




# 2024 September

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






**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Let's CrossFit @ 9am - 10am	HAPPY Programme @ 9am - 10am	Let's Stretch Band @ 10am - 11am	Let's Qigong @ 9.30am - 10.30am	STEADY LAH! Programme @ 9am - 1030am	National Heritage Board - HeritageCares programmes @ 9.45am - 12.15pm (For Gek Poh North seniors only)
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am - 11am	Let's Do Crochet @ 11am - 12pm	Let's Celebrate Birthday @ 11.30am - 12pm	Let's do Nagomi @ 10am - 11am	
Let's Celebrate Teacher's Day @ 12pm - 1pm (Singing Class Only)	Let's Do Seated Exercise @ 11am - 12pm		Let's Makan Together- F4 @ 12pm - 1pm	Our Beloved Seniors Programme @ 10am - 12pm	
Let's do Pebbles Painting @ 1pm - 3pm	EveryDay Waltzes Programme @ 1pm - 2pm		Let's Zumba @ 1pm - 2pm		
Services - Wellness - CHP @ 2pm - 5pm	Let's Gen Together - Secondary @ 2.30pm - 4.30pm	Let's Do Zentangle @ 2pm - 4pm	Stay Well Series - Virtual Health Talk by SGH @ 2pm - 3.30pm	Let's KTV together @ 1pm - 5pm	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Let's CrossFit @ 9am - 10am	HAPPY Programme @ 9am - 10am	Let's Stretch Band @ 10am - 11am	Let's Qigong @ 9.30am - 10.30am	STEADY LAH! Programme @ 9am - 1030am	Let's Talk About Afterlife Memorial Service @ 9am -10am
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am - 11am	Let's Do Crochet @ 11am - 12pm	Let's Celebrate Mid-Autumn Festival @ 11am - 11.45am	Let's do Nagomi @ 10am - 11am	
	Let's Do Seated Exercise @ 11am - 12pm		Communal Dinning in AAC @ 11.45am - 12.15pm	Our Beloved Seniors @ 10am - 12pm	
Let's do Pebbles Painting @ 1pm - 3pm			Let's Zumba @ 1pm - 2pm	EveryDay Waltzes (Rehearsal) @ 1pm - 2pm	Let's Go GaiGai with CHWSS @ 10am - 4pm
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 1pm - 5pm	Let's Do Zentangle @ 2pm - 4pm	Let's Gen Together - Primary @ 2.30pm - 4.30pm	Let's KTV Together @ 2pm - 5pm	

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<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Let's CrossFit @ 9am - 10am	HAPPY Programme @ 8.30am - 10am	Let's Lim Kopi (Male Exclusive) @ 8.30am - 9.30am	Let's Qigong @ 9.30am - 10.30am	STEADY LAH! Programme @ 9am - 1030am	Let's Go Gai Gai with Boon Lay Gardens Primary School @ 8am - 9.30am
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am - 11am	Let's Exercise with Razak on Zoom @ 10am - 10.45am (Blk 274B)	Fun With Kakis (Just Be Happy) @ 11am - 11.45am	Let's do Nagomi @ 10am - 11am	
	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am	Let's Makan Together- F4 @ 11.45pm - 12.45pm	Our Beloved Seniors @ 10am - 12pm	
Let's do Pebbles Painting @ 1pm - 3pm		Let's Do Crochet @ 11am - 12pm	Let's Zumba @ 1pm - 2pm	EveryDay Waltzes (Rehearsal) @ 1pm - 2pm	
Services - Wellness - CHP @ 2pm - 5pm	Let's KTV together @ 1pm - 5pm	Let's Do Zentangle @ 2pm - 4pm	Let's Gen Together - Primary @ 2.30pm - 4.30pm	Let's KTV Together @ 2pm - 5pm	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Let's CrossFit @ 9am - 10am	Let's Exercise with Razak on Zoom @ 9am - 9.45am	Communal Dinning in AAC @ 8.30am - 9.30am	Let's Qigong @ 9.30am - 10.30am	STEADY LAH! Programme @ 9am - 1030am	
Let's Learn to Sing @ 10am - 12pm	Let's Gen Together - Kindergarten @ 10am - 11am	Let's CrossFit @ 10am - 11am (Blk 274B)	Current Affair U&Me (Chinese) @ 10.45am - 11.45pm	Let's do Nagomi @ 10am - 11am	
	Let's Do Seated Exercise @ 11am - 12pm	Let's Stretch Band @ 10am - 11am		Our Beloved Seniors @ 10am - 12pm	
Let's do Pebbles Painting @ 1pm - 3pm		Let's Do Crochet @ 11am - 12pm	Let's Zumba @ 1pm - 2pm	Let's KTV together @ 1pm - 5pm	
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 Go Gai Gai with ArtsFission @ 6.30pm - 9.30pm	
<b>30</b>					
Let's CrossFit @ 9am - 10am					
Let's Learn to Sing @ 10am - 12pm					
Let's do Pebbles Painting @ 1pm - 3pm					
Services - Wellness - CHP @ 2pm - 5pm					

