

2024 April

 **Centre Name:** AAC - 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	4	5	6
歌唱班 @ 10am - 12pm	小豆豆来做客 @ 10am - 11am	拉筋运动 @ 10am - 11am	气功 @ 10am - 11am	我心爱的前辈 @ 10am to 12pm	
石画 @ 1pm - 3pm	坐式瑜伽 @ 11am - 12pm	吃喝玩乐 @ 11.30am - 1.30pm		日本粉彩艺术 @ 10am - 11am	
国大医学组 保健站 @ 2pm - 5pm	卡拉OK @ 1pm - 5pm	禅绕画 @ 2pm - 4pm	结伴来比拼 @ 2pm- 3.30pm	卡拉OK @ 1pm - 5pm	
8	9	10	11	12	13
歌唱班 @ 10am - 12pm	小豆豆来做客 @ 10am - 11am		气功 @ 10am - 11am	我心爱的前辈 @ 10am to 12pm	
石画 @ 1pm - 3pm	坐式瑜伽 @ 11am - 12pm			日本粉彩艺术 @ 10am - 11am	
				吃喝玩乐 @ 11.30am - 1pm	
国大医学组 保健站 @ 2pm - 5pm	卡拉OK @ 1pm - 5pm		数码手机技能训练 (华文班) @ 2pm - 4pm	卡拉OK @ 1pm - 5pm	
15	16	17	18	19	20
歌唱班 @ 10am - 12pm	小豆豆来做客 @ 10am - 11am	拉筋运动 @ 10am - 11am	气功 @ 10am - 11am	我心爱的前辈 @ 10am to 12pm	
石画 @ 1pm - 3pm	坐式瑜伽 @ 11am - 12pm	时事新闻你和我 @ 11.30am - 12.30pm		日本粉彩艺术 @ 10am - 11am	
				造糰课程 @ 10am - 12pm	
国大医学组 保健站 @ 2pm - 5pm	卡拉OK @ 1pm - 5pm	禅绕画 @ 2pm - 4pm	卡拉OK @ 1pm - 5pm	吃喝玩乐 @ 2.30pm - 3.30pm 宾果游戏 @ 2.30pm - 3.30pm	
22	23	24	25	26	27
歌唱班 @ 10am - 12pm	小豆豆来做客 @ 10am - 11am	拉筋运动 @ 10am - 11am	气功 @ 10am - 11am	日本粉彩艺术 @ 10am - 11am	
石画 @ 1pm - 3pm	坐式瑜伽 @ 11am - 12pm	欢乐时光 @ 11.30am - 1.30pm	欢喜就好 @ 11.30am - 12.30pm		
国大医学组 保健站 @ 2pm - 5pm	卡拉OK @ 1pm - 5pm	禅绕画 @ 2pm - 4pm	数码手机技能训练 (英文班) @ 2pm - 4pm	结伴来比拼 @ 2pm- 3.30pm	
29	30				
歌唱班 @ 10am - 12pm	小豆豆来做客 @ 10am - 11am				
石画 @ 1pm - 3pm	坐式瑜伽 @ 11am - 12pm				
国大医学组 保健站 @ 2pm - 5pm	中心12pm关闭				

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MON		TUE		WED		THU		FRI		SAT	
1		2		3		4		5		6	
Learn To Sing @ 10am - 12pm		My First Skool Inter-Generational Program @ 10am - 11am		Resistance Band Exercise @ 10am - 11am		Qigong @ 10am - 11am		Our Beloved Seniors @ 10am to 12pm			
Pebble Painting @ 1pm - 3pm		Chair Yoga @ 11am - 12pm		Eat & Play @ 11.30am - 1.30pm				Nagomi Art @ 10am - 11am			
NUHS Community Health Post @ 2pm - 5pm		Karaoke @ 1pm - 5pm		Zentangle @ 2 pm - 4pm		Buddy Challenge @ 2pm- 3.30pm		Karaoke @ 1pm - 5pm			
8		9		10		11		12		13	
Learn To Sing @ 10am - 12pm		My First Skool Inter-Generational Program @ 10am - 11am				Qigong @ 10am - 11am		Our Beloved Seniors @ 10am to 12pm			
Pebble Painting @ 1pm - 3pm		Chair Yoga @ 11am - 12pm						Nagomi Art @ 10am - 11am			
								Eat & Play @ 11.30am - 1pm			
NUHS Community Health Post @ 2pm - 5pm		Karaoke @ 1pm - 5pm				Digital Health Training (Mandarin) @ 2pm - 4pm		Karaoke @ 1pm - 5pm			
15		16		17		18		19		20	
Learn To Sing @ 10am - 12pm		My First Skool Inter-Generational Program @ 10am - 11am		Resistance Band Exercise @ 10am - 11am		Qigong @ 10am - 11am		Our Beloved Seniors @ 10am to 12pm			
Pebble Painting @ 1pm - 3pm		Chair Yoga @ 11am - 12pm		Current Affair U&Me @ 11.30am - 12.30pm				Nagomi Art @ 10am - 11am			
								Kuah Making Workshop @ 10am - 12pm			
NUHS Community Health Post @ 2pm - 5pm		Karaoke @ 1pm - 5pm		Zentangle @ 2pm - 4pm		Karaoke @ 1pm - 5pm		Eat & Play @ 2.30pm - 3.30pm			
								Bingo @ 2.30pm - 3.30pm			
22		23		24		25		26		27	
Learn To Sing @ 10am - 12pm		My First Skool Inter-Generational Program @ 10am - 11am		Resistance Band Exercise @ 10am - 11am		Qigong @ 10am - 11am		Nagomi Art @ 10am - 11am			
Pebble Painting @ 1pm - 3pm		Chair Yoga @ 11am - 12pm		Happy Hour @ 11.30am - 1.30pm		Just Be Happy @ 11.30am - 12.30pm					
NUHS Community Health Post @ 2pm - 5pm		Karaoke @ 1pm - 5pm		Zentangle @ 2 pm - 4pm		Digital Health Training (English) @ 2pm - 4pm		Buddy Challenge @ 2pm- 3.30pm			
29		30									
Learn To Sing @ 10am - 12pm		My First Skool Inter-Generational Program @ 10am - 11am									
Pebble Painting @ 1pm - 3pm		Chair Yoga @ 11am - 12pm									
NUHS Community Health Post @ 2pm - 5pm		Centre closed @ 12pm									