



# ACTIVITIES NEAR YOU

邻里活动

Aktiviti-aktiviti yang berhampiran dengan anda  
உங்களுக்கு அருகிலுள்ள நடவடிக்கைகள்

**Jurong Spring**  
(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

**Housing  
Estates**



组屋区

Estet-estet Perumahan

வீடமைப்புப் பேட்டை

### **Resistance Bands Exercises**

Date & Time: Mondays at 7.45pm

Location: Blk 458 Jurong West St 41, Hard Court

Cost: Free

### **Qigong**

Date & Time: Thursdays at 8.00pm

Location: Blk 527 Jurong West St 52, Hard Court

Cost: Free

### **Fun Walk**

Date & Time: Sundays at 7.45am

Location: Blk 469 Jurong West St 41

Cost: Free

### **Yoga**

Date & Time: Saturdays at 8.30am

Location: Blk 549 Jurong West St 42, Hard Court

Cost: Free

### **Yoga**

Date & Time: Sundays at 7.15am

Location: Blk 458 Jurong West St 41, Hard Court

Cost: Free

### **Zumba Gold**

Date & Time: Wednesdays at 8.00pm

Location: Blk 442 Jurong West Ave 1, Void Deck

Cost: Free

### **Zumba Gold**

Date & Time: Saturdays at 8.00am

Location: Blk 458 Jurong West St 41, Hard Court

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

**Please refer to SupportGoWhere  
(<https://go.gov.sg/aacgowhere>) to locate the nearest  
AAC. Alternatively, residents may also seek services in  
any of the following AACs nearby:**

1. THK AAC @ Taman Jurong
2. NTUC Health Active Aging Centre (Care) (Jurong Central Plaza)
3. Anglican Senior Centre (Jurong West)



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