

2025 April

Location: Dance Studio 2 or Music Studio 3 , Level 2
As of 27/03/2025

 **Centre Name:** Active Ageing Centre (Care) (HeartBeat@Bedok)
 **Centre Address:** 1 Bedok North Street 1 #02-02 Singapore 469662
 **Centre Contact:** 94884573 (Aisyah)/ 94884574 (Deanna, TT)



NTUC Health

MON

TUE

WED

THU

FRI

SAT

	1	2	3	4	5
	Let's do Chair Zumba @10-11am (Music Studio 3)* Registration Required on H365 app*	Strategize with Kakis: Rummy O & Mahjong @10-12pm	Let's strum Ukulele @10.30-11.30am (Music Studio 3) Let's Do Line Dance by Sunny @12.30--2pm	Kids Campus Pre School X NTUC Health Hari Raya Celebration @10am-12pm *Registration Required*	
	Let's do Zentangle Art @2-4pm	Community Nurse Health Post @2-5pm (Dance Studio 2) *Registration Required* NCOS - Walking Football @ Blk 430A Pavilion @ 4-5.30pm	Strategize with Kakis: Rummy O & Mahjong @2.30-5.30pm Let's Steel Combat @3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*		
7	8	9	10	11	12
Let's do Crochet @2-4pm "Materials not provided"	Let's do Chair Zumba @10-11am (Music Studio 3)* Registration Required on H365 app*	NTUC Health X Salvation Army Bedok Hari Raya Open House @10-1.30pm *Registration Required*	Let's strum Ukulele @10.30-11.30am (Music Studio 3) Let's Do Line Dance by Sunny @12.30-2pm	Square Step @10-11am	
Strategize with Kakis: Rummy O & Mahjong @4-5.30pm	Let's do Zentangle Art @2 -4pm	Let's do Nagomi Art @2.30-430pm	Strategize with Kakis: Rummy O & Mahjong @2.30-5.30pm	Let's go Gai Gai: National Gallery Tour X DBS @2-5pm *Registration Required*	
		NCOS - Walking Football @Blk 430A Pavilion @4-5.30pm	Let's Steel Combat @3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*		

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Let's do Crochet @2-4pm "Materials not provided"	Let's do Chair Zumba @10-11am (Music Studio 3) *Registration Required on H365 app*	Strategize with Khakis : Rummy O & Mahjong @ 2.30-5.30pm	Let's strum Ukulele@10.30-11.30am (Music Studio 3) Let's do Nagomi Art @10-12pm Let's do Line Dance by Sunny 12.30-2pm	Centre Closure	
Strategize with Kakis: Rummy O & Mahjong @4-5.30pm	Let's do Zentangle Art @2-4pm	NCOS - Walking Football @Blk 430A Pavilion @4-5.30pm	Let's Steel Combat @3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*		
21	22	23	24	25	26
Let's do Crochet @2-4pm "Materials not provided"	Let's do Chair Zumba @10-11am (Music Studio 3) *Registration Required on H365 app*	Strategize with Kakis: Rummy O & Mahjong @10-12pm	Let's strum Ukulele@10.30-11.30am (Music Studio 3) Let's do Line Dance by Sunny 12.30-2pm	Let's Explore: Punggol Coast @8am-3.30pm *Registration Required*	
Strategize with Kakis: Rummy O & Mahjong @4-5.30pm	Let's do Zentangle Art @2-4pm	Let's do Nagomi Art @ 2-4pm	Let's Steel Combat @3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*		
28	29	30			
Let's do Crochet @2-4pm "Materials not provided"	Let's do Chair Zumba @10-11am (Music Studio 3) *Registration Required on H365 app* Let's Talk about Cognitive Health @10-11am *Registration Required*	Centre Closure			
Strategize with Kakis: Rummy O & Mahjong @4-5.30pm	Let's do Zentangle Art @2 -4pm				

