



ACTIVITIES NEAR YOU

邻里活动

Aktiviti-aktiviti yang berhampiran dengan anda
உங்களுக்கு அருகிலுள்ள நடவடிக்கைகள்

Cheng San-Seletar
(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
சுகாதாரஆய்வகங்கள்

Bishan Sport Centre
1 Bishan St 14

Balance & Muscular Fitness Workshop

Date & Time: Wednesdays at 8.00am,
Fridays & Saturdays at 9.30am
Cost: \$6

Combat Age-Related Loss of Muscle (CALM 1.0)

Date & Time: Thursdays at 9.30am
Cost: \$60

Combat Age-Related Loss of Muscle (CALM 2.0)

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

Discovery Walk in the Park

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

Manage Diabetes with Exercise

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

Manage Hypertension with Exercise

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

Manage Obesity with Exercise

Date & Time: Fridays at 10.45am
Cost: \$48

Manage Osteoarthritis with Exercise

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

Mobility & Flexibility Workshop

Date & Time: Tuesdays at 9.30am, Fridays at
12.00pm
Cost: \$6

Move to Age Better

Date & Time: Thursdays at 8.00am
Cost: Free

Stronger at 40

Date & Time: Saturdays at 12.00pm
Cost: \$48

**Sport
Centres**



体育中心
Pusat Sukan
விளையாட்டு
நிலையங்கள்

Bishan Sport Centre
5 Bishan St 14

Gentle Yoga

Date & Time: Mondays at 5.15pm
Cost: \$75

Hatha Yoga

Date & Time: Mondays at 7.45pm,
Wednesdays at 6.30pm, Sundays at 8.30am
& 11.00am
Cost: \$91

KpopX Fitness

Date & Time: Tuesdays at 11.00am,
Wednesdays at 9.45am, Saturdays at 12.15pm
& 1.30pm, Sundays at 12.15pm
Cost: \$96

Pilates (Beginner)

Date & Time: Wednesdays at 11.00am, Fridays
at 8.30am
Cost: \$95

Wheel Yoga

Date & Time: Wednesdays at 12.15pm
Cost: \$75

Yoga Stretch

Date & Time: Sundays at 6.30pm
Cost: \$91

Yogalates

Date & Time: Tuesdays at 7.15am & Thursdays
at 8.30am
Cost: \$75

Taijiquan

Date & Time: Saturdays at 7.30am
Cost: \$48

Active Masters Qigong Interest Group

Date & Time: Mondays at 9.15am
Cost: Free

Active Masters Square Stepping Exercise

Date & Time: Wednesdays at 9.00am
Cost: Free



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



Mental Games

Date & Time: Wednesday & Thursdays at 10.00am

Location: Blk 556 Ang Mo Kio Ave 10

Cost: Free

Line Dance

Date & Time: Every Wednesday (except first Wed) at 7.30pm

Location: Blk 556 Ang Mo Kio Ave 10

Cost: Free

Sudoku

Date & Time: Last Sunday of the month at 9.30am

Location: Blk 556 Ang Mo Kio Ave 10

Cost: Free

Nordic Walk

Date & Time: 1st & 3rd Saturdays of the month at 8.00am

Location: Blk 556 Ang Mo Kio Ave 10

Cost: Free

Mind Games Session

Date & Time: Sundays at 2.00pm

Location: Blk 507 Ang Mo Kio Ave 8

Cost: Free

Low Impact Aerobics

Date & Time: Sundays at 4.00pm

Location: Blk 556 Ang Mo Kio Ave 10, Badminton Court

Cost: Free

Zumba Gold

Date & Time: Tuesdays at 7.30pm

Location: Blk 424 Ang Mo Kio Ave 3, Pavilion

Cost: Free

Zumba

Date & Time: Wednesdays at 9.00am

Location: Blk 507 Ang Mo Kio Ave 8, Open Space

Cost: Free

Active Ageing Centres



活跃乐龄中心

Pusat Penuaan Aktif

துடிப்புடன் முதுமையடைத

ல்நிலையங்கள்

*Recommended for seniors 60 years old and above

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

COMNET @ 510 Cheng San
Blk 510 Ang Mo Kio Ave 8 #01-2556
Tel: 6251 1358

Exercise for Health

Date & Time: Daily at 9.30am
Cost: Free

Bingo

Date & Time: Daily at 11.00am
Cost: Free

Colouring/ Sudoku/ Words/ Picture Search Cognitive exercise

Date & Time: Mondays, Tuesdays, Wednesdays
& Fridays at 11.00am
Cost: Free

TOUCHpoint @ AMK 433
Blk 433 Ang Mo Kio Ave 10 #01-1415
Tel: 6804 6568

Resistance/ Stretch Band

Date & Time: Fridays at 9.15am
Cost: Free

Chinese Calligraphy

Date & Time: Mondays at 1.30pm
Cost: Free

HAPPY Programme

Date & Time: Tuesdays at 1.30pm
Cost: Free

Cornerstone @ Cheng San (AAC)
Blk 591A Ang Mo Kio St 51, #01-37
Tel: 6988 6967

Exercise/ Breakfast Gardening Club

Date & Time: Daily at 8.30am
Cost: Free

Line Dancing

Date & Time: Mondays at 10.00am
Cost: Free

Beads Craft

Date & Time: Tuesdays at 10.00am
Cost: Free

Zumba Gold

Date & Time: Wednesdays at 10.00am
Cost: Free

Chinese Calligraphy

Date & Time: Thursdays at 2.00pm
Cost: Free

Arts & Crafts

Date & Time: Tuesdays at 2.00pm
Cost: Free

Rummy-O/ Rummikub

Date & Time: Wednesdays & Fridays at 2.00pm
Cost: Free



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