

| Mon | Tue | | | Wed | Thu | Fri | Sat | | Sun |
|---------------------|----------------------|--|----------------------------|--------------------------------|---------------------|----------------------------------|-------------------------------------|-------------------|-----|
| | | | | 1 | 2 | 3 | 4 | 5 | |
| | | | | Labour Day | Jalan Jalan | Kokedama Workshop | Levelled Field Paralympic Fiesta | Esplanade Concert | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 | | | |
| Bokwa (HPB) | Volleyball | | | Healthy Eating for Healthy Me! | Bowling | Safety Awareness Workshop (SCDF) | Soap Making Workshop | Levelled Field | |
| Tabletop Activities | Cooking Mama | IFL: Insurance for Families w/ Special Needs | Making Friendship Bracelet | Healthy Eating for Healthy Me! | | Kokedama Workshop | Inclusive Art Creation | | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | | | |
| Bokwa (HPB) | Volleyball | | | Healthy Eating for Healthy Me! | Fun with Percussion | Kokedama Workshop | Levelled Field | | |
| Tabletop Activities | IFL: Beware of Scams | | Clay Modelling | Healthy Eating for Healthy Me! | Volunteer @ NLB | | | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | | | |
| Bokwa (HPB) | Volleyball | | | Vesak Day | Volunteer @ NLB | Gaming | Healthy Eating for Healthy Me! | Levelled Field | |
| Tabletop Activities | Cooking Mama | IFL: Insurance for Families w/ Special Needs | Origami / Paper Quilling | | | | Healthy Eating for Healthy Me! | | |
| 27 | 28 | 29 | 30 | 31 | | | | | |
| Bokwa (HPB) | Volleyball | | | Healthy Eating for Healthy Me! | Fun with Percussion | | | | |
| Tabletop Activities | Cooking Mama | | | Healthy Eating for Healthy Me! | Volunteer @ NLB | | | | |

| Legends |
|----------|
| Bedok |
| Tampines |
| External |

| To register |
|--------------------|
| WhatsApp: 89142446 |
| Phone: 62309902 |
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| Day | Time | Activities | Location |
|------------------|--|---|--|
| Monday | 9.30am to 10.30am | Bokwa (HPB) | Heartbeat@Bedok Atrium |
| | 2.00pm to 4.00pm | Tabletop Activity | Tampines West CC Activity Room |
| Tuesday | 10.00am to 12.00pm | Volleyball | Tampines West CC Multi-Purpose Hall |
| | 2.00pm to 3.30pm | IFL: Beware of Scams | Heartbeat@Bedok, Classroom Room 1, Level 3 |
| | 2.00pm to 4.00pm | Cooking Mama | Tampines West CC Culinary Room (Level 2) |
| | 2:00pm to 5:00om | Insurance for Families w/ Special Needs | Tampines West CC, Activity Room |
| | 3.45pm – 4.45pm | Making Friendship Bracelet | Heartbeat@Bedok, Level 1 Atrium |
| | 3.45pm – 4.45pm | Clay Modelling | Heartbeat@Bedok, Level 1 Atrium |
| | 3.45pm – 4.45pm | Origami / Paper Quilling | Heartbeat@Bedok, Level 1 Atrium |
| | Wednesday | 10.00am to 12.00pm | Healthy Eating for Healthy Me! |
| 2.00pm to 4.00pm | | Healthy Eating for Healthy Me! | Heartbeat@Bedok Culinary Room (Level 1) |
| Thursday | 9.00am to 11.00am | Jalan Jalan | Bedok Reservoir (MRT Exit B) |
| | 10.00am to 11.30am | Fun with Percussion | Tampines West CC Activity Room |
| | 10.00am to 12.00pm | Bowling | Sonic Bowl @ Our Tampines Hub (OTH) |
| | 2.00pm to 5.00pm | Volunteer @ NLB | Our Tampines Hub (OTH) Library |
| | 2.00pm to 4.00pm | Gaming | Heartbeat@Bedok (Classroom 1, Level 3) |
| Friday | 10.00am to 12.00pm | Safety Awareness Workshop (by SCDF) | Tampines West CC Activity Room |
| | 2.00pm to 4.00pm | Kokedama Workshop | Heartbeat@Bedok (Classroom 1, Level 3) |
| | 10.00am to 12.00pm | Healthy Eating for Healthy Me! | Tampines West CC Culinary Room (Level 2) |
| | 2.00pm to 4.00pm | Healthy Eating for Healthy Me! | Heartbeat@Bedok Culinary Room (Level 1) |
| Saturday | 10.00am to 11.30am | Levelled Field | PassionWave@Bedok Reservoir |
| | 9.30am to 12.30pm | Soap Making Workshop | Tampines West CC Activity Room |
| | 2.00pm to 3.00pm (Slot 1) 3.30pm to 4.30pm (Slot 2) | Inclusive Art Creation | Our Tampines Hub (OTH), Function Room 2 (Lift Lobby F, Level 4) |
| | 1.00pm to 4.00pm | Paralympic Fiesta | Our Tampines Hub |
| Sunday | 8.30am - 1.30pm | Esplanade's Mother's Day Concert | Esplanade |