Health Kampung

More than 450 programmes to keep residents in Central & North regions Healthy and Happy.





Community Programmes in Health Kampung Operated by Community Partners and Agencies

WOODLANDS O

Partners: Care Corner / NTUC Health Co-operative Ltd / Sunlove Abode For Intellectually Infirmed Ltd / HPB through Healthy 365

Programmes

Digital Learning from IMDA Karaoke Session Letter Reading & Referrals Morning Workout Rummy-O Board Games The more we get together with SUSS

Active SG Garden Walk / Exercise Calligraphy Class Clay Art Crochet Digital for Life English Boginners

Saffron Sunlove Active Ageing Centre ® Black 3 Marsiling

TOA PAYOH 🤮

Partners: HPB through Healthy 365

Programmes

Care Corner Active Ageing Centre ® Blk 569A Champions Way Care Corner Active Ageing Centre ® Block 16 Marsiling NTUC Health Active Ageing Centre ® Block 180A Marsilling NTUC Health Active Ageing Hub ® Kampung Admiralty



Partners: Singapore Anglican Community Services / Montfort Care / Nee Soon South Zone C RC / SASCO / TOUCH Commu Services / Yishun Clover RC / HPB through Healthy 365

Programmes

Eat-Out lunch

Stretch Band Exercise Community Gardening

Yoga Yoga (seniors) Zumba Zumba Gold (seniors)

Locations

Chong Pang Zone 1 RC
THK Social Service Hub (Chong Pang)
Nes Soon South Zone 8 RC
Nes Soon South Zone 8 RC
Nes Soon South Zone 6 RC
TOUCH Active Ageing (1482 Tahlun)
TOUCH Active Ageing (1485 Tahlun)
TOUCH Active Ageing (1486 Tahlun)
TOUCH Active Ageing Zone 8 RC
TAHLUN TOUCH TOUCH TAHLUN TAHLUN TOUCH TAHLUN TAHLUN



Partners: NTUC Health Co-operative Ltd / HPB through Healthy 365

Locations

Tos Paych Crest RN
Tos Paych East Zone 7 RC
Meeting Point at 128
The Pack RN
Tos Paych North Zone 1 RC
Tos Paych Korth Zone 1 RC
Tos Paych East Zone 4 RC
Tos Paych East Zone 5 RC
Tos Paych Central Zone 1 RC
Tos Paych Central Zone 2 RC
Tos Paych Central Zone 3 RC
Tos Paych Central Zone 4 RC
Tos Paych Central Zone 6 RC

NOVENA-KALLANG Partners: Chong Hua Tong Tou Teck Hwee / HPB through Healthy 365

Qigong (seniors) Resistance Band Exercises

BISHAN 🝳

Partners: St Luke's Eldercare / HPB through Healthy 365

Programmes

Circles Life Juggling Club Lawn Bowling Club Ukulele Club Nagomi Art Club Pool Club Rummikub Club WEI Programme Fit Agers Programme Stretch Band

7

GEYLANG 9

Partners: Methodist Welfare Services / HPB through Healthy 365

Badmiston Blingo Game Fun with English Functional Screening Gym Health Tal: What Damages Your Kidney Legal Clinle with Dr William Koh Low Impace Exercises Lunar New Year & Birthday Celebrations Morning Exercises Nagoni Art Pool Table

SEMBAWANG



Programmes

Programmes
Chair Yoga
Community Gardening
Happy Programs
Happy Programs
Kpopk Fitness
Line Dance
Cligong
Recreational Games
Seated Taichi
Shape it Up
Square Stepping (Physical)
Stretch Band Exercise
Zumba Gold

Blossom Seeds Active Ageing Centre

All Stay Healthy Today, Enjoy More Tomorrows Chair Zumba (seniors) Kickboxing KpopX Olgong (seniors) Resistance Band Exercises (seniors) Tai Chi (seniors)



Partners: TOUCH Community Services / HPB through Healthy 365

Programmes

Cardio Dance Chair Zumba (seniors) KpopX

TOUCHpoint @ AMIX 433
Touch Gibbs Central NC
AWWA Senior Community Mome
WWA Senior Community Mome
WWA Senior Community Mome
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WWA SENIOR SENIOR SENIOR SENIOR
WWA SENIOR SENIOR SENIOR SENIOR
TOUCH SENIOR SENIOR

HOUGANG 9



Partners: NTUC Health Co-operative Ltd / St Luke's Eldercare / HPB through Healthy 365

Circuit Training Circuit Training Focus Functional Strength Training

St Luke's Eldercare Hougang AAC St Luke's Golden Years AAC

Sunlove SAC (Hougang)
Hougang Sports Centre
Parc Vera RN
Jalan Kayu Zone 8 RC
Fel Yue Hougang Dewcourt
Jia Ying AAC (Hougang 25)
Martha AAC
Ang Mo Kio-Hougang Angsana RN
Fel Yue Buangkok Green



Programmes



A4 Let's Be Strong Together Chair Zumba (seniors) Chair Zumba (seniors) KpopX Lite (seniors) Low Impact Aerobics (senior Zumba Gold (seniors)



