

2026 September

 **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
31	01	02	03	04	05
Let's Walking Football (Team A) 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 Line Dance 一起跳排舞 2:30pm - 3:30pm Let's Line Dance x Kids Meadow 一起跳排舞 3:30pm - 4:30pm	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*	HAPPY Programme 推广健康老龄化计划 1:30pm - 2:30pm *Registration Required*	
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		Stay Well Series - Health Talk by RHS- Understanding one's body constitution with regards to Traditional Chinese Medicine (TCM) 保健系列 - 健康讲座 4:00 pm – 5:00PM *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*			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
07	08	09	10	11	12
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*	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	Woody's Wisdom x Kidz Meadow Preschool - Let's make 代际交流 - 幼儿园 10.30am-12:00 pm	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 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 - 2:30pm *Registration Required*	
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required*	Let's Do Beads Art 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	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 -Setup & Use Smart Device- Wireless@SGX 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]				

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Let's Walking Football(Team A) 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 NTUC Health Bedok AAC@429	CENTRE CLOSURE	
Square Stepping Exercise 方块踏步运动 10:00am - 11:00am	Let's Gen Together - Kindergarten My First Skool - Birthday Celebration 一起来庆生 代际交流 - 幼儿园 9.30am - 12:30 pm *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) 9:30am - 11:30am *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 Jam with Ukulele 一起玩乌克兰丽丽 10:30am - 11:30am *Registration Required*		
Rolling Good Times 防跌课程Rolling Good Times 1:30pm - 3:00pm *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	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 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 Lim Kopi (Male Exclusive) 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 *Registration Required					

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
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 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 NTUC Health Bedok AAC@429 Fun with Tech (Bowling) / Exergame 电子游戏时间 9:30am - 10:30am	Let's Go Gai Gai- Hay Dairy Farm 一起去Gai Gai 8:30am - 1:00pm NTUC Health Bedok AAC@429 Let's Do Fun Exercise- F4 一起做运动 (坐式) - F4 10:00am - 11:00am	
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 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 Celebrate (Mid-Autumn Festival) 一起来庆祝(节日名称) 1:00pm - 4:00pm *Registration Required*	
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required*	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 (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 Lim Kopi (Male Exclusive) 一起喝咖啡 (只限男性) 4:00pm - 5:00pm		

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28	29	30			
Let's Walking Football (Team A) 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* Let's Gen with My First Skool Preschool : Let's make 10:30 am-12:00 pm	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*			
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*			
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 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 KTV Together 一起来K歌 2:30pm - 5:00pm *Registration Required*					

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