# 2026 November

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



| MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|
| 02 | 03 | 04 | 05 | 06 | 07 |
| Square Stepping Exercise<br>方块踏步运动<br>10:00am – 11:00am | Let's DragonBoat<br>一起来划龙舟<br>7:45 am - 12:30pm<br>Gather: NTUC Health Bedok AACC Blk 429<br>***Registration Required*** | Community Health Post<br>服务 - 社区保健站<br>9:00am - 5:00pm<br>***Registration Required*** | Let's Tai Chi<br>一起打太极<br>8:30am - 10:00am<br>@ 408A Bedok North Ave 2 Community Space<br><br>Fun with Tech (Bowling) / Exergame<br>电子游戏时间<br>9:30am - 10:30am | Let's Talk News<br>一起聊新闻<br>9:00am – 9:30am<br><br>Let's Do Fun Exercise - F4<br>一起做运动 (坐式) - F4<br>9:30am - 10:30am | |
| **Centre Closure**<br>**中心关闭**<br>**Pusat Ditutup**<br>**12:00pm - 6:00pm** | Let's Gen Together - Kindergarten My First Skool & Let's Celebrate Grandparents Day<br>让我们庆祝祖父母节<br>9.30am - 11:00 am<br>*Registration Required*<br><br>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>***Registration Required***<br>***Limited Vacancy*** | Piece of Mine Workshop: Living Well & Leaving Well (Session 2 of 8)<br>**Conducted in Mandarin**<br>我的心安理得<br>"活得好，走得好"系列工作坊<br>**以华语进行**<br>10:00am - 12.30pm<br>***Registration Required***<br><br>Let's Jam with Ukulele<br>一起玩乌克丽丽<br>10:30am – 11:30am<br>***Registration Required*** | **NTU Student Volunteer activity - Details to be confirmed**<br>**10:30am - 12:30pm**<br><br>Let's Do Calligraphy Art<br>一起学书法<br>2:00pm – 4:00pm | |
| | Let's Do Beads Jewellery<br>一起做串珠艺术<br>2:30pm - 4:00pm | | | **NTU Student Volunteer activity - Details to be confirmed**<br>**2:00pm - 3:30pm** | |
| | Digital - IMDA Go-Digital -Explore Information Online: Find & Evaluate Online Information<br>(conducted in English)<br>讯通信媒体发展局 - 数码乐龄计划 - 培训课程 (以英语进行)<br>2:30pm– 4:30pm<br>***Registration Required*** | | Let's Steel Combat<br>**(Male Exclusive)**<br>一起做钢铁拳击(精简版)<br>**(只限男性)**<br>3:00pm - 4:00pm | Steady Lah Registration<br>3:30pm - 4:30pm | |
| | | | Let's Lim Kopi<br>**(Male Exclusive)**<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 |
|---|---|---|---|---|---|
| 09 | 10 | 11 | 12 | 13 | 14 |
| **Centre Closure**<br>**中心关闭**<br>**Pusat Ditutup** | Let's DragonBoat<br>一起来划龙舟<br>7:45 am - 12:30pm<br>Gather: NTUC Health Bedok AACC Blk 429<br>***Registration Required*** | Community Health Post<br>(+Pharmacist)<br>服务 - 社区保健站<br>9:00am - 5:00pm<br>***Registration Required***<br><br>Let's Fish for Fun **(Male Exclusive)**<br>一起去钓鱼玩吧! **(只限男性 )**<br>9:30am - 12:30pm<br>***Registration Required*** | Let's Tai Chi<br>一起打太极<br>8:30am - 10:00am<br>@ 408A Bedok North Ave 2 Community Space<br><br>Fun with Tech (Bowling) / Exergame<br>电子游戏时间<br>9:30am - 10:30am | Let's Talk News<br>一起聊新闻<br>9:00am – 9:30am<br><br>Let's Do Fun Exercise - F4<br>一起做运动 (坐式)- F4<br>9:30am - 10:30am | |
| | Let's Learn how to make :<br>Coffee Appreciation (Latte Art)<br>咖啡品鉴与拉花艺术<br>10:00am - 1:00pm<br>***Registration Required***<br>***Limited Spot*** | Let's Chair Zumba<br>一起做坐式尊巴<br>10:00am - 11:00am<br>***Registration Required*** | Piece of Mine Workshop: Living Well & Leaving Well (Session 3 of 8)<br>**Conducted in Mandarin**<br>我的心安理得<br>"活得好，走得好"系列工作坊<br>**以华语进行**<br>10:00am - 12.30pm<br>***Registration Required***<br><br>Let's Jam with Ukulele<br>一起玩乌克丽丽<br>10:30am – 11:30am<br>***Registration Required*** | **NTU Student Volunteer activity - Details to be confirmed**<br>**10:30am - 12:30pm**<br><br>Let's DragonBoat Together Championships<br>一起来划龙舟锦标赛<br>12:15 pm - 5:00pm<br>**Gather: NTUC Health Bedok AAC@429**<br>***Registration Required*** | |
| | Let's Line Dance<br>一起跳排舞<br>1:30pm - 2:30pm | Let's Jam with Angklung<br>(Session 2 of 5)<br>一起玩Angklung<br>1:30pm - 3:00pm<br>*(Full)* | Let's Steel Combat<br>**(Male Exclusive)**<br>一起做钢铁拳击(精简版)<br>**(只限男性)**<br>3:00pm - 4:00pm | Let's Do Calligraphy Art<br>一起学书法<br>2:00pm – 4:00pm | |
| | Let's Celebrate Birthday<br>一起来庆生<br>3:00pm-4:00pm<br>***Registration Required*** | | Let's Lim Kopi<br>**(Male Exclusive)**<br>一起喝咖啡**(只限男性)**<br>4:00pm - 5:00pm | **NTU Student Volunteer activity - Details to be confirmed**<br>**2:00pm - 3:30pm** | |

