Blk 262A)	Let's Stretch Band @ 10am - 11am	Let's Makan Together @12pm - 1pm	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)	Let's Do Seated Exercise @ 11am - 12pm	Current Affairs U&Me (BLK 275) @ 1045am - 1130am		Current Affairs U&Me @ 1pm - 2pm	Let's Join Boon Lay CC for the Health Carnival
		Fun with Tech/ Exergame @11pm - 12pm			@9am - 2pm
Let's do Pebbles Painting @ 1pm - 3pm	"National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm"	Digital - Fun! ARTec STEM Coding @230pm - 4pm	Let's Piloxing @1pm - 2pm	Stay Green Together (Edible Garden City) @1pm - 230pm	
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 3pm - 5pm	Let's Do Zentangle @ 2pm - 4pm	Strategise with Kakis @ 2pm to 5pm	Let's KTV together @ 230pm - 5pm	

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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 十一月

标有颜色的项目须报名

服务 - 社区保健站 @ 2pm - 5pm

O Centre Name: AAC (Boon Lay)

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乐龄中心同乐

@ 2pm - 4pm



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	一起参与研究计划 - (Spice+) @ 10am - 11am (Blk 275)	一起练气功 @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	
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	一起跟Razak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	一起参与研究计划 - (Spice+) @ 1030am - 1130am	游戏时间 (Rummy-O) @ 1045am to 1130am (Blk 275)	一起来makan - F4 @1130am - 1pm	推广健康老龄化计划 @ 10am - 1045am (Blk 275)	
	一起做运动 (坐式) @ 11am - 12pm	电子游戏时间 @11am - 12pm		心灵系列 - 正念课程 @ 11.30am - 12.30pm	
		一起学(马来语)- 初级 @1am - 2pm	一起做普拉提拳 击 @1pm - 2pm		
一起学画石 @ 1pm - 3pm	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm	游戏时间 @ 2pm - 5pm	一起学(华语)- 初级 @2pm - 3pm	新科工程与文礼 职总健康乐龄中心同乐	
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 3pm - 5pm	一起做禅绕画 @ 2pm - 4pm	一起来K歌 (英语和其他语言) @ 3pm - 430pm	@ 2pm - 4pm	
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	Steady Lah! 保健操 @10am - 11.30pm	一起练气功 @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	
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	一起跟Razak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	一起参与研究计划 - (Spice+) @ 1030am - 1130am	游戏时间 (Rummy-O) @ 1045am to 1130am (Blk 275)	一起来庆生 @1130am - 1pm	推广健康老龄化计划 @ 10am - 1045am (Blk 275)	
	一起做运动 (坐式) @ 11am - 12pm	电子游戏时间 @11am - 12pm	一起做普拉提拳 击 @1pm - 2pm		
一起学画石 @ 1pm - 3pm	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm		游戏时间 (宾果游戏) @2pm to 3pm	新科工程 与 职总健康	

游戏时间 (欢喜就好)

@ 3pm - 4pm

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一起来K歌 @ 3pm - 5pm

保健系列 - 健康讲座

(文礼民众俱乐部)

