



# ACTIVITIES NEAR YOU

邻里活动

Aktiviti-aktiviti yang berhampiran dengan anda  
உங்களுக்கு அருகிலுள்ள நடவடிக்கைகள்

**Marsiling**

(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  
சுகாதாரஆய்வகங்கள்

**Woodlands Sport Centre**  
**2 Woodlands St 13**

**Fitness and Health Assessment**

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

**Manage Diabetes with Exercise**

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

**Manage Hypertension with Exercise**

Date & Time: Tuesdays at 10.45am  
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: Wednesdays at 10.45am  
Cost: \$60

**Move to Age Better**

Date & Time: Thursdays & Saturdays at 8.00am  
Cost: Free

**Balance & Muscular Fitness Workshop**

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

**Cardio Jam by Active Health**

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

**Manage Osteoarthritis With Exercise**

Date & Time: Tuesdays at 8.00am  
Cost: \$48

**Mobility and Flexibility Workshop**

Date & Time: Wednesdays at 12.00pm  
Cost: \$6

**Cardio Endurance by Active Health**

Date & Time: Saturdays at 10.45am  
Cost: \$6

**Stronger at 40**

Date & Time: Fridays at 10.45am  
Cost: \$48

**Body Composition Assessment**

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



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



### Resistance Bands Exercises

Date & Time: Sundays at 8.30am

Location: Marsiling CC, 100 Admiralty Road

Cost: Free



### Yoga

Date & Time: Thursdays at 8.00am

Location: Blk 178 Woodlands St 13, Pavilion

Cost: Free

### Yogalates

Date & Time: Tuesdays at 8.00pm

Location: 12D Marsiling Lane, Pavilion

Cost: Free

### Brisk Walking Club

Date & Time: Saturdays at 7.30am

Location: Blk 123 Marsiling Rise, Basketball Court

Cost: Free

### Brisk Walking Club

Date & Time: Fridays at 7.30am

Location: Blk 10 Marsiling Dr, Basketball Court

Cost: Free

### Brisk Walking Club

Date & Time: Sundays at 6.15am

Location: Blk 160 Woodlands St 16

Cost: Free

### Line Dance

Date & Time: Mondays at 7.30pm

Location: Blk 178 Woodlands St 13, Pavilion

Cost: Free

### Qigong

Date & Time: Tuesdays at 9.00am

Location: Blk 172 Woodlands St 31,

Multi-Purpose Hall

Cost: Free

### Resistance Bands Exercises

Date & Time: Wednesdays at 8.00am

Location: Blk 178 Woodlands St 13, Pavilion

Cost: Free

### Resistance Bands Exercises

Date & Time: Wednesdays at 7.30pm

Location: Blk 123 Marsiling Rise, Void Deck

Cost: Free

### Yogalates

Date & Time: Tuesdays at 8.00pm

Location: 12D Marsiling Lane, Pavilion

Cost: Free

### Zumba Gold

Date & Time: Tuesdays at 8.00pm

Location: 100 Admiralty Rd, Pavilion

Cost: Free

### Zumba Gold

Date & Time: Fridays at 8.30am

Location: Blk 103 Woodlands St 13,

Multi-Purpose Hall

Cost: Free

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

**Care Corner AAC WL16**  
**Blk 16 Marsiling Lane #01-195**  
Tel: 6219 3767

**Morning Exercise**

Date & Time: Daily at 9.30am  
Cost: Free

**NTUC Health AAC (Marsiling)**  
**Blk 180A Marsiling Rd #01-2208**  
Tel: 6250 3634

**Chair Zumba Gold**

Date & Time: Mondays at 10.00am  
Cost: Free

**Tai Chi**

Date & Time: Thursdays at 10.00am  
Cost: Free

**Crochet/ Knitting**

Date & Time: Thursdays at 10.30am  
Cost: Free

**Zantangle ART**

Date & Time: Tuesdays at 11.00am  
Cost: Free

**Line Dance**

Date & Time: Fridays at 1.00pm  
Cost: Free

**Zen ART**

Date & Time: Tuesdays at 1.00pm  
Cost: Free

**Paper Quiling**

Date & Time: Tuesdays at 3.30pm  
Cost: Free

**Sunlove AAC @ Marsiling**  
**Blk 3 Marsiling Rd**  
Tel: 6367 6615

**Qigong**

Date & Time: Fridays at 9.00am  
Cost: Free

**Rummy-O**

Date & Time: Weekdays at 9.00am  
Cost: Free

**Yoga**

Date & Time: Fridays at 10.00am  
Cost: Free

**Square Stepping**

Date & Time: Mondays at 10.00am  
Cost: Free

**Zoom Clapping**

Date & Time: Tuesdays & Thursdays at 10.00am  
Cost: Free

**Arts & Crafts**

Date & Time: Wednesdays & Fridays at 11.00am  
Cost: Free

**Happy Training**

Date & Time: Mondays & Thursdays at 2.00pm  
Cost: Free

**Bingo**

Date & Time: Wednesdays at 2.00pm  
Cost: Free

**Card Games**

Date & Time: Tuesdays at 3.30pm  
Cost: Free

Others



其他地点

Lokasi lain

மற்ற இடங்கள்

**Zumba Gold**

Date & Time: Wednesdays at 5.00pm  
Location: Masjid An-Nur, 6 Admiralty Rd  
Cost: Free



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