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| MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|
| **16** | **17** | **18** | **19** | **20** | **21** |
| Square Stepping Exercise<br>方块踏步运动<br>10:00am – 11:00am | **Centre Closure**<br>**中心关闭**<br>**Pusat Ditutup** | Community Health Post<br>服务 - 社区保健站<br>9:00am - 5:00pm<br>***Registration Required*** | Let's Tai Chi<br>一起打太极<br>8:30am - 10:00am<br>@ 408A Bedok North Ave 2<br>Community Space | Let's Do Fun Exercise - F4<br>一起做运动 (坐式)- F4<br>9:30am - 10:30am | * |
| | | Let's Fish for Fun **(Male Exclusive)**<br>一起去钓鱼玩吧! **(只限男性)**<br>9:30am - 12:30pm<br>***Registration Required*** | Fun with Tech (Bowling) / Exergame<br>电子游戏时间<br>9:30am - 10:30am | TBC: Let's Gen Together - Kindergarten<br>My First Skool -Let's Celebrate Grandparents Day<br>让我们庆祝祖父母节<br>10am - 11:30 am<br>*Registration Required*<br>@ My First Skool Preschool | |
| Let's Learn How to Bake Tarts<br>让我们一起学习制作挞类糕点<br>1:30pm - 4:30pm<br>***(Full)*** | | Let's Chair Zumba<br>一起做坐式尊巴<br>10:00am - 11:00am<br>***Registration Required*** | Piece of Mine Workshop: Living Well & Leaving Well (Session 4 of 8)<br>**Conducted in Mandarin**<br>我的心安理得<br>"活得好，走得好"系列工作坊<br>**以华语进行**<br>10:00am - 12.30pm<br>***Registration Required*** | Let's Learn to cook Indian Cuisine<br>一起学做印度菜！<br>10 am - 1 pm<br>***Registration Required***<br>***Limited Slots*** | |
| | | | Let's Jam with Ukulele<br>一起玩乌克丽丽<br>10:30am – 11:30am<br>***Registration Required*** | | |
| Let's Do Crochet<br>一起做钩针编<br>2:00pm - 4:00pm<br>***Registration Required*** | | Let's Jam with Angklung<br>(Session 3 of 5)<br>一起玩Angklung<br>1:30pm - 3:00pm<br>*(Full)* | Let's Celebrate Birthday<br>一起来庆生<br>3:00pm-4:00pm<br>***Registration Required*** | **NTU Student Volunteer activity - Details to be confirmed**<br>**10:30am - 12:30pm** | |
| | | | 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>***Registration Required*** | Let's Do Calligraphy Art<br>一起学书法<br>2:00pm – 4:00pm | |
| | | | Let's Lim Kopi **(Male Exclusive)**<br>一起喝咖啡 (**只限男性**)<br>4:00pm - 5:00pm | **NTU Student Volunteer activity - Details to be confirmed**<br>**2:00pm - 3:30pm** | |

