# House of Joy @ Blk 610
# 开心屋 @ 大牌610
## Rumah Kegembiraan @ Blok 610

House Of Joy 开心屋 Active Ageing Centre 活跃乐龄中心

**Updated as at 2 Nov 2026**

# Programmes

| All Day 全日 | Mon 星期一 | Tue 星期二 | Wed 星期三 | Thu 星期四 | Fri 星期五 |
|---|---|---|---|---|---|
| <br>**Morning Breakfast**<br>早餐<br>**0845 - 1000** | <br>**Flapping Exercise for Health**<br>经络拍打操<br>**0850 - 0950** | <br>**Low Impact Aerobic**<br>低冲击运力操<br>**0900 - 1000**<br>**1000 - 1100** | <br>**Low Impact Aerobic**<br>低冲击运力操<br>**0845 - 0945** | <br>**Elastic Band Exercise**<br>弹力带运动<br>**0845 - 0945** | <br>**Pickleball**<br>匹克球<br>**0845 - 1000** |
| <br>**Dessert / herbal tea**<br>糖水 或 凉茶<br>**10.45am onwards** | <br>**Chair Yoga**<br>椅子瑜伽<br>**1000 - 1100** | <br>**Taiji**<br>太极<br>**0930 - 1030** | <br>**Pickleball**<br>匹克球<br>**0845 - 1000** | <br>**Zumba Gold**<br>尊巴舞<br>**1000 - 1100** | <br>**Chair Yoga**<br>椅子瑜伽<br>**1000 - 1100** |
| | | <br>**Chinese Musical Instruments**<br>华乐团<br>**1000-1200** | <br>**Chair Yoga**<br>椅子瑜伽<br>**1000 - 1100** | <br>**Chinese Musical Instruments**<br>华乐团<br>**1000-1200**<br><br>**Joyful Handicraft**<br>**(Ad-hoc)**<br>手工班<br>**1015-1145** | |
| <br>**Newspaper Reading**<br>阅读报纸 | <br>**Learn English**<br>学英文<br>**1330 - 1445**<br>**1500 - 1615** | <br>**Say No To Frailty**<br>与衰弱说不<br>**1330-1530**<br>**For selected participants only* | <br>**Joyful Handicraft**<br>**(Ad-hoc)**<br>手工班<br>**1400-1530** | <br>**Bingo Game**<br>滨果游戏<br>**1300 - 1400** | <br>**Chinese Calligraphy**<br>书法<br>**1300 - 1430**<br>**1445 - 1615**<br>**Baking / Culinary**<br>**(Ad-hoc)**<br>烘培 / 烹饪<br>**1315 - 1600** |
| <br>**Community Garden**<br>社区园艺<br>**(Every Tue & Thurs)**<br>（每星期二&星期四）<br>**9.00am-11.00am** | <br>**Singing Class**<br>歌唱班<br>**1515 - 1615** | <br>**Rummikub**<br>拉米游戏<br>**1400 - 1600** | <br>**Nagomi Art**<br>指尖绘画<br>**1330 - 1530** | <br>**Rummikub**<br>拉米游戏<br>**1400 - 1600** | <br>**Rummikub**<br>拉米游戏<br>**1400 - 1600** |

## We welcome Seniors 60 years old & above
## 欢迎 60 岁及以上的乐龄人士

**Exercise** 运动 | **Play** 游戏! | **Learn** 学习 | **Connect** 社交

To enquire, contact us at

**8831 2721**

Blk 610 Tampines North Dr 1, #01-01, Singapore 520610

SCAN FOR WEBSITE

# Our Services Include:
# 服务包括：



**Alert Alarm System**
**警报系统**
**Amaran penggera sistem**



**Referral to Handyman /Repair service**
**推荐杂工/维修服务**
**Rujukan kepada tukang / servis pembaikan**



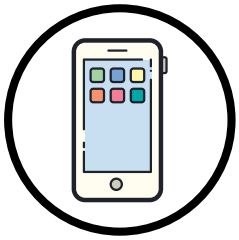
**Grocery Shopping**
**购物服务**
**Perkhidmatan membeli-belah runcit**
**(Case by case basis)**



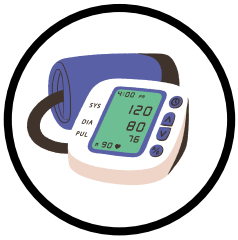
**Letter Reading**
**信件翻译**
**Perkhidmatan membaca surat**



**Transport Booking**
**预订出租车**
**Tempahan pengangkutan and teksi**



**Smart Phone Support**
**协助应用智能手机**
**Sokongan telefon pintar**



**Blood Pressure Monitoring**
**检测血压**
**Membantu ujian tekanan darah**



**Befriending Programme**
**结交朋友计划**
**Perkhidmatan pendamping**



**Referral to Home Care Service**
**推荐居家护理服务**
**Rujukan kepada Perkhidmatan Penjagaan Rumah**