



# ACTIVITIES NEAR YOU

邻里活动

Aktiviti-aktiviti yang berhampiran dengan anda  
உங்களுக்கு அருகிலுள்ள நடவடிக்கைகள்

**Henderson-Dawson**

(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

Bishan Sport Centre  
1 Bishan St 14

### Fitness and Health Assessment

Date & Time: Tuesdays at 10.45am,  
Wednesdays at 2.15pm, Thursdays, Fridays  
& Saturdays at 4.00pm  
Cost: \$7

### 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

### Combat Age-Related Loss of Muscle (CALM 1.0)

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

### Move to Age Better

Date & Time: Thursdays at 8.00am  
Cost: Free

### Discovery Walk in the Park

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

### Balance & Muscular Fitness Workshop

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

### Cardio Jam by Active Health

Date & Time: Tuesdays at 4.00pm  
Cost: \$6

### Manage Osteoarthritis With Exercise

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

## Sport Centres



体育中心  
Pusat Sukan  
விளையாட்டு  
நிலையங்கள்

Delta Sport Centre  
900 Tiong Bahru Rd

### Zumba Gold

Date & Time: Thursdays at 8.00am  
Cost: Free

### KpopX Lite

Date & Time: Saturdays at 9.00am  
Cost: Free



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

## Community Centres



民众俱乐部  
Balai Rakyat  
சமூக நிலையம்

### Healthy Lifestyle Walk

Date & Time: Sundays at 8.00am  
Location: Henderson CC, 500 Bukit Merah View  
Cost: Free

### HAHA HEHE FunDance

Date & Time: Sundays at 9.00am  
Location: Henderson CC, 500 Bukit Merah View  
Cost: Free

### Zumba Gold

Date & Time: Wednesdays at 10.30am  
Location: Henderson CC, 500 Bukit Merah View  
Cost: Free

## Others



其他地点  
Lokasi lain  
மற்ற இடங்கள்

### Mat Pilates

Date & Time: Wednesdays at 10.30am  
Location: Far East Shopping Centre #03-11  
Cost: Free

### Pilates

Date & Time: Tuesdays & Fridays at 12.30pm  
Location: Far East Shopping Centre #03-11  
Cost: Free

### Stretch Yoga

Date & Time: Thursdays at 12.30pm  
Location: Far East Shopping Centre #03-11  
Cost: Free

### Yin Yoga

Date & Time: Thursdays at 10.00am  
Location: Far East Shopping Centre #03-11  
Cost: Free

### Yin Yoga (Hybrid)

Date & Time: Sundays at 12.00pm  
Location: Far East Shopping Centre #03-11  
Cost: Free

### Yoga Flow

Date & Time: Mondays at 10.30am  
Location: Far East Shopping Centre #03-11  
Cost: Free

## Housing Estates



组屋区  
Estet-estet Perumahan  
வீடமைப்புப் பேட்டை

### Ballroom Modern (Adult) - Elementary

Date & Time: Thursdays at 7.30pm  
Location: 95A Dawson Rd  
Cost: \$80 for 2 months

### Gardening

Date & Time: Saturdays at 9.00am  
Location: Dawson SkyVille  
Cost: Free

### Chair Zumba

Date & Time: Sundays at 9.00am  
Location: 96B Henderson Rd, Pavilion  
Cost: Free

### Chair Zumba

Date & Time: Sundays at 10.15am  
Location: 125A Bukit Merah View, Multi Purpose Hall  
Cost: Free

### Line Dance

Date & Time: Sundays at 2.00pm  
Location: 125A Bukit Merah View, Multi Purpose Hall  
Cost: Free

### Pilates

Date & Time: Wednesdays at 8.00am  
Location: 96A Dawson Rd, Multipurpose Hall  
Cost: Free

### Zumba Gold

Date & Time: Sundays at 10.15am  
Location: 96B Henderson Rd, Pavilion  
Cost: Free

### Zumba Gold

Date & Time: Sundays at 9.00am  
Location: 125A Bukit Merah View, Multi Purpose Hall  
Cost: Free



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



\*Recommended for seniors 60 years old and above

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

### Esther AAC

Blk 61 Strathmore Ave #01-02

Tel: 6251 4960

### HAPPY Programme

Date & Time: Fridays at 9.00am

Cost: Free

### Chair Zumba

Date & Time: Mondays at 9.00am

Cost: Free

### Fitness Exercise

Date & Time: Wednesdays at 9.00am

Cost: Free

### NTUC Health AAC (Bukit Merah View)

Blk 117 Bukit Merah View #01-205

Tel: 6250 4069

### Qigong

Date & Time: Wednesdays at 9.30am

Cost: Free

### Exercise

Date & Time: Tuesdays at 10.00am

Cost: Free

### Line Dancing

Date & Time: Thursdays at 10.30am

Cost: Free

### THK AAC @ Bukit Merah View

Blk 118 Bukit Merah View #02-101

Tel: 6276 4761

### Low Impact Exercise cum Chicken Dance Exercise

Date & Time: Mondays at 10.00am

Cost: Free

### Zumba Gold

Date & Time: Thursdays at 10.00am

Cost: Free

### HAPPY Programme

Date & Time: Tuesdays at 10.00am

Cost: Free

### Bingo

Date & Time: Thursdays at 2.00pm

Cost: Free

### Precious AAC (Skyterrace@Dawson)

Blk 93 Dawson Rd #01-02

Tel: 6209 4170

### Morning Walk

Date & Time: Wednesdays at 8.00am

Cost: Free

### KpopX Lite

Date & Time: Fridays at 9.00am

Cost: Free

### Chair Yoga

Date & Time: Mondays at 9.00am

Cost: Free

### Hui Chun Cao

Date & Time: Thursdays at 9.00am

Cost: Free

### Chair Zumba Gold

Date & Time: Tuesdays at 9.00am

Cost: Free

### Art Therapy

Date & Time: Tuesdays at 10.00am

Cost: Free

### Line Dancing

Date & Time: Mondays at 2.00pm

Cost: Free

### Bingo

Date & Time: Thursdays at 2.00pm

Cost: Free