

2025 November

Registration Required

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
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 (Grooving down Memory Lane) @ 2pm - 3pm	Let's Pick Up Malay @1pm - 2pm	Let's Piloxing @1pm - 2pm		
Let's do Pebbles Painting @ 1pm - 3pm		Strategise with Kakis @ 2pm to 5pm	Let's Pick Up Chinese @2pm - 3pm	ST Engineering Do Good at NTUC Health Boon Lay AAC @ 2pm - 4pm	
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)		
10	11	12	13	14	15
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) @845am - 930am	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 Qigong @ 9am - 10am	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) @ 1045am to 1130am (Blk 275)	Let's Exercise with Razak on Zoom @ 1015am - 11am	Let's do Nagomi @ 10am - 11.15am	
	Let's Do Seated Exercise @ 11am - 12pm		Let's Celebrate Birthday @11.30am - 1pm		
	"National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm"		Let's Piloxing @1pm - 2pm		
Let's do Pebbles Painting @ 1pm - 3pm		Stay Well Series - Health Talk by RHS (Boon Lay CC) @2pm - 330pm	Fun with Kakis (BINGO) @2pm - 3pm		
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 3pm - 5pm		Fun With Kakis (Just be Happy) @ 3pm - 4pm	Let's KTV together @ 1pm - 5pm	

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
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 @1030am - 4pm	Let's Do Seated Exercise @ 11am - 12pm	Fun With Kakis (Just be Happy) @ 1045am to 1130am (Blk 275)	Let's Piloxing @1pm - 2pm		
		Fun with Tech/ Exergame @11pm - 12pm	Let's Go Gai Gai with Atlas Advisory @ 1.15pm - 4.30pm		
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 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 Join Boon Lay CC for the Health Carnival @9am - 2pm
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	
		Fun with Tech/ Exergame @11pm - 12pm			
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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标有颜色的项目须报名

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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 @ 2pm - 4pm	
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		
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 职总健康乐龄中心同乐 @ 2pm - 4pm	
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 3pm - 5pm	保健系列 - 健康讲座 (文礼民众俱乐部) @2pm - 330pm	游戏时间 (欢喜就好) @ 3pm - 4pm		

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MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
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	一起喝咖啡(只限男性) @845am - 930am	中心休业	
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 (Blk 275)	一起练气功 @ 9am - 10am		
一起学唱歌 @ 10am - 12pm	一起参与研究计划 - (Spice+) @ 1030am - 1130am	一起做弹力带拉筋操 @ 10am - 11am	一起跟Razak线上做运动 @ 1015am - 11am		
一起参与研究计划 - (Spice+) 身体检测 (文礼民众俱乐部) @ 1030am - 1130am	一起做运动 (坐式)@ 11am - 12pm	游戏时间 (欢喜就好) @ 1045am - 1130am (Blk 275)	一起来 makan - F4 @1130am - 1pm		
		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	一起学(马来语)- 初级 @1am - 2pm	一起和Atlas Advisory去Gai Gai @ 1.15pm - 4.30pm		
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 3pm - 5pm	一起做禅绕画 @ 2pm - 4pm	一起学(华语)- 初级 @2pm - 3pm		
		一起学(马来语)- 初级 @1am - 2pm	一起和Atlas Advisory去Gai Gai @ 1.15pm - 4.30pm		
		一起做禅绕画 @ 2pm - 4pm	一起学(华语)- 初级 @2pm - 3pm		
		一起做禅绕画 @ 2pm - 4pm	一起来K歌 (英语和其他语言) @ 3pm - 430pm		
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	一起参加文礼民众俱乐部的健康嘉年华 @9am to 2pm
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 (Blk 275)	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	一起做弹力带拉筋操 @ 10am - 11am	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)			
		电子游戏时间 @11am - 12pm		时事新闻你和我 @ 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	一起种植物 (Edible Garden City) @1pm - 230pm	
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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