




# 2026 June

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



MON 01	TUE 02	WED 03	THU 04	FRI 05	SAT 06
	Let's Gen Together - Kindergarten My First Skool <b>Birthday Celebration</b> 代际交流 - 幼儿园 9:30 am - 11:00am <b>*Registration Required*</b>	Community Health Post 服务 - 社区保健站 9:00am - 5:00pm <b>*Registration Required*</b>	Let's Tai Chi 一起打太极 <b>*Registration Required*</b> 8:00am - 10:00am <b>408A Bedok North Ave 2                      Community Space</b>	Let's Talk News 一起聊新闻 9:30am - 10:00am	
<b>CENTRE CLOSURE</b>	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 <b>*Registration Required*</b>	Fun with Tech (Bowling) / Exergame 电子游戏时间 9:30am - 10:30am <b>*Registration Required*</b>  Let's Jam with Ukulele 一起玩乌克兰丽 10:30am - 11:30am <b>*Registration Required*</b>	Let's Do Seated Exercise - F4 一起做运动 (坐式) - F4 10:00am - 11:00am	
	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	Let's Steel Combat <b>(Male Exclusive)</b> 一起做钢铁拳击(精简版) <b>(只限男性)</b> 3:00pm - 4:00pm	Let's Do Calligraphy Art (Advanced) 一起学书法 (高级班) 2:00pm - 4:00pm	
	Digital - IMDA Go-Digital -Operate Hardware Workshop 资讯通信媒 体发展局 - 数码乐龄计划 - 培训课程 2:30pm- 4:30pm <b>*Registration Required*</b> [Conducted in English]		Let's Lim Kopi <b>(Male Exclusive)</b> 一起喝咖啡 (只限男性) 4:00pm - 5:00pm		
	Let's KTV Together 一起来K歌 2:30pm - 5:00pm <b>*Registration Required*</b>				

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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 08	TUE 09	WED 10	THU 11	FRI 12	SAT 13
Let's Walking Football 一起来踢球 9:45 am - 11:30 am <b>*Registration Required*</b> Our Tampines Hub		Community Health Post 服务 - 社区保健站 9:00am - 5:00pm <b>*Registration Required*</b>	Let's Tai Chi 一起打太极 <b>*Registration Required*</b> 9:00am - 10:00am 408A Bedok North Ave 2 Community Space	Let's Talk News 一起聊新闻 9:30am - 10:00am	
Let's Fun Dance 一起嗨舞吧 <b>[Jack's Dance Class]</b> 10:00am - 11:00am <b>*Registration Required*</b>	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 <b>*Registration Required*</b>	Fun with Tech (Bowling) / Exergame 电子游戏时间 9:30am - 10:30am	Let's Do Seated 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 <b>*Registration Required*</b>	Let's KTV Together 一起来K歌 2:30pm - 5:00pm <b>*Registration Required*</b>	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 <b>*Registration Required*</b>	Let's Do Calligraphy Art (Beginner) 一起学书法 (初级班) 2:00pm - 4:00pm	
Rolling Good Times 防跌课程 Rolling Good Times 1.30pm-2.30pm 2.30pm-3.30pm 3.30pm-4.30pm <b>*Registration Required*</b>		Let's Talk on Elderly Abuse by Trans (In mandarin) 2.15pm-3.30pm	Let's Steel Combat <b>(Male Exclusive)</b> 一起做钢铁拳击(精简版) <b>(只限男性)</b> 3:00pm - 4:00pm		
		Let's Gen Together - NTUC x Methodist Girls Secondary School 代际交流 - 青少年 3:30pm - 5:30pm	Let's Lim Kopi <b>(Male Exclusive)</b> 一起喝咖啡 (只限男性) 4:00pm - 5:00pm		

