

2026 September

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	5
	Let's Exercise - Online Video @ 9am - 9.45am	Let's Walking Football @945am - 1130am	Let's Exercise - Online Video @ 1015am - 11am	Let's Chair Zumba @ 9am - 10am	Let's Go Gai Gai with Singapore Sea Regatta (Marina Bay) @730am - 130pm
	Let's CALM @ 9am - 12pm	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Makan Together - F4 @1130am - 1pm	HAPPY Programme @ 10am - 11am (Blk 275)	
	Let's Support SPICE+ @10am - 11am (Blk 262B)	Let's Stretch Band @ 10am - 11am		Let's do Nagomi @ 10am - 11.15am	
	Let's Gen Together - Kindergarten @ 10am to 11am	Strategise with Kakis @ 11am - 12pm (Blk 275)	Let's Piloxing @1pm - 2pm	Mindfulness programme @ 11.30am - 12.30pm	
	Let's Exercise - Online Video @ 11am - 12pm	Scent healing @2pm - 3pm	Let's Jam with Ukulele @2pm - 4pm		
	Scent healing @2pm - 3pm	Let's Do Zentangle @ 2pm - 4pm	Let's Pick Up Chinese @2pm - 3pm		
	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm	Strategise with Kakis @ 2pm - 5pm	Let's KTV together (English, Malay Songs) @ 3pm - 430pm	Let's KTV together @ 1pm - 5pm	
7	8	9	10	11	12
Let's CrossFit @ 9am - 9.45am	Let's Exercise - Online Video @ 9am - 9.45am	Let's Walking Football @945am - 1130am	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 Support SPICE+ @10am - 11am (Blk 275)	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	Let's Stretch Band @ 10am - 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 @ 11am - 12pm (Blk 275)	Let's Makan Together - F4 @1130am - 1pm		
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)	Scent healing @2pm - 3pm	Let's Pick Up Malay @1pm - 2pm	Let's Piloxing @1pm - 2pm		
Let's do Pebbles Painting @ 1pm - 3pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm	Let's Do Zentangle @ 2pm - 4pm	Let's Jam with Ukulele @2pm - 4pm	Let's KTV together @ 1pm - 5pm	
Community Health Post @ 2pm - 5pm		Strategise with Kakis @ 2pm - 5pm	Let's Learn Mahjong Competition Rule @ 2pm - 4pm		

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Let's CrossFit @ 9am - 9.45am	Let's Exercise - Online Video @ 9am - 9.45am	Let's Walking Football @945am - 1130am	Let's Qigong @ 9am - 10am	Centre Closed for Company Event	
Aqua Fun Fit @9am - 10am	Let's Support SPICE+ @10am - 11am (Blk 262B)	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Exercise - Online Video @ 1015am - 11am		
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Gen Together - Kindergarten @ 10am to 11am	Let's Stretch Band @ 10am - 11am	Let's Celebrate (Birthday) @1120am - 1pm		
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm	Strategise with Kakis (Rummy-O) @ 11am - 12pm (Blk 275)	Let's Piloxing @1pm - 2pm		
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm		Let's Jam with Ukulele @2pm - 4pm		
Let's do Pebbles Painting @ 1pm - 3pm		Let's Do Zentangle @ 2pm - 4pm	Let's Gen Together Boon Lay Garden Primary School @ 230pm to 330pm		
Community Health Post @ 2pm - 5pm	Let's KTV together @ 1pm - 5pm	ST Engineering Do Good at Boon Lay AAC @230pm - 4pm			
21	22	23	24	25	26
Let's CrossFit @ 9am - 9.45am	Let's Go Gai Gai with Sian Chay (Botanic Garden) @ 845pm - 1pm	Let's Walking Football @945am - 1130am	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	Let's Gen Together - BLYN @ 9am to 1pm
Aqua Fun Fit @9am - 10am	Let's Exercise - Online Video @ 9am - 9.45am	Let's Support SPICE+ @10am - 11am (Blk 275)	Let's Exercise - Online Video @ 1015am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Support SPICE+ @10am - 11am (Blk 262B)	Let's Stretch Band @ 10am - 11am		Let's do Nagomi @ 10am - 11.15am	
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am to 11am	Strategise with Kakis (Rummy-O) @ 11am - 12pm (Blk 275)		Fun with Kakis (BINGO) @2pm - 3pm	
Let's Support SPICE+ @1030am - 1130am (Boon Lay CC)	Let's Do Seated Exercise @ 11am - 12pm	Let's Go Gai Gai with Sian Chay (Mid Autunm Concert) @ 1245pm - 6pm	Let's Piloxing @1pm - 2pm	Let's Celebrate Mid Autunm Festival @3pm - 345pm	
Let's do Pebbles Painting @ 1pm - 3pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm	Let's Do Zentangle @ 2pm - 4pm	HSA Do Good at Boon Lay AAC @2pm - 4pm	Fun With Kakis (Just be Happy) @ 345pm - 445pm	
Community Health Post @ 2pm - 5pm			Strategise with Kakis @ 2pm - 5pm	Let's Jam with Ukulele @2pm - 4pm	

