

# 2024 July

Location: Dance Studio 2 Level 2

📍 **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	6
Lets Do Fly Swat Tennis @9.30 - 11.30am	Let's Do Chair Aerobics (Zoom) @10-11am	Let's Do Modified Boxing (Zoom) @ 10-11 am	Inhouse Facilitator-Led: Lets Exercise @ 10-11am	Square Step @ 10 - 11am	
Lets Do Crochet @2.30-4.30pm <b>"Materials not provided"</b>	Lets Do Drumfit @ 11.30am - 12.30pm	Let's Do Nagomi Art @2-4pm	Let's Do Line Dance by Sunny 1-2pm	Let's Play Cognitive Games & Birthday Celebration @ Dance Studio 2 2 - 3.30pm <b>*Registration Required*</b>	
	Active Mind, Active Life Workshop @3-4pm	Let's Steel Combat @ 3-4pm (Male Exclusive) @ Bedok Central, tentage between Blk 220B & Blk 221B <b>*Registration Required*</b>	IMDA Go Digital: HealthHub App- @ 2.30--4pm <b>*Registration Required*</b>	Strategize with Khakis: Rummy O & Mahjong @ 3.30-5.30pm	
			Strategize with Kakis: Rummy O & Mahjong @ 4-6pm		
8	9	10	11	12	13
Let's Do Fly Swat Tennis@ 9.30am-11.30am	Let's Do Chair Aerobics (Zoom) @10-11am	Let's Do Modified Boxing (Zoom) @ 10-11 am	Inhouse Facilitator-Led: Lets Exercise @ 10-11am	Square Step @ 10 - 11am	
Strategize with Kakis: Rummy O & Mahjong @ 3-5.30pm	Lets Do Drumfit @ 11.30am - 12.30pm	Let's Do Nagomi Art @2-4pm	Let's Do Line Dance by Sunny 1-2.30pm	Let's Talk about Scams by Singapore Police Force @ 2-3.30pm <b>*Registration Required*</b>	
	Inhouse Facilitator-Led: Lets Exercise @ 3 - 3.30pm Strategize with Kakis: Rummy O & Mahjong @ 3.30-5.30pm	Let's Steel Combat @ 3-4pm (Male Exclusive) @ Bedok Central, tentage between Blk 220B & Blk 221B <b>*Registration Required*</b>	Let's Do Recycle Art@ Bedok Library Level 3 Program Room 3-5pm <b>"Materials not provided"</b>		

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MON

TUE

WED

THU

FRI

SAT

15	16	17	18	19	20
Lets Do Fly Swat Tennis @9.30 - 11.30am	Let's Do Chair Aerobics (Zoom) @10-11am	<b>Health Talk by NHGP: Pain-Busting Myths &amp; Managing It</b> @ Blk 430 Rainbow Ville, 9-11am	Inhouse Facilitator-Led: Lets Exercise @ 10-11am	<b>Lets Go Gai Gai : Tanjong Rhu &amp; Breakfast @ 8am-12pm</b> *Meet outside MacDonald Bedok Mall"	
<b>Lets Do Crochet @2.30-4.30pm</b> "Materials not provided"	Lets Do Drumfit @ 11.30am - 12.30pm	Let's Do Nagomi Art @2-4pm	<b>Let's Do Line Dance by Sunny 1-2pm</b>	**If rains, walk will be cancelled, resume Square Step @ 10am	
	Inhouse Facilitator-Led: Lets Exercise @ 3 - 3.30pm Strategize with Kakis: Rummy O & Mahjong @ 3.30-5.30pm	<b>Let's Steel Combat @ 3-4pm (Male Exclusive)</b> @ Bedok Central, tentage between Blk 220B & Blk 221B *Registration Required*	<b>IMDA Go Digital :SimplyGo, Grab &amp; Zig: @ 2.30--4pm</b> *Registration Needed*	<b>Square Step @ 10 - 11am (TBC)</b> Let's Do Zentangle Art @2-4pm	
			Strategize with Kakis: Rummy O & Mahjong @4-6pm		
22	23	24	25	26	27
Lets Do Fly Swat Tennis @9.30 - 11.30am	Let's Do Chair Aerobics (Zoom) @10-11am	Let's Do Modified Boxing (Zoom) @10-11 am Let's Do Nagomi Art @2-4pm	Inhouse Facilitator-Led: Lets Exercise @ 10-11am	<b>Square Step @ 10 - 11am (TBC)</b>	
Inhouse Facilitator-Led: Lets Exercise @ 3 - 3.30pm		<b>Let's Steel Combat @ 3-4pm (Male Exclusive)</b> @ Bedok Central, tentage between Blk 220B & Blk 221B *Registration Required*	<b>Let's Do Line Dance by Sunny 1-2.30pm</b>	Let's Do Zentangle Art @2-4pm	
Strategize with Kakis: Rummy O & Mahjong @ 3.30-5.30pm			Strategize with Kakis: Rummy O & Mahjong @ 3-5.30pm		
29	30	31			
Lets Do Fly Swat Tennis @9.30 - 11.30am	Let's Do Chair Aerobics (Zoom) @10-11am	Let's Do Modified Boxing (Zoom) @10-11 am Let's Do Nagomi Art @2-4pm			
<b>Lets Do Crochet @2.30-4.30pm</b> "Materials not provided"	Lets Do Drumfit @ 11.30am - 12.30pm	<b>Let's Steel Combat @ 3-4pm (Male Exclusive)</b>			
	Strategize with Kakis: Rummy O & Mahjong @ 3.30-5.30pm	Bedok Central, tentage between Blk 220B & Blk 221B *Registration Required*			

