

# 2026 February 二月

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



**ntuc** **Health**

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am <b>Rainbow Ville Blk 430A</b>	Let's Chair Zumba 一起做坐式尊巴 <b>*Registration Required*</b> 10:00am - 11:00am <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b>	Active Steps, Sharp Minds 走走动动脑 10:00am - 11:00am <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b>	Let's Jam with Ukulele 一起玩乌克丽丽 <b>*Registration Required*</b> 10:30am – 11:30am <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b>	Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am <b>Rainbow Ville Blk 430A</b>	
Strategise with Kakis 游戏时间 1:00pm – 3:00pm <b>Rainbow Ville Blk 430A</b>	Let's Line Dance 一起跳排舞 1:30pm - 2:30pm <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b>	Community Health Post 服务 - 社区保健站 2:00pm - 4:00pm <b>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>	Let's Do Zentangle! 一起做禅绕画 1:30pm – 3:00pm <b>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>	Let's Do Calligraphy Art (Advance) 一起学书法 (高级班) 2:00pm – 4:00pm <b>*Registration Required* [DS2]</b>	
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm <b>*Registration Required*</b> <b>Rainbow Ville Blk 430A</b>	Let's Do CNY Craft 一起做新年手工艺 2:00pm - 4:00pm <b>*Registration Required*</b> <b>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>	HAPPY Programme 推广健康老龄化计划 2:00pm – 4:00pm <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b> (TBC) : Could be Frl 10-12PM	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>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>	Strategise with Kakis 游戏时间 1:00pm – 3:00pm <b>Rainbow Ville Blk 430A</b>	
Let's Yum Cha Together 一起饮茶 3:00pm - 5:00pm <b>Rainbow Ville Blk 430A</b>				Let's Yum Cha Together 一起饮茶 3:00pm - 4:00pm <b>Rainbow Ville Blk 430A</b>	

Venue 活动 场地	HeartBeat @ Bedok 勿洛心动大厦	NTUC Health Active Ageing Centre (Care) (Heartbeat@Bedok)	DS2: Dance Studio 2 (Lvl 2)	MS3: Music Studio 2 & 3 (Lvl 2)	FS: Function Room 1 & 2 (Lvl 3)
	Rainbow Ville Blk 430A	Kampong Chai Chee Rainbow Ville RN (Blk 430A Bedok North Woods Bedok North Road 01-421 Singapore 461430)			

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Let's Yum Cha Together 一起饮茶 9:30am - 11:00am <b>Rainbow Ville Blk 430A</b>	Let's Chair Zumba 一起做坐式尊巴 <b>*Registration Required*</b> 10:00am - 11:00am <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b>	Active Steps, Sharp Minds 走走动动脑 10:00am - 11:00am <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b>	Let's Jam with Ukulele 一起玩乌克丽丽 <b>*Registration Required*</b> 10:30am – 11:30am <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b>	Let's Yum Cha Together 一起饮茶 9:30am - 11:00pm <b>Rainbow Ville Blk 430A</b>	
Strategise with Kakis 游戏时间 1:00pm – 3:00pm <b>Rainbow Ville Blk 430A</b>	Let's Line Dance 一起跳排舞 1:30pm - 2:30pm <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b>		Let's Do Zentangle! 一起做禅绕画 1:30pm – 3:00pm <b>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>		
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm <b>*Registration Required*</b> <b>Rainbow Ville Blk 430A</b>	Let's Do CNY Craft 一起做新年手工艺 2:00pm - 4:00pm <b>*Registration Required*</b> <b>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>	HAPPY Programme 推广健康老龄化计划 2:00pm – 4:00pm <b>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</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>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>	<b>Centre Close Noon</b>	

Venue 活动 场地	<b>HeartBeat @ Bedok 勿洛心动大厦</b>	<b>NTUC Health Active Ageing Centre (Care) (Heartbeat@Bedok)</b>	<b>DS2: Dance Studio 2 (Lvl 2)</b>	<b>MS3: Music Studio 2 &amp; 3 (Lvl 2)</b>	<b>FS: Function Room 1 &amp; 2 (Lvl 3)</b>	
	<b>Rainbow Ville Blk 430A</b>	<b>Kampong Chai Chee Rainbow Ville RN (Blk 430A Bedok North Woods Bedok North Road 01-421 Singapore 461430)</b>				

