

2026 October

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

			1	2	3
			Let's Qigong @ 9am - 10am Let's Go Gai Gai (AAC Day) @ 9am - 3pm	Let's Chair Zumba @ 9am - 10am Let's Exercise - Online Video @ 10am - 11am (Blk 275) Let's do Nagomi @ 10am - 11.15am Mindfulness programme @ 11.30am - 12.30pm Let's KTV together @ 1pm - 5pm Stay Well Series - Health Talk by NTUC Health Volunteers Alife @ 3pm - 5pm	
			Centre closed Open at 3pm		
			Let's Jam with Ukulele @3pm - 5pm		
5	6	7	8	9	10
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	Let's Chair Zumba @ 9am - 10am	
Aqua Fun Fit @9am - 10am	Let's Support SPICE+ @10am - 11am (Blk 262B)	Let's Stretch Band @ 10am - 11am	Let's Exercise - Online Video @ 10.15am - 11am	Let's Exercise - Online Video @ 10am - 11am (Blk 275)	
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 Celebrate (Birthday) @11.30am - 1pm	Let's do Nagomi @ 10am - 11.15am	
Let's Learn to Sing @ 10am - 12pm	Let's DragonBoat @10am - 12pm	Let's Do Recycle Art @ 1pm - 2pm	Let's Piloxing @1pm - 2pm		
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)		Let's Do Zentangle @ 2pm - 4pm	Let's Jam with Ukulele @2pm - 4pm		
Scent healing (Blk 275) @11pm - 12pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm	Leave Well Series -Legacy Planning Workshop Mandarin (Blk 275) @ 11am - 12pm	Let's Go Gai Gai (Science Centre) ONE Ocean: Every Action Ripples Blk 275 @115pm - 430pm		
Let's do Pebbles Painting @ 1pm - 3pm		Leave Well Series - Legacy Planning Workshop for Muslim (Blk 179) @ 2pm - 3.30pm		Fun with Kakis (BINGO) @2pm - 3pm	
Community Health Post @ 2pm - 5pm	Let's Go Gai Gai (Science Centre) ONE Ocean: Every Action Ripples (Blk 179) @1.15pm - 4.30pm	Strategise with Kakis @ 1pm - 5pm	Let's Gen Together Boon Lay Garden Primary School @ 230pm to 330pm	Let's KTV together @ 1pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
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	Let's Chair Zumba @ 9am - 10am	Functional Screening @9.00am - 1.00pm
Aqua Fun Fit @9am - 10am	Let's Support SPICE+ @10am - 11am (Blk 262B)	Let's Stretch Band @ 10am - 11am	Let's Exercise - Online Video @ 1015am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
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 - 1.00pm	Let's do Nagomi @ 10.00am - 11.15am	
Let's Learn to Sing @ 10am - 12pm	Let's DragonBoat @10am - 12pm		Let's Piloxing @1pm - 2pm	Let's KTV together @ 1pm - 5pm	
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm	Let's Do Recycle Art @ 1pm - 2pm	Let's Jam with Ukulele @2pm - 4pm	Stay Well Series - Health Talk by NTUC Health Volunteers Alife @ 3pm - 5pm	
Let's do Pebbles Painting @ 1pm - 3pm		Centre closed @ 2pm	Let's Pick Up Chinese @2pm - 3pm		
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 1pm - 5pm		Let's KTV together (English, Malay Songs) @ 3pm - 430pm		
19	20	21	22	23	24
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	Let's Chair Zumba @ 9am - 10am	
Aqua Fun Fit @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	Fun With Kakis (Just be Happy) @ 11am to 1145am (Blk 275)		HAPPY Programme @ 10am - 11am (Blk 275)	
Scent healing (Blk 275) @11pm - 12pm	Let's dragonboat @10am - 12pm			Let's do Nagomi @ 10am - 11.15am	
Let's Learn to Sing @ 10am - 12pm		Let's Do Recycle Art @ 1pm - 2pm		Let's Makan Together - F4 (Blk 275) @11am - 1230pm	
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)	Let's Gen Together National Junior College @ 2pm to 4pm	Let's Pick Up Malay @2pm - 3pm		Let's KTV together @ 1pm - 5pm	
Let's do Pebbles Painting @ 1pm - 3pm		Let's Do Zentangle @ 2pm - 4pm	Let's Piloxing @1pm - 2pm	Stay Well Series - Health Talk by NTUC Health Volunteers Alife @ 3pm - 5pm	
Community Health Post @ 2pm - 5pm	Let's KTV together @ 1pm - 5pm	Strategise with Kakis @ 1pm - 5pm	Let's Jam with Ukulele @2pm - 4pm		

