

# 613B MONTHLY NEWSLETTER-AUGUST 2025

## Goodlife Active Ageing Centre at Bedok

Blk 609A Bedok Reservoir Road #01-1700 Singapore 471609 | Monday – Friday (9am to 5.30pm) | Tel: 8940 7231

Blk 613B Bedok Reservoir Road #01-1376 Singapore 472613 | Monday – Friday (9am to 6pm) | Tel: 6312 3988

Mon	Tue	Wed	Thu	Fri
<b>HPB Stretchband Exercise</b> 4, 11, 18, 25 (Aug) 9.30am - 10.30am (Blk 613B) *Pre-register on 28/7 at 613B (9am)	<b>Yoga for Seniors</b> 5, 12, 19, 26 (Aug) 2, 9, 16, 23 (Sept) 11.30am - 12.30pm *Fees Apply* (Blk 613B) Pre-register on 29/7 at 613B (11am)*	<b>Aerobics Exercise with Coach Raymond!</b> 6, 13, 20 (Aug) 10am - 11am (Eunos Cultural Centre at Block 70A) ----- 27 (Aug) 10am - 11am (Blk 613B)	<b>Square Stepping</b> 7, 14, 28 (Aug) 10am - 11am (Blk 613B)	<b>Morning TV Club</b> 1, 8, 15, 29 (Aug) 11am - 12pm (Blk 613B)
<b>Paper Quilling Art</b> 11, 25 (Aug) 44, 28 (July) 10.30am - 12pm *Fees Apply* (Blk 613B) (Material cost separately)	<b>Chinese Ink Painting Art</b> 12, 26 (Aug) 2pm - 4pm *Fees Apply* (Blk 613B)	<b>Sip &amp; Mingle with YAH!</b> 6, 20 (Aug) 11am - 12.30pm (Blk 613B)	<b>Prudential Game Carnival</b> 21 (Aug) 10am - 11am (Blk 613B)	<b>Full Body Fitness: Flex and Fit</b> 1, 8, 15, 29 (Aug) 2pm - 3pm *Fees Apply* (Blk 613B)
<b>Rummikub Competition</b> 4, 11, 18, 25 (Aug) 2pm - 5pm (Blk 613B)	<b>Adaptive Sports Exercise</b> 5, 12, 19 (Aug) 1.30pm - 3pm (Blk 613B)	<b>HPB Chair Zumba</b> 6, 13, 20, 27 (Aug) 2pm - 3pm (Blk 613B) *Pre-register on 30/7 at 613B (1.30pm)*	<b>Genconnect: National Day Celebration</b> 7 (Aug) 10am - 11am (Blk 613B)	<b>Temasek Junior College: Art and crafts</b> 15 (Aug) 4.30pm - 5.30pm (Blk 613B)
<b>Magic Blox</b> 4, 11, 18, 25 (Aug) 2pm - 3pm (Blk 613B)	CGH Community Nurse-Led Service 4th week of the month Time: 2pm to 5pm *If you would like to meet the nurse for consultation, please approach staff to make further referral*	<b>Nagomi Art</b> 13, 27 (Aug) 10, 24 (Sept) 3.30pm - 5.30pm *Fees Apply* (Blk 613B) (Material cost separately)	<b>Communal Potluck!</b> 14 (Aug) 12pm - 2pm (Blk 613B) bring a dish & share with the community!	
		<b>Sleep Better, Live Better</b> 20 (Aug) 3.30pm - 4.30pm (Blk 613B)		
<b>Highlights of the month:</b>				
<b>CGH Talk: ABC to healthy lifestyle (Mandarin)</b> Tuesday 19 (Aug) 2pm - 3pm (Blk 613B)	<b>CGH Talk: Falls Prevention (Malay)</b> Thursday 21 (Aug) 2pm - 3pm (Blk 613B)	<b>SG60 Music &amp; Fun! @ 613B</b> Friday 8 (Aug) 3.30pm - 5.30pm *Registration Required at 613B* (Blk 613B)	<b>Pasir Ris Outing: Seaweed and Traditional Herb Garden</b> Thursday 7 (Aug) 2.10pm - 5.30pm *Fees Apply* *Register @ 613B* (Bus Provided)	<b>YO-YO (Trial Class)</b> Tuesday 19 (Aug) 2pm - 3pm *Registration Required* (Blk 609A)

### IMPORTANT ANNOUNCEMENTS

#### Service Boundary:

Bedok Reservoir Road

Blk 122 to 151,

Blk 601 to 632

(Address not stated above are welcome too)

#### Registration for ALL ACTIVITIES is REQUIRED beforehand

- For activities that requires **payment**, please register at Blk 613B or 609A.
- For free activities, please call **63123988/89407231** to register, or register in person at 613B/609A

