




2024 July

 **Centre Name:** NTUC Health Active Ageing Centre (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	5	7 (Sunday)
Let's Learn to Sing @ 10am - 12pm	HAPPY Programme @ 9am - 10am	Let's Stretch Band @ 10am - 11am	Let's Qigong @ 10am - 11am	STEADY LAH! Programme @ 9am - 1030am	Let's go Gai Gai with DBS Foundation @ 11.30pm - 4pm
	Let's Gen Together - Kindergarten @ 10am - 11am		Let's Celebrate Birthday @ 11.30am - 1pm	Let's do Nagomi @ 10am - 11am	
	Let's Do Seated Exercise @ 11am - 12pm	Let's Do Zentangle @ 2pm - 4pm		Our Beloved Seniors Programme @ 10am - 12pm	
Let's do Pebbles Painting @ 1pm - 3pm	EveryDay Waltzes Programme @ 1pm - 2pm		Let's KTV together @ 1pm - 5pm		Let's go Gai Gai with BLYN @ 12pm - 4.30pm
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 2pm - 5pm		Let's go Gai Gai with DBS @ 3.30pm - 6pm	Let's Gen Together - Tertiary (Millennia Institute) @ 1.30pm - 4.30pm	
8	9	10	11	12	13
Let's Lim Kopi (Male Exclusive) @ 8.30am - 9.30am	HAPPY Programme @ 9am - 10am	Visual Screening Programme @ 930am - 1130am	Let's Qigong @ 10am - 11am	STEADY LAH! Programme @ 9am - 1030am	
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am - 11am	Let's Stretch Band @ 10am - 11am	Fun with Kakis (Just Be Happy) @ 11.30am - 12.00pm	Let's do Nagomi @ 10am - 11am	
	Let's Do Seated Exercise @ 11am - 12pm		Let's Makan Together - F4 @ 12.00pm - 1pm	Our Beloved Seniors Programme @ 10am - 12pm	
Let's do Pebbles Painting @ 1pm - 3pm	EveryDay Waltzes Programme @ 1pm - 2pm	Let's Do Zentangle @ 2pm - 4pm		Let's Go Gai Gai with RVHS! @ 12pm - 5.30pm	
Services - Wellness - CHP @ 2pm - 5pm	Let's Talk About Financial Literacy @ 2.30pm - 4.30pm		Digital - IMDA Go-Digital - Workshop (Mandarin) @ 2pm - 4pm	National Heritage Board - HeritageCares programmes (The Peranakan Museum) @ 2pm to 5pm	

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 Learn to Sing @ 10am - 12pm	HAPPY Programme @ 9am - 10am	Let's Lim Kopi (Blk 274B) @ 8.30am - 9.30am	Let's Qigong @ 10am - 11am	STEADY LAH! Programme @ 9am - 1030am	
	Let's Gen Together - Kindergarten @ 10am - 11am	Let's Stretch Band @ 10am - 11am		Let's do Nagomi @ 10am - 11am	
Let's do Pebbles Painting @ 1pm - 3pm	Let's Do Seated Exercise @ 11am - 12pm			Our Beloved Seniors Programme @ 10am - 12pm	
Services - Wellness - CHP @ 2pm - 5pm	EveryDay Waltzes Programme @ 1pm - 2pm	Let's Do Zentangle @ 2pm - 4pm	Let's Gen Together - Primary @ 2.30pm - 4.30pm	Let's do Kueh Together @ 10am - 12pm	
				Let's Makan Together @ 1.30pm - 2pm	
	Let's KTV together @ 2pm - 5pm			Fun with Kakis (Bingo) @ 2pm - 3pm	
				Let's KTV Together @ 3pm - 5pm	
22	23	24	25	26	27
Let's Learn to Sing @ 10am - 12pm	HAPPY Programme @ 9am - 10am	Let's Lim Kopi (Blk 274B) @ 8.30am - 9.30am	Let's Qigong @ 10am - 11am	STEADY LAH! Programme @ 9am - 1030am	Let's Go Gai Gai (Sheng Siong Show) @ 6.45pm - 10.45pm
	Let's Gen Together - Kindergarten @ 10am - 11am	Let's Stretch Band @ 10am - 11am	Current Affair U & Me (Chinese) @ 11.30am - 12pm	Let's do Nagomi @ 10am - 11am	
Let's do Pebbles Painting @ 1pm - 3pm	Let's Do Seated Exercise @ 11am - 12pm		Let's Makan Together - F4 @ 12.00pm - 1pm	Our Beloved Seniors Programme @ 10am - 12pm	
Services - Wellness - CHP @ 2pm - 5pm	EveryDay Waltzes Programme @ 1pm - 2pm	Let's Do Zentangle @ 2pm - 4pm	Digital - IMDA Go-Digital - Workshop (English) @ 2pm - 4pm		
	Let's KTV together @ 2pm - 5pm			Let's KTV together @ 1pm - 5pm	
29	30	31			
Let's Learn to Sing @ 10am - 12pm	HAPPY Programme @ 9am - 10am	Let's Lim Kopi @ 8.30am - 9.45am			
	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am			
Let's do Pebbles Painting @ 1pm - 3pm	EveryDay Waltzes Programme @ 1pm - 2pm				
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 2pm - 5pm	Let's Do Zentangle @ 2pm - 4pm			

