

2025 June

Location: Dance Studio 2 or Music Studio 3 , Level 2
As of 28/06/2025

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



 NTUC Health

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's do Crochet @2-4pm (Dance Studio 2) "Materials not provided"	Let's do Chair Zumba @10-11am (Music Studio 3) *Registration Required on H365 app*	Let's Fly Swat Tennis @ 10-12pm (Music Studio 3) Strategize with Kakis: Rummy O & Mahjong @10-12pm (Dance Studio 2)	Let's strum Ukulele @10.30-11.30am (Music Studio 3) *Registration Required* Let's do Nagomi Art @10-12pm(Dance Studio 2) Let's do Line Dance by Sunny 12.30-2pm, (Dance Studio 2)	Square Step @10-11am (Dance Studio 2) Let's celebrate Birthday @ 12.30pm-2pm (Dance Studio 2) *Registration Required*	
Strategize with Kakis: Rummy O & Mahjong @4-5.30pm (Dance Studio 2)	Let's do Zentangle Art @2-4pm (Dance Studio 2)	Community Nurse Health Post @2-5pm (Dance Studio 2) *Registration Required*	Let's Steel Combat @3-4pm (Male Exclusive) Dance Studio 2 *Registration Required*	Let's do Calligraphy Art @2.30-4.30pm, (Dance Studio 2) *Registration Required*	
9	10	11	12	13	14
Centre Closure	Let's do Chair Zumba @10-11am (Music Studio 3) *Registration Required on H365 app*	Let's Fly Swat Tennis @ 10-12pm (Music Studio 3)	Let's strum Ukulele @10.30-11.30am (Music Studio 3) *Registration Required* Let's do Line Dance by Sunny 12.30-2pm, (Dance Studio 2)	Square Step @10-11am (Dance Studio 2)	
	Let's do Zentangle Art @2 -4pm (Dance Studio 2)	Strategize with Kakis: Rummy O & Mahjong 2pm-5pm (Dance Studio 2)	Let's Steel Combat @3-4pm (Male Exclusive)Dance Studio 2 *Registration Required*	Let's do Calligraphy Art @2-4pm, (Dance Studio 2) *Registration Required	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's do Crochet @2-4pm (Dance Studio 2) "Materials not provided"	Let's do Chair Zumba @10-11am (Music Studio 3) *Registration Required on H365 app*	Let's Fly Swat Tennis @ 10-12pm (Music Studio 3)	Let's strum Ukulele @10.30-11.30am (Music Studio 3) *Registration Required* Let's do Line Dance by Sunny 12.30-2pm, (Dance Studio 2)	Let's go Gai Gai to Peranakan Museum @ 8.30am-2pm *Registration Required*	
Strategize with Kakis: Rummy O & Mahjong @4-5.30pm (Dance Studio 2)	Let's do Zentangle Art @2-4pm (Dance Studio 2) Let's Intergen with Youth Corps (OTAH) @ 2-4pm (Music Studio 3) *Registration Required*	Strategize with Kakis: Rummy O & Mahjong @2-5pm (Dance Studio 2)	Let's Steel Combat @3-4pm (Male Exclusive) Dance Studio 2 *Registration Required*	Let's do Calligraphy Art @2.30-4.30pm, (Dance Studio 2) *Registration Required*	
23	24	25	26	27	30 (MONDAY)
Let's do Crochet @2-4pm (Dance Studio 2) "Materials not provided"	Let's do Chair Zumba @10-11am (Music Studio 3) *Registration Required on H365 app*	Let's Fly Swat Tennis @ 10-12pm (Music Studio 3) Strategize with Kakis: Rummy O & Mahjong @10-12pm (Dance Studio 2)	Let's strum Ukulele @10.30-11.30am (Music Studio 3) TBC *Registration Required* Let's do Line Dance by Sunny 12.30-2pm, (Dance Studio 2)	Centre Closure	Let's do Crochet @2-4pm (Dance Studio 2) "Materials not provided"
Strategize with Kakis: Rummy O & Mahjong @4-5.30pm (Dance Studio 2) Bedok Sports Carnival , Fengshan CC @ 1-3.30pm *Registration Required*	Let's do Zentangle Art @2 -4pm (Dance Studio 2) Let's Intergen with Youth Corps (OTAH) @ 2-4pm (Music Studio 3) *Registration Required*	Let's go Gai Gai to Tea Chapter @2.30-4.30pm *Registration Required*	Let's Steel Combat @3-4pm (Male Exclusive) Dance Studio 2 *Registration Required*		Strategize with Kakis: Rummy O & Mahjong @4-5.30pm (Dance Studio 2)

