



# SIARAN MEDIA

## KEMENTERIAN BELIA DAN SUKAN



KBS : 34/2024

### YB MENTERI BELIA DAN SUKAN LANCAR PROGRAM SENAMAN WARGA EMAS 2024

1. **Menteri Belia dan Sukan, YB Hannah Yeoh** telah menyempurnakan pelancaran **Program Senaman Warga Emas 2024** bertempat di **Taman Rakyat, Taman Sri Andalas, Klang, Selangor** hari ini.
2. Program ini merupakan inisiatif **Kementerian Belia dan Sukan (KBS)** menerusi **Jabatan Belia dan Sukan Negara (JBSN)** susulan daripada dapatan **Sesi Perbincangan Meja Bulat (RTD) Berkaitan Pembudayaan Sukan dalam Kalangan Warga Emas** yang telah diadakan pada **8 Februari 2024**. Program ini juga dianjurkan dengan hasrat **membudayakan sukan dan amalan gaya hidup aktif** dalam kalangan masyarakat khususnya golongan warga emas yang berumur **60 tahun dan ke atas**.
3. Program rintis ini melibatkan sebanyak **50 lokasi (negeri/ daerah)** di seluruh negara dan dijalankan secara **percuma pada hujung minggu**. Terdapat **6 siri aktiviti kecergasan bagi setiap lokasi** bermula bulan **Mei hingga November 2024 (jadual dan lokasi seperti di LAMPIRAN A)**. Pelaksanaan bagi fasa kedua pula dijadualkan bermula pada bulan **Ogos 2024** akan melibatkan 70 lokasi di seluruh negara.
4. Dengan pengisian **aktiviti kecergasan** seperti senamrobik, *chair robic*, berjalan kaki, taici dan seumpamanya, objektif program adalah seperti berikut:
  - 4.1 menggalakkan **gaya hidup aktif, sihat dan cergas** dalam kalangan masyarakat terutamanya warga emas;
  - 4.2 memperkukuh **jaringan kerjasama** antara agensi kerajaan dan swasta serta penglibatan Pusat Aktiviti Warga Emas (PAWE), Pihak Berkuasa Tempatan (PBT), pertubuhan bukan kerajaan (NGO), badan sukan dan persatuan penduduk;

- 4.3 membangunkan **program dan aktiviti pembangunan sukan untuk semua** yang inklusif, berkesan dan berterangkum;
  - 4.4 mengekal dan meningkatkan **tahap kesihatan warga emas** untuk memastikan mereka dapat menikmati kehidupan yang berkualiti; dan
  - 4.5 meningkatkan **kesedaran masyarakat khususnya ahli keluarga dan penjaga** untuk mendorong golongan warga emas bersukan dan mengamalkan gaya hidup aktif.
- 5. Penganjuran program ini juga akan menyumbang kepada **pemeriksaan pembangunan sukan** untuk semua seiring dengan kerangka **Malaysia MADANI** dan **Visi Sukan Negara 2030 (VSN 2030)**.
  - 6. Majlis pelancaran turut dihadiri oleh **Timbalan Ketua Pengarah (Pembangunan Sukan) JBSN, Encik Abd Aziz Abd Rahman** dan **Pengarah Jabatan Belia dan Sukan Negeri Selangor, Puan Azura Haji Sarbin**.
  - 7. Untuk sebarang pertanyaan dan maklumat lanjut berhubung penganjuran program ini, sila hubungi JBSN melalui talian **03-8871 3102** atau e-mel **jbsn@kbs.gov.my**.

