




# 2024 October

Location: Dance Studio 2 Level 2  
As of 26/9/24

 **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
	1	2	3	4	5
	Let's Do Water Bottle Exercise (Zoom) @10-11am	Inhouse Facilitator-Led: Lets Exercise @ 10-11am <b>(Music Studio 2&amp;3)</b>	Let's do Martial Art- Kungfu @10-11am <b>(Music Studio 2&amp;3)</b>	Square Step @ 10 - 11am	<b>OCBC Digital Silvers Programme @ Hougang CC @9am-12.30 pm</b> <b>*Registration Required*</b>
	Let's do Drumfit@ 11.30-12.30pm	Let's do Nagomi Art @2-4pm	Let's Do Line Dance by Sunny @1-2pm	Let's do Zentangle @2-4pm	
		<b>Let's Steel Combat @ 3-4pm (Male Exclusive)</b> Car Park @ Blk 220 level 6 <b>*Registration Required*</b>	Strategize with Khakis: Rummy O & Mahjong @ 2.30-4.30pm		
7	8	9	10	11	12
Let's do crossfit @ 10-11am <b>(Music Studio 2&amp;3)</b>	Let's Do Water Bottle Exercise (Zoom) @10-11am	Inhouse Facilitator-Led: Lets Exercise @ 10-11am <b>(Music Studio 2&amp;3)</b>	Let's do Martial Art- Kungfu @10-11am <b>(Music Studio 2&amp;3)</b>	Square Stepping @ 10-11am	
Let's do Crochet @2-4pm <b>"Materials not provided"</b>	Let's do Drumfit@ 11.30-12.30pm	Let's do Nagomi Art @ 2-4pm	Let's Do Line Dance by Sunny 12.30-1.30pm  Health Talk :Good Habits for Maintaining a Positive Mood(via zoom, in Mandarin ) @ Dance Studio 2-3pm	<b>Birthday Celebration at DayCare @1-.15-2.30pm</b> <b>*Registration Required*</b>	
Strategize with Kakis: Rummy O & Mahjong @4-5.30pm		<b>Let's Steel Combat @ 3-4pm (Male Exclusive)</b> Car Park @ Blk 220, level 6 <b>*Registration Required*</b>	<b>Creative Workshop :Let's use Pipe Cleaner to make dragonfly @</b> Bedok Library Level 3 Program Room @ 3.30 -5.30pm <b>*Registration Required*</b>	Strategize with Khakis: Rummy O & Mahjong @ 3-5pm	

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Senior Sports Challenge Heartbeat@Bedok @9 am -12pm <b>*Registration Required*</b>	Let's Do Water Bottle Exercise (Zoom) @10-11am	Inhouse Facilitator-Led: Lets Exercise @ 10-11am (Music Studio 2&3)	Let's do Martial Art- Kungfu @10-11am (Music Studio 2&3)	Square Step @ 10 - 11am	
Let's do Crochet @2-4pm <b>"Materials not provided"</b>	Let's do Drumfit@ 11.30-12.30pm	Let's do Nagomi Art @ 2-4pm	Let's Do Line Dance by Sunny@ 1-2pm	Let's do Zentangle Art @2-4pm	
Strategize with Khakis: Rummy O & Mahjong @ 4-5.30 pm		Let's Steel Combat @ 3-4pm (Male Exclusive) Car Park @ Blk 220, level 6 <b>*Registration Required*</b>	Strategize with Kakis: Rummy O & Mahjong @3-5pm		
21	22	23	24	25	26
Let's do crossfit @ 10-11am (Music Studio 2&3)	Let's Do Water Bottle Exercise (Zoom) @10-11am	Inhouse Facilitator-Led: Lets Exercise @ 10-11am (Music Studio 2&3)	Let's do Martial Art- Kungfu @10-11am(Music Studio 2&3)	Square Step @ 10 - 11am	
Let's do Crochet @2-4pm <b>"Materials not provided"</b>	Let's do Drumfit@ 11.30-12.30pm	Let's do Art & Craft by RSVP @ 2 -4pm <b>*Registration Required*</b>	Let's Do Line Dance by Sunny 1-2pm	Let's Learn Tiktok@2-3pm <b>*Registration Required*</b>	
Strategize with Kakis: Rummy O & Mahjong @4-5.30pm		Let's Steel Combat @ 3-4pm (Male Exclusive) Car Park @ Blk 220, level 6 <b>*Registration Required*</b>	Strategize with Khakis: Rummy O & Mahjong @ 3-5pm	Let's Go Gai Gai @ Night Safari @6pm -10.30pm <b>*Registration Required*</b>	
28	29	30	31		
Let's do crossfit @ 10-11am (Music Studio 2&3)	Let's Do Water Bottle Exercise (Zoom) @10-11am	Inhouse Facilitator-Led: Lets Exercise @ 10-11am (Music Studio 2&3)			
Let's Do Crochet @2--4 pm <b>"Materials not provided"</b> Strategize with Kakis: Rummy O & Mahjong @ 4-5.30pm	Let's do Drumfit@ 11.30-12.30pm	Let's do Zentangle Art @2-4pm  Let's Steel Combat @ 3-4pm (Male Exclusive) Car Park @ Blk 220, level 6 <b>*Registration Required*</b>	<b>PH-CENTRE CLOSURE</b>		