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2025 四月

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1	2	3	4	5	
	一起做椅子尊巴舞 @10-11am (Music Studio 3) *需要在H365应用程序报名*	游戏时间: Rummy O 和麻将 @10am-12pm	一起弹奏尤克里里吧 @10.30-11.30am (地点: 音乐工作室 3) 一起跳排舞 (Sunny 老师) @12.30-2pm	Kids Campus Pre-School 和NTUC HEALTH 开斋节庆祝活动 @10-12pm *需要报名*	
	一起做禅绕画 @2-4pm	社区 护士健康站 @下午 2-5pm (舞蹈室 2) *需要报名* 全国乐龄庆祝活动: 步行足球 4-5.30pm @ Bedok North Rd 大牌430A	游戏时间: Rummy O 和麻将 @2.30-5.30pm 一起做有氧搏击活动 @3-4pm (男性乐龄人士专属) @ Bedok North Rd 在大牌429A和429B之间 *新乐龄需要报名*		
7	8	9	10	11	12
一起做钩针编 @2-4pm *请自备材料*	一起做椅子尊巴舞 @10-11am (Music Studio 3) *需要在 H365应用程序 报名*	NTUC HEALTH 和救世军Bedok 开斋节开放日 @10-1.30pm *需要报名*	一起弹奏尤克里里吧 @10.30-11.30am (地点: 音乐工作室 3) 一起跳排舞 (Sunny 老师) @12.30-2pm	方形踏步运 动 @10-11am	
游戏时间: Rummy O 和麻将 @4-5.30pm	一起做禅绕画 @2-4pm	一起来做 Nagomi Art @2.30 - 4.30pm 全国乐龄庆祝活动: 步行足球 4-5.30pm @ Bedok North Rd 大牌430A	游戏时间: Rummy O 和 麻将 @ 2.30 - 5.30pm 一起做有氧搏击活动 @3-4pm (男性乐龄人士专属 @Bedok North Rd 在大牌429A和429B之间 *新乐龄需要报名*	一起去 Gai Gai: 国家美术馆 @2-5pm *需要报名*	

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14	15	16	17	18	19
一起做钩针编 @2-4pm *请自备材料*	一起做椅子尊巴舞 @10-11am (Music Studio 3) *需要在H365应用程序报名*	游戏时间: Rummy O 和麻将 @2.30-5.30pm	一起弹奏尤克里里吧 @10.30-11.30am (地点: 音乐工作室 3) 一起来做 Nagomi Art@10-12pm 一起跳排舞(Sunny 老师)@12.30-2pm	Centre Closure	
游戏时间: Rummy O 和麻将 @4-5.30pm	一起做禅绕画 @2-4pm	一起做禅绕画 @2-4pm 全国乐龄庆祝活动: 步行足球 4-5.30pm @ Bedok North Rd 大牌430A *需要报名*	一起做有氧搏击活动 @3-4pm (男性乐龄人士专属)@ Bedok North Rd 在大牌429A和429B之间 *新乐龄需要报名*		
21	22	23	24	25	26
一起做钩针编 @2-4pm *请自备材料*	一起做椅子尊巴舞 @10-11am (Music Studio 3) *需要在H365应用程序报名*	游戏时间: Rummy O 和麻将 @10-12pm	一起弹奏尤克里里吧 @10.30-11.30am (地点: 音乐工作室 3) 一起跳排舞(Sunny 老师)@12.30-2pm	一起来探索 Punggol Coast @8am-3.30pm *新乐龄需要报名*	
游戏时间: Rummy O 和麻将 @4-5.30pm	一起做禅绕画 @2-4pm	一起来做 Nagomi Art@2-4pm	一起做有氧搏击活动 @3-4pm (男性乐龄人士专属)@ Bedok North Rd 在大牌429A和429B之间 *新乐龄需要报名*		
28	29	30			
一起做钩针编 @2- 4pm *请自备材料*	一起做椅子尊巴舞 @10-11am (Music Studio 3) *需要在H365应用程序报名*	Centre Closure			
游戏时间: Rummy O 和麻将 @4-5.30pm	一起做禅绕画 @2-4pm				

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