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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
Let's CrossFit @ 9.00am - 9.45am	Let's Exercise - Online Video @ 9.00am - 9.45am	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Lim Kopi (Male exclusive) @8.45am - 9.30am	Let's Chair Zumba @ 9.00am - 10.00am	Let's Go Gai Gai with Sian Chay (River Safari) @ 830am - 1pm
Aqua Fun Fit @9.00am - 10.00am	Let's Support SPICE+ @10.00am - 11.00am (Blk 262B)	Let's Stretch Band @ 10.00am - 11.00am	Let's Qigong @ 9.00am - 10.00am	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Chair Zumba (Blk 275) @ 10.00am - 11.00am	Let's Gen Together - Kindergarten @ 10.00am to 11.00am	Fun With Kakis (Just be Happy) @ 11.00am to 11.45am (Blk 275)	Let's Exercise - Online Video @ 10.15am - 11.00am	Let's do Nagomi @ 10.00am - 11.15am	
Scent Healing (Blk 275) @11.00pm - 12.00pm	Let's DragonBoat @10.00am - 12.00pm	Let's Do Recycle Art @ 1.00pm - 2.00pm			
Let's Learn to Sing @ 10.00am - 12.00pm		Strategise with Kakis @ 1.00pm - 5.00pm		Let's Makan Together - F4 @11.30am - 1.00pm	
Let's Support SPICE+ @10.30am - 11.30am (Boon Lay CC)	Let's Talk About Dengue Prevention (Bilingual) @2.00pm - 3.00pm	Let's Pick Up Malay @2.00pm - 3.00pm		Let's KTV together @ 1.00pm - 5.00pm	
Let's do Pebbles Painting @ 1.00pm - 3.00pm		Let's Do Zentangle @ 2.00pm - 4.00pm	Let's Piloxing @1pm - 2pm	Stay Well Series - Health Talk by NTUC Health Volunteers Alife @ 3pm - 5pm	
Community Health Post @ 2.00pm - 5.00pm	Let's KTV together @ 1.00pm - 5.00pm	Let's KTV together (English, Malay Songs) @ 2.00pm - 4.00pm	Let's Jam with Ukulele @2pm - 4pm		

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MON	TUE	WED	THU	FRI	SAT
			1	2	3
			一起练气功 (Blk 262B) @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	
			一起去Gai Gai (AAC Day) @ 9am - 3pm	一起线上做运动 (Blk 275) @ 10am - 10.45am	
			中心从8.30am 至 3.00pm 休业 下午3点开业	一起做日本和谐粉彩 @ 10am - 11.15am	
				心灵系列 - 正念课程 @ 11.30am - 12.30pm	
				一起来K歌 @ 1pm - 5pm	
			一起玩乌克兰丽丽 @3pm - 5pm	保健系列 - 健康讲座 by NTUC Health Volunteers Alife @ 3pm - 5pm	
5	6	7	8	9	10
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	一起做椅子尊巴 @ 9am - 10am	
水中健身运动 @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 @ 10,15am - 11.00am	一起线上做运动 (Blk 275) @ 10.00am - 10.45am	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	代际交流 - 幼儿园 @ 10am - 11am	走得自在系列 -遗产与遗嘱规划 (华语) (Blk 275) @ 11am - 12pm	一起来庆祝生日 @11.30am - 1pm	一起做日本和谐粉彩 @ 10am - 11.15am	
一起学唱歌 @ 10am - 12pm	一起划龙舟 @10am - 12pm				
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm	一起做再循环工艺 @ 1pm - 2pm	一起做普拉提拳击 @1pm - 2pm		
心灵系列 - 芳香疗愈 (Blk 275) @11pm - 12pm		一起做禅绕画 @ 2pm - 4pm	一起玩乌克兰丽丽 @2pm - 4pm	游戏时间 (宾果游戏) @2pm to 3pm	
一起学画石 @ 1pm - 3pm	一起去Gai Gai (科学馆) 沉浸式海洋展 Blk 179 @115pm - 430pm	走得自在系列 -遗产与遗嘱规划 (穆斯林) (Blk 179) @ 2pm - 330pm	一起去Gai Gai (科学馆) 沉浸式海洋展 (Blk 275) Blk 275 @115pm - 430pm	一起来K歌 @ 1pm - 5pm	
服务 - 社区保健站 @ 2pm - 5pm		游戏时间 @ 1pm - 5pm	代际交流 - 文园小学 @ 230pm to 330pm		

