




# 2025 October 十月

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



**ntuc Health**




MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Active Ageing Centre Day Outing 乐龄活跃中心出游日 [Temasek Polytechnic] 9:00am - 2:00pm *Registration Closed*	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 - 11:00am 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 一起玩乌克丽丽 11:00am - 12:00pm *Registration Required* HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Let's do Calligraphy (Beginner) 一起学书法 (初级班) 2:00pm - 4:00pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	
		Let's Exercise 一起做运动 10:00am - 11:00am Linear Green Blk 221A	Let's Steel Combat (Male Exclusive) 一起做钢铁拳击(精简版) (只限男性) 2:00pm - 3:30pm 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 Do Fun Craft! / Let's Do Nagomi Art 一起做手工艺! /一起做日本和谐粉彩 2:00pm - 4:00pm Linear Green Blk 221A	Let's Go Gai Gai - Lights by the Lake Outing Mid-Autumn Festival Celebration! 湖畔赏灯中秋节出游 [Jurong Lake Gardens] 5:30pm - 9:30pm *Registration Required*	Strategise with Kakis 游戏时间 1:30pm - 3:30pm Rainbow Ville Blk 430A	
		Let's Yum Cha 一起饮茶 4:00pm - 5:00pm Linear Green Blk 221A	Current Affairs U & Me 时事新闻你和我 10:00am - 11:30am Linear Green Blk 221A	Let's Yum Cha 一起饮茶 3:30pm - 4:00pm Rainbow Ville Blk 430A	
			Let's Do Zentangle! 一起做禅绕画 2:30pm - 3:30pm Linear Green Blk 221A		
			Let's Yum Cha 一起饮茶 4:00pm - 5:00pm Linear Green Blk 221A		

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)			

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。

# 2025 October 十月

 **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
6	7	8	9	10	11
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required* HeartBeat @ Bedok 勿洛心动大厦 [DS2]	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 9:00am - 11:00am HeartBeat @ Bedok 勿洛心动大厦 [DS2]	
Strategise with Kakis (Rummy O) 游戏时间 4:00pm - 5:30pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Let's Do Line Dance 一起跳排舞 1:00pm - 2:00pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Let's Draw Upside Down! 颠倒画世界 2:00pm - 3:30pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	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]	Let's do Calligraphy Art (Advance) 一起学书法 (高级版) 2:00pm - 4:00pm *Registration Required* 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	Strategise with Kakis 游戏时间 10:00am - 11:00am Linear Green Blk 221A	Let's Chair Yoga 一起做椅子瑜伽 4:00pm - 5:00pm *Registration closed* 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) 2:00pm - 3:30pm 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	
Strategise with Kakis 游戏时间 1:30pm - 3:30pm Rainbow Ville Blk 430A	Let's Do Beads Art 一起做串珠艺术 2:30pm - 3:30pm *Registration Required* Linear Green Blk 221A	Let's Exercise 一起做运动 9:00am - 11:00am Linear Green Blk 221A	Current Affairs U & Me 时事新闻你和我 10:00am - 11:30am Linear Green Blk 221A	Strategise with Kakis 游戏时间 1:30pm - 3:30pm Rainbow Ville Blk 430A	
Let's Yum Cha 一起饮茶 3:30pm - 4:00pm Rainbow Ville Blk 430A	Let's Yum Cha 一起饮茶 4:00pm - 5:00pm Linear Green Blk 221A	Let's Do Fun Craft! / Let's Do Nagomi 一起做手工艺! / 一起做日本和谐粉彩 2:00pm - 3:30pm *Registration Required* Linear Green Blk 221A	Let's Do Zentangle! 一起做禅绕画 2:30pm - 3:30pm Linear Green Blk 221A	Let's Yum Cha 一起饮茶 3:30pm - 4:00pm Rainbow Ville Blk 430A	
		Let's Yum Cha 一起饮茶 4:00pm - 5:00pm Linear Green Blk 221A	Let's Yum Cha 一起饮茶 4:00pm - 5:00pm Linear Green Blk 221A		

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)			

