

**April 2024**

Mon	Tue	Wed	Thu	Fri	Sat		
1	2	3	4	5	6		
Bokwa (HPB)	KpopX (HPB)	Jalan Jalan	Volunteer @ NLB	Puppetry Workshop	Levelled Field		
Tabletop Activity	IFL: Money Management	Low Impact Aerobics (HPB)	Gaming	CGR Support Grp			
8	9	10	11	12	13		
Bokwa (HPB)	KpopX (HPB)	Hari Raya Puasa	Sonic Bowling	Kokedama Workshop	Soap Making Workshop	Levelled Field	
Tabletop Activity	IFL: Insurance for Families with Special Needs			CGR Support Group			
15	16	17	18	19	20		
Bokwa (HPB)	KpopX (HPB)	Low Impact Aerobics (HPB)	Volunteer @ NLB	Kokedama Workshop	Levelled Field		
Tabletop Activity	IFL: Money Management	Cooking Mama	Karaoke	CGR Support Group			
22	23	24	25	26	27		
Bokwa (HPB)	KpopX (HPB)	Low Impact Aerobics (HPB)	Volunteer @ NLB	Kokedama Workshop	Brisk Walk / Inclusive Sports	Levelled Field	Inclusive Arts Creation
Tabletop Activity	IFL: Insurance for Families with Special Needs	Cooking Mama	Gaming	CGR Support Group			
29	30						
Bokwa (HPB)	KpopX (HPB)						
Tabletop Activity	IFL: Beware of Scams						

Legends
Bedok
Tampines
External
Caregiver Event

To register
WhatsApp: 89142446
Phone: 62309902

Day	Time	Activities	Location
<b>Monday</b>	9.30am to 10.30am	Bokwa (HPB)	Heartbeat@Bedok Atrium
	2.00pm to 4.00pm	Tabletop Activity	Tampines West CC Activity Room
<b>Tuesday</b>	11.00am to 12.00pm	KpopX (HPB)	Tampines West CC Basketball Court
	2.00pm to 3.30pm	Basic of Money Management (Part 1)	Heartbeat@Bedok (Classroom 1)
	2.00pm to 3.30pm	Basic of Money Management (Part 2)	Heartbeat@Bedok (Classroom 1)
	2.00pm to 3.30pm	Beware of Scams	Heartbeat@Bedok (Classroom 1)
	2:00pm to 5:00om	Insurance for Families with Special Needs	Tampines West CC, Activity Room
<b>Wednesday</b>	9.00am to 11.00am	Jalan Jalan	Bedok Reservoir (MRT Exit B)
	11.30am to 12.30pm	Low Impact Aerobics (HPB)	Tampines West CC Basketball Court
	2.00pm to 4.00pm	Cooking Mama	Tampines West CC, Level 2 Culinary Room
<b>Thursday</b>	10.00am to 12.00pm	Bowling	Sonic Bowl @ OTH
	2.00pm to 5.00pm	Volunteer @ NLB	Our Tampines Hub (OTH) Library
	2.00pm to 4.00pm	Karaoke	Tampines West CC Activity Room
	2.00pm to 4.00pm	Gaming	Heartbeat@Bedok Classroom 1
<b>Friday</b>	10.00am to 12.00pm	Puppetry Workshop	Tampines West CC Activity Room
	10:30am to 11:30am	Caregiver Support Group	Tampines West CC, Activity Room
	2.00pm to 5.00pm	Kokedama Workshop	Tampines West CC Activity Room
<b>Saturday</b>	8.00am to 11.00am	Brisk Walk / Inclusive Sports	Tampines West CC
	9.30am to 12.30pm	Soap Making Workshop	Tampines West CC Activity Room
	10.00am to 11.30am	Levelled Field	PassionWave@Bedok Reservoir
	2.00pm to 3.00pm or 3.30pm to 4.30pm	Inclusive Arts Creation	Our Tampines Hub (OTH), Function Room 2 (Lift Lobby F, Level 4)