




# 2025 August 八月

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



**ntuc Health**

MON	TUE	WED	THU	FRI 1	SAT 2
				<p>Square Stepping Exercise 方块踏步运动 10:00am - 11:00am [ DS ]</p> <p>Let's Adaptive Sports 一起做运动 10:00am - 11:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ RB - 430A ]</p>	
				<p>Lets Yum Cha &amp; Rummy O/ Mahjong 一起饮茶和游戏游戏时间 1:30pm - 5:00pm [ RB - 430A ]</p>	




Venue

AAC: NTUC Health Active Ageing Centre (Care) (Heartbeat@Bedok)      DS: Dance Studio 2 [Level 2]   MS: Music Studio 2 & 3 [Level 2]      FS: Function Room 1 & 2 [Level 3]  
RB: Kampong Chai Chee Rainbow Ville RN [Blk 430A Bedok North Woods Bedok North Road 01-421 Singapore 461430]   LG: Linear Green Residents' Network [221A Bedok Central, #01-70 Linear Green@Bedok, Singapore 461221]

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MON 4	TUE 5	WED 6	THU 7	FRI 8	SAT 9
Let's Adaptive Sports 一起做运动 10:00am - 11:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ RB - 430A ]	Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am <b>*Registration Required*</b> <b>on H365 app*</b> <b>*需要在 H365 应用程序 报名*</b> [ MS ]  Let's Belly Dance 11.30am - 12.30pm <b>*Registration Required*</b> <b>*需要报名*</b> [ MS ]	Let's Fly Swat Tennis 一起用苍蝇扑打网球 10:00am - 11:00am [ MS ]  Let's Cardio Stick Exercise 一起做心动能棒运动 11:00am - 12:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ MS ]	Let's Tai Chi 一起打太极 9:00am - 10:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ Blk 404 Community Space ]  Let's Jam with Ukulele (Advanced) 一起玩 乌克兰丽丽 10:30am - 12:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ MS ]  Strategise with Kakis 游戏时间 Rummy O & Mahjong 10-12pm [ DS ]	Let's Adaptive Sports 一起做运动 10:00am - 11:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ RB - 430A ]  Square Stepping Exercise 方块踏步运动 10:00am - 11:00am [ DS ]	
Let's Do Crochet 一起做钩针编织 2:00pm - 4:00pm <b>"Materials not provided"</b> [ DS ]  Rummy O & Mahjong 游戏时间 4:00pm - 5:30pm [ DS ]	Let's do Line Dance 一起跳排舞 1:00pm - 2:00pm [ DS ]  Let's Do Beads Art 一起做串珠 艺术 2:30pm - 3:30pm <b>*Registration Required*</b> <b>*需要报名*</b> [ DS ]	Rummy O & Mahjong 游戏时间 10:00am - 12:00pm [ DS ]  Let's Do Nagomi Art 一起做日本和 谐粉彩 2:00pm - 4:00pm [ DS ]	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>*Registration Required*</b> <b>*需要报名*</b> [ DS ]		
Lets Yum Cha & Rummy O/ Mahjong 一起饮茶和游戏游戏时间 1:30pm - 5:00pm [ RB - 430A ]	Let's Intergen with Youth Corps (OTAH) @ 2.30-3.30pm 代际交流:(青年社团) (OTAH!) @ 2.30-3.30pm (地点:音乐工作室 3) <b>*Registration Required*</b> [ MS ]			Lets Yum Cha & Rummy O/ Mahjong 一起饮茶和游戏游戏时间 1:30pm - 5:00pm [ RB - 430A ]	

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FS: Function Room 1 & 2 [Level 3]