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。

# 2025 October 十月

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



 **ntuc Health**

MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's Do Crochet (Materials Not Provided) 一起做钩针编 2:00pm - 4:00pm *Registration Required* <b>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>	Let's Chair Zumba 一起做坐式尊巴 *Registration Required* 10:00am - 11:00am <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b>	Let's Fly Swat Tennis 一起用苍蝇扑 打网球 10:00am - 11:00am <b>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>	Let's Tai Chi 一起打太极 9:00am - 10:00am <b>[Blk 408A Community Space]</b>	Let's Exercise 一起做运动 9:00am - 11:00am <b>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>	
Strategise with Kakis (Rummy O) 游戏时间 4:00pm - 5:30pm <b>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>	Let's Do Line Dance 一起跳排舞 1:00pm - 2:00pm <b>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>	Let's Draw Upside Down! 颠倒画世界 2:00pm - 3:30pm <b>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>	Let's Jam with Ukulele 一起玩乌克丽丽 11:00am - 12:00pm *Registration Required* <b>HeartBeat @ Bedok 勿洛心动大厦 [MS3]</b>	Let's do Calligraphy Art(Beginner) 一起学书法 (初級班) 2:00pm - 4:00pm *Registration Required* <b>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>	
Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am <b>Rainbow Ville Blk 430A</b>	Strategise with Kakis 游戏时间 10:00am - 11:30am <b>Linear Green Blk 221A</b>	Chair Yoga 一起做椅子瑜伽 4:00pm - 5:00pm *Registration closed* <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) 2:00pm - 3:30pm <b>HeartBeat @ Bedok 勿洛心动大厦 [DS2]</b>	Let's Do Seated Exercise 一起做运动 (坐式) 10:00am - 11:00am <b>Rainbow Ville Blk 430A</b>	
Strategise with Kakis 游戏时间 1:30pm - 3:30pm <b>Rainbow Ville Blk 430A</b>	Let's Do Beads Art 一起做串珠艺术 2:30pm - 3:30pm *Registration Required* <b>Linear Green Blk 221A</b>	Let's Exercise 一起做运动 10:00am - 11:00am <b>Linear Green Blk 221A</b>	Current Affairs U & Me 时事新闻你和我 10:00am - 11:30am <b>Linear Green Blk 221A</b>	Strategise with Kakis 游戏时间 1:30pm - 3:30pm <b>Rainbow Ville Blk 430A</b>	
Let's Yum Cha 一起饮茶 3:30pm - 4:00pm <b>Rainbow Ville Blk 430A</b>	Let's Yum Cha 一起饮茶 4:00pm - 5:00pm <b>Linear Green Blk 221A</b>	Let's Celebrate Birthday! 一起庆生日 12:30 pm - 2:00 pm *Registration Required* <b>Linear Green Blk 221A</b>	Let's Do Zentangle! 一起做禅绕画 2:30pm - 3:30pm <b>Linear Green Blk 221A</b>	Let's Yum Cha 一起饮茶 3:30pm - 4:00pm <b>Rainbow Ville Blk 430A</b>	
		Let's Do Fun Craft! / Let's Do Nagomi 一起做手工艺! /一起做日本和谐粉彩 2:00pm - 3:30pm *Registration Required* <b>Linear Green Blk 221A</b>	Let's Yum Cha 一起饮茶 4:00pm - 5:00pm <b>Linear Green Blk 221A</b>		
		Lets Yum Cha 一起饮茶 4:00pm - 5:00pm <b>Linear Green Blk 221A</b>			




Venue 活动 场地	<b>HeartBeat @ Bedok 勿洛心动大厦</b>	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)
	<b>Rainbow Ville Blk 430A</b>	Kampong Chai Chee Rainbow Ville RN (Blk 430A Bedok North Woods Bedok North Road 01-421 Singapore 461430)			
	<b>Linear Green Blk 221A</b>	Linear Green Residents' Network (Blk 221A Bedok Central, #01-70 Linear Green@Bedok, Singapore 461221)			

