

# 2026 August

 **Centre Name:** AACC (Bedok North)  
 **Centre Address:** Blk 429 Bedok North Road #01-01 S460429  
 **Centre Contact:** 9488 4573



**ntuc Health**

| MON<br>03                                                                                                     | TUE<br>04                                                                                                                                                            | WED<br>05                                                                                | THU<br>06                                                                                                                                                                                            | FRI<br>07                                                                                                                                                  | SAT<br>08 |
|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| Let's Cup Stacking 一起玩竞技叠杯<br>9:30am – 10:00am<br><br>Square Stepping Exercise<br>方块踏步运动<br>10:00am – 11:00am | Let's Gen Together - Kindergarten<br>My First Skool<br><b>Natuonal Day/Birthday Celebration</b><br>代际交流 - 幼儿园<br>9:30 am - 11:00am<br><b>*Registration Required*</b> | Community Health Post<br>服务 - 社区保健站<br>9:00am - 5:00pm<br><b>*Registration Required*</b> | Let's Tai Chi<br>一起打太极<br><b>*Registration Required*</b><br>8:30am - 10:00am<br><b>408A Bedok North Ave 2<br/>Community Space</b>                                                                    | Let's Talk News<br>一起聊新闻<br>9:30am – 10:00am                                                                                                               |           |
| Let's Do Crochet<br>一起做钩针编<br>2:00pm - 4:00pm<br><b>*Registration Required*</b>                               | Let's Line Dance<br>一起跳排舞<br>1:30pm - 2:30pm                                                                                                                         | Let's Chair Zumba<br>一起做坐式尊巴<br>10:00am - 11:00am<br><b>*Registration Required*</b>      | Fun with Tech (Bowling) / Exergame<br>电子游戏时间<br>9:30am - 10:30am<br><br>Let's Gen Together - Kindergarten<br>Kidz Meadow<br><b>Grand Opening Dance Rehearsal</b><br>舞蹈排练 - 幼儿园<br>10:30 am - 11:30am | Let's Do Fun Exercise- F4<br>一起做运动 (坐式) - F4<br>10:00am - 11:00am<br><br>HAPPY Programme<br>推广健康老龄化计划<br>1:00pm - 2:00pm<br><b>*Registration Required*</b> |           |
| Rolling Good Times<br>防跌课程Rolling Good Times<br>1:30pm - 3:00pm<br><b>*Registration Required*</b>             | Let's Do Beads Jewellery<br>一起做串珠 艺术<br>2:30pm - 4:00pm                                                                                                              | Let's Learn Malay/Chinese<br>一起学马来语/华语<br>1:30pm - 2:30pm                                | Let's Jam with Ukulele<br>一起玩乌克兰丽<br>10:30am – 11:30am<br><b>*Registration Required*</b>                                                                                                             | Komax Do Good at NTUC Health<br>Bedok North - National Day<br>Celebration<br>一起种植物<br>2:00pm - 5:00pm<br><b>*Registration Required*</b>                    |           |
|                                                                                                               | Digital - IMDA Go-Digital<br>讯通信媒体发展局 - 数码乐龄计划<br>- 培训课程<br>2:30pm– 4:30pm<br><b>*Registration Required*</b><br>[Conducted in English]                               |                                                                                          | Let's Steel Combat<br><b>(Male Exclusive)</b><br>一起做钢铁拳击(精简版)<br><b>(只限男性)</b><br>3:00pm - 4:00pm                                                                                                    | Let's Do Calligraphy Art (Advanced)<br>一起学书法 (高级班)<br>2:00pm – 4:00pm                                                                                      |           |
|                                                                                                               |                                                                                                                                                                      |                                                                                          | Let's Lim Kopi<br><b>(Male Exclusive)</b><br>一起喝咖啡 (只限男性)<br>4:00pm - 5:00pm                                                                                                                         |                                                                                                                                                            |           |

