



ACTIVITIES NEAR YOU

邻里活动

Aktiviti-aktiviti yang berhampiran dengan anda
உங்களுக்கு அருகிலுள்ள நடவடிக்கைகள்

Hong Kah North
(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

**Jurong East Sports Centre
21 Jurong East St 31**

Fitness and Health Assessment

Date & Time: Tuesdays at 9.30am & 4.00pm,
Fridays at 10.45am & 12.00pm, Saturdays at
10.45am & 4.00pm
Cost: \$7

Manage Diabetes with Exercise

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

Manage Hypertension with Exercise

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

Manage Obesity with Exercise

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

Combat Age-Related Loss of Muscle (CALM 1.0)

Date & Time: Tuesdays & Wednesdays at
12.00pm
Cost: \$60

Move to Age Better

Date & Time: Wednesdays at 9.30am
Cost: Free

Discovery Walk in the Park by Active Health

Date & Time: 1st Friday of the month at 9.00am
Cost: Free

Balance & Muscular Fitness Workshop

Date & Time: Tuesdays & Saturdays at 8.00am
Cost: \$6

Cardio Jam by Active Health

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

Manage Osteoarthritis with Exercise

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

Make Every Move Count

Date & Time: Saturdays at 12.00pm
Cost: Free

Stronger at 40

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

Body Composition Assessment

Date & Time: Wednesdays & Saturdays at
8.00am
Cost: \$7

Combat Age-Related Loss of Muscle (CALM 2.0)

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

Cardio Endurance by Active Health

Date & Time: Fridays at 8.00am
Cost: \$6



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

M - Member / NM - Non-member

Weekly Fun Walk

Date & Time: Saturdays at 7.30am

Location: Hong Kah North CC, 30 Bukit Batok St 31

Cost: Free

Pilates Matwork - Elementary

Date & Time: Mondays at 7.00pm

Location: Hong Kah North CC, 30 Bukit Batok St 31

Cost: \$90(M) / \$100(NM) for 8 sessions

Yin Yoga

Date & Time: Mondays at 8.00pm

Location: Hong Kah North CC, 30 Bukit Batok St 31

Cost: \$75(M) / \$85(NM) for 8 sessions

Health Qigong

Date & Time: Tuesdays at 1.00pm

Location: Hong Kah North CC, 30 Bukit Batok St 31

Cost: \$50(M) / \$60(NM) for 8 sessions

Hatha Yoga - Elementary

Date & Time: Wednesdays at 8.30pm

Location: Hong Kah North CC, 30 Bukit Batok St 31

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

Hatha Yoga - Elementary

Date & Time: Sundays at 9.30am & 10.30am

Location: Hong Kah North CC, 30 Bukit Batok St 31

Cost: \$65(M) / \$75 (NM) for 8 sessions

Line Dance

Date & Time: Thursdays at 1.00pm

Location: Hong Kah North CC, 30 Bukit Batok St 31

Cost: \$55(M) / \$65(NM) for 10 sessions

Line Dance - Elementary

Date & Time: Saturdays at 1.30pm & 3.00pm

Location: Hong Kah North CC, 30 Bukit Batok St 31

Cost: \$60(M) / \$70(NM) for 10 sessions

Beautiful Terrarium Making

Date & Time: Sundays at 11.00am

Location: Hong Kah North CC, 30 Bukit Batok St 31

Cost: \$15(M) / \$20(NM), Material Fee: \$15

Create your own Kokedama

Hanging Garden

Date & Time: Mondays at 11.00am

Location: Hong Kah North CC, 30 Bukit Batok St 31

Cost: \$15(M) / \$20(NM), Material Fee: \$10

Housing Estates



组屋区
Estet-estet Perumahan
வீடமைப்புப் பேட்டை

KpopX Fitness

Date & Time: Tuesdays at 7.30pm

Location: Hard Court, 304 Bukit Batok St 31

Cost: Free

KpopX Fitness

Date & Time: Thursdays at 7.30pm

Location: Pavilion, 450C Bukit Batok West Ave 6

Cost: Free

Qigong

Date & Time: Tuesdays at 8.30am

Location: Hard Court, 350 Bukit Batok St 34

Cost: Free

Zumba Gold

Date & Time: Mondays at 7.00pm

Location: Hard Court, 350 Bukit Batok St 34

Cost: Free

Gardening

Date & Time: Daily at 9.00am

Location: MSCP, 439 Bukit Batok West Ave 9

Cost: Free

Gardening

Date & Time: Daily at 9.00am

Location: MSCP, 440 Bukit Batok West Ave 8

Cost: Free

Gardening

Date & Time: Daily at 9.00am

Location: MSCP, 443 Bukit Batok West Ave 8

Cost: Free



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

**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

M - Member / NM - Non-member

**NTUC Health AAC (Care) Bukit Batok West
Blk 439 Bukit Batok West Ave 8 #02-01
Tel: 6970 5829**

Taichi/ Qigong

Date & Time: Thursdays at 8.30am
Cost: Free

Chinese Calligraphy

Date & Time: Saturdays at 9.30am
Cost: Free

Crochet/ Knitting

Date & Time: Mondays at 10.00am
Cost: Free

Square Stepping

Date & Time: Wednesdays at 10.00am
Cost: Free

Rummy-O/ Rummikub

Date & Time: Fridays at 12.00pm
Cost: Free

Recycle Art

Date & Time: Fridays at 1.30pm
Cost: Free

Tea Dance

Date & Time: Mondays at 1.30pm
Cost: Free

Patchwork

Date & Time: Thursdays at 1.30pm
Cost: Free

Chinese Dance

Date & Time: Mondays at 2.00pm
Cost: \$60(M) / \$70(NM)

Yogalates

Date & Time: Wednesdays at 2.00pm
Cost: Free

**REACH Senior Centre @ Bukit Batok (BB)
Blk 417 Bukit Batok West Ave 4 #01-284
Tel: 9431 0354**

Chair Zumba Gold

Date & Time: Mondays at 9.00am
Cost: Free

HAPPY Programme

Date & Time: Tuesdays at 10.00am
Cost: Free

Water Colour Painting (Intermediate)

Date & Time: Thursdays at 2.00pm
Cost: Free

Senior Workshop - Brain Power

Date & Time: Tuesdays at 2.00pm
Cost: Free

**Craft Class - Making Basket with
Recycled Material**

Date & Time: Wednesdays at 2.00pm
Cost: Free



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