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MON

TUE

WED

THU

FRI

SAT

1	2	3	4	5	7 (Sunday)
一起学唱歌 @ 10am - 12pm	推广健康老龄化计划 (HAPPY) @ 9am - 10am	一起做弹力带拉筋操 @ 10am - 11am	一起练气功 @ 10am - 11am	Steady Lah! 保健操 @ 9am - 1030am	一起和(DBS Foundation)去 Gai Gai @ 11.30pm - 4pm
	代际交流 - 幼儿园 @ 10am - 11am		一起来庆生 @ 11.30am - 1pm	一起做日本和谐粉彩 @ 10am - 11am	
	一起做运动 (坐式) @ 11am - 12pm	一起做禅绕画 @ 2pm - 4pm		我们心爱的前辈 @ 10am - 12pm	
一起学画石 @ 1pm - 3pm	天天华尔兹 @ 1pm - 2pm		一起来K歌 @ 2pm - 5pm		一起和(BLNY)去Gai Gai @ 12pm - 4.30pm
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 2pm - 5pm		一起和(DBS)去Gai Gai @ 3.30pm - 6pm	代际交流 - 大专学府 @ 1.30pm - 4.30pm	
8	9	10	11	12	13
一起喝咖啡 (只限男性) @ 8.30am - 9.30am	推广健康老龄化计划 (HAPPY) @ 9am - 10am	眼疾检查 @ 930am - 1130am	一起练气功 @ 10am - 11am	Steady Lah! 保健操 @ 9am - 1030am	
一起学唱歌 @ 10am - 12pm	代际交流 - 幼儿园 @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am	游戏时间 (欢喜就好) @ 11.30am - 12.00pm	一起做日本和谐粉彩 @ 10am - 11am	
	一起做运动 (坐式) @ 11am - 12pm		一起来makan - F4 @ 12.00pm - 1pm	我们心爱的前辈 @ 10am - 12pm	
一起学画石 @ 1pm - 3pm	天天华尔兹 @ 1pm - 2pm	一起做禅绕画 @ 2pm - 4pm		一起和(RVHS)去Gai Gai @ 12pm - 5.30pm	
服务 - 社区保健站 @ 2pm - 5pm	管理日常资金 和 安全防范诈骗 讲座 @ 2.30pm - 4.30pm		资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 (华语) @ 2pm - 4pm	国家文物局 - 文化遗产社区关怀计划 (土生文化馆) @ 2pm to 5pm	

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15	16	17	18	19	20
一起学唱歌 @ 10am - 12pm	推广健康老龄化计划 (HAPPY) @ 9am - 10am	一起喝咖啡 (Blk 274B) @ 8.30am - 9.30am	一起练气功 @ 10am - 11am	Steady Lah! 保健操 @ 9am - 1030am	
	代际交流 - 幼儿园 @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am		一起做日本和谐粉彩 @ 10am - 11am	
一起学画石 @ 1pm - 3pm	Let's do ? @ 11am - 12pm			我们心爱的前辈 @ 10am - 12pm	
服务 - 社区保健站 @ 2pm - 5pm	天天华尔兹 @ 1pm - 2pm	一起做禅绕画 @ 2pm - 4pm	代际交流 - 小学 @ 2.30pm - 4.30pm	一起学造课 @ 10am - 12pm	
				一起来makan @ 1.30pm - 2pm	
	一起来K歌 @ 2pm - 5pm			游戏时间 (Bingo) @ 2pm - 3pm	
				一起来K歌 @ 3pm - 5pm	
22	23	24	25	26	27
一起学唱歌 @ 10am - 12pm	推广健康老龄化计划 (HAPPY) @ 9am - 10am	一起喝咖啡 (Blk 274B) @ 8.30am - 9.30am	一起练气功 @ 10am - 11am	Steady Lah! 保健操 @ 9am - 1030am	一起去Gai Gai (缤纷万千在昇松) @ 6.45pm - 10.45pm
	代际交流 - 幼儿园 @ 10am - 11am	一起做弹力带拉筋操 @ 10am - 11am	时事新闻你和我 @ 11.30am - 12pm	一起做日本和谐粉彩 @ 10am - 11am	
一起学画石 @ 1pm - 3pm	Let's do ? @ 11am - 12pm		一起来makan - F4 @ 12.00pm - 1pm	我们心爱的前辈 @ 10am - 12pm	
服务 - 社区保健站 @ 2pm - 5pm	天天华尔兹 @ 1pm - 2pm	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 (英语) @ 2pm - 4pm		
	一起来K歌 @ 2pm - 5pm			一起来K歌 @ 1pm - 5pm	
29	30	31			
一起学唱歌 @ 10am - 12pm	推广健康老龄化计划 (HAPPY) @ 9am - 10am	一起喝咖啡 @ 8.30am - 9.45am			
	Let's do ? @ 11am - 12pm	一起做弹力带拉筋操 @ 10am - 11am			
Let's do Pebbles Painting @ 1pm - 3pm	天天华尔兹 @ 1pm - 2pm				
Services - Wellness - CHP @ 2pm - 5pm	一起来K歌 @ 2pm - 5pm	一起做禅绕画 @ 2pm - 4pm			