### NOTICE

### NEXT MONTH'S NEWSLETTER RELEASE

#### DATE:

**20 August 2025  
(Wednesday) 3pm**

613B 每月活动讯息 - 八月2025

(勿洛) 快乐中心 活跃乐龄中心 (AAC)

大牌609A 勿洛蓄水池路 #01-1700 邮区471609 | 周一至周五 (早上9点至下午5.30点) | 电话:Tel: 8940 7231

大牌613B 勿洛蓄水池路 #01-1376 邮区472613 | 周一至周五 (早上9点至下午6点) | 电话: 6312 3988

星期一	星期二	星期三	星期四	星期五
<b>保健促进局弹力带健身操</b> 4, 11, 18, 25 (8月) 9.30am - 10.30am <b>*预先报名: 7月28日</b> (9am @613B)* (Blk 613B)	<b>★ 乐龄瑜伽</b> 5, 12, 19, 26 (8月) 2, 9, 16, 23 (9月) 11.30am - 12.30pm <b>*有收费*</b> (Blk 613B) <b>*预先报名: 7月29日</b> (11am @613B)*	<b>和教练Raymond 一起做运力操!</b> 6, 13, 20 (8月) 10am - 11am (Eunos Cultural Centre at Block 70A)  27 (8月) 10am - 11am (613B)	<b>方块踏步运动</b> 7, 14, 28 (8月) 10am - 11am (Blk 613B)	<b>影视俱乐部</b> 1, 8, 15, 29 (8月) 11am - 12pm (Blk 613B)
<b>★ 衍纸美术</b> 11, 25 (8月) 14, 28 (7月) 10.30am - 12pm <b>*有收费*</b> (Blk 613B) (材料费另计)	<b>★ 水墨画</b> 12, 26 (8月) 2pm-4pm <b>*有收费*</b> (Blk 613B)	<b>和YAH!与茶同欢!</b> 6, 20 (8月) 11am - 12.30pm (Blk 613B)	<b>Prudential 游戏嘉年华</b> 21 (8月) 10am - 11am (Blk 613B)	<b>★ 全身锻炼运动: 力量和伸展</b> 1, 8, 15, 29 (8月) 2pm - 3pm <b>*有收费*</b> (Blk 613B)
<b>Rummy-O 比赛</b> 4, 11, 18, 25 (8月) 2pm - 5pm (Blk 613B)	<b>适应性运动</b> 5, 12, 19 (8月) 1.30pm-3pm (Blk 613B)	<b>保健促进局椅子尊巴舞</b> 6, 13, 20, 27 (8月) 2pm - 3pm <b>*预先报名 7月30日</b> (1.30pm @613B)* (Blk 613B)	<b>跨代交流: 国庆节</b> 7 (8月) 10am - 11am (Blk 613B)	<b>淡马锡初级学院: 手工!</b> 15 (8月) 4.30pm - 5.30pm (Blk 613B)
<b>魔法木块</b> 4, 11, 18, 25 (8月) 2pm - 3pm (Blk 613B)	<b>樟宜综合医院社区 护理服务</b> 每个月的第四个星期二 时间: 2pm-5pm <b>*如果想与护士见面咨询, 请和工作人员预约*</b>	<b>★ 和谐粉彩艺术</b> 13, 27 (8月) 10, 24 (9月) 3.30pm - 5.30pm <b>*有收费*</b> (Blk 613B) (材料费另计)	<b>邻里聚餐</b> 14 (8月) 12pm - 2pm (Blk 613B) 带上一道菜, 和邻里一起享用吧!	
		<b>睡好觉, 活得好</b> 20 (8月) 3.30pm - 4.30pm (Blk 613B)		
本月亮点:				
<b>★ 樟宜综合医院讲座: 健康的生活方式 (华语)</b> 19 (8月) 星期二 2pm-3pm (Blk 613B)	<b>★ 樟宜综合医院讲座: 预防跌倒 (马来语)</b> 21 (8月) 星期四 2pm-3pm (Blk 613B)	<b>SG60 音乐和娱乐活动!</b> @613B 8 (8月) 星期五 3.30pm - 5.30pm <b>*需要在613B报名*</b> (Blk 613B)	<b>巴西立郊游: 海藻和传统药草园</b> 7 (8月) 星期四 2.10pm-5.30pm <b>*有收费*</b> <b>*需要在613B报名*</b> (提供巴士)	<b>溜溜球(试课)</b> 19 (8月) 星期二 2pm-3pm <b>*需要报名*</b> (Blk 609A)

注意事项!

服务区域

勿洛蓄水池路

大牌122 to 151,

大牌601 to 632

(以上未注明的地址也欢迎来)

所有活动都需要注册报名!

- 如需**付费**的项目, 只限在大牌613B或609A报名
- 免**付**费项目可拨打**63123988/89407231** 或到大牌613B/609A报名

注意

下个月的活动表发布日期:

8月20日, 星期三  
下午3点

\*\*\*本活动表可能会有更改\*\*\*