




2024 December

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






Requires Registration

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Let's Exercise @ 10am - 11am (Blk 275 Multi-Purpose Hall)	Let's Qigong @ 9am - 10am	Centre Close for company event	
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am	Let's Walking Football (JCP) @ 10am to 11.30am		
Let's do Pebbles Painting @ 1pm - 3pm	Let's KTV together @ 1pm - 5pm	Fun with Exergame @ 11am - 12pm	Let's Celebrate Birthday @ 11am - 12.45am		
		Let's Do Zentangle @ 2pm - 4pm	Let's Zumba @ 1pm - 2pm		
Services - Wellness - CHP @ 2pm - 5pm			Fun With Kakis (Just be Happy) @ 2pm - 3pm		
9	10	11	12	13	14
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Let's Makan Together - Inhouse @ 8.45am - 9.45am	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm	Let's Exercise with Razak on Zoom @ 10am - 10.45am (Blk 275)	Let's Walking Football (JCP) @ 10am to 11.30am	Let's do Nagomi @ 10am - 11am	
		Let's Stretch Band @ 10am - 11am			
		Fun With Kakis (Just be Happy) @ 10.45am - 11.30am (Blk 275)			
Let's do Pebbles Painting @ 1pm - 3pm	Let's KTV together @ 1pm - 5pm	Fun with Exergame @ 11am - 12pm	Let's Zumba @ 1pm - 2pm	Let's Gen Together - Health Carnival with Ngee Ann Polytechnic @ 130pm - 430pm	
Services - Wellness - CHP @ 2pm - 5pm		Let's Do Zentangle @ 2pm - 4pm	Digital - IMDA Go-Digital - Workshop (Mandarin) @ 2.30pm to 4.30pm		

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 10am - 10.45am (Blk 275)	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am	Let's Walking Football (JCP) @ 10am to 11.30am	Let's do Nagomi @ 10am - 11am	
Let's do Pebbles Painting @ 1pm - 3pm	Let's Appreciate our Volunteers @ 12pm to 2pm	Fun with Exergame @ 10.45am - 11.30am (Blk 275)	Let's Zumba (Zoom) @ 1pm - 2pm	Let's Celebrate Christmas @ 11am to 1pm	
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 2pm - 5pm	Let's Do Zentangle @ 2pm - 4pm	Current Affair U & Me (Chinese) 2pm - 3pm	Let's KTV together @ 1pm - 5pm	
23	24	25	26	27	28
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am		Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
Let's Learn to Sing @ 10am - 12pm	Let's Do Good at SDC Boon Lay @ 10am - 11am		Strategise with Kakis @ 10.30am to 11.30am	Let's do Nagomi @ 10am - 11am	
Let's do Pebbles Painting @ 1pm - 3pm	Let's Do Seated Exercise @ 11am - 12pm		Let's Zumba @ 1pm - 2pm	Fun with Kakis (Bingo) @ 1pm - 2pm	
Services - Wellness - CHP @ 2pm - 5pm	1pm to 6pm Centre Close for Christmas Eve		Digital - IMDA Go-Digital - Workshop (English) @ 2.30pm to 4.30pm	Let's KTV together @ 2pm - 5pm	
30	31				
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am				
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm				
Let's do Pebbles Painting @ 1pm - 3pm	1pm to 6pm Centre Close for New Year Eve				
Services - Wellness - CHP @ 2pm - 5pm					

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2024 十二月

标有颜色的项目是报名的活动

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起做CrossFit @ 9am - 945am	一起跟Razak线上做运动 @ 9am - 9.45am	一起做运动 @ 10am - 11am (Blk 275 Multi-Purpose Hall)	一起练气功 @ 9am - 10am	中心关闭	
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式) @ 11am - 12pm	一起做弹力带拉筋操 @ 10am - 11am	一起来踢球 (JCP) @ 10am to 1130am		
一起学画石 @ 1pm - 3pm	一起来K歌 @ 1pm - 5pm	电子游戏时间 @ 11am - 12pm	一起来庆生 @ 11am - 12.45am		
服务 - 社区保健站 @ 2pm - 5pm		一起做禅绕画 @ 2pm - 4pm	一起跳尊巴 @ 1pm - 2pm		
			游戏时间 (欢喜就好) @ 2pm - 3pm		
9	10	11	12	13	14
		一起来makan - 中心内 @ 8.45am - 9.45am			
一起做CrossFit @ 9am - 945am	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	
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式) @ 11am - 12pm	一起做弹力带拉筋操 @ 10am - 11am	一起来踢球 (JCP) @ 10am to 1130am	一起做日本和谐粉彩 @ 10am - 11am	
		游戏时间 (欢喜就好) @ 1045am - 1130am (BLK 275)			
一起学画石 @ 1pm - 3pm	一起来K歌 @ 1pm - 5pm	电子游戏时间 @ 11am - 12pm	一起跳尊巴 @ 1pm - 2pm	代际交流 - 义安理工学院康健嘉年华 130pm - 430pm	
服务 - 社区保健站 @ 2pm - 5pm		一起做禅绕画 @ 2pm - 4pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 (华语) @ 230pm to 430pm		

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16	17	18	19	20	21
一起做CrossFit @ 9am - 945am	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 Multi-Purpose Hall)	一起练气功 @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式) @ 11am - 12pm	一起做弹力带拉筋操 @ 10am - 11am	一起来踢球 (JCP) @ 10am to 1130am	一起做日本和谐粉彩 @ 10am - 11am	
一起学画石 @ 1pm - 3pm	义工感谢会 @ 12pm - 2pm	电子游戏时间 @ 11am - 12pm (Blk 275)	一起跳尊巴 @ 1pm - 2pm	一起来庆祝圣诞节 @ 11am to 1pm	
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 2pm - 5pm	一起做禅绕画 @ 2pm - 4pm	时事新闻你和我 @ 2pm - 3pm	一起来K歌 @ 1pm - 5pm	
23	24	25	26	27	28
一起做CrossFit @ 9am - 945am	一起跟Razak线上做运动 @ 9am - 9.45am		一起练气功 @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	
一起学唱歌 @ 10am - 12pm	一起去做义工 - (文礼乐龄日间护理中心) @ 10am - 11am		游戏时间 @ 1030am to 1130am	一起做日本和谐粉彩 @ 10am - 11am	
一起学画石 @ 1pm - 3pm	一起做运动 (坐式) @ 11am - 12pm		一起跳尊巴 @ 1pm - 2pm	游戏时间 (Bingo) @ 1pm - 2pm	
服务 - 社区保健站 @ 2pm - 5pm	1pm to 6pm 中心关闭		资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 (英语) @ 230pm to 430pm	一起来K歌 @ 2pm - 5pm	
30	31				
一起做CrossFit @ 9am - 945am	一起跟Razak线上做运动 @ 9am - 9.45am				
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式) @ 11am - 12pm				
一起学画石 @ 1pm - 3pm	1pm to 6pm 中心关闭				
服务 - 社区保健站 @ 2pm - 5pm					

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