

# 2026 March 三月

 **Centre Name:** AACC (Bedok North)  
 **Centre Address:** Blk 429 Bedok North Road #01-01 S460429  
 **Centre Contact:** 9488 4573 (Aisyah) / 9488 4574 (Agnes/Lee Wee)



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
HAPPY Programme 推广健康老龄化计划 10:00am – 11:00am Rainbow Ville Blk 430A	Active Steps, Sharp Minds 走走动动脑 10:00am - 11:00am HeartBeat @ Bedok 勿洛心动大厦 [MS3]	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]	Let's Tai Chi 一起打太极 *Registration Required* 9:00am - 10:00am [Blk 408A Community Space]	Let's Talk News 一起聊新闻 9:00am – 10:00am Rainbow Ville Blk 430A	
Strategise with Kakis 游戏时间 1:00pm – 3:00pm Rainbow Ville Blk 430A	Let's Line Dance 一起跳排舞 1:30pm - 2:30pm HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Community Health Post 服务 - 社区保健站 2:00pm - 5:00pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Let's Jam with Ukulele 一起玩乌克兰丽 *Registration Required* 10:30am – 11:30am 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 Do Beads Art 一起做串珠艺术 2:30pm - 4:00pm *Registration Required* HeartBeat @ Bedok 勿洛心动大厦 [DS2]		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 Do Calligraphy Art (Advance) 一起学书法 (高级班) 2:00pm – 4:00pm *Registration Required* [DS2]	
Let's Yum Cha Together 一起饮茶 3:00pm - 5:00pm Rainbow Ville Blk 430A				Strategise with Kakis 游戏时间 1:00pm – 3:00pm Rainbow Ville Blk 430A	
				Let's Yum Cha Together 一起饮茶 3:00pm - 4:00pm Rainbow Ville Blk 430A	

Venue	NTUC Health Active Ageing Centre(Care) @ Bedok North	Blk 429 Bedok North Road #01-01 S460429
活动场地	Rainbow Ville Blk 430A	Kampong Chai Chee Rainbow Ville RN 430A Bedok North Woods Bedok North Road 01-421 Singapore (461430)

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。

# 2026 March 三月

 **Centre Name:** AACC (Bedok North)  
 **Centre Address:** Blk 429 Bedok North Road #01-01 S460429  
 **Centre Contact:** 9488 4573 (Aisyah) / 9488 4574 (Agnes/Lee Wee)



**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
HAPPY Programme 推广健康老龄化计划 10:00am – 11:00am Rainbow Ville Blk 430A	Active Steps, Sharp Minds 走走动动脑 10:00am - 11:00am HeartBeat @ Bedok 勿洛心动大厦 [MS3]	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]	Let's Tai Chi 一起打太极 *Registration Required* 9:00am - 10:00am [Blk 408A Community Space]	Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am Rainbow Ville Blk 430A	
Strategise with Kakis 游戏时间 1:00pm – 3:00pm Rainbow Ville Blk 430A	Let's Line Dance 一起跳排舞 1:30pm - 2:30pm HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Let's Pick Up Malay/Chinese 一起学马来语/华语 *Registration Required* 2:00pm - 3:30pm HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Let's Jam with Ukulele 一起玩乌克兰丽 *Registration Required* 10:30am – 11:30am HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Let's Do Calligraphy Art (Beginner) 一起学书法 (初级班) 2:00pm – 4:00pm *Registration Required* [DS2]	
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required* Rainbow Ville Blk 430A	Let's Do Beads Art 一起做串珠艺术 2:30pm - 4:00pm *Registration Required* HeartBeat @ Bedok 勿洛心动大厦 [DS2]		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 Together 一起饮茶 3:00pm - 5:00pm Rainbow Ville Blk 430A				Let's Yum Cha Together 一起饮茶 3:00pm - 4:00pm Rainbow Ville Blk 430A	

Venue 活动 场地	NTUC Health Active Ageing Centre (Care) @ Bedok North	Blk 429 Bedok North Road #01-01 S460429
	Rainbow Ville Blk 430A	Kampong Chai Chee Rainbow Ville RN 430A Bedok North Woods Bedok North Road 01-421 Singapore (461430)

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。

# 2026 March 三月

 **Centre Name:** AACC (Bedok North)  
 **Centre Address:** Blk 429 Bedok North Road #01-01 S460429  
 **Centre Contact:** 9488 4573 (Aisyah) / 9488 4574 (Agnes/Lee Wee)



