




# 2025 July 七月

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



**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	<p>Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am</p> <p><b>*Registration Required*</b> <b>on H365 app*</b> <b>*需要在H365应用程序报名*</b> [ MS ]</p>	<p>Let's Fly Swat Tennis 一起用苍蝇扑打网球 10:00am - 11:00am [ MS ]</p> <p>Let's DrumFit 一起做DrumFit 11:00am - 12:30pm [ MS ]</p> <p><b>*Registration Required*</b> <b>*需要报名*</b></p>	<p>Strategise with Kakis 游戏时间 Rummy O &amp; Mahjong 10-12pm [ DS ]</p>	<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 ]</p>	
	<p>Let's Do Zentangle Art 一起做禅绕画 2:00pm - 4:00pm [ DS ]</p>	<p>Strategize with Kakis: Rummy O &amp; Mahjong 游戏时间 10:00am - 12:00pm [ DS ]</p>	<p>Let's do Line Dance 一起跳排舞 12:30pm - 2:00pm [ DS ]</p>	<p>Let's do Calligraphy Art (Advanced) 一起学书法 (高级班) 2:00pm - 4:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ DS ]</p>	
		<p>Community Nurse Health Post 服务 - 社区保健站 2:00pm - 5:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ DS ]</p>	<p>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 ]</p>	<p>Strategize with Kakis: Rummy O 游戏时间 1:30pm - 3:30pm [ RB ]</p> <p>Let's Yum Cha Together 一起饮茶 3:30pm - 5:00pm [ RB ]</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	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
Let's Adaptive Sports 一起做运动 10:00am - 11:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ RB ]	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 DrumFit 一起做DrumFit 11:00am - 12:30pm <b>*Registration Required*</b> <b>*需要报名*</b> [ MS ]	Strategise with Kakis 游戏时间 Rummy O & Mahjong 10-12pm [ DS ]	Square Stepping Exercise 方块踏步运动 10:00am - 11:00am [ DS ] Let's Celebrate (Birthday) 一起来庆生 12:30pm - 2:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ DS ]	
Let's Do Crochet 一起做钩针编织 2:00pm - 4:00pm <b>"Materials not provided"</b> [ DS ]  Strategise with Kakis 游戏时间 Rummy O & Mahjong 4:00pm - 5:30pm [ DS ]	Let's Do Zentangle Art 一起做禅绕画 2:00pm - 4:00pm [DS]	Strategize with Kakis: 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 <b>[Volunteer Led]</b> [ DS ]	Let's do Line Dance 一起跳排舞 12:30pm - 2:00pm [ 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 ]	Let's do Calligraphy Art (Beginner) 一起学书法(初学班)  2:30pm - 4:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ DS ]	
Strategize with Kakis: 游戏时间 Rummy O 1:30pm - 3:30pm [ RB ] Let's Yum Cha Together 一起饮茶 3:30pm - 5:00pm [ RB ]				Strategize with Kakis: Rummy O 游戏时间 1:30pm - 3:30pm [ RB ] Let's Yum Cha Together 一起饮茶 3:30pm - 5:00pm [ RB ]	




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 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19
Let's Adaptive Sports 一起做运动 10:00am - 11:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ RB ]	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 DrumFit 一起做DrumFit 11:00am - 12:30pm [ MS ] <b>*Registration Required*</b> <b>*需要报名*</b>	Strategise with Kakis 游戏时间 Rummy O & Mahjong 10-12pm [ DS ]	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 <b>*Registration Required*</b> <b>*需要报名*</b> [ RB ]	
Let's Do Crochet 一起做钩针编织 2:00pm - 4:00pm <b>"Materials not provided"</b> [ DS ]  Strategise with Kakis 游戏时间 Rummy O & Mahjong 4:00pm - 5:30pm [ DS ]	Let's Do Zentangle Art 一起做禅绕画 10:00am - 12:00pm [ DS ]  Let's Do Beads Art 一起做串珠艺术 2:00pm - 4:00pm [ DS ] <b>*Registration Required*</b> <b>*需要报名*</b>	Strategize with Kakis: 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 [ DS ]	Let's do Line Dance 一起跳排舞 12:30pm - 2:00pm [ 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 ]	Let's do Calligraphy Art (Advanced) 一起学书法(高级班) 2:00pm - 4:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ DS ]	
Strategize with Kakis: 游戏时间 Rummy O 1:30pm - 3:30pm [ RB ]  Let's Yum Cha Together 一起饮茶 3:30pm - 5:00pm [ RB ]				Strategize with Kakis: Rummy O 游戏时间 1:30pm - 3:30pm [ RB ]  Let's Yum Cha Together 一起饮茶 3:30pm - 5:00pm [ RB ]	

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MON 21	TUE 22	WED 23	THU 24	FRI 25	SAT 26
Let's Adaptive Sports 一起做运动 10:00am - 11:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ RB ]	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 DrumFit 一起做DrumFit 11:00am - 12:30pm [ MS ] <b>*Registration Required*</b> <b>*需要报名*</b>	Let's Jam with Ukulele 一起玩乌克丽丽 10:00am - 12:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ MS ]  Let's do Line Dance 一起跳排舞 12:30pm - 2:00pm [ DS ]	Square Stepping Exercise 方块踏步运动 10:00am - 11:00am [ DS ]	BGPS Cares Community Day @ 9.30-12pm <b>*Registration Required*</b> <b>*需要报名*</b> [ HB ]
Let's Do Crochet 一起做钩针编织 2:00pm - 4:00pm <b>"Materials not provided"</b> [ DS ]  Strategise with Kakis 游戏时间 Rummy O & Mahjong 4:00pm - 5:30pm [ DS ]	Let's Do Zentangle Art 一起做禅绕画 10:00am - 12:00pm [ DS ]	Strategize with Kakis: 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 [ 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 ]	Let's do Calligraphy Art (Beginner) 一起学书法 (初学班) 2:00pm - 4:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ DS ]	
Strategize with Kakis: 游戏时间 Rummy O 1:30pm - 3:30pm [ RB ]  Let's Yum Cha Together 一起饮茶 3:30pm - 5:00pm [ RB ]	Let's Do Beads Art 一起做串珠艺术 2:00pm - 4:00pm [ DS ] <b>*Registration Required*</b> <b>*需要报名*</b>		Let's Gen Together - Primary 代际交流 - 小学 1:00pm - 2:30pm <b>*Registration Required*</b> <b>*需要报名*</b> [ FS ]	Strategize with Kakis: Rummy O 游戏时间 1:30pm - 3:30pm [ RB ]  Let's Yum Cha Together 一起饮茶 3:30pm - 5:00pm [ RB ]	




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MON	TUE	WED	THU	FRI	SAT
28	29	30	31		
Let's Adaptive Sports 一起做运动 10:00am - 11:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ RB ]	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 DrumFit 一起做DrumFit 11:00am - 12:30pm [ MS ] <b>*Registration Required*</b> <b>*需要报名*</b>	Let's Jam with Ukulele 一起玩乌克兰 丽 10:00am - 12:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ MS ]  Let's do Line Dance 一起跳排舞 12:30pm - 2:00pm [ DS ]		
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