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
	Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am *Registration Required* on H365 app* *需要在H365应用程序报名* [ MS ]	Let's Fly Swat Tennis 一起用苍蝇扑打网球 10:00am - 11:00am [ MS ]  Let's Cardio Stick Exercise 一起做心动能棒运动 11:00am - 12:00pm *Registration Required* *需要报名* [ MS ]	Let's Tai Chi 一起打太极 9:00am - 10:00am *Registration Required* *需要报名* [Blk 404 Community Space]  游戏时间 Rummy O & Mahjong 10-12pm [ DS ]  Let's Jam with Ukulele (Advanced) 一起玩乌克兰丽丽 10:30am - 12:00pm *Registration Required* *需要报名* [MS]	Square Stepping Exercise 方块踏步运动 10:00am - 11:00am [ DS ]  Let's Adaptive Sports 一起做运动 10:00am - 11:00am *Registration Required* *需要报名* [ RB - 430A ]	
CENTRE CLOSURE	Let's do Line Dance 一起跳排舞 1:00pm - 2:00pm [ DS ] Let's Do Beads Art 一起做串珠 艺术 2:30pm - 3:30pm *Registration Required* *需要报名* [DS]	Rummy O & Mahjong 游戏时间 10:00am - 12:00pm [ DS ] Let's Do Nagomi Art 一起做日本和谐粉彩 2:00pm - 4:00pm [ DS ]	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* *需要报名* [ DS ]	Lets Yum Cha & Rummy O/ Mahjong 一起饮茶和游戏游戏时间 1:30pm - 5:00pm [ RB - 430A ]	

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MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23
Let's Adaptive Sports 一起做运动 10:00am - 11:00am *Registration Required* *需要报名* [ RB ]	Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am *Registration Required* on H365 app* *需要在H365应用程序报名* [ MS ]  Let's Belly Dance 11.30am - 12.30pm *Registration Required* *需要报名* [ MS ]	Let's Fly Swat Tennis 一起用苍蝇扑打网球 10:00am - 11:00am [ MS ] Let's Cardio Stick Exercise 一起做心动能棒运动 11:00am - 12:00pm [ MS ] *Registration Required* *需要报名*	Let's Tai Chi 一起打太极 9:00am - 10:00am [Blk 404 Community Space] *Registration Required* *需要报名*  Let's Jam with Ukulele(Advanced) 一起玩乌克兰丽 10:30am - 12:00pm *Registration Required* *需要报名* [ MS ]	Let's Adaptive Sports 一起做运动 10:00am - 11:00am *Registration Required* *需要报名* [ RB ]  Square Stepping Exercise 方块踏步运动 10:00am - 11:00am [ DS ]	
Let's Do Crochet 一起做钩针编织 2:00pm - 4:00pm *Materials not provided* [ DS ]  游戏时间 Rummy O & Mahjong 4:00pm - 5:30pm [ DS ]	Let's do Line Dance 一起跳排舞 1:00pm - 2:00pm [ DS ] Let's Do Beads Art 一起做串珠艺术 2:30pm - 3:30pm [ DS ] *Registration Required* *需要报名* [ MS ]	游戏时间 Rummy O & Mahjong 10:00am - 12:00pm [ DS ]  Let's Do Nagomi 一起做日本和谐粉彩 2:00pm - 4:00pm [Volunteer Led] [ DS ]	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* *需要报名* [ DS ]	Lets Yum Cha & Rummy O/ Mahjong 一起饮茶和游戏游戏时间 1:30pm - 5:00pm [ RB - 430A ]	
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25	26	27	28	29	30
Let's Adaptive Sports 一起做运动 10:00am - 11:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ RB - 430A ]	Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am <b>*Registration Required*</b> <b>on H365 app*</b> <b>*需要在H365应用程序报名*</b> [ MS ]	Let's Fly Swat Tennis 一起用苍蝇扑打网球 10:00am - 11:00am [ MS ] Let's Cardio Stick Exercise 一起做心动能棒运动 11:00am - 12:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [MS]	Let's Tai Chi 一起打太极 9:00am - 10:00am [ Blk 404 Community Space ] <b>*Registration Required*</b> <b>*需要报名*</b> Let's Jam with Ukulele (Advanced) 一起玩乌克丽丽 10:30am - 12:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ MS ]	Let's Adaptive Sports 一起做运动 10:00am - 11:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ RB - 430A ] Square Stepping Exercise 方块踏步运动 10:00am - 11:00am [ DS ]	
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