




# 2026 May

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



MON	TUE	WED	THU	FRI 01	SAT 02
				<b>CENTRE CLOSURE</b>	

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。

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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 **Centre Name:** AACCC (Bedok North)  
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MON	TUE	WED	THU	FRI	SAT
04	05	06	07	08	09
Let's Walking Football 一起来踢球 9:45 am - 11:30 am <b>*Registration Required*</b> Our Tampines Hub	Let's Gen Together - Kindergarten X 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> 9:00am - 10:00am 408A Bedok North Ave 2 Community Space	<h2>CENTRE CLOSURE</h2>	
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 <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 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 master 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		
	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>	Let's Gen Together - YCDT 代际交流 - 青少年 2:30pm - 4:30pm <b>*Registration Required*</b>	Let's Lim Kopi <b>(Male Exclusive)</b> 一起喝咖啡 <b>(只限男性)</b> 4:00pm - 5:00pm		

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
Let's Walking Football 一起来踢球 9:45 am - 11:30 am <b>*Registration Required*</b> Our Tampines Hub	Let's Gen x Kidz Meadow 代际交流 - 大专学府 x Kidz Meadow 10.30am-11.30am	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 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 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 Do Beads Art 一起做串珠艺术 2:30pm - 4:00pm	Let's master 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 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 2:00pm - 4:30pm <b>*Registration Required*</b>	Let's KTV Together 一起来K歌 2:00pm - 4:30pm <b>*Registration Required*</b>	Let's Gen Together - Gai Gai x YCDT 代际交流 - 青少年 2:00pm - 4:30pm <b>*Registration Required*</b>	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 Tea Dance 一起下舞茶吧! 3:00pm – 4:30pm	
			Let's Lim Kopi (Male Exclusive) 一起喝咖啡 (只限男性) 4:00pm - 5:00pm	Movie Time (Wonderland) 一电影时间 -(剧名) 6:00-8:00pm <b>*Registration Required*</b>	

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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
Let's Walking Football 一起来踢球 9:45 am - 11:30 am <b>*Registration Required*</b> Our Tampines Hub	HAPPY Programme 推广健康老龄化计划 10:00am – 11:00am	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 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 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 Do Beads Art 一起做串珠艺术 2:30pm - 4:00pm	Let's Gen Together - YCDT 代际交流 - 青少年 2:00pm - 4:30pm <b>*Registration Required*</b>	Let's Jam with Ukulele 一起玩乌克丽丽 10:30am – 11:30am <b>*Registration Required*</b>	Let's Do Calligraphy Art (Advanced)) 一起学书法 (初级班) 2:00pm – 4:00pm	
Let's KTV Together 一起来K歌 2:00pm - 4:30pm <b>*Registration Required*</b>	Let's KTV Together 一起来K歌 2:00pm - 4:30pm <b>*Registration Required*</b>	Let's master Malay/Chinese 一起学马来语/华语 2:00pm - 3:30pm	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 Tea Dance 一起下舞茶吧! 3:00pm – 4:30pm	
	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>		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
25	26	27	28	29	30
Let's Walking Football 一起来踢球 9:45 am - 11:30 am <b>*Registration Required*</b> Our Tampines Hub	DBS Do Good at ACC Bedok North Lets's Paint & Get together 9.30am- 2.00pm <b>*Registration Required*</b>	<h2>CENTRE CLOSURE</h2>	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 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 Do Beads Art 一起做串珠艺术 2:30pm - 4:00pm		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 KTV Together 一起来K歌 2:00pm - 4:30pm <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	
Let's KTV Together 一起来K歌 2:00pm - 4:30pm <b>*Registration Required*</b>			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 Tea Dance 一起下舞茶吧! 3:00pm – 4:30pm	
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