



ACTIVITIES NEAR YOU

邻里活动

Aktiviti-aktiviti yang berhampiran dengan anda
உங்களுக்கு அருகிலுள்ள நடவடிக்கைகள்

Sembawang Central
(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

Community
Centres



民众俱乐部

Balai Rakyat

சமூக நிலையம்

Explore Sembawang on Wheels

Date & Time: Bimonthly on Sundays at 8.00am

Location: Sembawang CC, 2125 Sembawang Rd

Cost: Free

Housing
Estates



组屋区

Estet-estet Perumahan

வீடமைப்புப் பேட்டை

Brisk Walk

Date & Time: Wednesdays at 7.30am

Location: Blk 117A Canberra Crescent, Void Deck

Cost:

Brisk Walk

Date & Time: Sundays at 7.30am

Location: Blk 509 Wellington Circle

Cost: Free

Brisk Walk

Date & Time: Sundays at 7.30am

Location: Blk 588C Montreal Dr, Void Deck

Cost: Free

Brisk Walk

Date & Time: Sundays at 7.30am

Location: Blk 120A Canberra Crescent

Cost: Free

Brisk Walk

Date & Time: Sundays at 7.30am

Location: Blk 310 Canberra St

Cost: Free

Brisk Walk

Date & Time: Sundays at 7.30am

Location: Blk 351A Canberra Rd, Void Deck

Cost: Free

Brisk Walk

Date & Time: Sundays at 7.30am

Location: Blk 107 Canberra St

Cost: Free

Line Dance

Date & Time: Thursdays at 9.30am

Location: Blk 588 Montreal Dr,

Multi-Purpose Hall

Cost: Free

Line Dance

Date & Time: Thursdays at 8.00pm

Location: Blk 312 Sembawang Dr, Void Deck

Cost: Free

Chair Zumba

Date & Time: Thursdays at 9.30am

Location: Blk 509 Wellington Circle

Cost: Free

Chair Zumba

Date & Time: Saturdays at 3.30pm

Location: Blk 313 Sembawang Dr

Cost: Free

Qigong

Date & Time: Tuesdays at 11.00am

Location: Blk 105 Canberra St

Cost: Free

Resistance Bands Exercises

Date & Time: Mondays at 8.30am

Location: Blk 351A Canberra Rd #01-317

Cost: Free

Resistance Bands Exercises

Date & Time: Fridays at 8.00pm

Location: Blk 588 Montreal Dr,

Multi-Purpose Hall

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

Blossom Seeds AAC @ East Canberra
Blk 105 Canberra St #02-01
Tel: 6259 8614

TOUCHpoint @ Wellington 513
Blk 513 Wellington Circle #01-34
Tel: 6481 8232

KpopX Fitness

Date & Time: Fridays at 9.30am
Cost: Free

Exercise

Date & Time: Wednesdays at 1.30pm
Cost: Free

Resistance/ Stretch Band

Date & Time: Mondays at 9.30am
Cost: Free

Bingo

Date & Time: Thursdays at 2.00pm
Cost: Free

Chair Yoga

Date & Time: Thursdays at 9.30am
Cost: Free

Chinese Chess

Date & Time: Tuesdays at 2.00pm
Cost: Free

Yoga

Date & Time: Fridays at 11.00am
Cost: Free

Rummy-O/ Rummikub

Date & Time: Thursdays at 3.00pm
Cost: Free

Square Stepping

Date & Time: Mondays at 11.00am
Cost: Free

HAPPY Programme

Date & Time: Thursdays at 11.00am
Cost: Free

Qigong

Date & Time: Tuesdays at 11.00am
Cost: Free

Zumba Gold

Date & Time: Wednesdays at 11.00am
Cost: Free

Handicraft

Date & Time: Wednesdays at 11.00am
Cost: Free

Parks



公园

Taman

பூங்காக்கள்

Qigong

Date & Time: Sundays at 8.00am
Location: Bukit Canberra Lawn, 21 Canberra Link
Cost: Free

Taijiquan for Health

Date & Time: Thursdays at 8.00pm
Location: Legundi's Park, Hard Court
Cost: Free