



ACTIVITIES NEAR YOU

Kaki Bukit
(From Jul to Sep 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.

HEALTHIER YOU, WITH **HEALTHIER SG**



MINISTRY OF HEALTH
SINGAPORE



An initiative of

FORWARD 

Health Promotion Board

All activities offered by HPB are free.

Tel: 1800 223 1313

Chair Zumba

Date & Time: Fridays at 10.00am

Location: 504 Bedok North St 3 #01-144

Chair Zumba

Date & Time: Sundays at 8.30am

Location: 670 Bedok North St 3

Line Dance

Date & Time: Wednesdays at 6.45pm

Location: 550 Bedok North Ave 1 #01-496/498

Resistance Band Exercises

Date & Time: Fridays at 9.45am

Location: 670 Bedok North St 3

Zumba Gold

Date & Time: Mondays at 7.00pm

Location: 118 Bedok Reservoir Rd, Eunos Vista

Zumba Gold

Date & Time: Sundays at 8.00am

Location: 526 Bedok North St 3

People's Association

Kaki Bukit Community Centre Tel: 6445 4223

Qi Gong

Date & Time: Saturdays at 8.00am

Location: Kaki Bukit CC

Cost: Free

Mind-Stimulating and Social Activities

(e.g. Gardening)

Active Ageing Centres

All activities offered at AACs may incur charges.

THK AAC @ Kaki Bukit
Blk 509B Bedok North St 3 #02-157
Tel: 6241 6691

Chair Zumba Exercise
Date & Time: Tuesdays at 9.30am

Dance Exercise
Date & Time: Fridays at 10.00am

HAPPY Programme
Date & Time: Wednesdays at 9.30am

Line Dancing
Date & Time: Mondays at 2.00pm

Qigong
Date & Time: Fridays at 9.30am

Resistance/ Stretch Band
Date & Time: Mondays at 9.30am

Social Dance
Date & Time: Thursdays at 1.00pm

Mind-Stimulating and Social Activities
(e.g. Bingo)

Moral AAC @ Kaki Bukit
Blk 544 Bedok North St 3 #01-1340
Tel: 6448 6247

Simple Aerobics
Date & Time: Mondays - Fridays at 9.00am

Mind-Stimulating and Social Activities
(e.g. Bingo)

Active Health Lab - Heartbeat @ Bedok 11 Bedok North St 1 #04-01

Balance and Muscular Fitness Workshop

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

Body Composition Assessment

Date & Time: Wednesdays at 9.30am & Saturdays at 12.00pm
Cost: \$7

Cardiovascular Fitness Workshop

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

Combat Age-Related Loss of Muscle (CALM 1.0)

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

Combat Age-Related Loss of Muscle (CALM 2.0)

Date & Time: Tuesdays at 10.45am
Cost: \$48 (TBC)

Discovery Walk in the Park

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

Fitness and Health Assessment

Date & Time: Tuesdays at 9.30am, Thursdays at 8.00am, Fridays at 12.00pm & Saturdays at 4.00pm
Cost: \$7

Mobility and Flexibility Workshop

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

Move to Age Better

Date & Time: Wednesdays at 10.45am
Cost: Free

Manage Diabetes with Exercise

Date & Time: Saturdays at 2.15pm
Cost: \$60

Manage Hypertension with Exercise

Date & Time: Thursdays at 4.00pm
Cost: \$60

Manage Obesity with Exercise

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

Manage Osteoarthritis with Exercise

Date & Time: Tuesdays at 4.00pm & Fridays at 9.30am
Cost: \$60

Active Health Lab - Sengkang Sport Centre 57 Anchorvale Road #02-07

Make Every Move Count

Date & Time: Saturdays at 10.45am
Cost: Free

Active Health Lab - Our Tampines Hub 1 Tampines Walk

Stronger at 40

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

Active Masters - Heartbeat @ Bedok 11 Bedok North St 1 Level 4

Active Masters Square Stepping Exercise

Date & Time: Mondays, Wednesdays & Fridays at 9.00am
Cost: Free

ActiveSG - Serangoon Sport Centre 35A Yio Chu Kang Rd, Swimming Complex

Aqua Workout for Seniors (Sport Champion-Led)

Date & Time: Mondays, Wednesdays & Fridays at 8.00am
Cost: Free

Water Confidence for Seniors (Sport Champion-Led)

Date & Time: Mondays at 3.00pm
Cost: Free