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am <b>Rainbow Ville Blk 430A</b>	<b>Centre Close</b> <b>[Chinese New Year]</b>	<b>Centre Close</b> <b>[Chinese New Year]</b>	Let's Bowl 电子游戏时间 9:30am – 11:00am <b>*Registration Required*</b>	Let's Talk News 一起聊新闻 9:00am – 10:00am	
<b>Centre Close Noon</b> <b>[Chinese New Year Eve]</b>			Let's Jam with Ukulele 一起玩乌克丽丽 10:30am – 11:30am <b>*Registration Required*</b>	Let's Support AAC - Research- (IMH_NUSS) Hay Day With Horses 一起参与研究计划 - (IMH_NUSSH) 10:00am - 11:00am <b>*Registration Required*</b>	
			Let's Do Zentangle! 一起做禅绕画 1:30pm – 3:00pm	Let's Do Seated Exercise 一起做运动 (坐式) 11:00am - 12:00pm	
			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 Yum Cha Together 一起饮茶 1:00pm - 2:00pm	
			Let's Lim Kopi (Male Exclusive) 一起喝咖啡(只限男性) 4:00pm - 5:00pm	Let's Tea Dance 2:00pm - 4:00pm <b>*Registration Required*</b>	

Venue 活动 场地	NTUC Health Active Ageing Centre @ Bedok North  Rainbow Ville Blk 430A	Blk 429 Bedok North Road #01-01 S460429  Kampong Chai Chee Rainbow Ville RN 430A Bedok North Woods Bedok North Road 01-421 Singapore (461430)
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MON	TUE	WED	THU	FRI	SAT
<b>23</b> Active Steps, Sharp Minds 走走动动脑 9:30am - 10:30am  Let's Cup Stacking 一起玩竞技叠杯 Let's Disc Golf 一起玩飞盘高尔夫 10:30am - 11:30am	<b>24</b> Let's Gen Together - Kindergarten 代际交流 - 幼儿园 9:30am - 10:30am <b>*Registration Required*</b>	<b>25</b> Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am <b>*Registration Required*</b>	<b>26</b> Let's Bowl 电子游戏时间 9:30am – 11:00am <b>*Registration Required*</b>	<b>27</b> Let's Talk News 一起聊新闻 9:00am – 10:00am	<b>28</b>
Strategise with Kakis 游戏时间 1:00pm – 3:00pm	Let's Celebrate Birthday! 一起来庆生 X My First Skool 10:30am - 11:30am <b>*Registration Required*</b>	Let's Do Pastel Drawing 一起做粉彩画 10:00am - 12:00pm <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 Support AAC - Research- (IMH_NUSSH) Hay Day With Horses 一起参与研究计划 - (IMH_NUSSH) 10:00am - 11:00am <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 <b>*Registration Required*</b>	Let's Support AAC - Research- (IMH_NUSSH) Hay Day With Horses 一起参与研究计划 - (IMH_NUSSH) 2:00pm - 3:00pm <b>*Registration Required*</b>	Let's Gen Together - BerMasak & BerKhayr x NUS Students 1.30pm-8pm <b>*Registration Required*</b> <b>*Muslim Exclusive*</b>	Let's Do Seated Exercise 一起做运动 (坐式) 11:00am - 12:00pm	
Let's Yum Cha Together 一起饮茶 1:00pm - 2:00pm	Let's Bowl 电子游戏时间 2:00pm - 3.30pm <b>*Registration Required*</b>	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	Let's Do Calligraphy Art (Beginner) 一起学书法 (初级班) 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>		HAPPY Programme 推广健康老龄化计划 6:30pm – 7:30pm <b>*Registration Required*</b>		Let's Tea Dance 3:00pm - 4:30pm <b>*Registration Required*</b>	

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