




2024 December

Location: Dance Studio 2 or Music Studio 2 /3 , Level 2
As of 27/11/24

 **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)






MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
	Let's do Chair zumba @ 10-11am (Music Studio 2&3) *Registration Required on H365 app*	Inhouse Facilitator-Led: Lets Exercise @ 9 - 10am OR 11am- 12pm (Music Studio 2&3)	Let's Do Line Dance by Sunny @ 1-3pm		Eat, Play, Live Together carnival , Heartbeat@Bedok Atrium @10-2pm *Registration Required*
Let's do Crochet @1-3pm "Materials not provided"	Let's do Drumfit@ 11.30-12.30pm (Function Room 1/ Classroom 1, Level 3)	Let's do Nagomi Art @ 1.30-3.30pm	Strategize with Kakis: Rummy O & Mahjong @4-5.30pm	Centre-Closure	
		NCOS - Walking Football @ Blk 429A & 429B 4 - 5.30pm	Let's Steel Combat @ 3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*		
9	10	11	12	13	14
	Let's do Chair Zumba @ 10-11am (Music Studio 2&3) *Registration Required on H365 app*	Inhouse Facilitator-Led: Lets Exercise @ 9 - 10am OR 11am- 12pm (Music Studio 2&3)	Let's do Martial Art- Kungfu @10-11am (Music Studio 2&3)	Square Step @ 10 - 11am	The Sheng Siong Show @ 6-11pm *Registration Required*
Let's do Crochet @2-4pm "Materials not provided"		Let's do Nagomi Art @ 2-4pm	Let's Do Line Dance by Sunny 1-2pm	Health Carnival by Ngee Ann Polytechnic School of Nursing @ 1.30-4.30pm (Music Studio 2&3) *Registration Required*	
Strategize with Kakis: Rummy O & Mahjong @4-5.30pm		NCOS - Walking Football @ Blk 429A & 429B 4 - 5.30pm	Let's Steel Combat @ 3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*		

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's do Crochet @2-4pm "Materials not provided"	Let's do Chair Zumba @ 10-11am (Music Studio 2&3) *Registration Required on H365 app*	Inhouse Facilitator-Led: Lets Exercise @ 9 - 10am OR 11am- 12pm (Music Studio 2&3) Let's do Art & Craft by RSVP @ 2-4pm	Let's do Martial Art- Kungfu @10-11am (Music Studio 2&3)		
Strategize with Kakis: Rummy O & Mahjong @ 4-5.30pm	Let's celebrate Christmas @3.30-5pm at NTUC Health Senior Day Care, Level 2 Heartbeat *Registration Required*	NCOS - Walking Football @ Blk 429A & 429B 4 - 5.30pm	Let's do Line Dance by Sunny 1-2pm Let's Steel Combat @ 3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*	Let's do Zentangle Art @2-4pm	
23	24	25	26	27	28
Kids Meadow Childcare X NTUC Health Christmas Celebration @10-11.30am *Registration Required*	Let's do Chair Zumba @ 10-11am (Music Studio 2&3) *Registration Required on H365 app*		Let's do Martial Art- Kungfu @10-11am (Music Studio 2&3)	Square Step @ 10 - 11am	
Let's do Crochet @2-4pm "Materials not provided"		Centre-Closure	Let's Do Line Dance by Sunny 1-2pm	Let's do Zentangle Art @2-4pm	
Strategize with Kakis: Rummy O & Mahjong @4-5.30pm			Let's Steel Combat @ 3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*		
30	31				
Let's Do Crochet @2-4pm *Materials not provided*	Let's do Chair Zumba @ 10-11am (Music Studio 2&3) *Registration Required on H365 app*				
Strategize with Kakis: Rummy O & Mahjong @ 4-5.30pm					

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2024 十二月

Location: Dance Studio 2 or Music Studio 2 /3 , Level 2
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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
	一起做椅子尊巴舞 @ 10 - 11am (Music Studio 2&3) *需要在 H365应用程序报名*	一起做运动 @ 9 - 10am 或 11am - 12pm (Music Studio 2&3)	一起跳排舞(Sunny 老师) @ 1 - 3pm		一起吃,玩,居住嘉 年华会·@心动大厦 广场 @ 10am - 2pm
一起做钩针编@1-3pm *请自备材料*	一起做Drumfit @ 11.30am 12.30pm (Function Room1 / Classroom 1, level 3)	一起做日本和谐粉彩 @ 1.30pm- 3.30pm	游戏时间: Rummy O 和麻将 @ 4 - 5.30pm	中心关闭	
		全国乐龄庆祝活动: 步行足球 4 - 5.30pm @ Bedok North Rd 在大牌430亭子	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*		
9	10	11	12	13	14
	一起做椅子尊巴舞 @ 10 - 11am (Music Studio 2&3) *需要在 H365应用程序报名*	一起做运动 @ 9 - 10am 或 11am - 12pm (Music Studio 2&3)	让我们一起练习武术 10 -11am (Music Studio 2&3)	方形踏步运动@ 10 - 11am	
一起做钩针编@2-4pm *请自备材料*		一起做日本和谐粉彩 @ 1.30pm-3.30pm	一起跳排舞(Sunny 老师) @ 1 - 2pm	义安理工护理学院健康嘉 年华, 1.30pm - 4.30pm "需要报名" (Music Studio 2&3)	缤纷万千在昇菘 @6 - 11pm *需要报名*
游戏时间: Rummy O 和麻 将 @ 4 - 5.30pm		全国乐龄庆祝活动: 步行足球 4 - 5.30pm @ Bedok North Rd 在大牌430亭子	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*		

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2024年 十二月

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
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 2&3) *需要在H365应用程序报名*	一起做运动 @ 9 - 10am 或 11am - 12pm (Music Studio 2&3)	让我们一起练习武术 10 -11am (Music Studio 2&3)		
游戏时间: Rummy O 和麻将 @ 4 - 5.30pm	一起欢庆圣诞节 @ 3.30-5pm (NTUC Health Senior Day Care, Level 2 Heartbeat) *需要报名*	全国乐龄庆祝活动: 步行足球 4 - 5.30pm @ Bedok North Rd 在大牌430亭子 *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*	一起做禅绕画 @ 2-4pm	
23	24	25	26	27	28
Kids Meadow 儿童托儿所 与NTUC 圣诞欢庆会 @ 10 -11.30am *需要报名*	一起做椅子尊巴舞 @ 10 - 11am (Music Studio 2&3) *需要在H365应用程序报名*		让我们一起练习武术 10 -11am (Music Studio 2&3)	方形踏步运动 @ 10 - 11am	
一起做钩针编@2 - 4pm *请自备材料*		中心关闭	一起跳排舞(Sunny 老师)@ 1 - 2pm	一起做禅绕画 @ 2-4pm	
游戏时间: Rummy O 和麻将 @ 4 - 5.30pm			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*		
30	31				
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 2&3) *需要在H365应用程序报名*				
游戏时间: Rummy O 和麻将 @ 4 - 5.30pm					

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