







609A MONTHLY NEWSLETTER (每月活动讯息) (AUGUST 八月 2025)
Goodlife Active Ageing Centre at Bedok (勿洛) 快乐中心 活跃乐龄中心

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[星期一]	Tue[星期二]	Wed[星期三]	Thu[星期四]	Fri [星期五]
Goodlife Workout! 快乐健康操! 4, 11, 18, 25 (Aug) (8月) 10am - 11am (Blk 609A)	Square Stepping 方块踏步运动 5, 12, 19, 26 (Aug) (8月) 10am - 11am (Blk 609A)	Aerobics Exercise with Coach Raymond! 和教练Raymond一起做运力操! 6, 13, 20 (Aug) (8月) 10am - 11am (Eunos Cultural Centre at Block 70A) ----- 27 (Aug) (8月) 10am - 11am (613B)	HPB Tai Chi 保健促进局太极 7, 14, 21, 28 (Aug) (8月) 10am - 11am (Blk 609B Pavillion) *预先报名: 7月31日 (11am @609A)* *Pre-register on 31/7 at 609A (11am)*	Morning Exercise 早晨健身操 8, 15, 29 (Aug) (8月) 9.30am - 10.30am (Blk 609A)
 "KUEH" Klub! "糕点" 俱乐部! 11, 25 (Aug) (8月) 2pm - 3pm (Blk 609A)	Bingo and Tambola Games! Bingo and Tambola 游戏! 5, 12, 19, 26 (Aug) (8月) 11am - 12pm (Blk 609A)	 Happy-Easy-Art (Basic) 简易舒心画 (初级) 13, 27 (Aug) (8月) 44, 25 (June) (6月) 9, 23 (July) (7月) 10.30am - 12pm *Fees Apply* *有收费* (Blk 609A)	Batik Painting Art 蜡染画 21, 28 (Aug) (8月) 4, 11, 18, 25 (Sep) (9月) 2pm-4pm *Fees Apply* *有收费* (Blk 609A)	Prudential Game Carnival Prudential 游戏嘉年华 1 (Aug) (8月) 10am - 11am (Blk 609A)
	 Cook With Me: Healthy Desserts 大家来下厨: 健康甜品篇 Class A: 19 (Aug) (8月) / Class B: 26 (Aug) (8月) 3pm - 4.30pm *Fees Apply* *有收费* (Blk 609A)	Magic Blox 魔法木块 6, 13, 20, 27 (Aug) (8月) 2pm - 3pm (Blk 609A)		Bingo and Tambola Games! Bingo and Tambola 游戏! 1, 8, 15, 29 (Aug) (8月) 1pm - 2pm (Blk 609A)
	CGH Community Nurse-Led Service 樟宜综合医院社区护理服务 2nd Tuesday of the month 每个月的第二个星期二 Time/时间: 2pm to 5pm If you would like to meet the nurse for consultation please approach staff to make further referral. *如果想与护士见面咨询, 请和作人员预约*			Rummikub Match Club Rummy-O 俱乐部 1, 8, 15, 29 (Aug) (8月) 2.30pm - 5pm (Blk 609A)
highlights of the month/ 本月亮点:				
 CGH Talk: ABC to healthy lifestyle 樟宜综合医院讲座: 健康的生活方式 (Mandarin) (华语) 19 (Aug) (8月) (Tues) 星期二 2pm-3pm (Blk 613B)	 CGH Talk: Falls Prevention 樟宜综合医院讲座: 预防跌倒 (Malay) (马来语) 21 (Aug) (8月) (Thu) 星期四 2pm-3pm (Blk 613B)	 SG60 Fun & Games @609A SG60 娱乐与游戏 @609A 4 (Aug) (8月) (Mon) 星期一 3.30pm - 5pm *Registration Required at 609A* *需要609A报名* (Blk 609A)	YO-YO (Trial Class) 溜溜球(试课) 19 (Aug) (8月) (Tues) 星期二 2pm-3pm *Registration Required* *需要报名* (Blk 609A)	Reformer Pilates (Trial) 普拉提(试课): 29 (Aug) (8月) 2pm -3pm / 3.30pm to 4.30pm (Fri) (星期五) *Fees Apply* (Blk 609A) (First timer only) (第一次参与者)

IMPORTANT ANNOUNCEMENTS
注意事项

Service Boundary (服务区域):

Bedok Reservoir Road

Blk 122 to 151,

Blk 601 to 632

(Address not stated above are welcome too)

(以上未注明的地址也欢迎来)

Registration for ALL ACTIVITIES is
REQUIRED beforehand
(所有活动都需要注册报名)

- For free activities, please call 63123988/ 89407231 to register, or register in person at 609A/613B

- 免付费项目可拨打 63123988/8940 7231或到 大牌 609A/613B 报名

Goodlife AAC will be closed on:

- 21st August 2025 (4-5.30pm) (Thu)
- 22th August 2025 (12pm-5.30pm) (Fri)

快乐中心将在:

- 8月 21 日 休息 (4-5.30pm)(星期四)
- 8月 22 日 休息 (12pm-5.30pm)(星期五)

NOTICE(注意):

NEXT MONTH'S NEWSLETTER RELEASE
DATE

(下个月的活动表发布日期):
20 August 2025 (Wed) 3pm
8月20日, 星期三下午3pm

Newsletter may be subjected to changes

本活动表可能会有更改