**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
HAPPY Programme 推广健康老龄化计划 10:00am – 11:00am <b>Rainbow Ville Blk 430A</b>	Active Steps, Sharp Minds 走走动动脑 10:00am - 11:00am <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b>	Let's Chair Zumba 一起做坐式尊巴 <b>*Registration Required*</b> 10:00am - 11:00am <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b>	Let's Tai Chi 一起打太极 <b>*Registration Required*</b> 9:00am - 10:00am <b>[Blk 408A Community Space]</b>	Let's Talk News 一起聊新闻 9:00am – 10:00am <b>Rainbow Ville Blk 430A</b>	
Strategise with Kakis 游戏时间 1:00pm – 3:00pm <b>Rainbow Ville Blk 430A</b>	Let's Line Dance 一起跳排舞 1:30pm - 2:30pm <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b>	Let's Pick Up Malay/Chinese 一起学马来语/华语 <b>*Registration Required*</b> 2:00pm - 3:30pm <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b>	Let's Jam with Ukulele 一起玩乌克兰丽 <b>*Registration Required*</b> 10:30am – 11:30am <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b>	Let's Do Seated Exercise 一起做运动(坐式) 10:00am - 11:00am <b>Rainbow Ville Blk 430A</b>	
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm <b>*Registration Required*</b> <b>Rainbow Ville Blk 430A</b>	Let's Do Beads Art 一起做串珠艺术 2:30pm - 4:00pm <b>*Registration Required*</b> <b>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>		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>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>	Let's Do Calligraphy Art (Advance) 一起学书法(高级班) 2:00pm – 4:00pm <b>*Registration Required*</b> <b>[DS2]</b>	
Let's Yum Cha Together 一起饮茶 3:00pm - 5:00pm <b>Rainbow Ville Blk 430A</b>				Strategise with Kakis 游戏时间 1:00pm – 3:00pm <b>Rainbow Ville Blk 430A</b>	
				Let's Yum Cha Together 一起饮茶 3:00pm - 4:00pm <b>Rainbow Ville Blk 430A</b>	

Venue	NTUC Health Active Ageing Centre(Care) @ Bedok North	Blk 429 Bedok North Road #01-01 S460429
活动场地	Rainbow Ville Blk 430A	Kampong Chai Chee Rainbow Ville RN 430A Bedok North Woods Bedok North Road 01-421 Singapore (461430)

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。

# 2026 March 三月

 **Centre Name:** AACC (Bedok North)  
 **Centre Address:** Blk 429 Bedok North Road #01-01 S460429  
 **Centre Contact:** 9488 4573 (Aisyah) / 9488 4574 (Agnes/Lee Wee)



**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
HAPPY Programme 推广健康老龄化计划 10:00am – 11:00am Rainbow Ville Blk 430A	Active Steps, Sharp Minds 走走动动脑 10:00am - 11:00am HeartBeat @ Bedok 勿洛心动大厦 [MS3]	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]	Let's Tai Chi 一起打太极 *Registration Required* 9:00am - 10:00am [Blk 408A Community Space]	Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am Rainbow Ville Blk 430A	
Let's Celebrate Birthday! 一起庆生日 12:30 pm - 1:00 pm *Registration Required* Rainbow Ville Blk 430A	Let's Line Dance 一起跳排舞 1:30pm - 2:30pm HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Let's Pick Up Malay/Chinese 一起学马来语/华语 *Registration Required* 2:00pm - 3:30pm HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Let's Jam with Ukulele 一起玩乌克丽丽 *Registration Required* 10:30am – 11:30am HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Active x Playdate 2026 NTUC Health x Changkat Sec School 7.45am - 11.00am *Registration Required* @ OCBC Square	
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* HeartBeat @ Bedok 勿洛心动大厦 [DS2]		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 Do Calligraphy Art (Beginner) 一起学书法 (初级班) 2:00pm – 4:00pm *Registration Required* [DS2]	
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required* Rainbow Ville Blk 430A				Strategise with Kakis 游戏时间 1:00pm – 3:00pm Rainbow Ville Blk 430A	
Let's Yum Cha Together 一起饮茶 3:00pm - 5:00pm Rainbow Ville Blk 430A				Let's Yum Cha Together 一起饮茶 3:00pm - 4:00pm Rainbow Ville Blk 430A	

Venue 活动 场地	NTUC Health Active Ageing Centre (Care) @ Bedok North	Blk 429 Bedok North Road #01-01 S460429
	Rainbow Ville Blk 430A	Kampong Chai Chee Rainbow Ville RN 430A Bedok North Woods Bedok North Road 01-421 Singapore (461430)

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。

# 2026 March 三月

 **Centre Name:** AACC (Bedok North)  
 **Centre Address:** Blk 429 Bedok North Road #01-01 S460429  
 **Centre Contact:** 9488 4573 (Aisyah) / 9488 4574 (Agnes/Lee Wee)



MON	TUE	WED	THU	FRI	SAT
<b>30</b>	<b>31</b>				
NTUC Health x North Vista Sec Fun Carnival 8:30am – 11:00am  <b>*Registration Required*</b>	Active Steps, Sharp Minds 走走动动脑 10:00am - 11:00am <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b>				
HAPPY Programme 推广健康老龄化计划 2:00pm – 3:00pm <b>Rainbow Ville Blk 430A</b>	Let's Line Dance 一起跳排舞 1:30pm - 2:30pm <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b>				
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm <b>*Registration Required*</b> <b>Rainbow Ville Blk 430A</b>	Let's Do Beads Art 一起做串珠艺术 2:00pm - 4:00pm <b>*Registration Required*</b> <b>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>				
Let's Yum Cha Together 一起饮茶 3:00pm - 5:00pm <b>Rainbow Ville Blk 430A</b>					

Venue 活动 场地	<b>NTUC Health Active Ageing Centre (Care) @ Bedok North</b>  <b>Rainbow Ville Blk 430A</b>	<b>Blk 429 Bedok North Road #01-01 S460429</b>  <b>Kampong Chai Chee Rainbow Ville RN 430A Bedok North Woods Bedok North Road 01-421 Singapore (461430)</b>
-------------------	---	---

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。