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
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	一起做椅子尊巴 @ 9am - 10am	健康检查 @9am - 1pm
水中健身运动 @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 @ 10.15am - 11.00am	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	游戏时间 (Rummy-O) @ 11am to 12pm (Blk 275)	一起来 makan - F4 @1130am - 1pm	一起做日本和谐粉彩 @ 10am - 11.15am	
一起学唱歌 @ 10am - 12pm	一起划龙舟 @10am - 12pm	中心2点休业	一起做普拉提拳击 @1pm - 2pm	一起来K歌 @ 1pm - 5pm	
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm		一起玩乌克兰丽丽 @2pm - 4pm		
一起学画石 @ 1pm - 3pm			一起学(华语)- 初级 @2pm - 3pm	保健系列 - 健康讲座 by NTUC Health Volunteers Alife @ 3pm - 5pm	
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 1pm - 5pm		一起来K歌 (英语和其他语言) @ 3pm - 430pm		
19	20	21	22	23	24
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	一起做椅子尊巴 @ 9am - 10am	
水中健身运动 @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 @ 10.15am - 11.00am	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	游戏时间 (Rummy-O) @ 11am to 12pm (Blk 275)		一起做日本和谐粉彩 @ 10am - 11.15am	
一起学唱歌 @ 10am - 12pm	一起划龙舟 @10am - 12pm	游戏时间 @ 1pm - 5pm		一起来 makan - F4 (Blk 275) @11am - 1230pm	
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)	代际交流 - 国家初级学院 @ 2pm to 4pm	一起做再循环工艺 @ 1pm - 2pm		一起来K歌 @ 1pm - 5pm	
心灵系列 - 芳香疗愈 (Blk 275) @11pm - 12pm		一起做禅绕画 @ 2pm - 4pm	一起做普拉提拳击 @1pm - 2pm		
一起学画石 @ 1pm - 3pm			一起学(马来语)- 初级 @2pm - 3pm		
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 1pm - 5pm		一起玩乌克兰丽丽 @2pm - 4pm		

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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
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)	一起喝咖啡(只限男性) @845am - 930am	一起做椅子尊巴 @ 9am - 10am	一起和善济去Gai Gai (河川生态园) @ 830am - 1pm
水中健身运动 @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	一起练气功 (Blk 262B) @ 9am - 10am	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	游戏时间 (欢喜就好) Blk 275 @ 11am - 1145am	一起线上做运动 @ 10.15am - 11.00am	一起做日本和谐粉彩 @ 10am - 11.15am	
一起学唱歌 @ 10am - 12pm	一起划龙舟 @10am - 12pm	一起做再循环工艺 @ 1pm - 2pm		一起来 makan - F4 @1130am - 1pm	
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)		游戏时间 @ 1pm - 5pm		一起来K歌 @ 1pm - 5pm	
心灵系列 - 芳香疗愈 (Blk 275) @11pm - 12pm	一起来谈登革热预防 @2pm - 3pm	一起做禅绕画 @ 2pm - 4pm	一起做普拉提拳击 @1pm - 2pm	保健系列 - 健康讲座 by NTUC Health Volunteers Alife @ 3pm - 5pm	
一起学画石 @ 1pm - 3pm		一起学(马来语)- 初级 @2pm - 3pm			
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 1pm - 5pm	一起来K歌 (英语和其他语言) @ 2pm - 4pm	一起玩乌克兰丽丽 @2pm - 4pm		

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