




# 2025 Sept 九月

 **Centre Name:** Active Ageing Centre (Care) (HeartBeat@Bedok)  
 **Centre Address:** 1 Bedok North Street 1 #02-02 Singapore 469662  
 **Centre Contact:** 94884573 (Aisyah/Agnes)/ 94884574 (TT)



**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Let's Adaptive Sports 一起做运动 10:00am - 11:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ RB - 430A ]	Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am <b>*Registration Required*</b> <b>on H365 app*</b> <b>*需要在H365应用程序报名*</b> [ MS3 ]	Let's Fly Swat Tennis 一起用苍蝇扑打网球 10:00am - 11:00am [MS3]	Let's Tai Chi 一起打太極 9:00am - 10:00am <b>*Registration Required*</b> <b>*需要报名*</b> [Blk 408A]	Let's Adaptive Sports 一起做运动 10:00am - 11:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ RB - 430A ]	
Let's Do Crochet 一起做钩针编织 2:00pm - 4:00pm <b>"Materials not provided"</b> [ DS2 ]	Let's do Line Dance 一起跳排舞 1:00pm - 2:00pm [ DS2 ]	Rummy O & Mahjong 游戏时间 10:00am - 12:00pm [ DS2 ]	Let's Jam with Ukulele (Advanced) 一起玩乌克丽丽 10:30am - 12:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ MS3 ]	Square Stepping Exercise 方块踏步运动 10:00am - 11:00am [ DS2 ]	
Rummy O & Mahjong 游戏时间 4:00pm - 5:30pm [ DS2 ]	Let's Do Beads Art 一起做串珠 艺术 2:30pm - 3:30pm <b>*Registration Required*</b> <b>*需要报名*</b> [DS2]	Community Nurse Health Post <b>*Registration Required*</b> <b>*需要报名*</b> [DS2]	Rummy O & Mahjong 游戏时间 10:00am -12:00pm [ DS2 ] Let's Do Nagomi Art 一起做日本和 谐粉彩 1:00pm - 3:00pm [DS2] Teacher Vannessa is coming Vanessa 老师会来。	Let's do Calligraphy Art (Advance) 一起学书法 (高级班) 2:00pm - 4:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ DS2 ]	
Lets Yum Cha & Rummy O/ Mahjong 一起饮茶和游戏游戏时间 1:30pm - 5:00pm [ RB - 430A ]	<b>Rummy O Competition Training</b> <b>(Only for competitors)</b> <b>2:00 pm - 4:00 pm</b> <b>[MS3]</b>		Let's Steel Combat (Male Exclusive) 一起做钢铁拳击 (只限男性) 3:00pm - 4:00pm <b>*Registration Required*</b> <b>*需要报名* [ DS2 ]</b>	Lets Yum Cha & Rummy O/ Mahjong 一起饮茶和游戏游戏时间 1:30pm - 5:00pm [ RB - 430A ]	

## Venue

AAC: NTUC Health Active Ageing Centre (Care) (Heartbeat@Bedok)

DS: Dance Studio 2 [Level 2] MS: Music Studio 2 & 3 [Level 2]

FS: Function Room 1 & 2 [Level 3]

RB: Kampong Chai Chee Rainbow Ville RN [Blk 430A Bedok North Woods Bedok North Road 01-421 Singapore 461430] LG: Linear Green Residents' Network [221A Bedok Central, #01-70 Linear Green@Bedok, Singapore 461221]

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MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
Let's Adaptive Sports 一起做运动 10:00am - 11:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ RB - 430A ]	Senior National Games (SNG) Heat 9:00am - 2:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [OCBC Arena Hall 1&3]	Let's Fly Swat Tennis 一起用苍蝇扑打网球 10:00am - 11:00am [MS3]	Let's Tai Chi 一起打太極 9:00am - 10:00am <b>*Registration Required*</b> <b>*需要报名*</b> [Blk 408A]		
Let's Do Crochet 一起做钩针编织 2:00pm - 4:00pm <b>"Materials not provided"</b> [ DS2 ]	Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am <b>*Registration Required*</b> <b>on H365 app*</b> <b>*需要在H365应用程序报名*</b> [ MS3 ]	Let's Belly Dance 一起跳肚皮舞吧! 11.30am - 12.30pm <b>*Registration Required*</b> <b>*需要报名*</b> [ MS3 ]	Let's Jam with Ukulele (Advanced) 一起玩乌克兰丽 10:30am - 12:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ MS3 ]	Centre Closed	
Rummy O & Mahjong 游戏时间 4:00pm - 5:30pm [ DS2 ]	Let's do Line Dance 一起跳排舞 1:00pm - 2:00pm [ DS2 ]	Rummy O & Mahjong 游戏时间 10:00am - 12:00pm [ DS2 ]	Rummy O & Mahjong 游戏时间 10:00am - 12:00pm [ DS2 ]		
Lets Yum Cha & Rummy O/ Mahjong 一起饮茶和游戏游戏时间 1:30pm - 5:00pm [ RB - 430A ]	Let's Do Beads Art 一起做串珠 艺术 2:30pm - 3:30pm <b>*Registration Required*</b> <b>*需要报名*</b> [DS2]	Let's Do Nagomi Art 一起做日本和谐粉彩 2:00pm - 4:00pm [ DS2 ]	Let's Steel Combat (Male Exclusive) 一起做钢铁拳击 (只限男性) 3:00pm - 4:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ DS2 ]		