**UNIT KOMUNIKASI KORPORAT  
KEMENTERIAN BELIA DAN SUKAN**

**22 Jun 2024**

## SENARAI LOKASI PROGRAM SENAMAN WARGA EMAS 2024

| KALENDAR/ PERANCANGAN |                            |                                                                       |             |           |                  |
|-----------------------|----------------------------|-----------------------------------------------------------------------|-------------|-----------|------------------|
| BIL                   | NEGERI/ DAERAH<br>(LOKASI) | TEMPAT                                                                | AKTIVITI    | TARIKH    | MASA             |
| 1                     | PETALING                   | KOMPLEKS BELIA DAN<br>SUKAN NEGERI SELANGOR,<br>SEKSYEN 21, SHAH ALAM | FUN WALK    | 25/5/2024 | 7.30 – 9.00 PAGI |
|                       |                            |                                                                       | TAICI       | 8/6/2024  |                  |
|                       |                            |                                                                       | SENAMROBIK  | 15/6/2024 |                  |
|                       |                            |                                                                       | SENAMROBIK  | 22/6/2024 |                  |
|                       |                            |                                                                       | FUN WALK    | 29/6/2024 |                  |
|                       |                            |                                                                       | TAICI       | 6/7/2024  |                  |
| 2                     | HULU SELANGOR              | DEWAN MPKK ASSAM<br>KUMBANG, KUALA KUBU<br>BHARU                      | TAICI       | 18/5/2024 | 7.30 – 9.00 PAGI |
|                       |                            |                                                                       | CHAIR ROBIC | 25/5/2024 |                  |
|                       |                            |                                                                       | SENAMROBIK  | 1/6/2024  |                  |
|                       |                            |                                                                       | TAICI       | 8/6/2024  |                  |
|                       |                            |                                                                       | CHAIR ROBIC | 16/6/2024 |                  |
|                       |                            |                                                                       | SENAMROBIK  | 23/6/2024 |                  |
| 3                     | KLANG                      | TAMAN RAKYAT, TAMAN SRI<br>ANDALAS                                    | TAICI       | 9/6/2024  | 7.30 – 9.00 PAGI |
|                       |                            |                                                                       | SENAMROBIK  | 16/6/2024 |                  |
|                       |                            |                                                                       | SENAMROBIK  | 23/6/2024 |                  |
|                       |                            |                                                                       | SENAMROBIK  | 1/7/2024  |                  |
|                       |                            |                                                                       | FUN WALK    | 6/7/2024  |                  |
|                       |                            |                                                                       | SENAMROBIK  | 13/7/2024 |                  |
| 4                     | SABAK BERNAM               | DATARAN TONGGAK 10                                                    | FUN WALK    | 24/5/2024 | 7.30 – 9.00 PAGI |
|                       |                            |                                                                       | SENAMROBIK  | 31/5/2024 |                  |
|                       |                            |                                                                       | TAICI       | 7/6/2024  |                  |

| KALENDAR/ PERANCANGAN |                            |                                                    |            |           |                  |
|-----------------------|----------------------------|----------------------------------------------------|------------|-----------|------------------|
| BIL                   | NEGERI/ DAERAH<br>(LOKASI) | TEMPAT                                             | AKTIVITI   | TARIKH    | MASA             |
|                       |                            |                                                    | FUN WALK   | 21/6/2024 |                  |
|                       |                            |                                                    | SENAMROBIK | 5/7/2024  |                  |
|                       |                            |                                                    | TAICI      | 19/7/2024 |                  |
| 5                     | KUALA<br>TERENGGANU        | KLINIK KESIHATAN BUKIT<br>TUNGAL                   | BRISWALK   | 6/8/2024  | 8.00 – 9.00 PAGI |
|                       |                            |                                                    | SENAMROBIK | 15/6/2024 |                  |
|                       |                            |                                                    | BRISWALK   | 22/6/2024 |                  |
|                       |                            |                                                    | SENAMROBIK | 7/5/2024  |                  |
|                       |                            |                                                    | BRISK WALK | 7/12/2024 |                  |
|                       |                            |                                                    | SENAMROBIK | 20/7/2024 |                  |
| 6                     | HULU<br>TERENGGANU         | TAMAN AWAM KUALA<br>BERANG                         | BRISWALK   | 6/7/2024  | 8.00 – 9.00 PAGI |
|                       |                            |                                                    | BRISWALK   | 76/6/2024 |                  |
|                       |                            |                                                    | SENAMROBIK | 14/6/2024 |                  |
|                       |                            |                                                    | SENAMROBIK | 15/6/2024 |                  |
|                       |                            |                                                    | SENAMROBIK | 21/6/2024 |                  |
|                       |                            |                                                    | BRISWALK   | 22/6/2024 |                  |
| 7                     | BESUT                      | PERTUBUHAN KEBAJIKAN<br>WARGA EMAS NORUL<br>SAADAH | SENAMROBIK | 6/7/2024  | 8.00 – 9.00 PAGI |
|                       |                            |                                                    | SENAMROBIK | 14/6/2024 |                  |
|                       |                            |                                                    | SENAMROBIK | 21/6/2024 |                  |
|                       |                            |                                                    | SENAMROBIK | 28/6/2024 |                  |
|                       |                            |                                                    | SENAMROBIK | 7/5/2024  |                  |
|                       |                            |                                                    | SENAMROBIK | 7/12/2024 |                  |
| 8                     | PERLIS                     | GELANGGANG TENIS BUKIT<br>LAGI, KANGAR             | TAICI      | 11/5/2024 | 7.30 – 9.30 PAGI |
|                       |                            | KOMPLEKS BELIA DAN<br>SUKAN NEGERI PERLIS          | TAICI      | 18/5/2024 |                  |
|                       |                            |                                                    | TAICI      | 25/5/2024 |                  |

