

2025 *December* 十二月

 **Centre Name:** AACC (HeartBeat@Bedok)
 **Centre Address:** 1 Bedok North Street 1 #02-02 S469662
 **Centre Contact:** 9488 4573 (Aisyah / Agnes) / 9488 4574 (TT)





MON		TUE		WED		THU		FRI		SAT	
1		2		3		4		5		6	
Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am Rainbow Ville Blk 430A		Let's Chair Zumba 一起做坐式尊巴 *Registration Required* 10:00am - 11:00am HeartBeat @ Bedok 勿洛心 动大厦 [MS3]		Active Steps, Sharp Minds 走走动动脑 10:00am - 11:00am HeartBeat @ Bedok 勿洛心 动大厦 [MS3]		Let's Tai Chi 一起打太极 9:00am - 10:00am Blk 408A Community Space		Let's do Calligraphy Art (Beginner) 一起学书法 (初学班) 2:00pm – 4:00pm *Registration Required* HeartBeat @ Bedok 勿洛心 动大厦 [DS2]		The First Million The National Gallery 3:00pm - 5:00pm *Registration Closed*	
Strategise with Kakis 游戏时间 1:00pm – 2:00pm Rainbow Ville Blk 430A		Let's Do Line Dance 一起跳排舞 1:30pm - 2:30pm HeartBeat @ Bedok 勿洛心 动大厦 [DS2]		Community Health Post 服务 - 社区保健站 2:00pm - 4:00pm HeartBeat @ Bedok 勿洛心 动大厦 [DS2]		Let's Jam with Ukulele 一起玩乌克兰丽 *Registration Required* 11:00am – 12:00pm HeartBeat @ Bedok 勿洛心 动大厦 [MS3]		Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am Rainbow Ville Blk 430A			
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required* Rainbow Ville Blk 430A		Let's Yum Cha 一起饮茶 9:30am - 10:30am Linear Green Blk 221A		Let's Do Adaptive Sports! 一起做运动 10:00am - 11:30am Linear Green Blk 221 Pavilion		Let's Do Zentangle! 一起做禅绕画 1:30pm – 3:00pm HeartBeat @ Bedok 勿洛心 动大厦 [DS2]		Strategise with Kakis 游戏时间 1:00pm – 3:00pm Rainbow Ville Blk 430A			
Let's Yum Cha 一起饮茶 3:00pm - 5:00pm Rainbow Ville Blk 430A		Strategise with Kakis 游戏时间 10:30am - 11:30am Linear Green Blk 221A		Let's Do Fun Craft! 一起做手工 艺 ! 2.00pm - 3:30pm *Registration Required* Linear Green Blk 221A		Let's Steel Combat (Male Exclusive) 一起做钢铁拳击(精简版) (只限男性) 3:00pm - 4:00pm HeartBeat @ Bedok 勿洛心 动大厦 [DS2]		Let's Yum Cha 一起饮茶 3:00pm - 4:00pm Rainbow Ville Blk 430A			
		Let's Do Beads Art 一起做串珠 艺术 2:30pm - 4:00pm *Registration Required* Linear Green Blk 221A		Let's Yum Cha 一起饮茶 3.00pm - 4.00pm Linear Green Blk 221A Strategise with Kakis, 游戏时间 4:00pm - 5:00pm Linear Green Blk 221A							
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)									
	Linear Green Blk 221A	Linear Green Residents' Network (Blk 221A Bedok Central, #01-70 Linear Green@Bedok, Singapore 461221)									

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2025 December 十二月

 **Centre Name:** AACC (HeartBeat@Bedok)
 **Centre Address:** 1 Bedok North Street 1 #02-02 S469662
 **Centre Contact:** 9488 4573 (Aisyah / Agnes) / 9488 4574 (TT)



