




2026 April 四月

 **Centre Name:** AAC (Bedok North)
 **Centre Address:** Blk 429 Bedok North Road #01-01 S460429
 **Centre Contact:** 9488 4573 (Aisyah/Lee Wee) / 9488 4574 (Agnes)



MON	TUE	WED	THU	FRI	SAT
		01	02	03	04
		Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am* Registration Required*	Let's Tai Chi 一起打太极 9:00am - 10:00am *Registration Required* 408A Bedok North Ave 2 Community Space		Let's Gen Together - NTUC Health X NUS BerKyar X Hari Raya 9:00am - 2:00pm *Registration Required*
		Let's Do Pastel Drawing 一起做粉彩画 1:00pm - 2:00pm *Registration Required*	Fun with Tech (Bowling) / Exergame 电子游戏时间 9:30am - 10:30am *Registration Required*	CENTRE CLOSURE	
		Community Health Post 服务 - 社区保健站 2:00pm - 5:00pm *Registration Required*	Let's Jam with Ukulele 一起玩乌克丽丽 10:30am - 11:30am *Registration Required*		
		Let's Pick Up Malay/Chinese 一起学马来语/华语 2:00pm - 3:30pm *Registration Required*	Let's Steel Combat (Male Exclusive) 一起做钢铁拳击(精简版) (只限男性) 3:00pm - 4:00pm *Registration Required*		
		Let's KTV Together 一起来K歌 2:00pm - 4:30pm *Registration Required*	Let's Lim Kopi (Male Exclusive) 一起喝咖啡(只限男性) 4:00pm - 5:00pm		

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活动地点如未注明, 均在本中心 举行; 如有其他安排, 将于 节目详情中列明。

Venue 活动 场地	NTUC Health Active Ageing Centre (Care) @ Bedok North	Blk 429 Bedok North Road #01-01 S460429	Heartbeat @ Bedok	Heartbeat @ Bedok [Music Studio 3]	Rainbow Ville RN Community Space	408A Bedok North Ave 2 Community Space
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MON 06	TUE 07	WED 08	THU 09	FRI 10	SAT 11
Let's Walking Football 一起来踢球 9:45 am - 11:30 am *Registration Required* Our Tampines Hub	Let's Gen Together - Kindergarten X My First Skool Birthday Celebration 代际交流 - 幼儿园 9:30 am - 11:00am *Registration Required*	Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am *Registration Required*	Let's Tai Chi 一起打太极 *Registration Required* 9:00am - 10:00am 408A Bedok North Ave 2 Community Space	Let's Talk News 一起聊新闻 9:00am - 10:00am	
Active Steps, Sharp Minds 走走动动脑 9:30am - 10:30am Let's Cup Stacking 一起玩竞技叠杯 Let's Disc Golf 一起玩飞盘高尔夫 10:30am - 11:30am	Let's Celebrate (Birthday) 一起来庆生 10:30am - 11:00am *Registration Required*	Let's Do Pastel Drawing 一起做粉彩画 1:00pm - 2:00pm *Registration Required*	Fun with Tech (Bowling) / Exergame 电子游戏时间 9:30am - 10:30am *Registration Required*	Let's Do Seated Exercise - F4 一起做运动(坐式) - F4 10:00am - 12:00pm *Registration Required*	
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required*	Let's Line Dance 一起跳排舞 1:30pm - 2:30pm Heartbeat@Bedok [Music Studio 3]	CPF Talk (MRSS & MMSS) + Anti-scam 2:00pm - 3:00pm *Registration Required*	Let's Jam with Ukulele 一起玩乌克兰丽 10:30am - 11:30am *Registration Required*	Let's Do Calligraphy Art (Advanced) 一起学书法(高级班) 2:00pm - 4:00pm *Registration Required*	
Let's KTV Together 一起来K歌 2:00pm - 4:30pm *Registration Required*	Let's Do Beads Art 一起做串珠艺术 2:30pm - 4:00pm *Registration Required*	CPF at your service CPF 为你服务 3:00pm - 5:00pm *Registration Required*	Let's Steel Combat (Male Exclusive) 一起做钢铁拳击(精简版) (只限男性) 3:00pm - 4:00pm *Registration Required*	Let's Tea Dance 一起下舞茶吧! 3:00pm - 4:30pm *Registration Required*	
	Let's KTV Together 一起来K歌 3:00pm - 5:30pm *Registration Required*		Let's Lim Kopi (Male Exclusive) 一起喝咖啡(只限男性) 4:00pm - 5:00pm	Movie Time (A Good Child) 一电影时间-(剧名) 6:00-8:00pm *Registration Required*	