| KALENDAR/ PERANCANGAN |                            |                                                            |                       |           |                   |
|-----------------------|----------------------------|------------------------------------------------------------|-----------------------|-----------|-------------------|
| BIL                   | NEGERI/ DAERAH<br>(LOKASI) | TEMPAT                                                     | AKTIVITI              | TARIKH    | MASA              |
|                       |                            |                                                            | TAICI                 | 1/6/2024  |                   |
|                       |                            | KG SEBERANG RAMAI,<br>KUALA PERLIS                         | CHAIR ROBIC           | 8/6/2024  |                   |
|                       |                            | KOMPLEKS BELIA DAN<br>SUKAN NEGERI PERLIS,<br>KANGAR       | TAICI                 | 15/6/2024 |                   |
| 9                     | HILIR PERAK                | GELANGGANG BOLA<br>KERANJANG, JALAN<br>SPEEDY, TELUK INTAN | TAICI                 | 14/6/2024 | 8.00 - 10.00 PAGI |
|                       |                            |                                                            | TAICI                 | 21/6/2024 |                   |
|                       |                            |                                                            | TAICI                 | 28/6/2024 |                   |
|                       |                            |                                                            | CHAIR ROBIC           | 5/7/2024  |                   |
|                       |                            |                                                            | FUN WALK              | 12/7/2024 |                   |
|                       |                            |                                                            | SENAMROBIK            | 19/7/2024 |                   |
| 10                    | LARUT MATANG               | KOMPLEKS RAKAN MUDA<br>LARUT MATANG                        | SENAMROBIK            | 21/6/2024 | 8.00 - 10.00 PAGI |
|                       |                            |                                                            | SUKANEKA              | 28/6/2024 |                   |
|                       |                            |                                                            | TAICI                 | 7/7/2024  |                   |
|                       |                            |                                                            | SUKAN TRADISIONAL     | 19/7/2024 |                   |
|                       |                            |                                                            | BRISK WALK            | 20/7/2024 |                   |
|                       |                            |                                                            | SENAMROBIK            | 26/7/2024 |                   |
| 11                    | KUALA KANGSAR              | LAMAN BUDAYA KUALA<br>KANGSAR                              | BERJALAN 5000 LANGKAH | 22/6/2024 | 8.00 - 10.00 PAGI |
|                       |                            |                                                            | TAICI                 | 29/6/2024 |                   |
|                       |                            |                                                            | CHAIR ROBIC           | 6/7/2024  |                   |
|                       |                            |                                                            | BERJALAN 5000 LANGKAH | 13/7/2024 |                   |
|                       |                            |                                                            | CHAIR ROBIC           | 2/7/2024  |                   |
|                       |                            |                                                            | TAICI                 | 27/7/2024 |                   |
| 12                    | MANJUNG                    | PADANG ASTAKA SITIAWAN                                     | SENAMROBIK            | 21/6/2024 | 8.00 - 10.00 PAGI |
|                       |                            |                                                            | SENAMROBIK            | 28/6/2024 |                   |

