

2025 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	4
		Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	Let's Join Senior National Day (Tampinese Hub) @10am to 2pm
		Let's Get Together (AAC Day) Temasek Polytechnic @745am - 2pm	Digital - Fun! ARTec STEM Coding @945am - 1130am	HAPPY Programme @ 10am - 11am (Blk 275)	
		Let's Stretch Band @ 10am - 11am	Let's Celebrate Mid-Autumn Festival @1130am - 1pm	Let's do Nagomi @ 10am - 11.15am	
		Strategise with Kakis (Rummy-O) @ 11am - 1130am (Blk 275)		Mindfulness programme @ 11.30am - 12.30pm	Let's Go Gai Gai with Cheng Hong @1030am - 3pm
		Let's Jam with Ukulele @11am to 12pm			
		Strategise with Kakis @ 2pm to 5pm			
		Let's Do Zentangle @ 2pm - 4pm	Let's Piloxing @1pm - 2pm	Let's KTV together @ 1pm - 5pm	
6	7	8	9	10	11
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Do Seated Exercise @ 11am - 12pm	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Lim Kopi (Male exclusive) @845am - 930am	HAPPY Programme @ 10am - 11am (Blk 275)	Let's Gen Together Boon Lay Youth Network @9am - 12pm
Let's Learn to Sing @ 10am - 12pm		Strategise with Kakis (Rummy-O) @ 11am - 1130am (Blk 275)	Let's Qigong @ 9am - 10am	Let's do Nagomi @ 10am - 11.15am	
Let's do Pebbles Painting @ 1pm - 3pm		Stay Well Series - Health Talk by RHS (Boon Lay CC) @2pm - 330pm	Digital - Fun! ARTec STEM Coding @945am - 1130am		
			Let's Piloxing @1pm - 2pm		
			Let's Gen Together - Primary Boon Lay Garden Primary School @230pm - 330pm		

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
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	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) @ 1045am to 1130am (Blk 275)	Digital - Fun! ARTec STEM Coding (BLK 817) @9am - 12pm	HAPPY Programme @ 10am - 11am (Blk 275)	
	"National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm"	Fun with Tech/ Exergame @11pm - 12pm		Let's Celebrate Deepavali & Birthday @11.30am - 1pm	
		Let's Pick Up Malay @1pm - 2pm	Let's Piloxing @1pm - 2pm		
Let's do Pebbles Painting @ 1pm - 3pm		Strategise with Kakis @ 2pm - 5pm	Let's Pick Up Chinese @215pm - 315pm		
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 3pm - 5pm	Let's Do Zentangle @ 2pm - 4pm	Let's KTV together @ 315pm - 430pm (English, Malay Songs)	Let's KTV together @ 1pm - 5pm	
20	21	22	23	24	25
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 Go Gai Gai with IMDA Digital for Life (VivoCity) @245pm - 615pm
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	Let's do Nagomi @ 10am - 11.15am	
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm	Fun With Kakis (Just be Happy) @ 1045am to 1130am (Blk 275)	Digital - Fun! ARTec STEM Coding (BLK 817) @9am - 12pm	HAPPY Programme @ 10am - 11am (Blk 275)	
	"National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm"	Fun with Tech/ Exergame @11pm - 12pm	Let's Makan Together @12pm - 1pm		
		Strategise with Kakis @ 2pm - 5pm	Let's Piloxing @1pm - 2pm		
Let's do Pebbles Painting @ 1pm - 3pm		Let's Do Zentangle @ 2pm - 4pm	Fun with Kakis (BINGO) @215pm - 3pm	Let's KTV together @ 1pm - 5pm	
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 3pm - 5pm		Fun With Kakis (Just be Happy) @ 3pm - 4pm		

