

CHECK OUT THE WELLNESS ACTIVITIES IN BOON LAY!

参与您附近的健康活动!
健康满满, 乐趣多多!

THK AAC, ZONES A, D, G, GLADE & SUMMERDALE



MONDAY 星期一

KPOPX FITNESS, 韩式韵律操
8.00am | 189A Boon Lay Drive

RUMMY-O, 拉密牌
8.30am | THK AAC

MAHJONG, 麻将
10.00am | THK AAC

SENIOR SQUARE DANCE, 广场舞
8.00pm | 207 Boon Lay Place MPH

TUESDAY 星期二

QIGONG, 气功
6.30am | 189A Boon Lay Drive

ZUMBA GOLD, 尊巴 (黄金版-适于乐龄人士)
8.00am | 196B Boon Lay Drive

COMBAT AGE-RELATED LOSS MUSCLE 2.0, 预防年龄相关肌肉流失计划 2.0
9.30am | Active Health Lab - Jurong East Sport Centre

CHAIR ZUMBA, 椅子尊巴 (适于乐龄人士)
11.30am | THK AAC

BE HAPPY EXERCISE, 推广健康老龄化计划
2.30pm | THK AAC

MANAGE OSTEOARTHRITIS WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 骨关节炎
4.00pm | Active Health Lab - Jurong East Sport Centre

ZUMBA, 尊巴
7.45pm | 238 Boon Lay Drive

WEDNESDAY 星期三

RESISTANCE BAND EXERCISE, 阻力带运动
10.00am | 189A Boon Lay Drive

COMBAT AGE-RELATED LOSS OF MUSCLE 1.0 + 2.0, 预防年龄相关肌肉流失计划 1.0 + 2.0
12.00pm | Active Health Lab - Jurong East Sport Centre

MANAGE DIABETES WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 糖尿病
4.00pm | Active Health Lab - Jurong East Sport Centre

SENIOR SQUARE DANCE, 广场舞
8.00pm | 207 Boon Lay Place MPH

THURSDAY 星期四

QIGONG, 气功
6.30am | 189A Boon Lay Drive

COMMUNITY HEALTH POST, 社区保健站*
10.00am | 190 Boon Lay Drive

COMBAT AGE-RELATED LOSS OF MUSCLE 1.0 + 2.0, 预防年龄相关肌肉流失计划 1.0 + 2.0
10.45am | Active Health Lab - Jurong East Sport Centre

MANAGE HYPERTENSION WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 高血压
4.00pm | Active Health Lab - Jurong East Sport Centre

**By appointment only*

FRIDAY 星期五

QIGONG, 气功
6.30am | 189A Boon Lay Drive

ZUMBA GOLD, 尊巴 (黄金版-适于乐龄人士)
8.30am | 189A Boon Lay Drive

LOW IMPACT EXERCISE, 低冲击运力操
10.00am | 189A Boon Lay Drive

BINGO, 宾果游戏*
2.00pm | THK AAC

KPOPX LITE, 韩式韵律操(精简版-适于乐龄人士)
8.00pm | 187A Boon Lay Avenue

SENIOR SQUARE DANCE, 广场舞
8.00pm | 207 Boon Lay Place MPH

**Every last Friday of the month*

SATURDAY 星期六

ZUMBA, 尊巴
8.00am | 189A Boon Lay Drive

MANAGE OBESITY WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 肥胖
12.00pm | Active Health Lab - Jurong East Sport Centre

COMBAT AGE-RELATED LOSS OF MUSCLE 1.0 + 2.0, 预防年龄相关肌肉流失计划 1.0 + 2.0
2.30pm | Active Health Lab - Jurong East Sport Centre



For more details, please contact Boon Lay Community Club at: 欲知更多详情, 请联络文礼民众俱乐部, 电话:

6261 9947 / 6261 7184

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NTUC HEALTH AAC, ZONE C, MEADOW-GROVE & VIEW



MONDAY 星期一

- CROSSFIT, 混合健身**
9.00am | NTUC Health AAC
 - SINGING CLASS (CHINESE), 中文声乐课**
10.00am | NTUC Health AAC
 - LET'S SUPPORT SPICE+, 一起参与研究计划 - (SPICE+)**
10.30am | Boon Lay CC
 - PEBBLE PAINTING, 一起学画石**
1.00pm | NTUC Health AAC
 - COMMUNITY HEALTH POST, 社区保健站***
2.00pm | NTUC Health AAC
 - YOGA, 瑜伽**
7.30pm | 262B Boon Lay Drive
- *By appointment only*

