

2024 April

📍 **Centre Name:** Active Ageing Centre (Care) (HeartBeat Bedok)
 🏠 **Centre Address:** 1 Bedok North Street 1 #02-02 Singapore 469662
 📞 **Centre Contact:** 94884573 (Aisyah)



Location: Dance Studio 2 Level 2

MON

TUE

WED

THU

FRI

SAT

1 2 3 4 5 6

Fly Swat Tennis@ 10-11am	Chair Aerobics@ 10 - 11am	Square Step Ex. @ 10 -11 am	Walk-In-the-park(Lvl4 Active Health) @8.30-9.30am	Square Step Exercise @ 10 - 11am	
Stretching Ex @ 3 - 330pm	Drumfit@11.30-12.30pm	Stretching Ex @3-3.30pm	Modified Boxing @ 10 - 11 am	Creative Workshop: Zentangles @2-4.30pm	
Game On! @ 330 - 5pm		Game On!@ 330 - 5pm	Drumfit @2.30-3.30pm *Registration Required*		

8 9 10 11 12 13

Fly Swat Tennis @ 10-11am	Functional Screening Lvl1/3@ 9am-12pm		Modified Boxing @ 10 - 11 am	Square Step Exercise @ 10 - 11am	
Creative Workshop: Crocheting @2-4pm *Registration Required*	Chair Aerobics@ 10 - 11am	Hari Raya Puasa PH	Line Dance by Sunny @1-2pm	Creative Workshop :Nagomi Art@ 2-4.30pm	
	Drumfit@11.30-12.30pm		Game On! @ 3 - 5pm		

15 16 17 18 19 20

Creative Workshop: Dot Painting @ Bedok Library Level 3 Programme Room 10-11am	Chair Aerobics@ 10 - 11am	Square Step Ex. @ 10 -11 am	Modified Boxing @ 10 - 11 am		
Stretching Ex @ 3 - 330pm	Drumfit @11.30-12.30pm	Health Talk By HPB:Mental health for seniors FRIENDS! Together we keep a healthy mind @2-3pm 朋友们！让我们一起保持健康的心态	IMDA Learn Digital: 2-4pm	National Museum Singapore@ 9.15am -2pm *Registration Required *	
Game On!@ 330 - 5pm	Line Dance by Sunny @1-2pm	Game On!@ 330 - 5pm			

22 23 24 25 26 27

Fly Swat Tennis @10-11am	Chair Aerobics@ 10 - 11am	Square Step Ex. @ 10 -11 am	Modified Boxing @ 10 - 11 am	Jalan2@ Bedok Reservoir @8.30-11am	
Creative Workshop: Crocheting @2-4pm *Registration Required*	Drumfit @11.30-12.30pm	Stretching Ex @ 3 - 330pm	Line Dance by Sunny @1-2pm	Creative Workshop:Zentangles @2-4.30pm	
	Game On!@ 3 - 5pm	Game On!@ 330 - 5pm	Kopi Talk (Day Care) @3.30-5pm*Registration Required *		

29 30

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Fly Swat 网球@10-11am	椅子健美操@ 10 - 11am	方步Ex。@10-11am	Walk-in-the-park (Lvl 4 Active Health) @ 8.30 - 9.30am	方步Ex。@10-11am	
伸展运动@ 3 - 330pm	鼓乐@11.30-12.30pm	伸展运动@ 3 - 330pm	改良拳击@ 10 - 11 am	创意工作坊: Zentangles @2-4.30pm	
游戏开始! @ 330 - 5pm		游戏开始! @ 330 - 5pm	鼓配合@2.30-3.30pm *Registration Required*		
8	9	10	11	12	13
Fly Swat 网球@10-11am	Functional Screening Lvl1/3@ 9am-12pm		改良拳击@ 10 - 11 am	方步Ex@ 10 - 11am	
创意工作坊: 钩编 @2-4pm *需要注册*	椅子健美操@10-11am	Hari Raya Puasa PH	排舞 by Sunny @1-2pm	创意工作坊: Nagomi Art@2-4.30pm	
	鼓配合 @11.30-12.30pm				
15	16	17	18	19	20
创意工作坊: 点画@勿洛图书馆第3层活动室上午10点至11点	椅子健美操@10-11am	方步Ex。@上午10点-11点	改良拳击 @ 10 - 11 am		
伸展运动@ 3 - 330pm	鼓配合@ 11.30am - 12.30pm	Health Talk By HPB: Mental health for seniors FRIENDS! Together we keep a healthy mind @2-3pm 朋友们! 让我们一起保持健康的心态	IMDA Learn Digital 2-4pm	新加坡国家博物馆@ 9.15am -2pm *Registration Required *	
游戏开始! @ 330 - 5pm	排舞 by Sunny @1-2pm	游戏开始! @ 330 - 5pm			
22	23	24	25	26	27
Fly Swat 网球@10-11am	椅子健美操@ 10 - 11am	方形踏步练习@ 10 - 11 am	改良拳击@ 10 - 11 am	Jalan2@ Bedok Reservoir @8.30-11am	
创意工作坊: 钩编 @2-4pm *需要注册*	鼓配合@ 11.30am - 12.30pm	伸展运动@ 3 - 330pm	排舞 by Sunny 1-2pm	创意工作坊: Zentangles @2-4.30pm	
	游戏开始! @ 330 - 5pm	游戏开始! @ 330 - 5pm	*Registration Required * Kopi Talk (Day Care) @3.30- 5pm		
29	30				
Fly Swat 网球@10-11am	椅子健美操@ 10 - 11am				
伸展运动@ 3 - 330pm	鼓配合 @ 11.30am - 12.30pm				
游戏开始! @ 330 - 5pm	排舞 by Sunny @1-2pm				