

2026 October

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





MON	TUE	WED	THU	FRI	SAT
			1	2	3
			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 Do Fun Exercise- F4 一起做运动 (坐式) - F4 10:00am - 11:00am	
			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 (高级班) 2:00pm – 4:00pm	
			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 Lim Kopi (Male Exclusive) 一起喝咖啡 (只限男性) 4:00pm - 5:00pm		

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MON 05	TUE 06	WED 07	THU 08	FRI 09	SAT 10
Let's Walking Football (Team A) 一起来踢球 9:45 am - 11:30 am *Registration Required* Our Tampines Hub	Let's DragonBoat 一起来划龙舟 7:45 am - 12:30pm Gather: NTUC Health Bedok AAC@429 *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 Fun with Tech (Bowling) / Exergame 电子游戏时间 9:30am - 10:30am	Let's Walking Football - Championships 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 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* *Limited Vacancy*	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	
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 Do Beads Jewellery 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	Stay Well Series - Mental health workshop by Filos: Our Invisible Health 我们隐形的健康 2:00pm - 3:00pm *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*	Digital - IMDA Go-Digital -Explore Information Online: Find & Evaluate Online Information 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]		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 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
12	13	14	15	16	17
Let's Walking Football(Team B) 一起来踢球 9:45 am - 11:30 am *Registration Required* Our Tampines Hub	Let's Dragon Boat Together 一起来划龙舟 7:45 am - 12:30pm Gather: NTUC Health Bedok AAC@429 *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 Fun with Tech (Bowling) / Exergame 电子游戏时间 9:30am - 10:30am	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 Learn how to cook :Singapore National Dishes 一起学烹饪 1:30pm - 4:30pm *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	
Rolling Good Times 防跌课程Rolling Good Times 1:30pm - 3:00pm *Registration Required*	Let's Line Dance 一起跳排舞 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 Do Crochet 一起做钩针编 2:00pm - 4:00pm *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 (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					

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MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24
Let's Walking Football (Team A+B) 一起来踢球 9:45 am - 11:30 am *Registration Required* Our Tampines Hub	Let's DragonBoat 一起来划龙舟 7:45 am - 12:30pm Gather: NTUC Health Bedok AAC@429 *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	Functional Screening: 9am-1pm *Registration Required*
Square Stepping Exercise 方块踏步运动 10:00am – 11:00am	Let's Gen Together - Kindergarten My First Skool - Mid-Autumn Festival 一起来庆生 代际交流 - 幼儿园 中秋节 9.30am - 12:30 pm *Registration Required*	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	
Rolling Good Times 防跌课程Rolling Good Times 1:30pm - 3:00pm *Registration Required*	Let's Learn How to Cook Fried Rice series 做炒饭 一起学烹饪 10:00am - 1:00pm *Registration Required* *Limited Vacancy* Digital - Fab Lab Series - Laser Cutting 激光切割工作坊 10.00am - 1:00 pm *Registration Required* *NTUC Health Kampung Admiralty AAC*: 676 Woodlands Drive 71 #06-01 Singapore 730676	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 Calligraphy Art (Advanced) 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 Line Dance 一起跳排舞 1:30pm - 2:30pm	Let's Pick Up 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 *Registration Required*		
Let's KTV Together 一起来K歌 2:30pm - 5:00pm *Registration Required	Let's Do Beads Jewellery 一起做串珠 艺术 2:30pm - 4:00pm		Let's Lim Kopi (Male Exclusive) 一起喝咖啡 (只限男性) 4:00pm - 5:00pm		

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Let's Walking Football (Team A+B) 一起来踢球 9:45 am - 11:30 am *Registration Required* Our Tampines Hub	Let's DragonBoat 一起来划龙舟 7:45 am - 12:30pm Gather: NTUC Health Bedok AAC@429 *Registration Required* Let's Learn How to Cook - Singapore National Dishes 一起学烹饪 1:30pm - 4:30pm *Registration Required*	Community Health Post 服务 - 社区保健站 9:00am - 5:00pm *Registration Required* Let's Fish for Fun (Male Exclusive) 一起去钓鱼玩吧! (只限男性) 9:30am - 11:30am *Registration Required*	Let's Tai Chi 一起打太极 *Registration Required* 8:30am - 10:00am 408A Bedok North Ave 2 Community Space Fun with Tech (Bowling) / Exergame 电子游戏时间 9:30am - 10:30am Piece of Mine Workshop: Living Well & Leaving Well Conducted in Mandarin 10:00 am-12.30pm *Registration Required*	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 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*	I'm Soul Inc -Music & Movement 1.30pm-2.30pm *Registration Required*	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*	Stay Strong Programe X Fairprice Foundation (A Stronger Start) 2:00pm - 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*	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*			Let's Lim Kopi (Male Exclusive) 一起喝咖啡 (只限男性) 4:00pm - 5:00pm		

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