TUESDAY 星期二

- EXERCISE WITH RAZAK ON ZOOM, 一起跟RAZAK线上做运动**
9.00am | NTUC Health AAC
- COMBAT AGE-RELATED LOSS MUSCLE 2.0, 预防年龄相关肌肉流失计划 2.0**
9.30am | Active Health Lab - Jurong East Sport Centre
- INTERGEN KINDERGARTEN, 代际交流 - 幼儿园**
10.00am | NTUC Health AAC
- LET'S SUPPORT SPICE+, 一起参与研究计划 - (SPICE+)**
10.00am | Active Health Lab - Jurong East Sport Centre
- SEATED EXERCISE, 椅子练习**
11.00am | NTUC Health AAC
- MANAGE OSTEOARTHRITIS WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 骨关节炎**
4.00pm | Active Health Lab - Jurong East Sport Centre
- KPOPX LITE, 韩式韵律操(精简版-适于乐龄人士)**
7.30pm | 262B Boon Lay Drive
- ZUMBA, 尊巴**
8.00pm | 216 Boon Lay Ave

WEDNESDAY 星期三

- RESISTANCE BAND EXERCISE, 阻力带运动**
10.00am | NTUC Health AAC
- COMBAT AGE-RELATED LOSS OF MUSCLE 1.0 + 2.0, 预防年龄相关肌肉流失计划 1.0 + 2.0**
12.00pm | Active Health Lab - Jurong East Sport Centre
- ZENTANGLE, 禅绕画**
2.00pm | NTUC Health AAC
- MANAGE DIABETES WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 糖尿病**
4.00pm | Active Health Lab - Jurong East Sport Centre
- YOGA (SENIORS), 瑜伽 (适于乐龄人士)**
7.30pm | 182 Boon Lay Drive Pavillion

THURSDAY 星期四

- QIGONG, 气功**
9.00am | 262B Boon Lay Drive
- EXERCISE WITH RAZAK ON ZOOM, 一起跟RAZAK线上做运动**
10.00am | NTUC Health AAC
- COMBAT AGE-RELATED LOSS OF MUSCLE 1.0 + 2.0, 预防年龄相关肌肉流失计划 1.0 + 2.0**
10.45am | Active Health Lab - Jurong East Sport Centre
- PILOXING LITE, 普拉提拳**
1.00pm | NTUC Health AAC
- MANAGE HYPERTENSION WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 高血压**
4.00pm | Active Health Lab - Jurong East Sport Centre

FRIDAY 星期五

- CHAIR ZUMBA, 椅子尊巴 (适于乐龄人士)**
9.00am | NTUC Health AAC
 - NAGOMI ART, 和谐粉彩艺术**
10.00am | NTUC Health AAC
 - MINDFULNESS EXERCISE, 正念练习***
11.30am | NTUC Health AAC
 - FITNESS & HEALTH ASSESSMENT, 体能与健康评估**
12.00pm | Active Health Lab - Jurong East Sport Centre
 - ZUMBA GOLD, 尊巴 (黄金版-适于乐龄人士)**
7.30pm | 262B Boon Lay Drive
- *Every 1st Friday of the month*

SATURDAY 星期六

- MANAGE OBESITY WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 肥胖**
12.00pm | Active Health Lab - Jurong East Sport Centre
- COMBAT AGE-RELATED LOSS OF MUSCLE 1.0 + 2.0, 预防年龄相关肌肉流失计划 1.0 + 2.0**
2.30pm | Active Health Lab - Jurong East Sport Centre

SUNDAY 星期日

- ZUMBA, 尊巴**
8.00am | 176 Boon Lay Drive Basketball Court



For more details, please contact Boon Lay Community Club at:
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S3 AAC, ZONES B & E



MONDAY 星期一

ZUMBA, 尊巴
7.30am | 677 Jurong West St 64

COMMUNAL BREAKFAST, 集体聚餐活动*
9.00am | S3 AAC
**Only for 60 years old and above*

LOW IMPACT AEROBICS, 低冲击有氧操
8.00pm | 683A Jurong Central 1 Basketball Court

TUESDAY 星期二

COMBAT AGE-RELATED LOSS OF MUSCLE 2.0, 预防年龄相关肌肉流失计划 2.0
9.30am | Active Health Lab - Jurong East Sport Centre

KPOP FITNESS, 韩式韵律操*
10.00am | S3 AAC
**Only for 60 years old and above*

MANAGE OSTEOARTHRITIS WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 骨关节炎
4.00pm | Active Health Lab - Jurong East Sport Centre