MON		TUE		WED		THU		FRI		SAT		
8		9		10		11		12		13		
Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am Rainbow Ville Blk 430A		Let's Chair Zumba 一起做坐式尊巴 *Registration Required* 10:00am - 11:00am HeartBeat @ Bedok 勿洛心动大厦 [MS3]		Active Steps, Sharp Minds 走走动动脑 10:00am - 11:00am HeartBeat @ Bedok 勿洛心动大厦 [MS3]		Let's Tai Chi 一起打太极 9:00am - 10:00am Blk 408A Community Space		Let's Exercise 一起做运动 10:00am - 11:15am HeartBeat @ Bedok 勿洛心动大厦 [DS2]				
Strategise with Kakis 游戏时间 1:00pm – 2:00pm Rainbow Ville Blk 430A		Agogo Tea Party 阿哥哥下午茶舞会 *Registration Required* 2:30pm - 5:00pm HeartBeat @ Bedok 勿洛心动大厦 [FS]		Let's Draw Upside Down! 颠倒画世界 2:00pm - 3:30pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]		Let's Jam with Ukulele 一起玩乌克兰丽丽 *Registration Required* 11:00am – 12:00pm HeartBeat @ Bedok 勿洛心动大厦 [MS3]		Let's do Calligraphy Art (Advance) 一起学书法 (高級版) 2:00pm – 4:00pm *Registration Required* HeartBeat @ Bedok 勿洛心动大厦 [DS2]				
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required* Rainbow Ville Blk 430A		Let's Yum Cha 一起饮茶 9:30am - 10:30am Linear Green Blk 221A		Let's Do Adaptive Sports! 一起做运动 10:00am - 11:30am Linear Green Blk 221 Pavilion		Let's Do Zentangle! 一起做禅绕画 1:30pm – 3:00pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]		Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am Rainbow Ville Blk 430A				
Let's Yum Cha 一起饮茶 3:00pm - 5:00pm Rainbow Ville Blk 430A		Strategise with Kakis 游戏时间 10:30am - 11:30am Linear Green Blk 221A		Let's Do Nagomi Art 一起做日本和谐粉彩！ 2.00pm - 4:00pm *Registration Required* Linear Green Blk 221A		Let's Steel Combat (Male Exclusive) 一起做钢铁拳击(精简版) (只限男性) 3:00pm - 4:00pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]		Strategise with Kakis 游戏时间 1:00pm – 3:00pm Rainbow Ville Blk 430A				
				Let's Yum Cha 一起饮茶 3.00pm - 4.00pm Linear Green Blk 221A				Let's Yum Cha 一起饮茶 3:00pm - 4:00pm Rainbow Ville Blk 430A				
				Strategise with Kakis, 游戏时间 4:00pm - 5:00pm Linear Green Blk 221A								
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)									
	Linear Green Blk 221A		Linear Green Residents' Network (Blk 221A Bedok Central, #01-70 Linear Green@Bedok, Singapore 461221)									

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 *December* 十二月

Centre Name: AACC (HeartBeat@Bedok)
Centre Address: 1 Bedok North Street 1 #02-02 S469662
Centre Contact: 9488 4573 (Aisyah / Agnes) / 9488 4574 (TT)



MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am Rainbow Ville Blk 430A	Let's Chair Zumba 一起做坐式尊巴 *Registration Required* 10:00am - 11:00am HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Active Steps, Sharp Minds 走走动动脑 10:00am - 11:00am HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Let's Tai Chi 一起打太极 9:00am - 10:00am Blk 408A Community Space	Let's Exercise 一起做运动 10:00am - 11:15am HeartBeat @ Bedok 勿洛心动大厦 [DS2]	
Strategise with Kakis 游戏时间 1:00pm – 2:00pm Rainbow Ville Blk 430A	Let's Do Line Dance 一起跳排舞 1:30pm - 2:30pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Let's Draw Upside Down! 颠倒画世界 2:00pm - 3:30pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Let's Jam with Ukulele 一起玩乌克兰 *Registration Required* 11:00am – 12:00pm HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Let's do Calligraphy Art (Beginner) 一起学书法 (初学班) 2:00pm – 4:00pm *Registration Required* HeartBeat @ Bedok 勿洛心动大厦 [DS2]	
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required* Rainbow Ville Blk 430A	Let's Yum Cha 一起饮茶 9:30am - 10:30am Linear Green Blk 221A	Let's Do Fun Craft! 一起做手工艺! 2:00pm - 3:30pm *Registration Required* Linear Green Blk 221A	Let's Do Zentangle! 一起做禅绕画 1:30pm – 3:00pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am Rainbow Ville Blk 430A	
Let's Yum Cha 一起饮茶 3:00pm - 5:00pm Rainbow Ville Blk 430A	Strategise with Kakis 游戏时间 10:30am - 11:30am Linear Green Blk 221A	Let's Yum Cha 一起饮茶 3:00pm - 4:00pm Linear Green Blk 221A	Let's Steel Combat (Male Exclusive) 一起做钢铁拳击(精简版) (只限男性) 3:00pm - 4:00pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Strategise with Kakis 游戏时间 1:00pm – 3:00pm Rainbow Ville Blk 430A	
	Let's Do Beads Art 一起做串珠艺术 2:30pm - 4:00pm *Registration Required* Linear Green Blk 221A	Strategise with Kakis, 游戏时间 4:00pm - 5:00pm Linear Green Blk 221A			

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)			
	Linear Green Blk 221A	Linear Green Residents' Network (Blk 221A Bedok Central, #01-70 Linear Green@Bedok, Singapore 461221)			

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 *December* 十二月

 **Centre Name:** AACC (HeartBeat@Bedok)
 **Centre Address:** 1 Bedok North Street 1 #02-02 S469662
 **Centre Contact:** 9488 4573 (Aisyah / Agnes) / 9488 4574 (TT)



MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am Rainbow Ville Blk 430A	Let's Chair Zumba 一起做坐式尊巴 *Registration Required* 10:00am - 11:00am HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Active Steps, Sharp Minds 走走动动脑 10:00am - 11:00am HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Centre Closed [Christmas Day]	Let's Exercise 一起做运动 10:00am - 11:00am HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Post Xmas Lunch Singapore Expo 9:00am - 12:30pm *Registration Required*
Strategise with Kakis 游戏时间 1:00pm – 2:00pm Rainbow Ville Blk 430A	Let's Do Line Dance 一起跳排舞 1:30pm - 2:30pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Let's Do Adaptive Sports! 一起做运动 10:00am - 11:30am Linear Green Blk 221 Pavilion		Let's do Calligraphy Art (Advance) 一起学书法 (高級版) 2:00pm – 4:00pm *Registration Required* HeartBeat @ Bedok 勿洛心动大厦 [DS2]	
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required* Rainbow Ville Blk 430A	Let's Yum Cha 一起饮茶 9:30am - 10:30am Linear Green Blk 221A	Let's Do Adaptive Sports! 一起做运动 10:00am - 11:30am Linear Green Blk 221 Pavilion		Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am Rainbow Ville Blk 430A	
Let's Yum Cha 一起饮茶 3:00pm - 5:00pm Rainbow Ville Blk 430A	Strategise with Kakis 游戏时间 10:30am - 11:30am Linear Green Blk 221A	Let's Yum Cha 一起饮茶 9.30am - 10.30am Linear Green Blk 221A Strategise with Kakis, 游戏时间 10:30am - 12:30pm Linear Green Blk 221A		Strategise with Kakis 游戏时间 1:00pm – 3:00pm Rainbow Ville Blk 430A	
	Let's Do Beads Art 一起做串珠艺术 2:30pm - 4:00pm *Registration Required* Linear Green Blk 221A	Centre Noon Closed [Christmas Eve]		Let's Yum Cha 一起饮茶 3:00pm - 4:00pm Rainbow Ville Blk 430A	

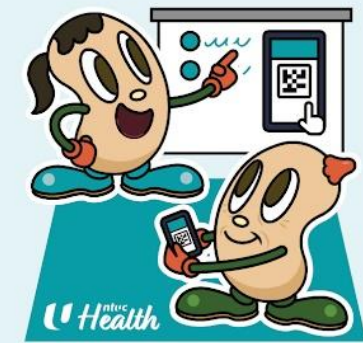
Venue 活动 场地	HeartBeat @ Bedok 勿洛心动大厦	NTUC Health Active Ageing Centre (Care) (Heartbeat@Bedok)	DS2: Dance Studio 2 (Lvl 2)	MS3: Music Studio 2 & 3 (Lvl 2)	FS: Function Room 1 & 2 (Lvl 3)
	Rainbow Ville Blk 430A	Kampong Chai Chee Rainbow Ville RN (Blk 430A Bedok North Woods Bedok North Road 01-421 Singapore 461430)			
	Linear Green Blk 221A	Linear Green Residents' Network (Blk 221A Bedok Central, #01-70 Linear Green@Bedok, Singapore 461221)			

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 *December* 十二月

 **Centre Name:** AACC (HeartBeat@Bedok)
 **Centre Address:** 1 Bedok North Street 1 #02-02 S469662
 **Centre Contact:** 9488 4573 (Aisyah / Agnes) / 9488 4574 (TT)



MON	TUE	WED
29	30	31
Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am Rainbow Ville Blk 430A	Let's Chair Zumba 一起做坐式尊巴 *Registration Required* 10:00am - 11:00am HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Active Steps, Sharp Minds 走走动动脑 10:00am - 11:00am HeartBeat @ Bedok 勿洛心动大厦 [MS3]
Strategise with Kakis 游戏时间 1:00pm – 2:00pm Rainbow Ville Blk 430A	Let's Do Line Dance 一起跳排舞 1:30pm - 2:30pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Let's Do Adaptive Sports! 一起做运动 10:00am - 11:30am Linear Green Blk 221 Pavilion
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required* Rainbow Ville Blk 430A	Let's Yum Cha 一起饮茶 9:30am - 10:30am Linear Green Blk 221A	Centre Noon Closed [New Year's Eve]
Let's Yum Cha 一起饮茶 3:00pm - 5:00pm Rainbow Ville Blk 430A	Strategise with Kakis 游戏时间 10:30am - 11:30am Linear Green Blk 221A	
	Let's Do Beads Art 一起做串珠艺术 2:30pm - 4:00pm *Registration Required* Linear Green Blk 221A	

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)			
	Linear Green Blk 221A	Linear Green Residents' Network (Blk 221A Bedok Central, #01-70 Linear Green@Bedok, Singapore 461221)			

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。