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2025 六月

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起做钩针编 @2-4pm *请自备材料* (Dance Studio 2)	一起做椅子尊巴舞 @10-11am (Music Studio 3) *需要在H365应用程序报名*	飞翔网球 @10-12pm (音乐工作室 3) 游戏时间: Rummy O 和麻将 @10-12pm (Dance Studio 2)	一起弹奏尤克里里吧 @10.30-11.30am (地点: 音乐工作室 3) *新乐龄需要报名* 一起来做和美艺术吧:10-12pm (Dance Studio 2) 一起跳排舞(Sunny 老师)@12.30-2pm	方形踏步运 动 @10-11am (Dance Studio 2) 一起庆祝生日 @12.30pm-2pm (Dance Studio 2) 需要报名	
游戏时间: Rummy O 和麻将 @4-5.30pm (Dance Studio 2)	一起做禅绕画 @2-4pm (Dance Studio 2)	服务 - 社区保健站 @2-5pm (Dance Studio 2) 需要报名	一起做有氧搏 击活动 @3-4pm (男性乐龄人士专属) (Dance Studio 2) *新乐龄需要报名*	一起来练习书法吧 @2.30-4.30pm (Dance Studio 2) 需要报名	
9	10	11	12	13	14
Centre Closure	一起做椅子尊巴舞 @10-11am (Music Studio 3) *需要在H365应用程序报名*	飞翔网球 @10-12pm (音乐工作室 3)	一起弹奏尤克里里吧 @10.30-11.30am (地点: 音乐工作室 3) *新乐龄需要报名* 一起跳排舞(Sunny 老师)@12.30-2pm	方形踏步运 动 @10-11am (Dance Studio 2)	
	一起做禅绕画 @2-4pm (Dance Studio 2)	游戏时间: Rummy O 和麻将 @2-5pm (Dance Studio 2)	一起做有氧搏 击活动 @3-4pm (男性乐龄人士专属) (Dance Studio 2) *新乐龄需要报名*	一起来练习书法吧 @2.30-4.30pm (Dance Studio 2) 需要报名	

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16	17	18	19	20	21
一起做钩针编 @2-4pm *请自备材料* (Dance Studio 2)	一起做椅子尊巴舞 @10-11am (Music Studio 3) *需要在H365应用程序报名*	飞翔网球 @10-12pm (音乐工作室 3)	一起弹奏尤克里里吧 @10.30-11.30am (地点: 音乐工作室 3) *新乐龄需要报名* 一起跳排舞(Sunny 老师)@12.30-2pm	一起去 Gai Gai: 新加坡土生文化 馆 (峇峇娘惹) @8.30-2pm *新乐龄需要报名*	
游戏时间: Rummy O 和麻将 @4-5.30pm (Dance Studio 2)	一起做禅绕画 @2-4pm 代际交流:(青年社团) (OTAH!) @ 2-4pm (地点: 音乐工作室 3) *需要报名*	游戏时间: Rummy O 和麻将 @2-5pm (Dance Studio 2)	一起做有氧搏 击活动 @3-4pm (男性乐龄人士专属) (Dance Studio 2) *新乐龄需要报名*	一起来练习书法吧 @2.30-4.30pm (Dance Studio 2) *需要报名*	
23	24	25	26	27	30 (MONDAY)
一起做钩针编 @2-4pm *请自备材料* 游戏时间: Rummy O 和麻将 @4-5.30pm (Dance Studio 2)	一起做椅子尊巴舞 @10-11am (Music Studio 3) *需要在H365应用程序报名* 一起做禅绕画 @2-4pm (Dance Studio 2)	飞翔网球 @10-12pm (音乐工作室 3) 游戏时间: Rummy O 和麻将 @10-12pm (Dance Studio 2)	一起弹奏尤克里里吧 @10.30-11.30am (地点: 音乐工作室 3) *新乐龄需要报名* 一起跳排舞(Sunny 老师)@12.30-2pm	Centre Closure	一起做钩针编 @2-4pm *请自备材料* (Dance Studio 2)
勿洛体育嘉年华 Fengshan CC @ 1-3.30pm *需要报名*	代际交流:(青年社团) (OTAH!) @ 2-4pm (地点: 音乐工作室 3) *需要报名*	一起去Gai Gai: 探索茶艺 (Tea Chapter) @2.30-4.30pm *新乐龄需要报名*	一起做有氧搏 击活动 @3-4pm (男性乐龄人士专属) (Dance Studio 2) *新乐龄需要报名*		游戏时间: Rummy O 和麻将 @4-5.30pm (Dance Studio 2)

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