WEDNESDAY 星期三

RESISTANCE BAND EXERCISE, 阻力带运动
9.30am | 682C Jurong Central 1 Open Space

TAI CHI, 太极拳*
10.15am | S3 AAC
**Only for 60 years old and above*

COMBAT AGE-RELATED LOSS OF MUSCLE 1.0 + 2.0, 预防年龄相关肌肉流失计划 1.0 + 2.0
12.00pm | Active Health Lab - Jurong East Sport Centre

MANAGE DIABETES WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 糖尿病
4.00pm | Active Health Lab - Jurong East Sport Centre

THURSDAY 星期四

COMBAT AGE-RELATED LOSS OF MUSCLE 1.0 + 2.0, 预防年龄相关肌肉流失计划 1.0 + 2.0
10.45am | Active Health Lab - Jurong East Sport Centre

MANAGE HYPERTENSION WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 高血压
4.00pm | Active Health Lab - Jurong East Sport Centre

SATURDAY 星期六

FREE BASIC TCM, 免费基础中医*
9.30am | 678A Jurong West St 64 #01-307
**Every 2nd & 4th Saturday of the month*

MANAGE OBESITY WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 肥胖
12.00pm | Active Health Lab - Jurong East Sport Centre

COMBAT AGE-RELATED LOSS OF MUSCLE 1.0 + 2.0, 预防年龄相关肌肉流失计划 1.0 + 2.0
2.30pm | Active Health Lab - Jurong East Sport Centre

SUNDAY 星期日

FUN WALKER, 快乐徒步*
7.00am | 678A Jurong West St 64 #01-307
**Every 3rd Sunday of the month*



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PCF AAC, ZONES F, H & J



MONDAY 星期一

CHAIR ZUMBA, 椅子尊巴*
2.00pm | PCF Sparkle Care AAC
**Only for 60 years old and above*

KICKBOXING, 搏击操
7.30pm | 627A Jurong West St 65

ZUMBA GOLD, 尊巴 (黄金版-适于乐龄人士)
8.00pm | 667E Jurong West St 65

TUESDAY 星期二

COMBAT AGE-RELATED LOSS MUSCLE 2.0, 预防年龄相关肌肉流失计划 2.0
9.30am | Active Health Lab - Jurong East Sport Centre

STEEL COMBAT, 拳击有氧
10.00am | PCF Sparkle Care AAC

MANAGE OSTEOARTHRITIS WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 骨关节炎
4.00pm | Active Health Lab - Jurong East Sport Centre

YOGA, 瑜伽
8.00pm | 627A Jurong West St 65

WEDNESDAY 星期三

BAO JIAN REJUVENATION EXERCISE, 回春医疗保健操*
9.30am | PCF Sparkle Care AAC
**Only for 60 years old and above*

SENIOR'S CLUB, 乐龄俱乐部
10.00am | Whispering Hearts FSC - 646 Jurong West St 61

H.A.P.P.Y. EXERCISE PROGRAMME, 推广健康老龄化计划*
10.00am | Whispering Hearts FSC - 646 Jurong West St 61
**Every 4th Wednesday of the month, except for March when it will be held on the 18th*

COMBAT AGE-RELATED LOSS OF MUSCLE 1.0 + 2.0, 预防年龄相关肌肉流失计划 1.0 + 2.0
12.00pm | Active Health Lab - Jurong East Sport Centre

BOARD GAMES, 棋盘游戏*
2.00pm | PCF Sparkle Care AAC
**Only for 60 years old and above*

MANAGE DIABETES WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 糖尿病
4.00pm | Active Health Lab - Jurong East Sport Centre

LOW IMPACT AEROBICS, 低冲击有氧操
8.00pm | 627A Jurong West St 65

THURSDAY 星期四

RESISTANCE BAND EXERCISE, 阻力带运动
9.00am | 627A Jurong West St 65

TAIJI, 气功
10.00am | PCF Sparkle Care AAC

COMBAT AGE-RELATED LOSS OF MUSCLE 1.0 + 2.0, 预防年龄相关肌肉流失计划 1.0 + 2.0
10.45am | Active Health Lab - Jurong East Sport Centre

GRACEFUL MOVEMENT, 身体敲击乐
11.30am | PCF Sparkle Care AAC

MANAGE HYPERTENSION WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 高血压
4.00pm | Active Health Lab - Jurong East Sport Centre

FRIDAY 星期五

YOGA (SENIORS), 瑜伽 (适于乐龄人士)
9.00am | 672 Jurong West St 65

CUP & CATCH-UP, 啡常闲谈
9.30am | PCF Sparkle Care AAC

LET'S SUPPORT SPICE+, 一起参与研究计划 - (SPICE+)
10.30am | 631 Jurong West Street 65

PILATES, 普拉提
1.00pm | PCF Sparkle Care AAC

ZUMBA GOLD, 尊巴 (黄金版-适于乐龄人士)
8.00pm | 670 Jurong West St 65

SATURDAY 星期六

FREE BASIC TCM, 免费基础中医*
9.30am | 667D Jurong West St 65 #01-131
**Every 1st & 3rd Saturday of the month*

