




# 2025 September

Registration Required

 **Centre Name:** AAC - Boon Lay  
 **Centre Address:** Blk 179 Boon Lay Drive, #01-448 Singapore 640179  
 **Centre Contact:** 6590 4368



 NTUC Health

MON	TUE	WED	THU	FRI	SAT	
1	2	3	4	5	6	
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 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 to 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 Do Seated Exercise @ 11am - 12pm	Let's Adaptive Sports @ 1045am - 1130am (Blk 275)	Digital - Fun! ARTec STEM Coding @945am - 1130am	Let's do Nagomi @ 10am - 11.15am		
	Everyday Waltzes for Active Ageing (Boon Lay Community Centre) @1pm to 2pm	Fun with Tech/ Exergame (Taiko no Tatsujin: Drum 'n' Fun!) @1pm to 2pm	Let's Makan Together - F4 @1130am - 1pm	Mindfulness programme @ 11.30am - 12.30pm		
			Let's Piloxing @1pm - 2pm			
Let's do Pebbles Painting @ 1pm - 3pm	Stay Well Series - Health Talk by other external partners (NCID) HIV Awareness Talk @ 2pm to 4pm	Strategise with Kakis @ 2pm to 5pm	"National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm"	Everyday Waltzes for Active Ageing (Boon Lay Community Centre) @1pm to 2pm		
Services - Wellness - CHP @ 2pm - 5pm		Let's Do Zentangle @ 2pm - 4pm	Let's Adaptive Sports @315pm to 430pm	Let's KTV together @ 1pm - 5pm		
8	9	10	11	12		14 (SUNDAY)
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 10am - 1045am (Blk 275)	Let's Qigong @ 9am - 10am	Centre Close for Company Event		
Let's Chair Zumba (Blk 275) @ 10am - 11am	Let's Gen Together - Kindergarten @ 10am - 11am	Let's Stretch Band @ 10am - 11am	Let's Adaptive Sports (Senior National Games) Singapore Sports Hub @745am - 1pm			
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm	Let's Adaptive Sports @ 1045am - 1130am (Blk 275)	Digital - Fun! ARTec STEM Coding @945am - 1130am			
	Everyday Waltzes for Active Ageing (Boon Lay Community Centre) @1pm to 2pm	Let's Pick Up Malay @1pm - 2pm	Fun With Kakis (Just be Happy) @ 1130am - 12pm			
Let's do Pebbles Painting @ 1pm - 3pm	"National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm"	Strategise with Kakis @ 2pm - 5pm	Let's Makan Together @12pm - 1pm			
Services - Wellness - CHP @ 2pm - 5pm	Let's Adaptive Sports @315pm - 5pm	Let's Do Zentangle @ 2pm - 4pm	Let's Piloxing @1pm - 2pm	Everyday Waltzes for Active Ageing (Boon Lay Community Centre) @1pm to 2pm		