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Let's Support Exercise @ 10am - 1045am (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	Let's do Nagomi @ 10am - 11.15am	
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm	Current Affairs U&Me (BLK 275) @ 1045am - 1130am	Let's Makan Together - F4 @1130am - 1pm	HAPPY Programme @ 10am - 11am (Blk 275)	
		Fun with Tech/ Exergame @11pm - 12pm			
	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 - 5pm	Let's Pick Up Chinese @215pm - 315pm	Current Affairs U&Me @ 1pm - 2pm	
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 3pm - 5pm	Let's Do Zentangle @ 2pm - 4pm	Let's KTV together @ 315pm - 430pm (English, Malay Songs)	Let's KTV together @ 2pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		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	一起参加全国 乐龄日 @10am - 2pm
		当我们同在一起 (乐龄中心日) 淡马锡理工学院 @745am - 2pm	ARTec STEM 编程学习课程 1030am - 1130am	推广健康老龄化计划 @ 10am - 1045am (Blk 275)	
		一起做弹力带拉筋操 @ 10am - 11am	一起来庆祝中秋节 @1130am - 1pm	一起做日本和谐粉彩 @ 10am - 11.15am	
		游戏时间 (Rummy-O) @ 11am to 1130am (Blk 275)		心灵系列 - 正念课程 @ 11.30am - 12.30pm	一起和众弘去 Gai Gai @1045am - 3pm
		一起玩乌克兰丽丽 @11am to 12pm			
		游戏时间 @ 2pm - 5pm			
		一起做禅绕画 @ 2pm - 4pm	一起做普拉提拳击 @1pm - 2pm	一起来K歌 @ 1pm - 5pm	
6	7	8	9	10	11
一起做椅子尊巴 (Blk 275) @ 10am - 11am	一起做运动 (坐式) @ 11am - 12pm	一起参与研究计划 - (Spice+) @ 10am - 11am (Blk 275)	一起喝咖啡 (只限男性) @845am - 930am	推广健康老龄化计划 @ 10am - 1045am (Blk 275)	代际交流 - (文礼青年团) @9am - 12pm
一起学唱歌 @ 10am - 12pm		游戏时间 (Rummy-O) @ 1045am to 1130am (Blk 275)	一起练气功 @ 9am - 10am	一起做日本和谐粉彩 @ 10am - 11.15am	
一起学画石 @ 1pm - 3pm			ARTec STEM 编程学习课程 1030am - 1130am		
			一起做普拉提拳击 @1pm - 2pm		
			代际交流 - 小学 文园小学 @230pm - 330pm		

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13	14	15	16	17	18
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	一起做运动 (坐式) @ 11am - 12pm	游戏时间 (Rummy-O) @ 1045am to 1130am (Blk 275)	ARtec STEM 编程学习课程 (Blk 817) @9am - 12pm	推广健康老龄化计划 @ 10am - 1045am (Blk 275)	
		电子游戏时间 @11am - 12pm		一起来庆生和屠妖节 @1130am - 1pm	
		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 @215am - 315pm	一起来K歌 @ 1pm - 5pm	
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		
20	21	22	23	24	25
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	一起和 (IMDA) 去Gai Gai 数码生活 (怡丰城) @245pm - 615pm
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 @ 10am - 10.45am	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 (欢喜就好) @ 1045am - 1130am (Blk 275)	ARtec STEM 编程学习课程 (Blk 817) @9am - 12pm	推广健康老龄化计划 @ 10am - 1045am (Blk 275)	
		电子游戏时间 @11am - 12pm	一起来 makan @1130am - 1pm		
			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	游戏时间 (宾果游戏) @2pm to 3pm	一起来K歌 @ 1pm - 5pm	
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 (欢喜就好) @ 3pm - 4pm		

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一起做椅子尊巴 (Blk 275) @ 10am - 11am	一起做运动 @945am to 11am	一起做弹力带拉筋操 @ 10am - 11am	一起跟Razak线上做运动 @ 10am - 10.45am	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	时事新闻你和我 @ 1045am - 1130am (Blk 275)	一起来makan - F4 @1130am - 1pm	推广健康老龄化计划 @ 10am - 1045am (Blk 275)	
		电子游戏时间 @11am - 12pm			
		一起学(马来语)- 初级 @1am - 2pm	一起做普拉提拳击 @1pm - 2pm	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	游戏时间 @ 2pm - 5pm	一起学(华语)- 初级 @215am - 315pm	一起来K歌 @ 2pm - 5pm	
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		

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