# 2024 七月

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MON

TUE

WED

THU

FRI

SAT

1	2	3	4	5	6
一起打网球(室内简化) @ 9.30-11.30am	一起做坐式有氧运动(上线) @ 10 - 11am	一起做坐式拳击运动(上线) @10-11am	一起做运动 @ 10-11am	方形踏步运动@ 10 - 11am	
一起做钩针编织 @2.30-4.30pm <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	一起玩脑力游戏和庆生 @ Dance Studio 2, 2 - 3.30pm <b>*需要报名*</b>	
	<b>一起来谈:敏捷思维, 活跃生活 @ 3-4pm</b>	一起做有氧搏击活动 @3-4pm (男性乐龄人士专属) Bedok Central 大牌219C和220C 之间 <b>*需要报名*</b>	IMDA 资讯通信媒体发展局 - 数码 乐龄计划: 健康中心应用程序 @2.30 - 4pm <b>*需要报名*</b>	游戏时间: Rummy O 和麻 将 @ 3:30 - 5.30pm	
			游戏时间: Rummy O 和麻将 @ 4-6pm		
8	9	10	11	12	13
一起打网球(室内简化) @ 9.30-11.30am	一起做坐式有氧运动(上线) @ 10 - 11am	一起做坐式拳击运动(上线) @10-11am	一起做运动 @ 10-11am	方形踏步运动@ 10 - 11am	
游戏时间: Rummy O 和麻将 @ 3 - 5.30pm	一起做Drumfit@ .30am - 12.30pm	一起做日本和谐粉彩 @ 2- 4pm	一起跳排舞(Sunny 老师) @ 1 - 2:30pm	新加坡警察部队对话: 诈骗 @ 2 - 3.30pm <b>*需要报名*</b>	
	一起做运动 @ 3 - 3.30pm  游戏时间: Rummy O 和麻将 @ 3:30 - 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219C和220C 之间 <b>*需要报名*</b>	创意工作坊: 回收艺术@勿洛图书 馆第3层活动室@3 - 5pm <b>*请自备材料*</b>		

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15	16	17	18	19	20
一起打网球(室内简化) @ 9.30-11.30am	一起做坐式有氧运动(上线) @ 10 - 11am	保健系列 - 健康讲座:消除对疼痛的误解及怎么管理它 (包含早餐) @ 大牌430, Rainbow Ville 9 - 11am <b>*需要报名*</b>	一起做运动 @ 10-11am 一起跳排舞(Sunny 老师) @ 1 - 2pm	一起去Gai Gai: 丹绒鲁步行及用早餐 @ 8am - 12pm <b>*麦当劳Bedok Mall 外面8点见*</b> <b>*需要报名*</b>	
一起做钩针编@2.30-4.30pm <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	IMDA 资讯通信媒体发展局 - 数码乐龄计划: 交通应用程序 @2.30 - 4pm <b>*需要报名*</b>	** 如果下雨, 此节目将取消并恢复 方形踏步运动@10am	
	一起做运动 @ 3-3.30pm 游戏时间: Rummy O 和麻将 @ 3:30 - 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219C和220C之间 <b>*需要报名*</b>	游戏时间: Rummy O 和麻将 @ 4 - 6pm	一起做禅绕画@2-4pm	
22	23	24	25	26	27
一起打网球(室内简化) @ 9.30-11.30am	一起做坐式有氧运动(上线) @ 10 - 11am	一起做坐式拳击运动(上线)@10-11am	一起做运动 @ 10-11am	方形踏步运动@ 10 - 11am	
一起做运动 @ 3-3.30pm		一起做日本和谐粉彩 @ 2- 4pm	一起跳排舞(Sunny 老师) @ 1 - 2:30pm	一起做禅绕画@2-4pm	
游戏时间: Rummy O 和麻将 @ 3:30 - 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219C和220C之间 <b>*需要报名*</b>	游戏时间: Rummy O 和麻将 @ 3 - 5pm		
29	30	31			
一起打网球(室内简化) @ 9.30-11.30am	一起做坐式有氧运动(上线) @ 10 - 11am	一起做坐式拳击运动(上线)@10-11am			
一起做钩针编@2.30-4.30pm <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			
	游戏时间: Rummy O 和麻将 @ 3:30 - 5pm	一起做有氧搏击活动 @3-4pm (男性乐龄人士专属) Bedok Central 大牌219C和220C之间 <b>*需要报名*</b>			