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
15	16	17	18	19	20
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 10am - 1045am <b>(Blk 275)</b>	Let's Lim Kopi (Male exclusive) @845am - 930am	<b>Let's Chair Zumba @ 9am - 10am</b>	<b>Let's Gen Together - Primary Boon Lay Gardens Primary School Walk with grandparents @8am to 1030am</b>
<b>Let's Chair Zumba (Blk 275) @ 10am - 11am</b>	Let's Gen Together - Kindergarten @ 10am - 11am	<b>Let's Stretch Band @ 10am - 11am</b>	Let's Qigong @ 9am - 10am	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 <b>(Blk 275)</b>	Let's Exercise with Razak on Zoom @ 1015am - 11am	HAPPY Programme @ 10am - 11am (Blk 275)	
	<b>Everyday Waltzes for Active Ageing (Boon Lay Community Centre) @1pm to 2pm</b>		<b>Digital - Fun! ARTec STEM Coding @945am - 1130am</b>	<b>Let's Celebrate Birthday @11.30am - 1pm</b>	
	"National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm"	Fun with Tech/ Exergame (Taiko no Tatsujin: Drum 'n' Fun!) @1pm - 2pm	<b>Let's Piloxing @1pm - 2pm</b>	<b>Everyday Waltzes for Active Ageing (Boon Lay Community Centre) @1pm to 2pm</b>	
Let's do Pebbles Painting @ 1pm - 3pm		Strategise with Kakis @ 2pm - 5pm	Let's Gen Together - Primary Boon Lay Garden Primary School @2pm - 3pm	<b>Let's KTV together @ 1pm - 5pm</b>	
<b>Services - Wellness - CHP @ 2pm - 5pm</b>	Let's Learn to Tech (365 App) @3pm - 430pm	Let's Do Zentangle @ 2pm - 4pm			
22	23	24	25	26	27
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 10am - 1045am <b>(Blk 275)</b>	Let's Qigong @ 9am - 10am	<b>Let's Chair Zumba @ 9am - 10am</b>	
<b>Let's Chair Zumba (Blk 275) @ 10am - 11am</b>	Let's Gen Together - Kindergarten @ 10am - 11am	<b>Let's Stretch Band @ 10am - 11am</b>	Let's Exercise with Razak on Zoom @ 10am - 10.45am	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 <b>(Blk 275)</b>	<b>Digital - Fun! ARTec STEM Coding @945am - 1130am</b>	HAPPY Programme @ 10am - 11am (Blk 275)	
	"National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) @ 2pm - 3pm"	Let's Pick Up Malay @1pm - 2pm	<b>Let's Makan Together - F4 @1130am - 1pm</b>	Current Affairs U&Me @ 1pm - 2pm	
		Strategise with Kakis @ 2pm - 5pm	<b>Let's Piloxing @1pm - 2pm</b>		
Let's do Pebbles Painting @ 1pm - 3pm			Fun with Kakis (BINGO) @2pm - 3pm	<b>Let's KTV together @ 2pm - 5pm</b>	
<b>Services - Wellness - CHP @ 2pm - 5pm</b>	<b>Let's Learn to Repair @3pm - 430pm</b>	Let's Do Zentangle @ 2pm - 4pm	Fun With Kakis (Just be Happy) @ 3pm - 4pm	<b>Senior Volunteering (Lakeside Garden) Performance with Art Fission @6pm - 10pm</b>	