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# 2024 九月

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起做CrossFit @ 9am - 10am	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 @ 9.30am - 10.30am	Steady Lah! 保健操 @ 9am - 1030am	国家文物局 - 文化遗产社区关怀计划 @ 9.45am - 12.15pm (只限玉宝北的居民)
一起学唱歌 @ 10am - 12pm	代际交流 - 幼儿园 @ 10am - 11am	一起做钩针编织 @ 11am - 12pm	一起来庆生 @ 11.30am - 12pm	一起做日本和谐粉彩 @ 10am - 11am	
一起庆祝教师节 @ 12pm - 1pm (只限唱歌班)	一起做运动 (坐式) @ 11am - 12pm		一起来makan - F4 @ 12pm - 1pm	我们心爱的前辈 @ 10am - 12pm	
一起学画石 @ 1pm - 3pm	天天华尔兹 @ 1pm - 2pm		一起跳尊巴 @ 1pm - 2pm		
服务 - 社区保健站 @ 2pm - 5pm	代际交流 - 中学 @ 2.00pm - 4.00pm	一起做禅绕画 @ 2pm - 4pm	保健系列 - 健康讲座 (SGH) @ 2pm - 3.30pm	一起来K歌 @ 1pm - 5pm	
9	10	11	12	13	14
一起做CrossFit @ 9am - 10am	推广健康老龄化计划 (HAPPY) @ 9am - 10am	一起做弹力带拉筋操 @ 10am - 11am	一起学造冰皮月饼 @ 9.00am - 11.00am	Steady Lah! 保健操 @ 9am - 1030am	一起来谈身后事 @ 9am - 10am
一起学唱歌 @ 10am - 12pm	代际交流 - 幼儿园 @ 10am - 11am	一起做钩针编织 @ 11am - 12pm	一起练气功 @ 9.30am - 10.30am	一起做日本和谐粉彩 @ 10am - 11am	
	一起做运动 (坐式) @ 11am - 12pm		一起庆中秋 @ 11am - 12pm	我们心爱的前辈 @ 10am - 12pm	一起和衆弘善堂去 Gai Gai @ 10am - 4pm
一起学画石 @ 1pm - 3pm			一起跳尊巴 @ 1pm - 2pm	天天华尔兹 (彩排) @ 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	代际交流 - 小学 @ 2.30pm - 4.30pm	一起来K歌 @ 2pm - 5pm	

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<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
一起做CrossFit @ 9am - 10am	推广健康老龄化计划 (HAPPY) @ 8.30am - 10am	一起喝咖啡(只限男性) @ 8.30am - 9.30am	一起练气功 @ 9.30am - 10.30am	Steady Lah! 保健操 @ 9am - 1030am	一起和文园小学去 Gai Gai @ 8am - 9.30am
一起学唱歌 @ 10am - 12pm	代际交流 - 幼儿园 @ 10am - 11am	一起跟Razak线上做运动 @ 10am - 10.45am ( Blk 274B)	游戏时间 (欢喜就好) @ 11am - 11.45am	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	一起来makan - F4 @ 11.45pm - 12.45pm	我们心爱的前辈 @ 10am - 12pm	
一起学画石 @ 1pm - 3pm		一起做钩针编织 @ 11am - 12pm	一起跳尊巴 @ 1pm - 2pm	天天华尔兹 (彩排) @ 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	代际交流 - 小学 @ 2.30pm - 4.30pm	一起来K歌 @ 2pm - 5pm	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
一起做CrossFit @ 9am - 10am	一起跟Razak线上做运动 @ 9am - 9.45am	一起来makan - 中心内 @ 8.30am - 9.30am	一起练气功 @ 9.30am - 10.30am	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CrossFit @ 10am - 11am (Blk 274B)	时事新闻你和我 @ 10.45am - 11.45pm	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		我们心爱的前辈 @ 10am - 12pm	
一起学画石 @ 1pm - 3pm		一起做钩针编织 @ 11am - 12pm	一起跳尊巴 @ 1pm - 2pm	一起来K歌 @ 1pm - 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	游戏时间 (Bingo) @ 2pm - 3pm	一起和ArtsFission去Gai Gai @ 6.30pm - 9.30pm	
<b>30</b>					
一起做CrossFit @ 9am - 10am					
一起学唱歌 @ 10am - 12pm					
一起学画石 @ 1pm - 3pm					
服务 - 社区保健站 @ 2pm - 5pm					

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