




2024 November

 **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 1	SAT 2
				Let's Chair Zumba @ 9am - 10am	Mahjong and Rummy-O with BLYN @ 10am to 11.30am
				Let's do Nagomi @ 10am - 11am	
				Let's KTV together @ 1pm - 5pm	
4	5	6	7	8	9
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	Let's Chair Zumba @ 9am - 10am	Let's go Gai Gai with IMDA @ 9.30am - 1pm
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am - 11am	Let's Stretch Band @ 10am - 11am	Let's Walking Football (JCP) @ 10am to 11.30am	Let's do Nagomi @ 10am - 11am	
		Fun with Exergame @ 11am - 12pm	Let's Celebrate Birthday @ 11am - 12.45am		
Let's do Pebbles Painting @ 1pm - 3pm	Let's KTV together @ 1pm - 5pm	Let's Do Zentangle @ 2pm - 4pm	Let's Zumba @ 1pm - 2pm	Let's KTV together @ 1pm - 5pm	Mahjong and Rummy-O with BLYN @ 10am to 11.30am
Services - Wellness - CHP @ 2pm - 5pm			Fun With Kakis (Just be Happy) @ 2pm - 3pm		
11	12	13	14	15	
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	CENTRE CLOSE for Company Event	Mahjong and Rummy-O with BLYN @ 10am to 11.30am
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am - 11am	Let's Exercise @ 10am - 11am (Blk 275 Multi-Purpose Hall)	Let's Walking Football (JCP) @ 10am to 11.30am		
	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am			Let's Share Share @ 2pm to 4pm
Let's do Pebbles Painting @ 1pm - 3pm	Stay Well Series - Health Talk by RHS (Falls & Bone Health) @ 1pm - 2pm	Fun with Exergame @ 11am - 12pm	Let's Zumba (Zoom) @ 1pm - 2pm		
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 2pm - 5pm	Let's Do Good at SDC Boon Lay @ 1pm - 2.30pm	Digital - IMDA Go-Digital - Workshop (Mandarin) @ 2.30pm to 4.30pm		

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Requires Registration

MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
Let's CrossFit @ 9am - 9.45am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Let's Lim Kopi (Male Exclusive) @ 8.45am - 9.45am	Let's Qigong @ 9am - 10am	Let's Chair Zumba @ 9am - 10am	Mahjong and Rummy-O with BLYN @ 10am to 11.30am
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am - 11am	Let's Exercise @ 10am - 11am (Blk 275 Multi-Purpose Hall)	Let's do Kueh Together @ 10am - 12pm		
	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am	Let's Zumba @ 1pm - 2pm	Let's do Nagomi @ 10am - 11am	
Let's do Pebbles Painting @ 1pm - 3pm	Let's KTV together @ 1pm - 5pm	Fun with Exergame @ 11am - 12pm	Fun with Kakis (Bingo) @ 2pm - 3pm		
Services - Wellness - CHP @ 2pm - 5pm		Let's Do Zentangle @ 2pm - 4pm	Let's Makan Together @ 3pm - 3.30pm	Let's Go Gai Gai with DBS @ 1.15pm to 5.45pm	
25	26	27	28	29	30
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	Let's Chair Zumba @ 9am - 10am	Mahjong and Rummy-O with BLYN @ 10am to 11.30am
	Let's Gen Together - Kindergarten @ 10am - 11am	Let's Stretch Band @ 10am - 11am	Current Affair U & Me (Chinese) @ 10.45am - 11.30am	Let's do Nagomi @ 10am - 11am	
Let's Learn to Sing @ 10am - 12pm	Let's Do Seated Exercise @ 11am - 12pm	Fun with Exergame @ 11am - 12pm	Let's Makan Together - F4 @ 11.30pm - 1230pm	Strategise with Kakis @ 11am to 12pm	
Let's do Pebbles Painting @ 1pm - 3pm	Let's KTV together @ 1pm - 5pm	Fun with Kakis (Just be Happy Malay Version) @ 1pm to 2pm	Let's Zumba @ 1pm - 2pm	Let's KTV together @ 1pm - 5pm	
Services - Wellness - CHP @ 2pm - 5pm		Let's Do Zentangle @ 2pm - 4pm	Digital - IMDA Go-Digital - Workshop (English) @ 2.30pm to 4.30pm		