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。



# 2025 October 十月

 **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
20	21	22	23	24	25
<b>CENTRE CLOSED</b>	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 [DS2]	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 09:00am - 10:00am [Blk 408A Community Space]	Let's Exercise 一起做运动 9:00am - 11:00am HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Digital for Life Festival [Vivo City] 3:00pm - 6:00pm *Registration Required*
	Let's Do Line Dance 一起跳排舞 1:00pm - 2:00pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Let's Draw Upside Down! 颠倒画世界 2:00pm - 3:30pm HeartBeat @ Bedok 勿洛心动大厦 [MS3]	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 (Advance) 一起学书法 (高级版) 2:00pm - 4:00pm HeartBeat @ Bedok 勿洛心动大厦 [MS3]	<b>SUN</b> <b>26</b>
	Strategise with Kakis 游戏时间 10:00am - 11:30am Linear Green Blk 221A	Let's Chair Yoga 一起做椅子瑜伽 4:00pm - 5:00pm *Registration closed* 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) 2:00pm - 3:30pm 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 Do Beads Art 一起做串珠艺术 2:30pm - 3:30pm *Registration Required* Linear Green Blk 221A	Let's Exercise 一起做运动 10:00am - 11:00am Linear Green Blk 221A	Stay Well Series - Health Talk with NKF 健康讲座 with NKF 9:00am - 10:00am Linear Green Blk 221A *Registration Required*	Strategise with Kakis 游戏时间 1:30pm - 3:30pm Rainbow Ville Blk 430A	Let's Talk News Festival [Our Tampines Hub] 3:00pm - 6:00pm *Registration Required*
	Let's Yum Cha 一起饮茶 4:00pm - 5:00pm Linear Green Blk 221A	Let's Do Fun Craft! / Let's Do Nagomi 一起做手工艺! / 一起做日本和谐粉彩 2:00pm - 3:30pm *Registration Required* Linear Green Blk 221A	Let's Do Zentangle! 一起做禅绕画 2:30pm - 3:30pm Linear Green Blk 221A	Let's Yum Cha 一起饮茶 3:30pm - 4:00pm Rainbow Ville Blk 430A	
		Let's Yum Cha 一起饮茶 4:00pm - 5:00pm Linear Green Blk 221A	Let's Yum Cha 一起饮茶 4:00pm - 5:00pm Linear Green Blk 221A		

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)			

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。

# 2025 October 十月

 **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
27	28	29	30	31	1
Let's Do Crochet 一起做钩针编 2:00pm - 4:00pm *Registration Required* HeartBeat @ Bedok 勿洛心动大厦 [DS2]	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 [DS2]	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 [DS2]	Let's Tai Chi 一起打太极 9:00am - 10:00am [Blk 408A Community Space]	Rummy-O Competition [Our Tampines Hub] 9:00am - 2:00pm *Registration Closed*	
Strategise with Kakis 游戏时间 4:00pm - 5:30pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Let's Do Line Dance 一起跳排舞 1:00pm - 2:00pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Let's Draw Upside Down! 颠倒画世界 2:00pm - 3:30pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Let's Jam with Ukulele 一起玩乌克兰丽丽 *Registration Required* 11:00am - 12:00am HeartBeat @ Bedok 勿洛心动大厦 [MS3]	Let's Exercise 一起做运动 9:00am - 11:00am 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	Strategise with Kakis 游戏时间 10:00am - 11:00am Linear Green Blk 221A	Chair Yoga 一起做椅子瑜伽 4:00pm - 5:00pm *Registration closed* 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) 2:00pm - 3:30pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	Let's do Calligraphy Art (Beginner) 一起学书法 (初級班) 2:00pm - 4:00pm HeartBeat @ Bedok 勿洛心动大厦 [DS2]	
Strategise with Kakis 游戏时间 1:30pm - 3:30pm Rainbow Ville Blk 430A	Let's Do Beads Art 一起做串珠艺术 2:30pm - 3:30pm *Registration Required* Linear Green Blk 221A	Let's Exercise 一起做运动 10:00am - 11:00am *Registration Required* Linear Green Blk 221A	Stay Well Series - Health Talk with NKF 健康讲座 with NKF 9:00am - 10:00am Linear Green Blk 221A *Registration Required*	Strategise with Kakis 游戏时间 1:30pm - 3:30pm Rainbow Ville Blk 430A	
Let's Yum Cha 一起饮茶 3:30pm - 4:00pm Rainbow Ville Blk 430A	Let's Yum Cha 一起饮茶 4:00pm - 5:00pm Linear Green Blk 221A	Let's Do Fun Craft! / Let's Do Nagomi 一起做手工艺! / 一起做日本和谐粉彩 2:00pm - 3:30pm *Registration Required* Linear Green Blk 221A	Let's Do Zentangle! 一起做禅绕画 2:30pm - 3:30pm Linear Green Blk 221A	Let's Yum Cha 一起饮茶 3:30pm - 4:00pm Rainbow Ville Blk 430A	
		Let's Yum Cha 一起饮茶 4:00pm - 5:00pm Linear Green Blk 221A	Let's Yum Cha 一起饮茶 4:00pm - 5:00pm Linear Green Blk 221A		

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)			

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。