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MON 15		TUE 16	WED 17	THU 18	FRI 19	SAT 20
Let's Adaptive Sports 一起做运动 10:00am - 11:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ RB - 430A ]		Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am <b>*Registration Required*</b> <b>on H365 app*</b> <b>*需要在H365应用程序报名*</b> [ MS3 ]	Let's Fly Swat Tennis 一起用苍蝇扑打网球 10:00am - 11:00am [ MS3 ]	Let's Tai Chi 一起打太極 9:00am - 10:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ Blk 408A ]	ScamWISE 反诈骗课程 9:30am - 3:30pm <b>*Registration Required*</b> <b>*需要报名*</b> [ Function Rm1 ]	
Let's Celebrate Birthday! 一起庆祝生日 12:30pm - 2:00apm <b>*Registration Required*</b> <b>*需要报名*</b> [ RB - 430A ]	Let's Do Crochet 一起做钩针编织 2:00pm - 4:00pm <b>"Materials not provided"</b> [ DS2 ]	Let's do Line Dance 一起跳排舞 1:00pm - 2:00pm [ DS2 ]	Let's Belly Dance 一起跳肚皮舞吧! 11.30am - 12.30pm <b>*Registration Required*</b> <b>*需要报名*</b> [ MS3 ]	Let's Jam with Ukulele (Advanced) 一起玩乌克兰丽丽 10:30am - 12:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ MS3 ]	Let's Adaptive Sports 一起做运动 10:00am - 11:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ RB - 430A ]	
Lets Yum Cha & Rummy O/ Mahjong 一起饮茶和游戏游戏时间 1:30pm - 5:00pm [ RB - 430A ]		Let's Do Beads Art 一起做串珠艺术 2:30pm - 3:30pm <b>*Registration Required*</b> <b>*需要报名*</b> [ DS2 ]	Rummy O & Mahjong 游戏时间 10:00am - 12:00pm [ DS2 ]	Rummy O & Mahjong 游戏时间 10:00am - 12:00pm [ DS2 ]	Let's do Calligraphy Art (Beginner) 一起学书法 (初学班) 2:00pm - 4:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ DS2 ]	
Rummy O & Mahjong 游戏时间 4:00pm - 5:30pm [ DS2 ]			Let's Do Nagomi Art 一起做日本和谐粉彩 2:00pm - 4:00pm [ DS2 ]	Let's Steel Combat (Male Exclusive) 一起做钢铁拳击 (只限男性) 3:00pm - 4:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ DS ]	Lets Yum Cha & Rummy O/ Mahjong 一起饮茶和游戏游戏时间 1:30pm - 5:00pm [ RB - 430A ]	

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MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
Let's Adaptive Sports 一起做运动 10:00am - 11:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ RB - 430A ]	Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am <b>*Registration Required*</b> <b>on H365 app*</b> <b>*需要在 H365应用程序报名*</b> [ MS3 ]	Let's Fly Swat Tennis 一起用苍蝇扑打网球 10:00am - 11:00am [MS3]	Let's Tai Chi 一起打太極 9:00am - 10:00am <b>*Registration Required*</b> <b>*需要报名*</b> [Blk 408A]	Let's Adaptive Sports 一起做运动 10:00am - 11:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ RB - 430A ]	
Let's Do Crochet 一起做钩针编织 2:00pm - 4:00pm <b>"Materials not provided"</b> [ DS2 ]	Let's do Line Dance 一起跳排舞 1:00pm - 2:00pm [ DS2 ]	Fun Dance 一起嗨舞吧! 11:00am - 12:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ MS3 ]	Let's Jam with Ukulele (Advanced) 一起玩乌克兰丽丽 10:30am - 12:00pm <b>*Registration Required*</b> <b>*需要报名*</b> [ MS3 ]	Square Stepping Exercise 方块踏步运动 10:00am - 11:00am [ DS2 ]	
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MON	TUE	WED	THU	FRI	SAT
29	30				
Let's Adaptive Sports 一起做运动 10:00am - 11:00am <b>*Registration Required*</b> <b>*需要报名*</b> [ RB - 430A ]	Let's Chair Zumba 一起做坐式尊巴 10:00am - 11:00am <b>*Registration Required*</b> <b>on H365 app*</b> <b>*需要在H365应用程序报名*</b> [ MS3 ]				
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