

Legends
Bedok
Tampines
External

To register
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Day	Time	Activities	Location
Monday	9.15am to 12.30pm	Esplanade Coffee Morning Afternoon Tea: Pat & Perry Sing Sinatra & More!	Esplanade (Transport provided)
	10.00am to 11.30am	Fun with Percussion	Tampines West CC, Level 3, Classroom 2
	2.00pm to 4.00pm	Tabletop Activity (<i>for new clients only</i>)	Tampines West CC, Level 3, ESH Activity Room
	2.00pm to 4.00pm	Possible Nutrition	Tampines West CC, Level 2, Culinary Studio
Tuesday	9.00am to 11.00am	Jalan Jalan	Bedok Reservoir (Bedok Reservoir MRT Exit B)
	10.00am to 12.00pm	Badminton	Tampines West CC, Level 2, Multi-Purpose Hall
	2.00pm to 4.00pm	Digital Literacy on Instant Messaging	Tampines West CC, Level 3, ESH Activity Room
	2.00pm to 4.00pm	Crime Awareness Talk	Tampines West CC, Level 3, Classroom 7
Wednesday	2.00pm to 5.00pm	Adult Independent Programme (<i>for selected clients only</i>)	Tampines West CC, Level 3, ESH Activity Room
	10.00am to 12.00pm	Diamond Art Activity	Heartbeat@Bedok, Level 3, Classroom 1
	10.00am to 12.00pm	Karaoke	Tampines West CC, Level 3, ESH Activity Room
Thursday	10.00am to 11.00am	Swimming (<i>for selected clients only</i>)	Our Tampines Hub, Level 6, Tampines Swimming Complex
	2.00pm to 5.00pm	Volunteer @ NLB (<i>for selected clients only</i>)	Our Tampines Hub, Level 6, Tampines Library
	2.00pm to 4.00pm	Care for Our World 2	Tampines West CC, Level 3, ESH Activity Room
Friday	2.00pm to 5.00pm	Adult Independent Programme (<i>for selected clients only</i>)	Tampines West CC, Level 3, ESH Activity Room
Saturday	10.00am to 12.00pm	Creative Art & Crafts (<i>by Temasek Polytechnic SENvocates</i>)	Tampines West CC, Level 3, Classroom 7
	10.00am to 12.00pm	Basic Cooking (<i>for selected clients only</i>)	Tampines West CC, Level 2, Culinary Studio
	10.00am to 12.00pm	Pickleball	Tampines East CC, Level 1, Multi-Purpose Hall