




# 2024 May

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



## Location: Dance Studio 2 Level 2

MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
			Square Stepping Exercise @ 10 -11 am	<b>9am-2pm Centre Closure</b> 早上九点至2点中心关闭	
		<b>LABOUR DAY</b>	<b>Line Dance By Sunny@ 1-2pm</b>	Creative Workshop :Nagomi Art@ 2.30-4.30pm	
			<b>IMDA Learn Digital: Manage Screen Time &amp; Set Device Limit@ 2.30-4pm</b>		
6	7	8	9	10	11
<b>NLB Library Learning Journey @ Toa Payoh 9.15am *Registration Required*</b>	Chair Aerobics @ 10 - 11am	<b>Drumfit Performance at MBS @7.30am-9.30am(For Performers only)</b>	Square Stepping Exercise @ 10 -11 am	Square Stepping Exercise @ 10 -11 am	
<b>Creative Workshop: Crocheting @2.30-4.30pm*Registration Required*</b>	Drumfit @ 11.30am - 12.30pm	Functioning Fitness Exercise @ 3 - 330pm	<b>Line Dance By Sunny@ 1-2pm</b>	Creative Workshop: Zentangles @2-4.30pm	
		Game On!@ 3.30 - 5pm	Game On! @ 3.30-5pm		
13	14	15	16	17	18
Fly Swat @10 -11am	Chair Aerobics @ 10 - 11am	Modified Boxing @ 10 - 11 am	Square Stepping Exercise @ 10 -11 am		
Functional Fitness Exercise @ 3 - 3.30pm	Drumfit @ 11.30am - 12.30pm	<b>Health Talk By HPB:Mental health for seniors FRIENDS! Together we keep a healthy mind @2-3pm</b>	<b>IMDA Learn Digital: Detect Malicious Content and protect with anti-malware@ 2.30-4pm</b>	<b>Centre Closure Whole Day</b> 中心全日关闭	
Game On!@ 330 - 5pm	<b>Line Dance by Sunny @ 1-2.30pm</b>	Game On!@ 3.30 - 5pm			
20	21	22	23	24	25
<b>Creative Workshop: Recycle Art@ Bedok Library Level 3 Programme Room 10am-12pm</b>	Chair Aerobics @ 10 - 11am			Square Stepping Exercise @ 10 -11 am	
<b>Creative Workshop: Crocheting @2.30pm-4.30pm*Registration Required*</b>	Drumfit @ 11.30am - 12.30pm	<b>Vesak Day</b>	<b>Kopi Talk@ Day Care 3.30-5pm "Registration Required"</b>	Creative Workshop :Nagomi Art@ 2-4.30pm	
	<b>Line Dance by Sunny @1-2pm</b>				
	Game On! @ 3.30 - 5pm				
27	28	29	30	31	
Fly Swat Tennis @ 10-11am	Chair Aerobics @ 10 - 11am	Modified Boxing @ 10 - 11 am	Square Stepping Exercise @ 10 -11 am	Square Stepping Exercise @ 10 -11 am	
Functional Fitness Exercise @ 3 - 330pm	Drumfit @ 11.30am - 12.30pm	Functional Fitness Exercise @ 3 - 330pm	<b>Line Dance by Sunny @1-2pm</b>	Creative Workshop:Zentangles @2-4.30pm	
Game On!@ 330 - 5pm		Game On!@ 3.30 - 5pm			<b>As of 25/04/2024</b>

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MON

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SAT

		1		2		3		4	
				方块踏步运动 @ 10 - 11 am		9am-2pm Centre Closure			
		公共假期:劳动节		排舞 by Sunny 1 - 2pm		早上九点至2点中心关闭			
				IMDA 资讯通信媒体发展局: 管理屏幕时间并设置设备限制 2.30-4pm		创意工作坊:日本和谐粉彩画 @2-4.30pm			
6		7		8		9		10	
国家图书馆管理局大巴窑学习之旅@9.30am		坐姿有氧操@ 10 - 11am		击鼓健身表演@滨海湾金沙		方块踏步运动 10 - 11 am		方块踏步运动 @ 10 - 11 am	
创意工作坊:钩针编织 @2-4pm *需要注册*		击鼓健身操 @ 11.30am - 12.30pm		功能性健身运动@ 3 - 330pm		排舞 by Sunny 1 - 2pm		创意工作坊:禅绕画 @2-4.30pm	
				桌游开始! @ 330 - 5pm		桌游开始! @ 3.30 - 5pm			
13		14		15		16		17	
网拍运动@10-11am		坐姿有氧操@ 10 - 11am		简化拳击操 10-11am		方块踏步运动 @ 10 - 11 am			
功能性健身运动 @ 3 - 330pm		击鼓健身操 @ 11.30am - 12.30pm		新加坡保健促进局(HPB)讲座:乐龄朋友的心理健康!朋友们!让我们一起保持健康的心态 @2-3pm		IMDA 资讯通信媒体发展局: 检测恶意内容并使用反恶意软件进行保护 2.30-4pm		中心全日关闭	
桌游开始! @ 330 - 5pm		排舞 by Sunny @ 1-2pm		桌游开始! @ 3.30 - 5pm					
20		21		22		23		24	
创意工作坊:回收艺术@勿洛图书馆第3层活动室上午10点至11点		坐姿有氧操 @ 10 - 11am						方块踏步运动 @ 10 - 11 am	
创意工作坊:钩针编织 @2-4pm *需要注册*		击鼓健身操 @ 11.30am - 12.30pm 排舞 by Sunny @ 1-2pm		公共假期:卫塞节		喝杯咖啡聊聊天@Day Care 3.30-5pm "需要注册"		创意工作坊:日本和谐粉彩画 @2-4.30pm	
		桌游开始! @ 3.30 - 5pm							
27		28		29		30		31	
网拍运动@10-11am		坐姿有氧操 @ 10 - 11am		简化拳击操 @ 10 - 11 am		方块踏步运动 @ 10 - 11 am		方块踏步运动 @ 10 - 11 am	
功能性健身运动 @ 3 - 3:30pm		击鼓健身操 @ 11.30am - 12.30pm		功能性健身运动 @ 3 - 330pm		排舞 by Sunny @ 1-2pm		创意工作坊:禅绕画 @2-4.30pm	
桌游开始! @ 330 - 5pm				桌游开始! @ 330 - 5pm					

25/4/2024