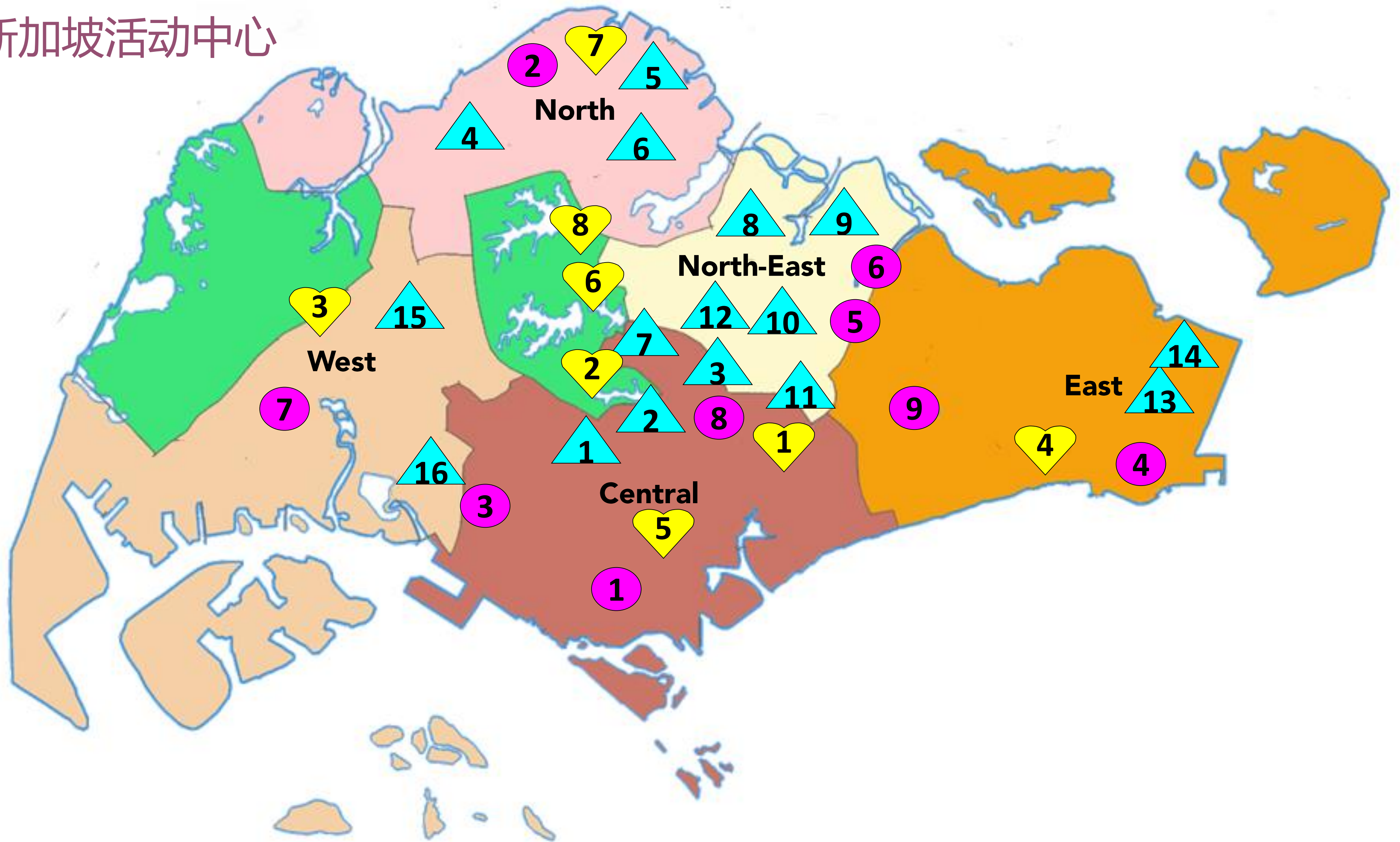


Exercise Centers in Singapore

新加坡活动中心



▲ A Day Rehabilitation Centre is where you can exercise supervised by a therapist for 1-2 hours a day, once/twice a week depending on your needs.

在日间康复中心里，您能够在专业治疗师的督促下进行运动。按照您的需求，每次1-2小时，一个星期1到2次。

Central:

1. Ren Ci Hospital
2. Silver Circle (Toa Payoh)
3. SPD @ Toa Payoh

North:

4. Man Fut Tong Nursing Home
5. St Luke's Eldercare (Chong Pang)
6. St Luke's Eldercare (Nee Soon Central)

NorthEast:

7. AWWA Rehab and Day Care Centre
8. Silver Circle (Ci Yuan)
9. Silver Circle (Punggol South)
10. St Luke's Eldercare (Rivervale Centre)
11. Bright Vision Hospital
12. St Luke's Eldercare (Serangoon Centre)

East:

13. SATA CommHealth Uttamram Medical Centre
14. Silver Circle (Pasir Ris)

West:

15. St Luke's Eldercare (Keat Hong)
16. Orange Valley Nursing Home (Clementi)

● Gym Tonic is a strength training programme that improves the functional abilities of the elderly. There are 27 eldercare facilities.

健得力 (Gym Tonic) 是一个力量锻炼的项目。这个项目可以改进年长者的活动能力。健得力在新加坡有27个设施。

1. TOUCH Community Wellness Hub
2. Man Fut Tong Ho Yuen Hoe Senior Care Centre
3. St Luke's Eldercare (Clementi)
4. The Salvation Army - Bedok Day Centre
5. Kwong Wai Shiu Hospital (Day Rehab Centre)
6. NTUC Health (Serangoon Central)
7. St Luke's Hospital (Day Rehab Centre)
8. Care Corner SAC (Toa Payoh 62B)
9. St Hilda's Community Services

◆ Senior Activity Centre provides recreational and social activities, befriending services and monitoring of home-bound/ frail elderly.

年长者保健中心提供休闲和社群活动，社区友好服务，监督独居/虚弱的老年人。

1. Care Corner Seniors Activity Centre
2. ECONLIFE! Hub – Bishan/ Havelock Branch
3. Fei yue Senior Activity Centre
4. Kembangan-Chai Chee Seniors Activity Centre
5. King George's Avenue Seniors Activity Centre
6. Lions Befrienders Seniors Activity Centre
7. Sunlove Seniors Activity Centre
8. THK Seniors Activity Centre

Inform your doctor if you need a referral to the Day Rehabilitation Centre. 如果您有意参加日间康复中心的活动，请向您的医生咨询。

For Gym Tonic and Senior Activity Centre, you can walk in to the centre to find out how to enroll. 至于健得力以及年长者保健中心，如果有意加入，可向个别中心咨询。

The above is not a complete list. For more details, please visit the AIC Eldercare Locator website (<https://www.silverpages.sg/tools/e-care-locator>)

以上的列表无法把新加坡所有中心纳入，如果需要更多详情，请在AIC网上查询。 (<https://www.silverpages.sg/tools/e-care-locator>)