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| MON                   | TUE                                                                                     | WED                                                                                                                                                                                                | THU                                                                                                                               | FRI                                                                               | SAT |
|-----------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----|
| 10                    | 11                                                                                      | 12                                                                                                                                                                                                 | 13                                                                                                                                | 14                                                                                | 15  |
|                       | Let's Do Woody's Wisdom<br>x Kidz Meadow<br>Preschool - Raft Making<br>10.30am-12:00 pm | Community Health Post<br>服务 - 社区保健站<br>9:00am - 5:00pm<br><b>*Registration Required*</b>                                                                                                           | Let's Tai Chi<br>一起打太极<br><b>*Registration Required*</b><br>8:30am - 10:00am<br><b>408A Bedok North Ave 2<br/>Community Space</b> | Let's Talk News<br>一起聊新闻<br>9:30am – 10:00am                                      |     |
|                       | Let's Line Dance<br>一起跳排舞<br>1:30pm - 2:30pm                                            | Let's Fish for Fun<br><b>(Male Exclusive)</b><br>一起去钓鱼玩吧！<br><b>(只限男性)</b><br>9:30am - 11:30am<br><b>*Registration Required*</b>                                                                   | Let's Jam with Ukulele<br>一起玩乌克丽丽<br>10:30am – 11:30am<br><b>*Registration Required*</b>                                          | Let's Do Fun Exercise- F4<br>一起做运动 (坐式) - F4<br>10:00am - 11:00am                 |     |
| <b>CENTRE CLOSURE</b> | Let's Do Beads Art<br>一起做串珠 艺术<br>2:30pm - 4:00pm                                       | Let's Chair Zumba<br>一起做坐式尊巴<br>10:00am - 11:00am<br><b>*Registration Required*</b>                                                                                                                |                                                                                                                                   | HAPPY Programme<br>推广健康老龄化计划<br>1:30pm - 2:30pm<br><b>*Registration Required*</b> |     |
|                       | Let's KTV Together<br>一起来K歌<br>2:30pm - 5:00pm<br><b>*Registration Required*</b>        | Let's Learn Malay/Chinese<br>一起学马来语/华语<br>1:30pm - 2:30pm                                                                                                                                          | <b>CENTRE CLOSURE</b>                                                                                                             | Let's Do Calligraphy Art (Beginner)<br>一起学书法 (初级班)<br>2:00pm – 4:00pm             |     |
|                       |                                                                                         | Stay Well Series - Health Talk by<br>RHS( Learn about High Blood<br>Pressure- : Workshop 2– Eat Smart)<br>保健系列 - 健康讲座<br>Conducted in Mandarin<br>2:30 pm-3.30pm<br><b>*Registration Required*</b> |                                                                                                                                   |                                                                                   |     |

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| MON                                                                                                                                                                                  | TUE                                                                                | WED                                                                                                                                              | THU                                                                                                                                                          | FRI                                                                                                                                                   | SAT |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 17                                                                                                                                                                                   | 18                                                                                 | 19                                                                                                                                               | 20                                                                                                                                                           | 21                                                                                                                                                    | 22  |
| Let's Walking Football( Team B)<br>一起来踢球<br>9:45 am - 11:30 am<br><b>*Registration Required*</b><br>Our Tampines Hub                                                                 | Woody's Wisdom- Green Makers<br>10.30am-12:00 pm<br><b>*Registration Required*</b> | Community Health Post<br>服务 - 社区保健站<br>9:00am - 5:00pm<br><b>*Registration Required*</b>                                                         | Let's Tai Chi<br>一起打太极<br><b>*Registration Required*</b><br>8:30am - 10:00am<br>408A Bedok North Ave 2 Community Space                                       | Let's Talk News<br>一起聊新闻<br>9:30am – 10:00am                                                                                                          |     |
| Square Stepping Exercise<br>方块踏步运动<br>10:00am – 11:00am                                                                                                                              | Let's Line Dance<br>一起跳排舞<br>1:30pm - 2:30pm                                       | Let's Fish for Fun<br><b>(Male Exclusive)</b><br>一起去钓鱼玩吧！<br><b>(只限男性)</b><br>9:00am - 12:00pm<br><b>*Registration Required*</b><br>Location TBC | Let's Jam with Ukulele<br>一起玩乌克丽丽<br>10:30am – 11:30am<br><b>*Registration Required*</b><br>Fun with Tech (Bowling) / Exergame<br>电子游戏时间<br>9:30am - 10:30am | Let's Do Fun Exercise- F4<br>一起做运动 (坐式)- F4<br>10:00am - 11:00am<br>HAPPY Programme<br>推广健康老龄化计划<br>1:30pm - 2:30pm<br><b>*Registration Required*</b> |     |
| Rolling Good Times<br>防跌课程Rolling Good Times<br>1:30pm - 3:00pm<br><b>*Registration Required*</b><br>Let's Do Crochet<br>一起做钩针编<br>2:00pm - 4:00pm<br><b>*Registration Required*</b> | Let's Do Beads Jewellery<br>一起做串珠艺术<br>2:30pm - 4:00pm                             | Let's Chair Zumba<br>一起做坐式尊巴<br>10:00am - 11:00am<br><b>*Registration Required*</b>                                                              | I'm Soul Inc - Music & Movement<br>1.30pm- 2.30pm<br><b>*Registration Required*</b>                                                                          | Let's Do Calligraphy Art (Advanced)<br>一起学书法 (高级班)<br>2:00pm – 4:00pm                                                                                 |     |
|                                                                                                                                                                                      | Let's KTV Together<br>一起来K歌<br>2:30pm - 5:00pm<br><b>*Registration Required*</b>   | Let's Learn Malay/Chinese<br>一起学马来语/华语<br>1:30pm - 2:30pm                                                                                        | Let's Steel Combat (Male Exclusive)<br>一起做钢铁拳击(精简版) (只限男性)<br>3:00pm - 4:00pm<br><b>*Registration Required*</b>                                              |                                                                                                                                                       |     |
| Let's KTV Together<br>一起来K歌<br>2:30pm - 5:00pm<br><b>*Registration Required*</b>                                                                                                     |                                                                                    |                                                                                                                                                  | Let's Lim Kopi<br><b>(Male Exclusive)</b><br>一起喝咖啡(只限男性)<br>4:00pm - 5:00pm                                                                                  |                                                                                                                                                       |     |