MANAGE OBESITY WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 肥胖
12.00pm | Active Health Lab - Jurong East Sport Centre

COMBAT AGE-RELATED LOSS OF MUSCLE 1.0 + 2.0, 预防年龄相关肌肉流失计划 1.0 + 2.0
2.30pm | Active Health Lab - Jurong East Sport Centre

KPOPX FITNESS, 韩式韵律操
7.30pm | 627A Jurong West St 65

SUNDAY 星期日

ZUMBA GOLD, 尊巴 (黄金版-适于乐龄人士)
9.00am | 627A Jurong West St 65

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BOON LAY COMMUNITY CLUB

MONDAY 星期一

QI GONG, 气功
10.00am | Boon Lay CC
\$20 per year

RUMMY-O, 拉密牌
2.00pm | 209 Boon Lay Place
#01-239

KTV, 卡拉OK
2.00pm | 209 Boon Lay Place
#01-239
Fee: \$3 per session

TUESDAY 星期二

COMBAT AGE-RELATED LOSS MUSCLE 2.0, 预防年龄相关肌肉流失计划 2.0
9.30am | Active Health Lab - Jurong East Sport Centre
Fee: \$48 for 6 sessions

PICKLE BALL, 匹克球
10.00am | Boon Lay CC
Fee: \$20 per year

TABLE TENNIS, 乒乓球
12.00pm | Boon Lay CC
Fee: \$20 per year

DIGITAL CLUB, 数码俱乐部*
2.00pm | Boon Lay CC
*Every 2nd Tuesday of the month

MANAGE OSTEOARTHRITIS WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 骨关节炎
4.00pm | Active Health Lab - Jurong East Sport Centre
Fee: \$48 for 6 sessions

WEDNESDAY 星期三

QI GONG, 气功
10.00am | Boon Lay CC

COMBAT AGE-RELATED LOSS MUSCLE 1.0 + 2.0, 预防年龄相关肌肉流失计划 1.0 + 2.0
12.00pm | Active Health Lab - Jurong East Sport Centre
Fee: \$60 for 14 weekly sessions

RUMMY-O, 拉密牌
2.00pm | 209 Boon Lay Place
#01-239

MANAGE DIABETES WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 糖尿病
4.00pm | 209 Boon Lay Place
#01-239
Fee: \$48 for 6 sessions

HATHA YOGA, 哈他瑜伽
6.30pm | Boon Lay CC
Fee: \$64 (Non-member)
Fee: \$54 (Member)

THURSDAY 星期四

PICKLE BALL, 匹克球
10.00am | Boon Lay CC

RUMMY-O, 拉密牌
10.00am | Boon Lay CC

COMBAT AGE-RELATED LOSS MUSCLE 1.0 + 2.0, 预防年龄相关肌肉流失计划 1.0 + 2.0
10.45am | Active Health Lab - Jurong East Sport Centre
Fee: \$60 for 14 weekly sessions

TABLE TENNIS, 乒乓球
12.00pm | Boon Lay CC

HANDICRAFT, 手工艺
1.00pm | Boon Lay CC
Fee: \$5 per year

BINGO, 宾果
3.00pm | 209 Boon Lay Place
#01-239

MANAGE HYPERTENSION WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 高血压
4.00pm | Active Health Lab - Jurong East Sport Centre
Fee: \$48 for 6 sessions

PICKLE BALL, 匹克球
6.30pm | Boon Lay CC
Fee: \$30 per year

FRIDAY 星期五

RUMMY-O, 拉密牌
2.00pm | 209 Boon Lay Place
#01-239

KTV, 卡拉OK
2.00pm | 209 Boon Lay Place
#01-239
Fee: \$3 per session

SATURDAY 星期六

MANAGE OBESITY WITH EXERCISE, 针对患有慢性疾病人士运动课程 - 肥胖
12.00pm | Active Health Lab - Jurong East Sport Centre
Fee: \$48 for 6 sessions

COMBAT AGE-RELATED LOSS MUSCLE 1.0 + 2.0, 预防年龄相关肌肉流失计划 1.0 + 2.0
2.30pm | Active Health Lab - Jurong East Sport Centre
Fee: \$60 for 14 weekly sessions

SUNDAY 星期日

BRISK WALK, 快步走*
8.00am | Boon Lay CC

*Every 2nd & 4th Sunday of the month

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