

2024 November

Location: Dance Studio 2 or Music Studio 2 /3 , Level 2
As of 28/10

📍 **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
				Square Step @ 10 - 11am	
				Birthday Celebration at DayCare @1-.15-2.30pm *Registration Required*	
				Strategize with Khakis: Rummy O @3-5pm	
4	5	6	7	8	9
	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)		
Let's do Crochet @2-4pm "Materials not provided"			Let's Do Line Dance by Sunny @ 1-2pm	Centre-Closure	
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
11	12	13	14	15	16
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 Martial Art- Kungfu @10-11am (Music Studio 2&3)	Centre-Closure	DBS Community Pop up Market @1-3.30pm *Registration Required* For Registered Senior staying at Blk 429A
Strategize with Kakis: Rummy O & Mahjong @ 4-5.30pm		NCOS - Walking Football @ Blk 429A & 429B 4 - 5.30pm	Yakult Tour @ 1-4.30pm *Registration Required*		
18	19	20	21	22	23
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*	Health Talk:Protect Yourself & Loved ones by H365 @Rainbow Ville,9-11am *Registration Required*	Let's do Martial Art- Kungfu @10-11am (Music Studio 2&3)	Square Step @ 10 - 11am	
Strategize with Kakis: Rummy O & Mahjong @4-5.30pm	Let's do Drumfit@ 11.30-12.30pm (Function Room 1/ Classroom 1, Level 3)	Inhouse Facilitator-Led: Lets Exercise @ 9 - 10am OR 11am- 12pm (Music Studio 2&3)	Let's Do Line Dance by Sunny 1-2pm Strategize with Kakis: Rummy O & Mahjong @ 3-5.30pm	Let's do Zentangle Art @2-4pm	
		Let's do Nagomi Art @ 2-4pm	Let's Steel Combat @ 3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*		
25	26	27	28	29	30
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 Line Dance by Sunny 1-2pm Strategize with Kakis: Rummy O & Mahjong @ 3-5.30pm	Square Step @ 10 - 11am	
Strategize with Kakis: Rummy O & Mahjong @ 4-5.30pm	Let's do Drumfit@ 11.30-12.30pm (Function Room 1/ Classroom 1, Level 3)		Let's Steel Combat @ 3-4pm (Male Exclusive) Between Blk 429A & Blk 429B *Registration Required*	Let's do Zentangle Art @2-4pm	

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2024 十一月

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MON

TUE

WED

THU

FRI

SAT

				1	2
				方形踏步运动@ 10 - 11am	
				一起来庆生 @ 乐龄日托中心 @1-15-2.30pm *需要报名*	
				游戏时间: Rummy O 和麻将 @ 3-5pm	
4	5	6	7	8	9
	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功夫 10 - 11am (Music Studio 2&3)		
一起做钩针编@2-4pm *请自备材料*			一起跳排舞(Sunny 老师) @ 1 - 2pm	中心关闭	
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429A 和 429B之间的空场地	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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NTUC Health

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11	12	13	14	15	16
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功夫 10 -11am (Music Studio 2&3)	中心关闭	星展银行基金会 社会快闪市场 1.30 - 3.30pm
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429A 和 429B之间的空场地 *需要报名*	一起去Gai Gai : 养乐多之旅 @ 1 - 4.30pm *需要报名*		(只限于住在大牌 429A报名的乐龄朋 友)
18	19	20	21	22	23
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功夫 10 -11am (Music Studio 2&3)	方形踏步运动 @ 10 - 11am	
游戏时间: Rummy O 和麻将 @ 4 - 5.30pm	一起做Drumfit@ 11.30am - 12.30pm (Function Room1 / Classroom 1, level 3)	健康讲座: 保护你自己和你所爱 的人@ Blk 430 Rainbow Ville, 9 - 11am *需要报名*	一起跳排舞(Sunny 老师)@ 1 - 2pm 游戏时间: Rummy O 和麻将 @ 4 - 5.30pm	一起做禅绕画 @ 2-4pm	
		一起做日本和谐粉彩 @ 2- 4pm	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*		
25	26	27	28	29	30
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)	一起跳排舞(Sunny 老师)@ 1 - 2pm 游戏时间: Rummy O 和麻将 @ 3 - 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Drumfit@ 11.30am - 12.30pm (Function Room1 / Classroom 1, level 3)		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	

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