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 24                                                                                                                                                                                       | 25                                                                                                                                                 | 26                                                                                       | 27                                                                                                                                                               | 28                                                                                                                                                         | 29  |
| Let's Walking Football (Team A)<br>一起来踢球<br>9:45 am - 11:30 am<br><b>*Registration Required*</b><br>Our Tampines Hub                                                                     | Let's Interger x My First Skool<br>Preschool<br>Let's make<br>Kaleidoscope<br>10:30 am-12:00 pm                                                    | Community Health Post<br>服务 - 社区保健站<br>9:00am - 5:00pm<br><b>*Registration Required*</b> | Let's Tai Chi<br>一起打太极<br><b>*Registration Required*</b><br>8:30am - 10:00am<br><b>408A Bedok North Ave 2<br/>Community Space</b>                                | Let's Talk News<br>一起聊新闻<br>9:30am – 10:00am                                                                                                               |     |
| Square Stepping Exercise<br>方块踏步运动<br>10:00am – 11:00am                                                                                                                                  | Let's Line Dance<br>一起跳排舞<br>1:30pm - 2:30pm<br><br>Let's Do Beads<br>一起做串珠 艺术<br>2:30pm - 4:00pm                                                  | Let's Chair Zumba<br>一起做坐式尊巴<br>10:00am - 11:00am<br><b>*Registration Required*</b>      | Let's Jam with Ukulele<br>一起玩乌克兰丽<br>10:30am – 11:30am<br><b>*Registration Required*</b><br><br>Fun with Tech (Bowling) / Exergame<br>电子游戏时间<br>9:30am - 10:30am | Let's Go Gai Gai: Bollywood Veggies<br>Farm<br><br>10.30am-12:30 pm<br><b>*Registration Required*</b>                                                      |     |
| Rolling Good Times<br>防跌课程Rolling Good Times<br>1:30pm - 3:00pm<br><b>*Registration Required*</b><br><br>Let's Do Crochet<br>一起做钩针编<br>2:00pm - 4:00pm<br><b>*Registration Required*</b> | Let's KTV Together<br>一起来K歌<br>2:30pm - 5:00pm<br><b>*Registration Required*</b>                                                                   | Let's Learn Malay/Chinese<br>一起学马来语/华语<br>1:30pm - 2:30pm                                | Let's Steel Combat (Male Exclusive)<br>一起做钢铁拳击(精简版) (只限男性)<br>3:00pm - 4:00pm<br><b>*Registration Required*</b>                                                  | Let's Do Fun Exercise- F4<br>一起做运动 (坐式) - F4<br>10:00am - 11:00am<br><br>HAPPY Programme<br>推广健康老龄化计划<br>1:30pm - 2:30pm<br><b>*Registration Required*</b> |     |
| Let's KTV Together<br>一起来K歌<br>2:30pm - 5:00pm<br><b>*Registration Required*</b>                                                                                                         | Digital - IMDA Go-Digital - Workshop<br>资讯通信媒体发展局 - 数码乐龄计划 -<br>培训课程<br>2:30pm– 4:30pm<br><b>*Registration Required*</b><br>[Conducted In Chinese] |                                                                                          | Let's Lim Kopi<br><b>(Male Exclusive)</b><br>一起喝咖啡 (只限男性)<br>4:00pm - 5:00pm                                                                                     | Let's Do Calligraphy Art (Beginner)<br>一起学书法 (初级班)<br>2:00pm – 4:00pm                                                                                      |     |

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