



# ACTIVITIES NEAR YOU

邻里活动

Aktiviti-aktiviti yang berhampiran dengan anda  
உங்களுக்கு அருகிலுள்ள நடவடிக்கைகள்

**Kampong Glam**  
(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:





### **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

### **Stronger at 40**

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

### **Cardio Endurance by Active Health**

Date & Time: Thursdays at 12.00pm,  
Saturdays at 9.30am & 10.45am  
Cost: \$6

### **Mobility and Flexibility Workshop**

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

### **Body Composition Assessment**

Date & Time: Tuesdays at 12.00pm &  
Saturdays at 3.30pm  
Cost: \$7

### **Combat Age-Related Loss of Muscle (CALM 2.0)**

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

**Housing  
Estates**



组屋区

Estet-estet Perumahan  
வீடமைப்புப் பேட்டை

### **Selegie-Waterloo RN Taichi**

Date & Time: Mondays at 7.30pm  
Location: 271 Queen St #04-03  
Cost: Free

### **Selegie-Waterloo RN Yoga**

Date & Time: Fridays at 8.00pm  
Location: 271 Queen St #04-03  
Cost: Free

### **KpopX Lite**

Date & Time: Fridays at 7.30pm  
Location: Pavilion, 51 Kent Rd  
Cost: Free

### **Zumba Gold**

Date & Time: Saturdays at 8.30am  
Location: Cheng Yan Court, 269A Queen St  
Cost: Free

### **Zumba Gold**

Date & Time: Thursdays at 8.00pm  
Location: Pavilion, 636 Veerasamy Rd  
Cost: Free

**Others**



其他地点

Lokasi lain  
மற்ற இடங்கள்

### **Chair Yoga**

Date & Time: Tuesdays at 1.00pm, Wednesdays at 10.00am  
Location: Level 2 Mezzanine, 1 Townshen  
Cost: Free

### **Core Yoga**

Date & Time: Wednesdays at 7.30am  
Location: Millenia Walk, 9 Raffles Boulevard  
Cost: Free

### **Core Yoga**

Date & Time: Fridays at 8.30am  
Location: 64 Prinsep St  
Cost: Free

### **Stick Yoga**

Date & Time: Mondays & Wednesdays at 11.30am  
Location: Level 2 Mezzanine, 1 Townshend Rd  
Cost: Free

### **Stretch Yoga**

Date & Time: Mondays & Wednesdays at 8.30am  
Location: 64 Prinsep St  
Cost: Free

### **Wheel Yoga**

Date & Time: Mondays at 1.00pm, Tuesdays at 10.00am  
Location: Level 2 Mezzanine, 1 Townshend Rd  
Cost: Free

### **Yoga Flow**

Date & Time: Tuesdays at 3.00pm  
Location: Level 2 Mezzanine, 1 Townshend Rd  
Cost: Free

### **Pilates**

Date & Time: Sundays at 8.30am  
Location: Millenia Walk, 9 Raffles Boulevard  
Cost: Free

### **Zumba Gold**

Date & Time: Fridays at 7.00pm  
Location: Bras Basah Complex Concourse 3, 232 Bain St #05-17  
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

**Anglican Senior Centre  
(PEACE-Connect @ 8)**  
Blk 8 North Bridge Rd #01-4102  
Tel: 6392 0460

**Rummy-O/ Rummikub**  
Date & Time: Mondays, Tuesdays, Wednesdays  
& Fridays at 9.00am  
Cost: Free

**Rummy-O/ Rummikub**  
Date & Time: Thursdays & Fridays at 1.00pm  
Cost: Free

**Rummy-O/ Rummikub**  
Date & Time: Tuesdays & Wednesdays at  
3.00pm  
Cost: Free

**Nagomi Art**  
Date & Time: Thursdays at 10.00am  
Cost: Free

**Creative Art**  
Date & Time: Mondays at 2.00pm  
Cost: Free

**Anglican Senior Centre  
(PEACE-Connect @ 5)**  
Blk 5 Beach Rd #02-4943  
Tel: 6291 4156

**Malay Dance**  
Date & Time: Fridays at 9.00am  
Cost: Free

**Exercise Corner**  
Date & Time: Tuesdays-Thursdays at 9.00am  
Cost: Free

**HAPPY Programme**  
Date & Time: Wednesdays at 9.15am  
Cost: Free

**Arts & Crafts**  
Date & Time: Mondays at 10.00am  
Cost: Free

**King George's Avenue Seniors Activity  
Centre**  
Blk 811 French Rd #01-112  
Tel: 6294 1160

**Qigong**  
Date & Time: Tuesdays & Fridays at 9.30am  
Cost: Free

**Crest Art & Craft**  
Date & Time: Tuesdays at 10.30am  
Cost: Free

**Sudoku Games**  
Date & Time: Tuesdays at 2.00pm  
Cost: Free

**MWS Wesley AAC (Jalan Berseh)**  
Blk 25 Jalan Berseh #01-142  
Tel: 6298 0194

**Hui Chun Cao**  
Date & Time: Mondays at 9.00am  
Cost: Free

**HAPPY Programme**  
Date & Time: Thursdays at 9.00am  
Cost: Free

**Mass Exercise**  
Date & Time: Tuesdays, Wednesdays & Fridays  
at 9.00am  
Cost: Free

**Arts & Crafts**  
Date & Time: Fridays at 10.15am  
Cost: Free

**Rummy-O/ Rummikub**  
Date & Time: Mondays at 2.00pm  
Cost: Free

**Crochet/ Knitting**  
Date & Time: Tuesdays at 2.00pm  
Cost: Free

**Line Dancing**  
Date & Time: Wednesdays at 2.00pm  
Cost: Free