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# 2024 十月

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MON

TUE

WED

THU

FRI

SAT

	1	2	3	4	5
	一起做坐式水瓶运动(上线) @ 10 - 11am	一起做运动 @ 10-11am (Music Studio 2&3)	让我们一起练习武术功夫 10 -11am (Music Studio 2&3)	方形踏步运动@ 10 - 11am	华侨乐龄数码活动在 后港@9am-12.30 pm
	一起做Drumfit @ 11.30am - 12.30pm	一起做日本和谐粉彩 @ 2- 4pm	一起跳排舞(Sunny 老师) @ 1 - 2pm	一起做禅绕画@ 2-4pm	
		一起做有氧搏击活动 @3-4pm (男性乐龄人士专属) Bedok Central 大牌220, 6楼的停车场 <b>*需要报名*</b>	游戏时间: Rummy O 和麻将 @ 2.30 - 4.30pm		
7	8	9	10	11	12
让我们进行综合健身 @ 10:00-11.00am (Music Studio 2&3)	一起做坐式水瓶运动(上线) @ 10 - 11am	一起做运动 @ 10-11am (Music Studio 2&3)	让我们一起练习武术功夫 10 -11am (Music Studio 2&3) 一起跳排舞(Sunny 老师) @ 12.30 - 1.30pm	方形踏步运动@ 10 - 11am	
一起做钩针编@2-4pm <b>*请自备材料*</b>	一起做Drumfit@ 11.30am - 12.30pm	一起做日本和谐粉彩 @ 2- 4pm	康讲座: 保持积极情绪的好习惯 (Zoom在线,华语) @ 2 - 3pm 包含茶点 <b>*需要报名*</b>	<b>一起来庆生 @ 乐龄日托中心 @1-15-2.30pm</b> <b>*需要报名*</b>	
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 Central 大牌220, 6楼的停车场 <b>*需要报名*</b>	创意工作坊: 一起用管道清洁制作蜻蜓@勿洛图书馆3楼活动, 3.30 - 5.30pm	游戏时间: Rummy O 和麻将 @ 3- 5pm	

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14	15	16	17	18	19
乐龄运动挑战赛 勿洛心动大厦一楼 @9 - 12pm	一起做坐式水瓶运动(上线) @ 10 - 11am	一起做运动 @ 10-11am (Music Studio 2&3)	让我们一起练习武术功夫 10 -11am (Music Studio 2&3)	方形踏步运动@ 10 - 11am	
一起做钩针编@2- 4pm <b>*请自备材料*</b>	一起做Drumfit @ 11.30am - 12.30pm	一起做日本和谐粉彩 @ 2- 4pm	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 Central 大牌 220, 6楼的停车场 <b>*需要报名*</b> )	游戏时间: Rummy O 和麻将 @ 3- 5pm		
21	22	23	24	25	26
让我们进行综合健身 @ 10:00-11.00am (Music Studio 2&3)	一起做坐式水瓶运动(上线) @ 10 - 11am	一起做运动 @ 10-11am (Music Studio 2&3)	让我们一起练习武术功夫 10 -11am (Music Studio 2&3)	方形踏步运动@ 10 - 11am	
一起做钩针编@2 - 4pm <b>*请自备材料*</b>	一起做Drumfit @ 11.30am - 12.30pm	一起做手工与RSVP@ 2 - 4pm <b>*需要报名*</b>	一起跳排舞(Sunny 老师) @ 1 - 2pm	一起我们学习抖音 @ 2- 3pm <b>*需要报名*</b>	
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 Central 大 牌220, 6楼的停车场 <b>*需要报名*</b>	游戏时间: Rummy O 和麻将 @ 3 - 5pm	一起去 Gai Gai 夜间野生动物园 @ 6pm - 10.30pm <b>*需要报名*</b>	
28	29	30	31		
让我们进行综合健身 @ 10:00-11.00am (Music Studio 2&3)	一起做坐式水瓶运动(上线) @ 10 - 11am	一起做运动 @ 10-11am (Music Studio 2&3)			
一起做钩针编@2 - 4pm <b>*请自备材料*</b>	一起做Drumfit@ 11.30am - 12.30pm	一起做有氧搏击活动 @3-4pm (男性乐龄人士专属) Bedok Central 大 牌220, 6楼的停车场 <b>*需要报名*</b>	<b>PH-CENTRE CLOSURE</b>		
游戏时间: Rummy O 和麻将 @ 4 - 5.30pm					

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