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MON

TUE

WED

THU

FRI

SAT

28

29

30

Let's CrossFit @ 9am - 9.45am

Let's Lim Kopi (Male exclusive)
@845am - 930am

Let's Walking Football
@9am - 11am

Aqua Fun Fit @9am - 10am

Let's Exercise - Online Video
@ 9am - 9.45am

Let's Support SPICE+
@10am - 11am **(Blk 275)**

Let's Chair Zumba (Blk 275)
@ 10am - 11am

Let's Support SPICE+
@10am - 11am **(Blk 262B)**

Let's Stretch Band
@ 10am - 11am

Let's Learn to Sing @ 10am - 12pm

Let's Do Seated Exercise
@ 11am - 12pm

Fun With Kakis (Just be Happy)
@ 11am - 1145am **(Blk 275)**

Let's Appreciate our Volunteer
@12pm - 2pm

Let's Support SPICE+
@1030am - 1130am **(Boon Lay CC)**

National Heritage Board -
HeritageCares programmes
(Grooving down Memory Lane)
@ 2pm - 3pm

Let's Pick Up Malay
@1pm - 2pm

Let's do Pebbles Painting
@ 1pm - 3pm

Let's Do Zentangle @ 2pm - 4pm

Community Health Post
@ 2pm - 5pm

Let's Talk News
@3pm - 4pm

Strategise with Kakis
@ 2pm - 5pm

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6590 4368



MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	一起线上做运动 @ 9am - 9.45am	一起来踢球 @945am - 1130am	一起练气功 (Blk 262B) @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	一起和新加坡海龙舟竞赛去 Gai Gai (滨海湾) @730am - 130pm
	一起做防肌肉萎缩运动 @ 9am - 12pm	一起参与研究计划 - (Spice+) @ 10am - 11am (Blk 275)	一起线上做运动 @ 9am - 9.45am	推广健康老龄化计划 @ 10am - 11am (Blk 275)	
	一起参与研究计划 - (Spice+) Blk 262B @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am	一起来makan - F4 @1130am - 1pm	一起做日本和谐粉彩 @ 10am - 11.15am	
	代际交流 - 幼儿园 @ 10am - 11am	游戏时间 (Rummy-O) @ 11am to 12pm (Blk 275)	一起做普拉提拳击 @1pm - 2pm	心灵系列 - 正念课程 @ 11.30am - 12.30pm	
	一起做运动 (坐式)@ 11am - 12pm	心灵系列 - 芳香疗愈 @2pm - 3pm	一起玩乌克兰丽丽 @2pm - 4pm		
	心灵系列 - 芳香疗愈 @2pm - 3pm	一起做禅绕画 @ 2pm - 4pm	一起学(华语)- 初级 @2pm - 3pm	一起来K歌 @ 1pm - 5pm	
	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm	游戏时间 @ 2pm - 5pm	一起来K歌 (英语和其他语言) @ 3pm - 430pm		
7	8	9	10	11	12
一起做CrossFit @ 9am - 9.45am	一起线上做运动 @ 9am - 9.45am	一起来踢球 @945am - 1130am	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	一起参与研究计划 - (Spice+) @ 10am - 11am (Blk 275)	一起线上做运动 @ 9am - 9.45am	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	一起做弹力带拉筋操 @ 10am - 11am	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	一起做运动 (坐式)@ 11am - 12pm	游戏时间 (Rummy-O) @ 11am to 12pm (Blk 275)			
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)		一起学(马来语)- 初级 @1pm - 2pm	一起做普拉提拳击 @1pm - 2pm		
一起学画石 @ 1pm - 3pm	心灵系列 - 芳香疗愈 @2pm - 3pm	一起做禅绕画 @ 2pm - 4pm	一起玩乌克兰丽丽 @2pm - 4pm	一起来K歌 @ 1pm - 5pm	
服务 - 社区保健站 @ 2pm - 5pm	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm	游戏时间 @ 2pm - 5pm	一起学中国 竞技麻将规则 @ 2pm - 4pm		

