




# 2024 May

 **Centre Name:** NTUC Health Active Ageing Centre (Boon Lay)  
 **Centre Address:** Blk 179 Boon Lay Drive, #01-448 Singapore 640179  
 **Centre Contact:** 6590 4368



MON	TUE	WED	THU	FRI	SAT
		1	2	3	5 (SUNDAY)
			La Kopi @ 8.30am - 9.30am Qigong @ 10am - 11am Boon Lay Gardens Pri VIA @ 2.30pm - 4.30pm	Nagomi Art @ 10am - 11am  Karaoke @ 1pm - 5pm	Mothers' Day Concert @ Esplanade 8.45am - 2pm
6	7	8	9	10	11
Learn to Sing @ 10am - 12pm	My First Skool Intergenerational Program @ 10am - 11am	Resistance Band Exercise @ 10am - 11am	Qigong @ 10am - 11am	Nagomi Art @ 10am - 11am	
Pebbles Painting @ 1pm - 3pm	Chair Yoga @ 11am - 12pm	Happy Hour @ 11.30am - 1.30pm			
Community Health Post @ 2pm - 5pm	Karaoke @ 1pm - 5pm	Zentangle @ 2pm - 4pm	Digital Health Training (Mandarin) @ 2pm - 4pm	Millenium Institute VIA @ 1.30pm - 4.30pm	
13	14	15	16	17	18
Juying Sec Carnival @ 9am - 12pm	My First Skool Intergenerational Program @ 10am - 11am	Resistance Band Exercise @ 10am - 11am	F4: Qigong @ 10am - 11pm	Centre Close for Training	Project Graffinity with NUS & BLYN @ 10am - 12pm
Pebbles Painting @ 1pm - 3pm	Chair Yoga @ 11am - 12pm	Zentangle @ 2pm - 3.30pm	F4: Eat& Play @ 11am - 12.30pm		
Community Health Post @ 2pm - 5pm	Hua Yi VIA @ 3.30pm - 5pm	Hua Yi VIA @ 3.30pm - 5pm	Karaoke @ 1pm - 5pm		
20	21	22	23	24	25
Learn to Sing @ 10am - 12pm	My First Skool Intergenerational Program @ 10am - 11am		Qigong @ 10am - 11am	Nagomi Art @ 10am - 11am	
Pebbles Painting @ 1pm - 3pm	Chair Yoga @ 11am - 12pm		Just Be Happy @ 11.30am - 12.30pm	Kueh Making Workshop @ 10am - 12pm	
				Eat& Play @ 1.30pm - 2pm	
Community Health Post @ 2pm - 5pm	Karaoke @ 1pm - 5pm			Bingo @ 2pm - 3pm	
			Digital Mobile Training (English) @ 2pm - 4pm	Karaoke @ 3pm - 5pm	
27	28	29	30	31	
Learn to Sing @ 10am - 12pm	My First Skool Intergenerational Program @ 10am - 11am	F4: Resistance Band Exercise @ 10am - 11am	Qigong @ 10am - 11pm	Nagomi Art @ 9am - 1030am	
Pebbles Painting @ 1pm - 3pm	Chair Yoga @ 11am - 12pm	F4: Eat& Play @ 11am - 12.30pm	Current Affair U&Me (Chinese) @ 11.30am - 12.30pm	NLB (Chinatown) Trip @ 1030am - 4.30pm	
Community Health Post @ 2pm - 5pm	Karaoke @ 1pm - 5pm	Zentangle @ 2pm - 4pm	Karaoke @ 1pm - 5pm		

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	5 (星期日)
			La Kopi @ 8.30am - 9.30am 气功 @ 10am - 11am 文园小学交流互动 @ 2.30pm - 4.30pm	日本粉彩艺术 @ 10am - 11am  卡拉OK @ 1pm - 5pm	母亲节音乐会 @ 滨海艺术中心 8.45am - 2pm
6	7	8	9	10	11
歌唱班 @ 10am - 12pm 石画 @ 1pm - 3pm 国大医学组 保健站 @ 2pm - 5pm	小豆豆来做客 @ 10am - 11am 坐式瑜伽 @ 11am - 12pm 卡拉OK @ 1pm - 5pm	拉筋运动 @ 10am - 11am 欢乐时光 @ 11.30am - 1.30pm 禅绕画 @ 2pm - 4pm	气功 @ 10am - 11am  数码手机技能训练 (华文班) @ 2pm - 4pm	日本粉彩艺术 @ 10am - 11am  Millenium Institute VIA @ 1.30pm - 4.30pm	
13	14	15	16	17	18
聚英中学嘉年华 @ 9am - 12pm 石画 @ 1pm - 3pm Community Health Post @ 2pm - 5pm	小豆豆来做客 @ 10am - 11am 坐式瑜伽 @ 11am - 12pm 华义中学交流互动 @ 3.30pm - 5pm	拉筋运动 @ 10am - 11am 禅绕画 @ 2pm - 3.30pm 华义中学交流互动 @ 3.30pm - 5pm	F4: 气功 @ 10am - 11pm F4: 吃喝玩乐 @ 11am - 12.30pm 卡拉OK @ 1pm - 5pm	中心关闭	国大/文理青年团节目 @ 10am - 12pm
20	21	22	23	24	25
歌唱班 @ 10am - 12pm 石画 @ 1pm - 3pm  国大医学组 保健站 @ 2pm - 5pm	小豆豆来做客 @ 10am - 11am 坐式瑜伽 @ 11am - 12pm  卡拉OK @ 1pm - 5pm		气功 @ 10am - 11am 欢喜就好 @ 11.30am - 12.30pm  数码手机技能训练 (英文班) @ 2pm - 4pm	日本粉彩艺术 @ 10am - 11am 造糰课程 @ 10am - 12pm 吃喝玩乐 @ 1.30pm - 2pm Bingo @ 2pm - 3pm 卡拉OK @ 3pm - 5pm	
27	28	29	30	31	
歌唱班 @ 10am - 12pm 石画 @ 1pm - 3pm 国大医学组 保健站 @ 2pm - 5pm	小豆豆来做客 @ 10am - 11am 坐式瑜伽 @ 11am - 12pm 卡拉OK @ 1pm - 5pm	F4: 拉筋运动 @ 10am - 11am F4: 吃喝玩乐 @ 11am - 12.30pm 禅绕画 @ 2pm - 4pm	Qigong @ 10am - 11pm 时事你和我 @ 11.30am - 12.30pm 卡拉OK @ 1pm - 5pm	日本粉彩艺术 @ 9am - 10am 牛车水图书馆节目 @ 10.30am - 4.30pm	