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| MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|
| **23** | **24** | **25** | **26** | **27** | **28** |
| Square Stepping Exercise<br>方块踏步运动<br>10:00am – 11:00am | Let's Gen Together - Kindergarten [My First Skool X NTUC Health] 代际交流 - 幼儿园<br>10:30am – 12:00pm | Community Health Post<br>服务 - 社区保健站<br>9:00am - 5:00pm<br>***Registration Required*** | Let's Tai Chi<br>一起打太极<br>8:30am - 10:00am<br>@ 408A Bedok North Ave 2 Community Space | Let's Go Gai Gai - Duck Tour<br>8.30am - 12.00pm<br>***Registration Required*** | |
| | | Let's Fish for Fun **(Male Exclusive)**<br>一起去钓鱼玩吧! **(只限男性)**<br>9:30am - 12:30pm<br>***Registration Required*** | 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>9:30am - 10:30am | |
| | | | | Let's Learn to Cook Central Asian Cuisine<br>一起学做中 亚菜<br>1.30pm - 4.30pm<br>***Registration Required***<br>***Limited Slots*** | |
| Let's Do Crochet<br>一起做钩针编<br>2:00pm - 4:00pm<br>***Registration Required*** | 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>***Registration Required*** | Piece of Mine Workshop: Living Well & Leaving Well (Session 5 of 8)<br>**Conducted in Mandarin**<br>我的心安理得<br>"活得好，走得好"系列工作坊<br>**以华语进行**<br>10:00am - 12.30pm<br>***Registration Required***<br><br>Let's Jam with Ukulele<br>一起玩乌克丽丽<br>10:30am – 11:30am<br>***Registration Required*** | **NTU Student Volunteer activity - Details to be confirmed**<br>**10:30am - 12:30pm** | |
| Let's KTV Together<br>一起来K歌<br>2:30pm - 5:00pm<br>***Registration Required*** | Let's Do Beads Jewellery<br>一起做串珠艺术<br>2:30pm - 4:00pm | Let's Jam with Angklung (Session 4 of 5)<br>一起玩Angklung<br>1:30pm - 3:00pm<br>*(Full)* | 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>***Registration Required*** | Let's Do Calligraphy Art<br>一起学书法<br>2:00pm – 4:00pm | |
| | | | Let's Lim Kopi **(Male Exclusive)**<br>一起喝咖啡 **(只限男性)**<br>4:00pm - 5:00pm | **NTU Student Volunteer activity - Details to be confirmed**<br>**2:00pm - 3:30pm** | |

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| MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|
| 30 | | | | | 3 |
| Square Stepping Exercise<br>方块踏步运动<br>10:00am – 11:00am | | | | | |
| Let's Do Crochet<br>一起做钩针编<br>2:00pm - 4:00pm<br>***Registration Required*** | | | | | |
| Let's KTV Together<br>一起来K歌<br>2:30pm - 5:00pm<br>***Registration Required*** | | | | | |
| | | | | | |

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