




2026 July

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






ntuc Health

MON	TUE	WED	THU	FRI	SAT
		01	02	03	04
		Let's Go Gai Gai x My First Skool Preschool - East Coast Park - Let's Reconnect with Nature 8:45 am -12:00 pm *Registration Required*	Let's Tai Chi 一起打太极 *Registration Required* 8:30am - 9.30am 408A Bedok North Ave 2 Community Space	Let's Talk News 一起聊新闻 9:30am – 10:00am	
		Community Health Post 服务 - 社区保健站 9:00am - 5:00pm *Registration Required*			
		Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am *Registration Required*	Let's Jam with Ukulele 一起玩乌克兰丽 10:30am – 11:30am *Registration Required*	Let's Do Fun Exercise- F4 一起做运动 (坐式) - F4 10:00am - 11:00am	
		Let's Learn Malay/Chinese 一起学马来语/华语 1:30pm - 2:30pm	Let's Steel Combat (Male Exclusive) 一起做钢铁拳击(精简版) (只限男性) 3:00pm - 4:00pm	HAPPY Programme 推广健康老龄化计划 1:30pm - 3:00pm *Registration Required*	
		Stay Well Series - Health Talk by RHS(Learn about High Blood Pressure) 保健系列 - 健康讲座 Conducted in Mandarin 2:30 pm-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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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 My First Skool Birthday Celebration 代际交流 - 幼儿园 9:30 am - 11:00am *Registration Required*	Community Health Post 服务 - 社区保健站 9:00am - 5:00pm *Registration Required*	Let's Tai Chi 一起打太极 *Registration Required* 8:30am - 10:00am 408A Bedok North Ave 2 Community Space	Let's Talk News 一起聊新闻 9:30am - 10:00am	
Let's Cup Stacking 一起玩竞技叠杯 9:30am - 10:00am Square Stepping Exercise 方块踏步运动 10:00am - 11:00am	Scent Healing - Destress with natural scent 心灵系列 - 芳香疗愈 10:00-11:00 am *Fee & Registration Required*	Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am *Registration Required*	Fun with Tech (Bowling) / Exergame 电子游戏时间 9:30am - 10:30am	Let's Do Fun Exercise- F4 一起做运动 (坐式) - F4 10:00am - 11:00am	
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	Let's Learn Malay/Chinese 一起学马来语/华语 1:30pm - 2:30pm	Let's Jam with Ukulele 一起玩乌克兰丽 10:30am - 11:30am *Registration Required*	HAPPY Programme 推广健康老龄化计划 1:30pm - 3:00pm *Registration Required*	
Rolling Good Times 防跌课程 Rolling Good Times 1.30pm-2.30pm 2.30pm-3.30pm 3.30pm-4.30pm *Registration Required*	Digital - IMDA Go-Digital 讯通信媒体发展局 - 数码乐龄计划 - 培训课程 2:30pm- 4:30pm *Registration Required* [Conducted in English]	Stay Well Series - Health Talk by RHS(Learn about High Blood Pressure- : Workshop 1 – Check, Chart, Control) 保健系列 - 健康讲座 Conducted in Mandarin 2:30 pm-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	DBS Do Good at NTUC Health Bedok North - Edible Garden 一起种植物 2:00pm - 5:00pm *Registration Required*	
	Let's Do Paper Art 一起做纸艺 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	Let's Do Calligraphy Art (Advanced) 一起学书法 (高级班) 2:00pm - 4:00pm	