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2024 十一月

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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
				一起跳椅子尊巴 @ 9am - 10am	代际交流 - 文礼青年团 @ 10am to 11.30am
				一起做日本和谐粉彩 @ 10am - 11am	
				一起来K歌 @ 1pm - 5pm	
4	5	6	7	8	9
一起做CrossFit @ 9am - 9.45am	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	一起跳椅子尊巴 @ 9am - 10am	一起和 IMDA 去Gai Gai @ 9.30am - 1pm
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	一起来踢球 (JCP) @ 10am to 11.30am	一起做日本和谐粉彩 @ 10am - 11am	
		电子游戏时间 @ 11am - 12pm	一起来庆生 @ 11am - 12.45am		
一起学画石 @ 1pm - 3pm			一起跳尊巴 @ 1pm - 2pm		代际交流 - 文礼青年团 @ 10am to 11.30am
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 1pm - 5pm	一起做禅绕画 @ 2pm - 4pm	游戏时间 (欢喜就好) @ 2pm - 3pm	一起来K歌 @ 1pm - 5pm	
11	12	13	14	15	16
一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	一起来makan - Inhouse @ 8.45am - 9.45am	一起练气功 @ 9am - 10am	中心关闭	代际交流 - 文礼青年团 @ 10am to 11.30am
一起学唱歌 @ 10am - 12pm	代际交流 - 幼儿园 @ 10am - 11am	一起做运动 @ 10am - 11am (Blk 275 Multi-Purpose Hall)	一起来踢球 (JCP) @ 10am to 11.30am		
	一起做运动 (坐式) @ 11am - 12pm	一起做弹力带拉筋操 @ 10am - 11am			
一起学画石 @ 1pm - 3pm	保健系列 - 健康讲座 (跌倒和骨骼健康) @ 1pm - 2pm	电子游戏时间 @ 11am - 12pm	一起跳尊巴 @ 1pm - 2pm		
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 2pm - 5pm	一起去做义工 -(文礼乐龄日间护理中心) @ 1pm - 2.30pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 (华语) @ 2.30pm to 4.30pm		一起来分享 @ 2pm to 4pm

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标有颜色的项目是报名的活动

MON

TUE

WED

THU

FRI

SAT

18	19	20	21	22	23
一起做CrossFit @ 9am - 9.45am	一起跟Razak线上做运动 @ 9am - 9.45am	一起喝咖啡 (只限男性) @ 8.45am - 9.45am	一起练气功 @ 9am - 10am	一起跳椅子尊巴 @ 9am - 10am	代际交流 - 文礼青年团 @ 10am to 11.30am
一起学唱歌 @ 10am - 12pm	代际交流 - 幼儿园 @ 10am - 11am	一起做运动 @ 10am - 11am (Blk 275 Multi-Purpose Hall)	一起学造课 @ 10am - 12pm	一起做日本和谐粉彩 @ 10am - 11am	
	一起做运动 (坐式) @ 11am - 12pm	一起做弹力带拉筋操 @ 10am - 11am	一起跳尊巴 @ 1pm - 2pm		
一起学画石 @ 1pm - 3pm		电子游戏时间 @ 11am - 12pm	游戏时间 (Bingo) @ 2pm - 3pm		
服务 - 社区保健站 @ 2pm - 5pm	一起来K歌 @ 1pm - 5pm	一起做禅绕画 @ 2pm - 4pm	一起来makan @ 3pm - 3.30pm	一起和DBS去Gai Gai @ 115pm to 545pm	
25	26	27	28	29	30
一起做CrossFit @ 9am - 9.45am	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	一起跳椅子尊巴 @ 9am - 10am	代际交流 - 文礼青年团 @ 10am to 11.30am
	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 @ 10.45am - 11.30am	一起做日本和谐粉彩 @ 10am - 11am	
一起学唱歌 @ 10am - 12pm	一起做运动 (坐式) @ 11am - 12pm	电子游戏时间 @ 11am - 12pm	一起来makan - F4 @ 11.30pm - 1230pm	游戏时间 @ 11am to 12pm	
一起学画石 @ 1pm - 3pm		游戏时间 (欢喜就好- 马来文版) @ 1pm to 2pm	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	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 (英语) @ 2.30pm to 4.30pm	一起来K歌 @ 1pm - 5pm	

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