

# 2025 January

Requires Registration

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



MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
			Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
			Strategise with Kakis @ 1030am to 12pm	Let's do Nagomi @ 10am - 11am	
			Let's Zumba @ 1pm - 2pm	Mindfulness programme @ 11am - 12pm	
				Let's KTV together @ 1pm - 5pm	
6	7	8	9	10	11
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 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 - 1130am	
Dave & Friends at NTUC Health Boon Lay AAC @130pm to 330pm		Current Affairs U&me @ 1045am to 1130pm (Blk 275)	Let's Celebrate Birthday @ 11am - 12.45am		
		Fun with Exergame @ 11am - 12pm	Let's Zumba @ 1pm - 2pm		
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 1pm - 5pm	Let's Do Zentangle @ 2pm - 4pm	Digital - IMDA Go-Digital - Workshop (Mandarin) @ 2.30pm to 4.30pm	Let's KTV together @ 1pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Let's Lim Kopi (Male exclusive) @845am to 930am	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	
Let's Learn to Sing @ 10am - 12pm	Fun With Kakis (Just be Happy) @ 945am - 1045am	Let's Exercise with Razak on Zoom @ 10am - 1045am <b>(Blk 275)</b>	Let's Gen Together - Tertiary @ 930am to 12pm		
	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am	Let's Walking Football <b>(JCP)</b> @ 10am to 11.30am	Let's Gen Together - Tertiary @ 9am to 1130am	
Let's do Pebbles Painting @ 1pm - 3pm		Fun with Exergame @ 1045am - 1130am <b>(Blk 275)</b>	Let's Zumba (Zoom) @ 1pm - 2pm		
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 1pm - 5pm	Let's Do Zentangle @ 2pm - 4pm	Fun with Kakis (Bingo) @ 2pm - 3pm	Let's KTV together @ 1pm - 5pm	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>26 (Sunday)</b>
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	Let's Chair Zumba @ 9am - 10am	Let's Go Gai Gai with Boon Lay Youth Network @3pm to 5pm
Let's Learn to Sing @ 10am - 12pm	Current Affair U & Me (Chinese) 945am - 1045am	Let's Stretch Band @ 10am - 11am	Let's Walking Football <b>(JCP)</b> @ 10am to 11.30am	Let's do Nagomi @ 10am - 1130am	
	Let's Do Seated Exercise @ 11am - 12pm	Fun With Kakis (Just be Happy) @ 1045am - 1130am <b>(Blk 275)</b>		Let's Celebrate Chinese New Year @11.45am to 2pm	
Let's do Pebbles Painting @ 1pm - 3pm		Fun with Exergame @ 11am - 12pm	Let's Zumba @ 1pm - 2pm		
		Let's Volunteer Together @1pm - 2pm	Digital - IMDA Go-Digital - Workshop (English) @ 2.30pm to 4.30pm		
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 1pm - 5pm	Let's Do Zentangle @ 2pm - 4pm		Let's KTV together @ 2pm - 5pm <b>(English and Other Language)</b>	
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am			Let's Chair Zumba @ 9am - 10am	
Let's Learn to Sing @ 10am - 12pm	Let's join CWAS trishaw Jurong Point @ 9am to 12pm			Let's do Nagomi @ 10am - 11am	
Let's do Pebbles Painting @ 1pm - 3pm	<b>Centre Close for Chinese New Year Eve</b> 农历除夕中心关闭				
Services - Wellness - CHP @ 2pm - 5pm				Let's KTV together @ 1pm - 5pm <b>(English and Other Language)</b>	

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# 2025 一月

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标有颜色的项目是报名的活动

MON	TUE	WED	THU	FRI	SAT
		1 	2 一起练气功 @ 9am - 10am 游戏时间 @ 1030am to 12pm 一起跳尊巴 @ 1pm - 2pm	3 一起做椅子尊巴 @ 9am - 10am 一起做日本和谐粉彩 @ 10am - 11am 心灵系列 - 正念课程 11am to 12pm 一起来K歌 @ 1pm - 5pm	4
6 一起做CrossFit @ 9am - 945am 一起学唱歌 @ 10am - 12pm Dave & Friends 与文礼活跃乐龄中心同乐 @130pm to 330pm 服务 - 社区保健站 @ 2pm - 5pm	7 一起跟Razak线上做运动 @ 9am - 9.45am 一起做运动 (坐式) @ 11am - 12pm 一起来K歌 @ 1pm - 5pm	8 一起跟Razak线上做运动 @ 10am - 1045am (Blk 275) 一起做弹力带拉筋操 @ 10am - 11am 时事新闻你和我 @ 1045am to 1130am (BLK 275) 电子游戏时间 @ 11am - 12pm 一起做禅绕画 @ 2pm - 4pm	9 一起练气功 @ 9am - 10am 一起来踢球 (JCP) @ 10am to 1130am 一起来庆生 @ 11am - 12.45am 一起跳尊巴 @ 1pm - 2pm 资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 (华语) @ 230pm to 430pm	10 一起做椅子尊巴 @ 9am - 10am 一起做日本和谐粉彩 @ 10am - 1130am 一起来K歌 @ 1pm - 5pm	11

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标有颜色的项目是报名的活动

MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
	一起跟Razak线上做运动 @ 9am - 9.45am	一起喝咖啡(只限男性) @845am to 930am	一起练气功 @ 9am - 10am	一起做椅子尊巴 @ 9am - 10am	
一起做CrossFit @ 9am - 945am	游戏时间(欢喜就好) @ 945am - 1045am	一起跟Razak线上做运动 @ 10am - 1045am (Blk 275)	代际交流 - 大专学府 @930am to 12pm	一起做日本和谐粉彩 @ 10am - 1130am	
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	代际交流 - 大专学府 @9am to 1130am	
一起学画石 @ 1pm - 3pm	游戏时间(欢喜就好) @ 945am - 1045am	电子游戏时间 @ 1045am - 1130pm (Blk 275)	一起跳尊巴 @ 1pm - 2pm		
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 1pm - 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	
20	21	22	23	24	26 (Sunday)
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	一起来和文礼青年团去Gai Gai @230pm to 530pm
一起学唱歌 @ 10am - 12pm	时事新闻你和我 @ 945am - 1045am	一起做弹力带拉筋操 @ 10am - 11am		一起做日本和谐粉彩 @ 10am - 1130am	
一起来踢球 (JCP) @ 10am to 1130am	一起做运动(坐式) @ 11am - 12pm	游戏时间(欢喜就好) @ 1045am - 1130am (Blk 275)		一起来庆祝农历新年 @1145am to 2pm	
		电子游戏时间 @ 11am - 12pm	一起跳尊巴 @ 1pm - 2pm		
一起学画石 @ 1pm - 3pm		一起当义工 @1pm to 2pm	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(英语和其他语言) @ 2pm - 5pm	
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 1pm - 5pm	一起做禅绕画 @ 2pm - 4pm			
27	28	29	30	31	
一起做CrossFit @ 9am - 945am	一起跟Razak线上做运动 @ 9am - 9.45am			一起做椅子尊巴 @ 9am - 10am	
一起学唱歌 @ 10am - 12pm	一起参加 CWAS 三轮车体验活动 - 裕廊坊 @9am to 12pm			一起做日本和谐粉彩 @ 10am - 1130am	
一起学画石 @ 1pm - 3pm	1pm to 6pm 中心关闭				
服务 - 社区保健站 @ 2pm - 5pm				一起来K歌(英语和其他语言) @ 1pm - 5pm	

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