




2025 January

Location: Dance Studio 2 or Music Studio 3 , Level 2
As of 27/12/2024

 **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)



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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
			No Line Dance Aisyah	Square Step @ 10 - 11am	
		Centre-Closure	Strategize with Kakis: Rummy O & Mahjong @ 2 - 4pm	Let's do Calligraphy Art @2-4pm *Registration Required*	
6	7	8	9	10	11
	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 3)	Let's do Martial Art- Kungfu @10-11am (Music Studio 3)	Square Step @ 10 - 11am	
Let's do Crochet @2-4pm "Materials not provided"	Let's do Zentangle Art @2 -4pm	Let's do Nagomi Art @ 2-3pm	Let's Do Line Dance by Sunny 1-2pm Strategize with Kakis: Rummy O & Mahjong @ 2.30-5.30pm	Let's do Calligraphy Art @2-4pm *Registration Required*	
Strategize with Kakis: Rummy O & Mahjong @4-5.30pm		NCOS - Walking Football @ Blk 430A Pavilion @ 4-5.30pm	Let's Steel Combat @ 3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*		

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13	14	15	16	17	18
Let's do Crochet @2-4pm "Materials not provided"	Let's do Chair Zumba @ 10-11am (Music Studio 3)*Registration Required on H365 app*	Let's Eat and Talk at Rainbow Ville Rn Topic: Stay Connected (in Mandarin) @9-10.30am CNY Celebration (For 429A seniors only) 9.30am - 12pm Hearbeat Bedok level 3, function room 1 (Aisyah, if you don't want to put this AAP in the calendar, pls also take out from the Chinese calendar in Purple. THANKS :) Let's do Lantern Making by RSVP @ 2-3.30pm NCOS - Walking Football @ Blk 430A Pavilion @ 4-5.30pm	Let's do Martial Art- Kungfu @10-11am (Music Studio 3) Let's do Line Dance by Sunny 1-2pm Strategize with Kakis: Rummy O & Mahjong @ 2.30-5.30pm Let's Steel Combat @ 3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*	Square Step @ 10 - 11am Let's do Calligraphy Art @2-4pm *Registration Required*	
20	21	22	23	24	25
Let's do Crochet @2-4pm "Materials not provided"	Let's do Chair Zumba @ 10-11am (Music Studio 3)*Registration Required on H365 app* Let's do Zentangle Art @2 -4pm	Inhouse Facilitator-Led: Lets Exercise @ 9 - 10am OR 11am- 12pm (Music Studio 3) Let's do Nagomi Art @ 2-4pm	Let's do Martial Art- Kungfu @10-11am (Music Studio 3) Let's Do Line Dance by Sunny 1-2pm Strategize with Khakis : Rummy O & Mahjong @ 2.30-5.30pm Let's Steel Combat @ 3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*	Square Step @ 10 - 11am Let's do Calligraphy Art @2-4pm *Registration Required*	
Strategize with Kakis: Rummy O & Mahjong @4-5.30pm		NCOS - Walking Football @ Blk 430A Pavilion @ 4-5.30pm			

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
Let's Do Crochet @2-4pm <i>*Materials not provided*</i>	Let's do Chair Zumba @ 10-11am (Music Studio 3)*Registration Required on H365 app*	Centre-Closure	Centre-Closure	Square Step @ 10 - 11am	
Strategize with Kakis: Rummy O & Mahjong @ 4-5.30pm					

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MON

TUE

WED

THU

FRI

SAT

		1	2	3	4
				方形踏步运动 @ 10 - 11am	
		中心关闭	游戏时间: Rummy O 和麻将 @ 2.00 - 4pm	一起写书法@2-4pm *需要报名*	
6	7	8	9	10	11
	一起做椅子尊巴舞 @ 10 - 11am (Music Studio 3) *需要在 H365应用程序报名*	一起做运动 @ 9 - 10am 或 11am - 12pm (Music Studio 3)	让我们一起练习武术 10 - 11am (Music Studio 3)	方形踏步运动 @ 10 - 11am	
一起做钩针编@2-4pm *请自备材料*	一起做禅绕画 @ 2-4pm	一起做日本和谐粉彩 @ 1.30pm-3.30pm	一起跳排舞(Sunny 老师) @ 1 - 2pm 游戏时间: Rummy O 和麻将 @ 2.30- 5.30pm	一起写书法@2-4pm *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 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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13	14	15	16	17	18
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 3) *需要在H365应用程序报名*	让我们边吃边聊@Blk 430 Rainbow Ville Rn 主题: 保持联系(华语)9- 11am 庆祝农历新年(限于大牌429A 乐龄人士)9.30am - 12pm Function Room 1	让我们一起练习武术 10 -11am (Music Studio 3) 一起跳排舞(Sunny 老师)@ 1 - 2pm 游戏时间: Rummy O 和麻将 @ 2.30- 5.30pm	方形踏步运动 @ 10 - 11am	
游戏时间: Rummy O 和麻将 @ 4 - 5.30pm	一起做禅绕画 @ 2-4pm	一起做灯笼 RSVP@ 2 - 3.30pm 全国乐龄庆祝活动: 步行足球 4 - 5.30pm @ Bedok North Rd 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*	一起写书法@2-4pm	
20	21	22	23	24	25
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 3) *需要在H365应用程序报名*	一起做运动 @ 9 - 10am 或 11am - 12pm (Music Studio 3)	让我们一起练习武术 10 -11am (Music Studio 3) 一起跳排舞(Sunny 老师)@ 1 - 2pm 游戏时间: Rummy O 和麻将 @ 2.30- 5.30pm	方形踏步运动 @ 10 - 11am	
游戏时间: Rummy O 和麻将 @ 4 - 5.30pm	一起做禅绕画 @ 2-4pm	一起做禅绕画@ 2-4pm 全国乐龄庆祝活动: 步行足球 4 - 5.30pm @ Bedok North Rd 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*	一起写书法@2-4pm	

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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 3) *需要在H365应用程序报名*	中心关闭	中心关闭	方形踏步运动@ 10 - 11am	
游戏时间: Rummy O 和麻将 @ 4 - 5.30pm					

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