@2pm - 330pm

2025 十一月

标有颜色的项目须报名

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17 18 19 20 21 22 22 22 22 22 22						
一起做作子草巴 (Bik 275)	MON	TUE	WED	THU	FRI	SAT
● 一起教子草巳(Bik 275) (売の日本) (売の日本) (売の日本) (売の日本) (売の日本) (売の日本) (元の日本) (17	18	19	20	21	22
● 10am - 11am	一起做CrossFit @ 9am - 9.45am					
一起参与研究計划 - (Spice+) 身体测し (大規反保 所) ② 1030am - 1130am (Bik 275)		代际交流 - 幼儿园 @ 10am - 11am		一起练气功 @ 9am - 10am		
一起学与研究計列・(Spice+) 身体を測して外にない。 一起機・中心体业 中心体业 中心体型 中心体型	一起学唱歌 @ 10am - 12pm			1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		
电子游戏时间 ②11am - 12pm		一起做运动 (坐式)@ 11am - 12pm		. —		
国家文物局・沿着记忆的轨迹	The state of the s		电子游戏时间 @11am - 12pm	1-111-1-11		
記字画石② 1pm - 3pm 230pm - 4pm ②2pm - 3pm ②2pm - 4pm ②2pm - 3pm ②2pm - 430pm ②2pm - 420pm ②2p						
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 Steady Lah! 保健操 @ 10am - 11.30am 一起练气功@ 9am - 10am 一起做椅子尊巴@ 9am - 10am 一起做椅子尊巴 (Blk 275) @ 10am - 11am 代际交流 - 幼儿园@ 10am - 11am 一起参与研究计划 - (Spice+) @ 10am - 1130am 一起数字研究计划 - (Spice+) @ 1030am - 1130am 一起数学力带拉筋操@ 10am - 12pm 一起来makan @ 1130am - 1pm 推广健康老龄化计划 @ 10am - 1045am (Blk 275) 一起参与研究计划 - (Spice+) (文礼民众俱乐部) @ 1030am - 1130am 一起做运动 (坐式)@ 11am - 12pm 时事新闻你和我@ 1045am - 1130am (Blk 275) 一起来makan @ 1130am - 1pm 中事新闻你和我@ 1pm - 2pm 一起学画石@ 1pm - 3pm 国家文物局 - 沿着记忆的轨迹 @ 2pm - 3pm ARTec STEM 编程学习课程 230pm - 4pm 一起做普拉提拳击@1pm - 2pm 一起做普拉提拳击@1pm - 2pm 一起种植物 (Edible Garden City) @ 1pm - 230pm	一起学画石 @ 1pm - 3pm	@2pm - 3pm				
- 起做CrossFit @ 9am - 9.45am	服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 3pm - 5pm	一起做禅绕画 @ 2pm - 4pm			
	24	25	26	27	28	29
@ 10am - 11am 11.15am (② 10am - 11am) ① 10am - 1130am (Blk 275) ② 1015am - 11am 11.15am 一起学唱歌 ② 10am - 12pm 一起参与研究计划 - (Spice+) ② 1030am - 1130am 一起做弹力带拉筋操 ② 10am - 12pm 一起来makan ②1130am - 1pm 推广健康老龄化计划 ② 10am - 1045am (Blk 275) 一起参加文礼民众俱乐部 的健康嘉年华 ② 9am to 2pm 一起参与研究计划 - (Spice+) (文礼民众俱乐部) (文礼民众俱乐部) ② 1030am - 1130am 一是做运动 (坐式)② 11am - 12pm 时事新闻你和我 ② 1045am - 1130am (Blk 275) 时事新闻你和我 ② 1pm - 2pm 时事新闻你和我 ② 1pm - 2pm 一起种植物 (Edible Garden City) ② 1pm - 230pm 一起学画石 ② 1pm - 3pm 国家文物局 - 沿着记忆的轨迹 ② 2pm - 3pm ARTec STEM 编程学习课程 230pm - 4pm 一起做普拉提拳击 ② 1pm - 2pm 一起做普拉提拳击 ② 1pm - 2pm 「自由 230pm - 230pm	一起做CrossFit @ 9am - 9.45am			一起练气功 @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	
では 12pm ② 1030am - 1130am ① 11am ② 10am - 1045am (Blk 275) ② 10am - 1045am (Blk 275) ② 10am - 1045am (Blk 275) ○ 1030am - 1130am ○ 1030am - 1130am ○ 10am - 1045am (Blk 275) ○ 1030am - 1130am ○ 10am - 1045am (Blk 275) ○ 1030am - 1130am ○ 10am - 1045am (Blk 275) ○ 10am - 1045am (代际交流 - 幼儿园 @ 10am - 11am	, .			的健康嘉年华
一起参与研究计划 - (Spice+) (文礼民众俱乐部) ② 1030am - 1130am 一起做运动 (坐式)② 11am - 12pm 时事新闻你和我② 1045am - 1130am (Blk 275) ② 1030am - 1130am 电子游戏时间 ②11am - 12pm 时事新闻你和我② 1pm - 2pm 一起学画石② 1pm - 3pm 国家文物局 - 沿着记忆的轨迹 ②2pm - 3pm ARTec STEM 编程学习课程 230pm - 4pm 一起做普拉提拳击 ②1pm - 2pm (Edible Garden City) ②1pm - 230pm	一起学唱歌 @ 10am - 12pm	一起参与研究计划 - (Spice+) @ 1030am - 1130am		一起来makan @1130am - 1pm		
一起学画石 @ 1pm - 3pm 国家文物局 - 沿着记忆的轨迹 @2pm - 3pm ARTec STEM 编程学习课程 230pm - 4pm 一起做普拉提拳击 @1pm - 2pm 一定機能 (Edible Garden City) @1pm - 230pm	(文礼民众俱乐部)	一起做运动 (坐式)@ 11am - 12pm				დყат to 2pm
一起学画石 @ 1pm - 3pm			电子游戏时间 @11am - 12pm		时事新闻你和我 @ 1pm - 2pm	
服务 - 社区保健站 @ 2pm - 5pm 一起来K歌 @ 3pm - 5pm 一起做禅绕画 @ 2pm - 4pm 游戏时间 @ 2pm - 5pm 一起来K歌 @ 1pm - 5pm	一起学画石 @ 1pm - 3pm			一起做普拉提拳击 @1pm - 2pm	(Edible Garden City)	
	服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 3pm - 5pm	一起做禅绕画 @ 2pm - 4pm	游戏时间 @ 2pm - 5pm	一起来K歌 @ 1pm - 5pm	

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