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MON 15	TUE 16	WED 17	THU 18	FRI 19	SAT 20
Let's Walking Football 一起来踢球 9:45 am - 11:30 am <b>*Registration Required*</b> Our Tampines Hub	Let's Go Gai Gai x Kidz Meadow Preschool - East Coast Park - Let's Reconnect with Nature 9:00 am - 12:00 pm <b>*Registration Required*</b>	Community Health Post 服务 - 社区保健站 9:00am - 5:00pm <b>*Registration Required*</b>	Let's Tai Chi 一起打太极 <b>*Registration Required*</b> 9:00am - 10:00am 408A Bedok North Ave 2 Community Space	Let's gen Together- Carnival Games Fengshan Primary 9:00am - 12:00pm	
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 Chair Zumba 一起做坐式尊巴 10:00am - 11:00am <b>*Registration Required*</b>	Fun with Tech (Bowling) / Exergame 电子游戏时间 9:30am - 10:30am	Let's Do Calligraphy Art (Advanced)) 一起学书法 (高级班) 2:00pm - 4:00pm	
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm <b>*Registration Required*</b>	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	Let's Jam with Ukulele 一起玩乌克丽丽 10:30am - 11:30am <b>*Registration Required*</b>		
Let's KTV Together 一起来K歌 2:30pm - 5:00pm <b>*Registration Required*</b>		Let's Gen Together - NTUC x Methodist Girls Secondary School 代际交流 - 青少年 3:30pm - 5:30pm <b>*Registration Required*</b>	Let's Steel Combat <b>(Male Exclusive)</b> 一起做钢铁拳击(精简版) <b>(只限男性)</b> 3:00pm - 4:00pm		
			Let's Lim Kopi <b>(Male Exclusive)</b> 一起喝咖啡(只限男性) 4:00pm - 5:00pm		

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MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
Let's Walking Football 一起来踢球 9:45 am - 11:30 am <b>*Registration Required*</b> Our Tampines Hub	Scent Healing - Intro to Scent of wellness 心灵系列 - 芳香疗愈 10:00-11:00am <b>*Registration Required*</b>	Community Health Post 服务 - 社区保健站 9:00am - 5:00pm <b>*Registration Required*</b>	Let's Tai Chi 一起打太极 <b>*Registration Required*</b> 9:00am - 10:00am 408A Bedok North Ave 2 Community Space	Let's Go Gai Gai - Crocodile Farm <b>*Registration Required*</b>	Let's Celebrate Father's Day 4:00pm-7:00pm <b>*Registration Required*</b>
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 Go Gai Gai - Filos Health Carnival 9.45am-1pm <b>*Registration Required*</b>	Let's Jam with Ukulele 一起玩乌克兰丽 10:30am - 11:30am <b>*Registration Required*</b>  Fun with Tech (Bowling) / Exergame 电子游戏时间 9:30am - 10:30am	Let's Do Seated Exercise - F4 一起做运动 (坐式) - F4 10:00am - 12:00pm <b>*Registration Required*</b>	
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm <b>*Registration Required*</b>	Let's Line Dance 一起跳排舞 1:00pm - 2:00pm	Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am <b>*Registration Required*</b>	I'm Soul Inc - Music & Movement 1.30pm- 2.30pm <b>*Registration Required*</b>	Let's Do Calligraphy Art (Beginner) 一起学书法 (初级班) 2:00pm - 4:00pm	
<b>Let's Learn to Cook</b>  2:00pm - 4:00pm		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 <b>*Registration Required*</b>		
Let's KTV Together 一起来K歌 2:30pm - 5:00pm <b>*Registration Required</b>		Let's Gen Together - NTUC x Methodist Girls Secondary School 代际交流 - 青少年 3:30pm - 5:30pm <b>*Registration Required*</b>	Let's Lim Kopi <b>(Male Exclusive)</b> 一起喝咖啡 (只限男性) 4:00pm - 5:00pm		

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MON	TUE	WED	THU	FRI	SAT
<b>29</b>	<b>30</b>				
Let's Walking Football 一起来踢球 9:45 am - 11:30 am <b>*Registration Required*</b> <b>Our Tampines Hub</b>	Scent Healing - Destress with natural scent 心灵系列 - 芳香疗愈 10:00-11:00am <b>*Registration Required*</b>				
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 Do Crochet 一起做钩针编 2:00pm - 4:00pm <b>*Registration Required*</b>	Let's KTV Together 一起来K歌 2:30pm - 5:00pm <b>*Registration Required*</b>				
Let's KTV Together 一起来K歌 2:30pm - 5:00pm <b>*Registration Required*</b>	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 <b>*Registration Required*</b> [Conducted In Chinese]				

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