

2025 November 十一月

Centre Name: AACC (HeartBeat@Bedok)
Centre Address: 1 Bedok North Street 1 #02-02 S469662
Centre Contact: 9488 4573 (Aisyah / Agnes) / 9488 4574 (TT)



MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am Rainbow Ville Blk 430A	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 Fly Swat Tennis 一起用苍蝇扑 打网球 10:00am - 11:00am HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Let's Tai Chi 一起打太极 9:00am - 10:00am [Blk 408A Community Space]	Let's Exercise 一起做运动 10:00am - 11:15am HeartBeat @ Bedok 勿洛心动大厦 [DS2]	The Flrst Million [Peranakan Museum] 9:30am -12:30pm *Registration Req
Strategise with Kakis 游戏时间 1:00pm – 2:00pm Rainbow Ville Blk 430A	Let's Do Line Dance 一起跳排舞 1:30pm - 2:30pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Community Health Post 服务 - 社区保健站 2:00pm - 4:00pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Let's Jam with Ukulele 一起玩乌克兰丽 *Registration Required* 11:00am – 12:00pm HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Let's do Calligraphy Art (Advance) 一起学书法 (高級版) 2:00pm – 4:00pm *Registration Required* HeartBeat @ Bedok 勿洛心动大厦 [DS2]	
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required* Rainbow Ville Blk 430A	Let's Yum Cha 一起饮茶 9:30am - 10:30am Linear Green Blk 221A	Let's Do Adaptive Sports! 一起做运动 10:00am - 11:30am Linear Green Blk 221 Pavilion	Let's Do Zentangle! 一起做禅绕画 1:30pm – 3:00pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am Rainbow Ville Blk 430A	
Let's Yum Cha 一起饮茶 3:00pm - 5:00pm Rainbow Ville Blk 430A	Strategise with Kakis 游戏时间 10:30am - 11:30am Linear Green Blk 221A	Let's Do Fun Craft! 一起做手工 艺! 2.00pm - 3:30pm *Registration Required* Linear Green Blk 221A	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 Do Beads Art 一起做串珠 艺术 2:30pm - 4:00pm *Registration Required* Linear Green Blk 221A	Let's Yum Cha 一起饮茶 3.00pm - 4.00pm Linear Green Blk 221A Strategise with Kakis, 游戏时间 4:00pm - 5:00pm Linear Green Blk 221A		Let's Yum Cha 一起饮茶 3:00pm - 4:00pm Rainbow Ville Blk 430A	

Venue	HeartBeat @ Bedok 勿洛心动大厦	NTUC Health Active Ageing Centre (Care) (Heartbeat@Bedok)	DS2: Dance Studio 2 (Lvl 2)	MS3: Music Studio 2 & 3 (Lvl 2)	FS: Function Room 1 & 2 (Lvl 3)
活动 场地	Rainbow Ville Blk 430A	Kampong Chai Chee Rainbow Ville RN (Blk 430A Bedok North Woods Bedok North Road 01-421 Singapore 461430)			
	Linear Green Blk 221A	Linear Green Residents' Network (Blk 221A Bedok Central, #01-70 Linear Green@Bedok, Singapore 461221)			