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
一起做CrossFit @ 9am - 9.45am	一起线上做运动 @ 9am - 9.45am	一起来踢球 @945am - 1130am	一起练气功 (Blk 262B) @ 9am - 10am	中心休业	
水中健身运动 @9am - 10am	一起参与研究计划 - (Spice+) Blk 262B @ 10am - 11am	一起参与研究计划 - (Spice+) @ 10am - 11am (Blk 275)	一起线上做运动 @ 9am - 9.45am		
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	一起来庆祝生日 @11.30am - 1pm		
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式) @ 11am - 12pm	游戏时间 (Rummy-O) @ 11am to 12pm (Blk 275)			
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)			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	一起做禅绕画 @ 2pm - 4pm	一起玩乌克兰丽丽 @2pm - 4pm		
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 1pm - 5pm	新科工程与文礼活跃乐龄中心同乐 @230pm - 4pm	代际交流 - 文园小学 @ 230pm to 330pm		
21	22	23	24	25	26
一起做CrossFit @ 9am - 9.45am	一起和善济去Gai Gai - 植物园 @ 845pm - 1pm	一起来踢球 @945am - 1130am	一起练气功 (Blk 262B) @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	代际交流 - 文礼青年团 @ 9am to 1pm
水中健身运动 @9am - 10am	一起线上做运动 @ 9am - 9.45am	一起参与研究计划 - (Spice+) @ 10am - 11am (Blk 275)	一起线上做运动 @ 9am - 9.45am	推广健康老龄化计划 @ 10am - 11am (Blk 275)	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	一起参与研究计划 - (Spice+) Blk 262B @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am		一起做日本和谐粉彩 @ 10am - 11.15am	
一起学唱歌 @ 10am - 12pm	代际交流 - 幼儿园 @ 10am - 11am	游戏时间 (Rummy-O) @ 11am to 12pm (Blk 275)	一起做普拉提拳击 @1pm - 2pm	游戏时间 (宾果游戏) @2pm to 3pm	
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)	一起做运动 (坐式) @ 11am - 12pm	一起和善济去Gai Gai - 中秋音乐会 @1245排名- 6pm	一起玩乌克兰丽丽 @2pm - 4pm	一起来庆祝中秋节 @ 3pm - 345pm	
一起学画石 @ 1pm - 3pm	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm	一起做禅绕画 @ 2pm - 4pm	卫生科学局与文礼活跃乐龄中心同乐 @2pm - 4pm	游戏时间 (欢喜就好) @ 345pm - 445pm	
服务 - 社区保健站 @ 2pm - 5pm		游戏时间 @ 2pm - 5pm		一起来K歌 @ 1pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
28	29	30			
一起做CrossFit @ 9am - 9.45am	一起喝咖啡(只限男性) @845am - 930am	一起来踢球 @9am - 11am			
水中健身运动 @9am - 10am	一起线上做运动 @ 9am - 9.45am	一起参与研究计划 - (Spice+) @ 10am - 11am (Blk 275)			
一起做椅子尊巴 (Blk 275) @ 10am - 11am	一起参与研究计划 - (Spice+) Blk 262B @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am			
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式) @ 11am - 12pm	游戏时间 (欢喜就好) Blk 275 @ 11am - 1145am			
一起参与研究计划 - (Spice+) @ 1030am - 1130am (Boon Lay CC)	义工感谢会 @12pm - 2pm				
	国家文物局 - 沿着记忆的轨迹 @2pm - 3pm	一起学(马来语)- 初级 @1pm - 2pm			
一起学画石 @ 1pm - 3pm		一起做禅绕画 @ 2pm - 4pm			
服务 - 社区保健站 @ 2pm - 5pm	一起聊新闻 @3pm - 4pm	游戏时间 @ 2pm - 5pm			

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