




2025 March

Location: Dance Studio 2 or Music Studio 3 , Level 2
As of As of 26/02/2025

 **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)






MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
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 do Meridian Therapy @ 10-11am (Music Studio 3) Registration Required*	Let's do Martial Art- Kungfu @10-11am (Music Studio 3) Let's Do Line Dance by Sunny 1-2pm	Square Step @ 10 - 11am	
Strategize with Kakis: Rummy O & Mahjong @4-5.30pm	Let's do Zentangle Art @2 -4pm	Community Nurse Health Post @ 2-5pm (Dance Studio 2) *Registration Required* NCOS - Walking Football @ Blk 430A Pavilion @ 4-5.30p	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*	Centre Closure	
10	11	12	13	14	15
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 Do Line Dance by Sunny 1-2pm	Square Step @ 10 - 11am	
Strategize with Kakis: Rummy O & Mahjong @4-5.30pm	Let's do Zentangle Art @2 -4pm	Strategize with Kakis: Rummy O & Mahjong @2.30-5.30pm	Let's do Nagomi Art @2.30-430pm	Let's do Calligraphy Art @2-4pm *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
17	18	19	20	21	22
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 Eat and Talk at Rainbow Ville RN Topic: TBC (in Mandarin) @9-10.30am *Registration Required*	Let's do Martial Art- Kungfu @10-11am (Music Studio 3) Let's do Line Dance by Sunny 1-2pm	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 @ 2-4pm NCOS - Walking Football @ Blk 430A Pavilion @ 4-5.30pm	Strategize with Khakis : Rummy O & Mahjong @ 2.30-5.30pm Let's Steel Combat @ 3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*	Let's do Calligraphy Art @2-4pm *Registration Required*	
24	25	26	27	28	29
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 Do Line Dance by Sunny 1-2pm	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 @ 2-4pm NCOS - Walking Football @ Blk 430A Pavilion @ 4-5.30pm	Strategize with Khakis : Rummy O & Mahjong @ 2.30-5.30pm Let's Steel Combat @ 3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*	Let's do Calligraphy Art @2-4pm *Registration Required*	

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2025 三月

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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
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*	让我们一起做经络疗法 @ 10am - 11am (Music Studio 3) *新乐龄需要报名*	让我们一起练习武术 10 -11am (Music Studio 3)	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	社区护士健康站 @ 下午 2-5 点(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430亭子	一起跳排舞(Sunny 老师) @ 1 - 2pm 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*	中心于 2025 年 3 月 7 日关闭	
10	11	12	13	14	15
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*		一起跳排舞(Sunny 老师) @ 1 - 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	游戏时间: Rummy O 和麻将 @ 2.30 - 5.30pm 全国乐龄庆祝活动: 步行足球 4 - 5.30pm @ Bedok North Rd 大牌430亭子	一起做禅绕画@ 2.30-4.30pm 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*	一起写书法@2-4pm *需要报名*	

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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430亭子 *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*	一起写书法@2-4pm *需要报名*	
24	25	26	27	28	
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*	一起做禅绕画@ 2-4pm	一起跳排舞(Sunny 老师)@ 1-2pm 游戏时间: Rummy O 和麻将 @ 2.30-5.30pm	方形踏步运动 @ 10-11am	
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