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's Walking Football 一起来踢球 9:45 am - 11:30 am *Registration Required* Our Tampines Hub	HAPPY Programme 推广健康老龄化计划 10:00am - 11:00am	Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am *Registration Required*	Let's Tai Chi 一起打太极 *Registration Required* 9:00am - 10:00am 408A Bedok North Ave 2 Community Space	Let's Talk News 一起聊新闻 9:00am - 10:00am	
Active Steps, Sharp Minds 走走动动脑 9:30am - 10:30am Let's Cup Stacking 一起玩竞技叠杯 Let's Disc Golf 一起玩飞盘高尔夫 10:30am - 11:30am	Let's Line Dance 一起跳排舞 1:30pm - 2:30pm Heartbeat @ Bedok [Music Studio 3]	Let's Do Pastel Drawing 一起做粉彩画 1:00pm - 2:00pm *Registration Required*	Fun with Tech (Bowling) / Exergame 电子游戏时间 9:30am - 10:30am *Registration Required*	Let's Do Seated Exercise - F4 一起做运动 (坐式) - F4 10:00am - 12:00pm *Registration Required*	
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required*	Let's Do Beads Art 一起做串珠艺术 2:30pm - 4:00pm *Registration Required*	Let's Gen Together - YCDT 代际交流 - 青少年 2:00pm - 4:30pm *Registration Required*	Let's Jam with Ukulele 一起玩乌克丽丽 10:30am - 11:30am *Registration Required*	CENTRE CLOSURE	
Let's KTV Together 一起来K歌 2:00pm - 4:30pm *Registration Required*	Let's KTV Together 一起来K歌 2:00pm - 4:30pm *Registration Required*	Let's Pick Up Malay/Chinese 一起学马来语/华语 2:00pm - 3:30pm *Registration Required*	Let's Steel Combat (Male Exclusive) 一起做钢铁拳击(精简版) (只限男性) 3:00pm - 4:00pm *Registration Required*		
		Fun with Tech (Bowling) / Exergame 电子游戏时间 2:00pm - 3:00pm *Registration Required*	Let's Lim Kopi (Male Exclusive) 一起喝咖啡 (只限男性) 4:00pm - 5:00pm		

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Let's Walking Football 一起来踢球 9:45 am - 11:30 am *Registration Required* Our Tampines Hub	HAPPY Programme 推广健康老龄化计划 10:00am - 11:00am	Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am *Registration Required*	Let's Tai Chi 一起打太极 *Registration Required* 9:00am - 10:00am 408A Bedok North Ave 2 Community Space	Let's Go Gai Gai Frog Farm *Registration Required* *Conditions Applied*	
Active Steps, Sharp Minds 走走动动脑 9:30am - 10:30am Let's Cup Stacking 一起玩竞技叠杯 Let's Disc Golf 一起玩飞盘高尔夫 10:30am - 11:30am	Let's Line Dance 一起跳排舞 1:30pm - 2:30pm Heartbeat @ Bedok [Music Studio 3]	Let's Do Pastel Drawing 一起做粉彩画 1:00pm - 2:00pm *Registration Required*	Let's Gen Together - NUS x NTUC Health BeRiang BerKhayr (Carnival) 9:00am-1:00pm *Registration Required*	Let's Talk News 一起聊新闻 9:00am - 10:00am	
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required*	Let's Do Beads Art 一起做串珠艺术 2:30pm - 4:00pm *Registration Required*	Let's Gen Together - YCDT 代际交流 - 青少年 2:00pm - 4:30pm *Registration Required*	Let's Steel Combat (Male Exclusive) 一起做钢铁拳击(精简版) (只限男性) 3:00pm - 4:00pm *Registration Required*	Let's Do Seated Exercise - F4 一起做运动(坐式) - F4 10:00am - 12:00pm *Registration Required*	
Let's KTV Together 一起来K歌 2:00pm - 4:30pm *Registration Required*	Let's KTV Together 一起来K歌 2:00pm - 4:30pm *Registration Required*	Let's Pick Up Malay/Chinese 一起学马来语/华语 2:00pm - 3:30pm *Registration Required*	Let's Lim Kopi (Male Exclusive) 一起喝咖啡(只限男性) 4:00pm - 5:00pm	Let's Do Calligraphy Art (Beginner)) 一起学书法(高级班) 2:00pm - 4:00pm *Registration Required*	
		Fun with Tech (Bowling) / Exergame 电子游戏时间 2:00pm - 3:00pm *Registration Required*		Let's Tea Dance 一起下舞茶吧! 3:00pm - 4:30pm *Registration Required*	

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MON 27	TUE 28	WED 29	THU 30	FRI	SAT
Let's Walking Football 一起来踢球 9:45 am - 11:30 am *Registration Required* Our Tampines Hub	Let's Do Seated Exercise 一起做运动 (坐式) [Jack's Lesson] 10:00am - 11:00am *Registration Required*	Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am *Registration Required*	Let's Tai Chi 一起打太极 *Registration Required* 9:00am - 10:00am 408A Bedok North Ave 2 Community Space		
Active Steps, Sharp Minds 走走动动脑 9:30am - 10:30am Let's Cup Stacking 一起玩竞技叠杯 Let's Disc Golf 一起玩飞盘高尔夫 10:30am - 11:30am	Let's Line Dance 一起跳排舞 1:30pm - 2:30pm Heartbeat @ Bedok [Music Studio 3]	Let's Do Pastel Drawing 一起做粉彩画 1:00pm - 2:00pm *Registration Required*	Let's Jam with Ukulele 一起玩乌克兰丽 10:30am - 11:30am *Registration Required*		
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Let's KTV Together 一起来K歌 2:00pm - 4:30pm *Registration Required*	Let's KTV Together 一起来K歌 2:00pm - 4:30pm *Registration Required*	Let's Pick Up Malay/Chinese 一起学马来语/华语 2:00pm - 3:30pm *Registration Required*	Let's Lim Kopi (Male Exclusive) 一起喝咖啡 (只限男性) 4:00pm - 5:00pm		
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