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MON		TUE		WED		THU		FRI		SAT		
10		11		12		13		14		15		
Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am Rainbow Ville Blk 430A		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 Fly Swat Tennis 一起用苍蝇扑 打网球 10:00am - 11:00am HeartBeat @ Bedok 勿洛心 动大厦 [MS3]		Let's Tai Chi 一起打太极 9:00am - 10:00am [Blk 408A Community Space]		Let's Exercise 一起做运动 10:00am - 11:15am HeartBeat @ Bedok 勿洛心 动大厦 [DS2]				
Strategise with Kakis 游戏时间 1:00pm – 2:00pm Rainbow Ville Blk 430A		Let's Do Line Dance 一起跳排舞 1:30pm - 2:30pm HeartBeat @ Bedok 勿洛心 动大厦 [DS2]		Let's Draw Upside Down! 颠倒画世界 2:30pm - 3:30pm HeartBeat @ Bedok 勿洛心 动大厦 [DS2]		Let's Jam with Ukulele 一起玩 乌克兰 *Registration Required* 11:00am – 12:00pm HeartBeat @ Bedok 勿洛心 动大厦 [MS3]		Let's do Calligraphy Art (Beginner) 一起学书法 (高級版) 2:00pm – 4:00pm *Registration Required* HeartBeat @ Bedok 勿洛心 动大厦 [DS2]				
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required* Rainbow Ville Blk 430A		Let's Yum Cha 一起饮茶 9:30am - 10:30am Linear Green Blk 221A		Let's Do Adaptive Sports! 一起做运动 10:00am - 11:30am Linear Green Blk 221 Pavilion		Let's Do Zentangle! 一起做禅绕画 1:30pm – 3:00pm HeartBeat @ Bedok 勿洛心 动大厦 [DS2]		Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am Rainbow Ville Blk 430A				
Let's Yum Cha 一起饮茶 3:00pm - 5:00pm Rainbow Ville Blk 430A		Strategise with Kakis 游戏时间 10:30am - 11:30am Linear Green Blk 221A		Let's Do Fun Craft! 一起做手工 艺！ 2:00pm - 3:30pm *Registration Required* Linear Green Blk 221A		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 Celebrate Birthday! 一起庆生日 12:30 pm - 2:00 pm *Registration Required* Rainbow Ville Blk 430A				
		Let's Do Beads Art 一起做串珠 艺术 2:30pm - 4:00pm *Registration Required* Linear Green Blk 221A		Let's Yum Cha 一起饮茶 3:00pm - 4:00pm Linear Green Blk 221A				Strategise with Kakis 游戏时间 1:00pm – 3:00pm Rainbow Ville Blk 430A				
				Strategise with Kakis, 游戏时间 4:00pm - 5:00pm Linear Green Blk 221A				Let's Yum Cha 一起饮茶 3:00pm - 4:00pm Rainbow Ville Blk 430A				
Venue 活动 场地	HeartBeat @ Bedok 勿洛心动大厦		NTUC Health Active Ageing Centre (Care) (Heartbeat@Bedok)				DS2: Dance Studio 2 (Lvl 2)		MS3: Music Studio 2 & 3 (Lvl 2)		FS: Function Room 1 & 2 (Lvl 3)	
	Rainbow Ville Blk 430A		Kampong Chai Chee Rainbow Ville RN (Blk 430A Bedok North Woods Bedok North Road 01-421 Singapore 461430)									
	Linear Green Blk 221A		Linear Green Residents' Network (Blk 221A Bedok Central, #01-70 Linear Green@Bedok, Singapore 461221)									

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MON		TUE		WED		THU		FRI		SAT		
17		18		19		20		21		22		
Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am Rainbow Ville Blk 430A		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 Fly Swat Tennis 一起用苍蝇扑打网球 10:00am - 11:00am HeartBeat @ Bedok 勿洛心动大厦 [MS3]		Let's Tai Chi 一起打太极 9:00am - 10:00am [Blk 408A Community Space]		CENTRE CLOSED				
Strategise with Kakis 游戏时间 1:00pm – 2:00pm Rainbow Ville Blk 430A		Let's Do Line Dance 一起跳排舞 1:30pm - 2:30pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]		Let's Draw Upside Down! 颠倒画世界 2:30pm - 3:30pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]		Let's Jam with Ukulele 一起玩乌克兰舞 *Registration Required* 11:00am – 12:00pm HeartBeat @ Bedok 勿洛心动大厦 [MS3]						
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required* Rainbow Ville Blk 430A		Let's Yum Cha 一起饮茶 9:30am - 10:30am Linear Green Blk 221A Strategise with Kakis 游戏时间 10:30am - 11:30am Linear Green Blk 221A		NKF Animated Talk - Healthy Portion for healthy kidney 生动讲座 - 合理分量, 护肾健康 NKF 9:00am - 10:30am Linear Green Blk 221A *Registration Required* Let's Do Fun Craft! 一起做手工 艺！ 2.00pm - 3:30pm *Registration Required* Linear Green Blk 221A		Let's Do Zentangle! 一起做禅绕画 1:30pm – 3:00pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]						
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