

2025 May

Location: Dance Studio 2 or Music Studio 3 , Level 2
As of 23/04/2025

 **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, TT)



 NTUC Health

MON	TUE	WED	THU	FRI	SAT
			1	2	3
			Centre Closure	Square Step @10-11am (Dance Studio 2)	
				Let's Celebrate Birthday @12-2.30pm *Registration Required*	
5	6	7	8	9	10
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) 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 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)	Community Nurse Health Post @2-5pm (Dance Studio 2) *Registration Required	Let's Steel Combat @3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*	Let's do Calligraphy Art @2-4pm, (Dance Studio 2) *Registration Required	
12	13	14	15	16	17
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) 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 do Zentangle Art @2 -4pm (Dance Studio 2)		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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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
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 Line Dance by Sunny 12.30-2pm, (Dance Studio 2)	Let's go Gai Gai : Bird Paradise @8.30-3.30pm *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 go Bowling! @3-5pm *Registration Required*	Let's do Nagomi Art @ 2-4pm (Dance Studio 2)	Let's Steel Combat @3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*	Let's do Calligraphy Art @2-4pm (Dance Studio 2) *Registration Required	
26	27	28	29	30	31
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 Brisk Walk @ 9-12pm *Registration Required* 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 Line Dance by Sunny 12.30-2pm (Dance Studio 2)	Square Step @10-11am (Dance Studio 2)	
Strategize with Kakis: Rummy O & Mahjong @4-5.30pm (Dance Studio 2)	Let's do Zentangle Art @2-4pm (Dance Studio 2)	Let's do Nagomi Art @ 2-4pm (Dance Studio 2)	Let's Steel Combat @3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*	Let's do Calligraphy Art @2-4pm (Dance Studio 2) *Registration Required	

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			1	2	3
			Centre Closure	方形踏步运 动 @10-11am	
				一起庆祝生日 @12-2.30pm *需要注册*	
5	6	7	8	9	10
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) 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	方形踏步运 动 @10-11am (Dance Studio 2)	
	一起做禅绕画 @2-4pm	社区护士健康站 @下午 2-5pm (舞蹈室 2) *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*	一起来练习书法吧 @2-4pm (Dance Studio 2) 需要报名	
12	13	14	15	16	
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) 游戏时间: Rummy O 和麻将 @10-12pm	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 Nagomi Art, @10-12pm, 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		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*	一起来练习书法吧 @2-4pm 需要报名	

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19	20	21	22	23	24
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*	飞翔网球 @10-12pm (音乐工作室 3) 游戏时间: Rummy O 和麻将 @10-12pm	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: 新加坡飞禽公园 @8.30-3.30pm *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 一起去打保龄球吧 @ 3-5pm *新乐龄需要报名*	一起来做 Nagomi Art @2-4pm (Dance Studio 2)	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*	一起来练习书法吧 @2-4pm (Dance Studio 2) 需要报名	
26	27	28	29	30	
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 快步走 @ 9am-12pm *需要注册* 飞翔网球 @10-12pm (音乐工作室 3) 游戏时间: Rummy O 和麻将 @4-5.30pm	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)	
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)	一起来做 Nagomi Art @2-4pm (Dance Studio 2)	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*	一起来练习书法吧 @2-4pm (Dance Studio 2) 需要报名	

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