



ACTIVITIES NEAR YOU

邻里活动

Aktiviti-aktiviti yang berhampiran dengan anda
உங்களுக்கு அருகிலுள்ள நடவடிக்கைகள்

Bedok Reservoir-Punggol

(From Oct to Dec 2023)

About Healthier SG

Healthier SG is a national initiative to transform Singapore's healthcare system to have a greater focus on preventive care to help residents stay healthy, detect health issues early and manage them well. Under Healthier SG, residents will be empowered to take steps to improve their health proactively with the support of their trusted family clinic and community partners.

Healthier SG empowers you to take charge of your health and supports you every step of the way.



MINISTRY OF HEALTH
SINGAPORE



An initiative of

FORWARD 

Supported by:



**Active
Health Lab**



活跃健康体检中心
Makmal Kesihatan Aktif
துடிப்பான
சுகாதார ஆய்வகங்கள்

Heartbeat @ Bedok
11 Bedok North St 1

Fitness and Health Assessment

Date & Time: Thursdays at 8.00am, Fridays at 12.00pm, Saturdays at 4.00pm
Cost: \$7

Manage Diabetes with Exercise

Date & Time: Saturdays at 2.15pm
Cost: \$48

Manage Hypertension with Exercise

Date & Time: Thursdays at 4.00pm, Saturdays at 9.30am
Cost: \$48

Manage Obesity with Exercise

Date & Time: Fridays at 9.30am
Cost: \$48

Combat Age-Related Loss of Muscle (CALM 1.0)

Date & Time: Wednesdays at 3.00pm, Thursdays at 10.45am
Cost: \$60

Move to Age Better

Date & Time: Wednesdays at 10.45am
Cost: Free

Discovery Walk in the Park by Active Health

Date & Time: 1st Wednesday of the month at 8.30am
Cost: Free

Balance & Muscular Fitness Workshop

Date & Time: Wednesdays at 9.30am, Saturdays at 10.45am
Cost: \$6

Cardio Jam by Active Health

Date & Time: Wednesdays at 9.30am, Saturdays at 12.00pm
Cost: \$6

Manage Osteoarthritis with Exercise

Date & Time: Tuesdays at 4.00pm
Cost: \$48

**Sport
Centres**



体育中心
Pusat Sukan
விளையாட்டு
நிலையங்கள்

Hougang Sport Centre
93 Hougang Ave 4

Fascial Step Aerobics

Date & Time: Wednesdays at 7.00pm
Cost: \$118



For booking and more details on activities, refer to Healthy365 app or partners' websites



M - Member / NM - Non-member

Line Dance Elementary

Date & Time: Mondays at 2.00pm, Thursdays at 2.00pm

Location: Punggol CC, 3 Hougang Ave 6

Cost: \$60(M)/ \$65(NM) for 10 lessons

Zumba Gold

Date & Time: Mondays at 7.00pm, Fridays at 10.00am

Location: Punggol CC, 3 Hougang Ave 6

Cost: \$100(M)/ \$110(NM) for 8 lessons

Ballroom Dance - Waltz (Elementary)

Date & Time: Mondays at 8.00pm

Location: Punggol CC, 3 Hougang Ave 6

Cost: \$70(M)/ \$80(NM) for 8 lessons

Taiji Quan

Date & Time: Mondays at 8.00pm

Location: Punggol CC, 3 Hougang Ave 6

Cost: \$50(M)/ \$55(NM) for 12 lessons

Social Dance Elementary - Jive and Rumba

Date & Time: Mondays at 8.00pm

Location: Punggol CC, 3 Hougang Ave 6

Cost: \$80(M)/ \$85(NM) for 8 lessons

Flex & Flow (Intermediate)

Date & Time: Thursdays at 10.00am

Location: Punggol CC, 3 Hougang Ave 6

Cost: \$110(M)/ \$120(NM) for 8 lessons

Social Dance Elementary - Jive and Rumba Rock

Date & Time: Thursdays at 8.00pm

Location: Punggol CC, 3 Hougang Ave 6

Cost: \$80(M)/ \$85(NM) for 8 lessons

Line Dance Advanced

Date & Time: Fridays at 1.30pm

Location: Punggol CC, 3 Hougang Ave 6

Cost: \$60(M)/ \$70(NM) for 8 lessons

Recreational Folk Dance Intermediate

Date & Time: Fridays at 7.45pm

Location: Punggol CC, 3 Hougang Ave 6

Cost: \$40(M)/ \$45(NM) for 10 lessons

Pickleball

Date & Time: Thursdays & Sundays at 10.00am

Location: Punggol CC, 3 Hougang Ave 6

Cost: Free

Qigong

Date & Time: Fridays at 7.00pm

Location: Punggol CC, 3 Hougang Ave 6

Cost: Free

312 Exercises for Seniors

Date & Time: Saturdays at 9.00am

Location: Punggol CC, 3 Hougang Ave 6

Cost: Free

Housing Estates



组屋区

Estet-estet Perumahan
வீடமைப்புப் பேட்டை

Resistance Band Exercises

Date & Time: Saturdays at 8.00am

Location: 515 Hougang Ave 10 #01-181,

Hard Court

Cost: Free

Resistance Band Exercises

Date & Time: Saturdays at 8.00am

Location: 521 Hougang Ave 6 #01-37, Void Deck

Cost: Free

Resistance Band Exercises

Date & Time: Tuesdays at 8.00am

Location: 714A Bedok Reservoir Rd #03-01,

Community Suite

Cost: Free

Zumba Gold

Date & Time: Thursdays 7.00pm

Location: 714A Bedok Reservoir Rd #03-01,

Community Suite

Cost: Free



*Recommended for seniors 60 years old and above

*Please give a call to respective AAC to find out more before heading down

Sunlove Active Ageing Centre @ Serangoon

Blk 468 Hougang Ave 8 #01 - 1510

Tel: 6925 6370

Games/Carrom

Date & Time: Daily at 8.30am

Cost: Free

Active SG - Swimming Programme

Date & Time: Wednesdays at 9.00am

Cost: Free

Chair Yoga

Date & Time: Mondays at 10.00am

Cost: Free

Square Stepping

Date & Time: Tuesdays & Fridays at 10.00am

Cost: Free

Yoga

Date & Time: Wednesdays at 10.00am

Cost: Free

Transport Apps

Date & Time: Fridays at 11.00am

Cost: Free

Basket Weaving

Date & Time: Thursdays at 11.00am

Cost: Free

Ukulele

Date & Time: Thursdays at 2.00pm

Cost: Free

Double 12 Dominoes

Date & Time: Wednesdays at 2.00pm

Cost: Free

Parks



公园

Taman

பூங்காக்கள்

Woodball

Date & Time: Thursdays at 7.30am

Location: Punggol Park, Hougang Ave 10

Cost: Free