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**ntuc Health**

MON

TUE

WED

THU

FRI

SAT

29

30

31

Let's CrossFit @ 9am - 9.45am

Let's Exercise with Razak on Zoom  
@ 9am - 9.45am

Let's Exercise with Razak on  
Zoom  
@ 10am - 1045am **(Blk 275)**

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

Let's Adaptive Sports  
@ 945am - 11am

**Let's Stretch Band @ 10am -  
11am**

**Let's Gen Together - Tertiary  
Singapore Polytechnic  
Senior Appreciation Concert  
@10am - 1230pm**

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

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

Current Affairs U&Me (BLK 275)  
@ 1045am - 1130am

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

Fun with Tech/ Exergame  
(Taiko no Tatsujin: Drum 'n' Fun!)  
@1pm - 2pm

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

Strategise with Kakis  
@ 2pm - 5pm

**Services - Wellness - CHP  
@ 2pm - 5pm**

**Let's Learn to Repair  
@3pm - 430pm**

Let's Do Zentangle @ 2pm - 4pm

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标有颜色的项目须报名

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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	3 (星期天)
一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	一起跟Razak线上做运动 @ 10am - 10.45am (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 @ 10.15am - 11am	推广健康老龄化计划 @ 10am - 10.45am (Blk 275)	
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式) @ 11am - 12pm	一起做运动 @ 10.45am - 11.30am (Blk 275)	ARtec STEM 编程学习课程 9.45am - 11.30am	一起做日本和谐粉彩 @ 10am - 11.15am	
			一起来 makan - F4 @ 11.30am - 1pm	心灵系列 - 正念课程 @ 11.30am - 12.30pm	
	每日华尔兹 (文礼俱乐部) @ 1pm - 2pm	电子游戏时间 (太鼓之达人) @ 1pm - 2pm	一起做普拉提拳击 @ 1pm - 2pm		
一起学画石 @ 1pm - 3pm	保健系列 - 健康讲座 (国家传染病中心) 艾滋病毒意识讲座 @ 2pm - 4pm	游戏时间 @ 2pm - 5pm	国家文物局 - 沿着记忆的轨迹 @ 2pm - 3pm	每日华尔兹 (文礼俱乐部) @ 1pm - 2pm	
服务 - 社区保健站 @ 2pm - 5pm		一起做禅绕画 @ 2pm - 4pm	一起做运动 @ 3.15pm to 4.30pm	一起来K歌 @ 1pm - 5pm	
8	9	10	11	12	13
一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	一起跟Razak线上做运动 @ 10am - 10.45am (Blk 275)	一起练气功 @ 9am - 10am	中心休业	
一起做椅子尊巴 (Blk 275) @ 10am - 11am	代际交流 - 幼儿园 @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am	一起做运动 (乐龄全国比赛) 新加坡体育 @ 9am - 1pm		
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式) @ 11am - 12pm	一起做运动 @ 10.45am to 11.30am (Blk 275)	ARtec STEM 编程学习课程 9.45am - 11.30am		
	每日华尔兹 (文礼俱乐部) @ 1pm - 2pm	一起学 (马来语) - 初级 @ 1pm - 2pm	游戏时间 (欢喜就好) @ 11.30am - 12pm		
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	一起来 makan - 12pm - 1pm		
服务 - 社区保健站 @ 2pm - 5pm	一起做运动 @ 3.15pm - 5pm	一起做禅绕画 @ 2pm - 4pm	一起做普拉提拳击 @ 1pm - 2pm	每日华尔兹 (文礼俱乐部) @ 1pm - 2pm	

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15	16	17	18	19	20
一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	一起跟Razak线上做运动 @ 10am - 1045am (Blk 275)	一起喝咖啡(只限男性) @845am - 930am	一起做椅子尊巴 @ 9am - 10am	代际交流 - 文园小学 与祖父母一起散步 @3pm to 430pm
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	一起练气功 @ 9am - 10am	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)	一起跟Razak线上做运动 @ 1015am - 11am	推广健康老龄化计划 @ 10am - 1045am (Blk 275)	
			ARTec STEM 编程学习课程 945am - 1130am	一起来庆生 @1130am - 1pm	
	每日华尔兹 (文礼俱乐部) @1pm - 2pm	电子游戏时间 (太鼓之達人) @1pm - 2pm	一起做普拉提拳 击 @1pm - 2pm	每日华尔兹 (文礼俱乐部) @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	代际交流 - 小学 文园小学 @2pm - 3pm	一起来K歌 @ 1pm - 5pm	
服务 - 社区保健站 @ 2pm - 5pm	一起学科技 (365 App) @3pm - 430pm	一起做禅绕画 @ 2pm - 4pm			
22	23	24	25	26	27
一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	一起跟Razak线上做运动 @ 10am - 1045am (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 @ 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 945am - 1130am		
			一起来 makan - F4 @1130am - 1pm	推广健康老龄化计划 @ 10am - 1045am (Blk 275)	
		一起学(马来语)- 初级 @1pm - 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	游戏时间 (宾果游戏) @2pm to 3pm	一起来K歌 @ 2pm - 5pm	
服务 - 社区保健站 @ 2pm - 5pm	一起学维修技能 @3pm - 430pm	一起做禅绕画 @ 2pm - 4pm	游戏时间 (欢喜就好) @ 3pm - 4pm		

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2025 九月

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29	30	31			
一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	一起跟Razak线上做运动 @ 10am - 1045am (Blk 275)			
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			
	代际交流 - 大专学府 新加坡理工学院 乐龄感谢音乐会 @10am - 1230pm	时事新闻你和我 @ 1045am - 1130am (Blk 275)			
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式)@ 11am - 12pm	电子游戏时间 (太鼓之達人) @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			
服务 - 社区保健站 @ 2pm - 5pm	一起学维修技能 @3pm - 430pm	一起做禅绕画 @ 2pm - 4pm			

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