

MONTHLY NEWSLETTER – June 2026 / 六月 2026

Goodlife Studio (Yishun Riverwalk) Active Ageing Centre

Blk 333B Yishun Street 31 #01-183 Singapore 762333 | Monday – Friday (9am to 6pm) | Tel: 9643 4032



Goodlife
Studio

MontfortCare

BULLETIN	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
	Good Times : Mon – Fri : 9:00am – 6:00pm High-Tea : Mon – Fri : 9:00am – 6:00pm Cognitive Games: Mon – Fri : 9:00am – 6:00pm				
	FIFA WORLD CUP LIVE STREAMING: Mon – Fri : 15 - 26 June : 9:00am – 2:00pm				
	Balance Fitness : Square Stepping 平衡健身: 方块踏步 8, 15, 22, 29 10:00am – 11:00am	Interval Walk Training (IWT) 间歇步行训练 2, 9, 16, 23, 30 9:30am – 10:30am	Endurance Fitness : Reax Lights 耐力健身: 随光而动 3, 10, 17, 24 9:30am – 11:00am	Strong First – Level 1 防衰弱小组训练 4, 11, 18, 25 10:00am – 11:00am \$10	Yoga 瑜伽 5, 12, 19, 26 11:00am – 12:00pm \$15
Service Boundary & Criteria Yishun Riverwalk Blk 333A to 336C Yishun Boardwalk Blk 337A to 339B Yishun Glen Blk 381A to 384B Yishun Natura Blk 342A to 342D & 343A Yishun Glory Blk 343 to 346 Blk 362 to 365 & 367 Yishun Adora Green Blk 347A to 347C Blk 348A to 348D Yishun Grove Spring Blk 481A to 483C Singapore Citizens & permanent residents aged 60 and above only All activities require registration in advance. For paid activities, register and pay only at Blk 333B	HPB : Low Impact Aerobics 低冲击有氧运动 [Blk334 Pavilion] 8, 15, 22, 29 11:30am – 12:30pm	Fibre Art Interest Group 纤维艺术兴趣小组 9, 23 09:30am – 11:00am Drumstick Exercise (\$12) 鼓棒运动 2, 9, 16, 23, 30 11:00am – 12:00pm	Strong First: – Level 2 力量健身 3, 10, 17, 24 2:00pm – 3:00pm \$10	Hari Raya Haji Celebration 哈芝节庆典 4 11:30am – 1:00pm	Men's Club: Father's Day Edition 男士俱乐部: 父亲节特别版 26 2:30pm-4:30pm
		Food Wrapper Craft 环保包装纸手工制作坊 2, 9, 16 2:00pm – 3:30pm Melody Lounge (Karaoke) 旋律休闲厅 2, 16 2:00pm- 5:00pm \$4 per session Arty Crafty (\$8) 艺术工坊 30 3:00pm – 4:00pm	Digital Club : Transact Online : Citizen Services (Singpass) 电子俱乐部 : 在线交易: 市民服务 (Singpass) 17 3:00pm – 4:30pm	Community Potluck 一人一道菜 11 11:30am – 12:30pm Grooving Down Memory Lane 回味经典时光 4, 18 2:00pm – 3:00pm Movie Time 电影放映 25 2:30pm – 4:30pm	
	SPECIAL EVENTS OF THE MONTH				
	Outing 郊游 : Food Detective : Journey To The East Mon 星期一 : 15 9:30am – 2:30pm	Outing 郊游 : Singapore Polytechnic : Discovery Trail Thu 星期四 : 25 9:00am – 3:00pm	Community Health Post (CHP) [By appointment only] 社区保健站 [必需预约] Thu 星期四 : 11, 25 9:30am – 12:30pm		

Newsletter may be subjected to changes

Supported by:



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