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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	Let's Do x Kidz Meadow Preschool - *Registration Required*	Community Health Post 服务 - 社区保健站 9:00am - 5:00pm *Registration Required*	Let's Tai Chi 一起打太极 *Registration Required* 8:30am - 10:00am 408A Bedok North Ave 2 Community Space	Let's Talk News 一起聊新闻 9:30am - 10:00am	
Let's Cup Stacking 一起玩竞技叠杯 9:30am - 10:00am Square Stepping Exercise 方块踏步运动 10:00am - 11:00am	Let's Line Dance 一起跳排舞 1:30pm - 2:30pm	Let's Fish for Fun (Male Exclusive) 一起去钓鱼玩吧! (只限男性) 9:30am - 11:30am *Registration Required*	Fun with Tech (Bowling) / Exergame 电子游戏时间 9:30am - 10:30am	Let's Do Fun Exercise- F4 一起做运动 (坐式) - F4 10:00am - 11:00am	
Let's Bake - Banana Muffin 1.00pm-3.00pm *Registration Required*	Let's Do Beads Jewellery 一起做串珠艺术 2:30pm - 4:00pm	Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am *Registration Required*	Let's Jam with Ukulele 一起玩乌克丽丽 10:30am - 11:30am *Registration Required*	Let's Do Calligraphy Art (Beginner) 一起学书法 (初级班) 2:00pm - 4:00pm	
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required*	Let's KTV Together 一起来K歌 2:30pm - 5:00pm *Registration Required*	Let's Learn Malay/Chinese 一起学马来语/华语 1:30pm - 2:30pm	Let's Steel Combat (Male Exclusive) 一起做钢铁拳击(精简版) (只限男性) 3:00pm - 4:00pm		
Let's KTV Together 一起来K歌 2:30pm - 5:00pm *Registration Required*		Stay Well Series - Health Talk by RHS(Learn about High Blood Pressure- : Workshop 2- Eat Smart) 保健系列 - 健康讲座 Conducted in Mandarin 2:30 pm-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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MON 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25
Let's Walking Football 一起来踢球 9:45 am - 11:30 am *Registration Required* Our Tampines Hub		Community Health Post 服务 - 社区保健站 9:00am - 5:00pm *Registration Required*	Let's Tai Chi 一起打太极 *Registration Required* 8:30am - 10:00am 408A Bedok North Ave 2 Community Space	Let's Go Gai Gai - Crocodile Farm Tour 9:00am-1:00pm *Registration Required*	
Square Stepping Exercise 方块踏步运动 10:00am - 11:00am Rolling Good Times 防跌课程Rolling Good Times 1:30pm - 3:00pm *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	Let's Fish for Fun (Male Exclusive) 一起去钓鱼玩吧! (只限男性) 9:00am - 12:00pm *Registration Required* Location TBC Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am *Registration Required*	Let's Jam with Ukulele 一起玩乌克兰丽 10:30am - 11:30am *Registration Required* Fun with Tech (Bowling) / Exergame 电子游戏时间 9:30am - 10:30am	Let's Do Fun Exercise- F4 一起做运动(坐式)- F4 10:00am - 11:00am HAPPY Programme 推广健康老龄化计划 1:30pm - 2:30pm *Registration Required*	
Let's Learn to Cook 一起学烹饪 2:00pm - 4:00pm	Let's Do Beads Art 一起做串珠艺术 2:30pm - 4:00pm	Let's Learn Malay/Chinese 一起学马来语/华语 1:30pm - 2:30pm	I'm Soul Inc - Music & Movement 1.30pm- 2.30pm *Registration Required*	Let's Do Calligraphy Art (Advanced) 一起学书法(高级班) 2:00pm - 4:00pm	
Let's KTV Together 一起来K歌 2:30pm - 5:00pm *Registration Required	Let's KTV Together 一起来K歌 2:30pm - 5:00pm *Registration Required	Let's Gen Together - NTUC x Damai Secondary School (DIY Photo Frame) 2:00 pm-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*		
		Stay Well Series - Health Talk by RHS(Learn about High Blood Pressure- : Workshop 2- Eat Smart) 保健系列 - 健康讲座 Conducted in Mandarin 2:30 pm-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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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1
Let's Walking Football 一起来踢球 9:45 am - 11:30 am *Registration Required* Our Tampines Hub		Community Health Post 服务 - 社区保健站 9:00am - 5:00pm *Registration Required*	Let's Tai Chi 一起打太极 *Registration Required* 8:30am - 10:00am 408A Bedok North Ave 2 Community Space	Let's Talk News 一起聊新闻 9:30am - 10:00am	
Square Stepping Exercise 方块踏步运动 10:00am - 11:00am Let's Experience Virtual Reality (VR) 10:00am - 11:00am *Registration Required*	Let's Line Dance 一起跳排舞 1:30pm - 2:30pm	Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am *Registration Required*	Let's Experience Virtual Reality (VR) 10:00am - 11:00am *Registration Required*	Let's Do Fun Exercise- F4 一起做运动 (坐式) - F4 10:00am - 11:00am	
Rolling Good Times 防跌课程 Rolling Good Times 1:30pm - 3:00pm *Registration Required* Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required*	Let's KTV Together 一起来K歌 2:30pm - 5:00pm *Registration Required*	Let's Talk About Safety Escalator by SBS 1:30pm - 2:30pm [Bilingual]		Let's Do Calligraphy Art (Beginner) 一起学书法 (初级班) 2:00pm - 4:00pm	
Let's KTV Together 一起来K歌 2:30pm - 5:00pm *Registration Required*	Digital - IMDA Go-Digital - Workshop 资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 2:30pm - 4:30pm *Registration Required* [Conducted In Chinese]				

Activities are held at our centre unless otherwise stated. Please refer to the programme details for any specified venue.

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。

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