



# ACTIVITIES NEAR YOU

邻里活动

Aktiviti-aktiviti yang berhampiran dengan anda  
உங்களுக்கு அருகிலுள்ள நடவடிக்கைகள்

**Toa Payoh 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:





### Balance & Muscular Fitness Workshop

Date & Time: Wednesdays at 8.00am,  
Fridays & Saturdays at 9.30am  
Cost: \$6

### Body Composition Assessment

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

### Cardio Jam by Active Health

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

### Cardio Endurance by Active Health

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

### Combat Age-Related Loss of Muscle (CALM 1.0)

Date & Time: Thursdays at 9.30am  
Cost: \$60

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

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

### Discovery Walk in the Park

Date & Time: 1st Wednesday of the month at  
8.30am  
Cost: Free

### 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

### Manage Osteoarthritis with Exercise

Date & Time: Saturdays at 2.15pm  
Cost: \$48

### Mobility and Flexibility Workshop

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

### Move to Age Better

Date & Time: Thursdays at 8.00am  
Cost: Free

### Stronger at 40

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



M - Member / NM - Non-member

### Create your own Kokedama Hanging Garden

Date & Time: Mondays at 3.00pm  
Location: Toa Payoh Central CC, 93 Toa Payoh Central, Multi-Purpose Hall  
Cost: \$15(M) / \$20(NM)

### SteadyASIA

Date & Time: Thursdays at 4.00pm  
Location: Toa Payoh Central CC, 93 Toa Payoh Central, Multi-Purpose Hall  
Cost: \$140

### Taichi

Date & Time: Sundays at 9.00am  
Location: Toa Payoh Central CC, 93 Toa Payoh Central, CC Hall  
Cost: \$12 for 3 months

### Home Composting

Date & Time: Tuesdays at 10.30am  
Location: Toa Payoh Central CC, 93 Toa Payoh Central, CC Classroom  
Cost: \$12

### Food Waste Upcycling with Insect Farming

Date & Time: Tuesdays at 1.00pm  
Location: Toa Payoh Central CC, 93 Toa Payoh Central, CC Classroom  
Cost: \$20

### Pilates

Date & Time: Wednesday at 11.30am  
Location: Toa Payoh Central CC, 93 Toa Payoh Central, CC Classroom  
Cost: \$75

### Chair Yoga

Date & Time: Mondays at 2.00pm  
Location: Toa Payoh Central CC, 93 Toa Payoh Central  
Cost: \$40

### Chinese Fusion Dance

Date & Time: Wednesdays at 8.15pm  
Location: Toa Payoh Central CC, 93 Toa Payoh Central, Dance Studio  
Cost: \$150



### Seniors Exercise Session

Date & Time: Mondays to Saturdays at 7.00am  
Location: Blk 99C Toa Payoh Lor 2 #01-21  
Cost: Free

### Qigong Group

Date & Time: Mondays to Fridays at 7.30am  
Location: Blk 86 Toa Payoh Lor 2  
Cost: \$12 per year

### Growing Vegetables and Herbs at Home

Date & Time: Saturdays at 3.00pm  
Location: Blk 86 Toa Payoh Lor 2  
Cost: \$20(M) / \$25(NM)

### Qigong Group

Date & Time: Mondays to Fridays at 6.30am  
Location: Blk 63 Toa Payoh Lor 5  
Cost: \$2(M)

### Taichi Group

Date & Time: Wednesdays at 7.00am  
Location: Blk 53 Toa Payoh Lor 5  
Cost: \$2(M)

### Line Dance

Date & Time: Mondays at 7.30pm  
Location: Blk 58 Toa Payoh Lor 4, Link Hall  
Cost: Free

### Zumba Gold

Date & Time: Wednesdays at 8.00pm  
Location: Blk 171 Toa Payoh Lor 1, Link Hall  
Cost: Free

### Zumba Gold

Date & Time: Fridays at 7.30pm  
Location: Blk 156 Toa Payoh Lor 1, Link Hall  
Cost: Free

### Zumba Gold

Date & Time: Saturdays at 8.30am  
Location: Blk 84 Toa Payoh Lor 2, Link Hall  
Cost: Free

### Zumba Gold

Date & Time: Sundays at 8.30am  
Location: Blk 78B Toa Payoh Central, Void Deck  
Cost: Free



\*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 TP106**  
**Blk 106 Toa Payoh Lor 1 #01-349**  
Tel: 6266 7423

**Zumba Gold**

Date & Time: Fridays at 10.00am  
Cost: Free

**Exercise**

Date & Time: Thursdays at 10.00am  
Cost: Free

**Care Corner AAC TP149**  
**Blk 149 Toa Payoh Lor 1 #01-963**  
Tel: 6258 3122

**Morning Exercise**

Date & Time: Daily at 10.00am  
Cost: Free

**Karaoke**

Date & Time: Mondays at 2.00pm  
Cost: Free

**Craft Love**

Date & Time: Thursdays at 2.00pm  
Cost: Free

**Board Games**

Date & Time: Wednesdays at 2.00pm  
Cost: Free

**Bingo**

Date & Time: Fridays at 3.00pm  
Cost: Free

**Care Corner AAC TP170**  
**Blk 170 Toa Payoh Lor 1 #01-1102**  
Tel: 6352 7930

**Chinese Calligraphy**

Date & Time: Thursdays at 9.30am  
Cost: Free

**Exercise**

Date & Time: Mondays, Tuesdays, Wednesdays  
& Fridays at 10.00am  
Cost: Free

**Floral Arrangement**

Date & Time: Mondays at 2.00pm  
Cost: Free

**Care Corner AAC TP62B**  
**Blk 62B Toa Payoh Lor 4 #02-121**  
Tel: 9625 8473

**Exercise**

Date & Time: Mondays, Wednesdays &  
Thursdays at 10.00am  
Cost: Free

**Karaoke**

Date & Time: Thursdays at 1.30pm  
Cost: Free

**Bingo**

Date & Time: Wednesdays at 1.30pm  
Cost: Free

**Board/ Card Games**

Date & Time: Daily at 3.30pm  
Cost: Free

**Parks**



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**Stretching Exercise**

Date & Time: Tuesdays at 10.00am  
Location: Sensory Park, Blk 68 Toa Payoh Lor 4  
Cost: Free