



ACTIVITIES NEAR YOU

邻里活动

Aktiviti-aktiviti yang berhampiran dengan anda
உங்களுக்கு அருகிலுள்ள நடவடிக்கைகள்

Tanjong Pagar-Tiong Bahru
(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

Community Centres



民众俱乐部

Balai Rakyat

சமூக நிலையம்

M - Member / NM - Non-member

Line Dance

Date & Time: Wednesdays at 6.30pm & 8.15pm
Location: Tiong Bahru CC, 67A Eu Chin St
Cost: \$40(M) / \$50(NM)

Taijiquan

Date & Time: Thursdays at 7.00pm & 8.15pm
Location: Tiong Bahru CC, 67A Eu Chin St
Cost: \$60(M) / \$65(NM)

Gentle Yoga

Date & Time: Tuesdays at 6.30pm
Location: Tanjong Pagar CC, 101 Cantonment Rd
Cost: \$88(M) / \$93(NM)

Hatha Yoga (Elementary)

Date & Time: Sundays at 11.15am
Location: Tanjong Pagar CC, 101 Cantonment Rd
Cost: \$65

Housing Estates



组屋区

Estet-estet Perumahan

வீடமைப்புப் பேட்டை

TP-TB CSN Qigong Interest Group

Date & Time: Tuesdays at 7.00pm
Location: 1A Cantonment Rd, Basketball Court
Cost: Free

Qigong

Date & Time: Mondays at 7.30pm
Location: Blk 107 Spottiswoode Park Rd, Multi-Purpose Hall
Cost: Free

Lala Exercise

Date & Time: Tuesdays at 2.00pm
Location: Blk 136 Jalan Bukit Merah, Badminton Court
Cost: Free

Chair Zumba

Date & Time: Thursdays at 2.00pm
Location: Blk 118A Jalan Membina, Void Deck
Cost: Free

Zumba Gold

Date & Time: Tuesdays at 7.30am
Location: Blk 135, Jalan Bukit Merah, Amphitheatre
Cost: Free

Zumba Gold

Date & Time: Sundays 10.00am
Location: Blk 144 Jalan Bukit Merah
Cost: Free

Line Dance

Date & Time: Mondays at 7.30pm
Location: 1A Cantonment Rd The Pinnacle At Duxton, Void Deck
Cost: Free

Line Dance (Senior Citizen)

Elementary Course

Date & Time: Wednesdays at 7.30pm
Location: Blk 129, Kim Tian Rd, Multi-Purpose Hall
Cost: \$45 (M) / \$45(NM)

Pilates

Date & Time: Saturdays at 9.00am
Location: Blk 25B Jalan Membina, Pavilion
Cost: Free

Resistance Bands Exercises

Date & Time: Tuesdays at 9.00am
Location: 9C Boon Tiong Rd, Multi-Purpose Hall
Cost: Free

Resistance Bands Exercises

Date & Time: Wednesdays at 8.00pm
Location: 1B Cantonment Rd The Pinnacle At Duxton, Void Deck
Cost: Free

Yogalates

Date & Time: Thursdays at 8.00pm
Location: 1B Cantonment Rd The Pinnacle At Duxton, Void Deck
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

NTUC Health AAC (Bukit Merah)
Blk 117 Jalan Bukit Merah #01-1683
Tel: 6273 2969

Senior Exercise

Date & Time: Mondays at 9.30am
Cost: Free

Tai Chi

Date & Time: Fridays at 10.30am
Cost: Free

Rummy-O/ Rummikub

Date & Time: Mondays at 2.00pm
Cost: Free

REACH Senior Centre @ Jalan Membina
Blk 26B Jalan Membina #01-188
Tel: 6801 0709

HAPPY Programme

Date & Time: Fridays at 9.30am
Cost: Free

Uncle Time/ Walk

Date & Time: Tuesdays at 9.30am
Cost: Free

Board Games

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

Painting interest Group

Date & Time: Thursdays at 2.00pm
Cost: Free

Parks



公园

Taman

பூங்காக்கள்

KpopX Lite

Date & Time: Mondays at 7.00pm
Location: Seng Poh Garden
Cost: Free



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