| KALENDAR/ PERANCANGAN |                            |                                  |                         |           |                   |
|-----------------------|----------------------------|----------------------------------|-------------------------|-----------|-------------------|
| BIL                   | NEGERI/ DAERAH<br>(LOKASI) | TEMPAT                           | AKTIVITI                | TARIKH    | MASA              |
|                       |                            |                                  | TAICI                   | 5/7/2024  |                   |
|                       |                            |                                  | TAICI                   | 19/7/2024 |                   |
|                       |                            |                                  | BRISK WALK              | 20/7/2024 |                   |
|                       |                            |                                  | SENAMROBIK              | 26/7/2024 |                   |
| 13                    | MUALLIM                    | TAMAN TASIK YDP, SLIM RIVER      | SENAMAN WARGA EMAS      | 14/6/2024 | 8.00 - 10.00 PAGI |
|                       |                            |                                  | CHAIR ROBIC             | 21/6/2024 |                   |
|                       |                            |                                  | SENAMAN WARGA EMAS      | 6/7/2024  |                   |
|                       |                            |                                  | SENAMAN WARGA EMAS      | 13/7/2024 |                   |
|                       |                            |                                  | TAICI                   | 19/7/2024 |                   |
|                       |                            |                                  | SENAMAN WARGA EMAS      | 27/7/2024 |                   |
| 14                    | KAMPAR                     | KOMPLEKS RAKAN MUDA KAMPAR       | SENAMROBIK              | 22/6/2024 | 8.00 - 10.00 PAGI |
|                       |                            |                                  | SENAMROBIK DAN TAICI    | 29/6/2024 |                   |
|                       |                            |                                  | SENAMROBIK              | 8/7/2024  |                   |
|                       |                            |                                  | SENAMROBIK              | 14/7/2024 |                   |
|                       |                            |                                  | BERJALAN 3000 LANGKAH   | 21/7/2024 |                   |
|                       |                            |                                  | BERJALAN 1000 LANGKAH   | 28/7/2024 |                   |
| 15                    | PULAU PINANG               | PAWE SUNGAI DUA, BUTTERWORTH     | SENAMAN WARGA EMAS      | 17/5/2024 | 7.30 - 9.00 PAGI  |
|                       |                            | TAMAN BELIA PERBANDARAN          | SENAMROBIK              | 18/5/2024 |                   |
|                       |                            | PADANG AWAM BANDAR TASIK MUTIARA | TAICI                   | 24/5/2024 |                   |
|                       |                            | TAMAN JAJAR SUNGAI ARA           | SENAMROBIK & LINE DANCE | 25/5/2024 |                   |
|                       |                            | TANAH LAPANG ISLAND GLADES       | TAICI                   | 26/5/2024 |                   |

| KALENDAR/ PERANCANGAN |                                           |                                   |             |           |                  |
|-----------------------|-------------------------------------------|-----------------------------------|-------------|-----------|------------------|
| BIL                   | NEGERI/ DAERAH<br>(LOKASI)                | TEMPAT                            | AKTIVITI    | TARIKH    | MASA             |
|                       |                                           | TAMAN WOODHAVEN BUKIT<br>MERTAJAM | SENAMROBIK  | 31/5/2024 |                  |
| 16                    | PULAU PINANG<br>(SEBERANG PERAI<br>TIMUR) | PAWE BUKIT MERTAJAM               | SENAMROBIK  | 6/07/2024 | 7.30 - 9.00 PAGI |
|                       |                                           |                                   | SENAMROBIK  | 20/7/2024 |                  |
|                       |                                           |                                   | SENAMROBIK  | 10/8/2024 |                  |
|                       |                                           |                                   | SENAMROBIK  | 24/8/2024 |                  |
|                       |                                           |                                   | SENAMROBIK  | 7/9/2024  |                  |
|                       |                                           |                                   | SENAMROBIK  | 24/9/2024 |                  |
| 17                    | KUANTAN                                   | TAMAN GELORA                      | CHAIR ROBIK | 30/6/2024 | 7.00 - 8.00 PAGI |
|                       |                                           |                                   | TAICI       | 7/6/2024  |                  |
|                       |                                           |                                   | CHAIR ROBIK | 14/6/2024 |                  |
|                       |                                           |                                   | TAICI       | 21/6/2024 |                  |
|                       |                                           |                                   | CHAIR ROBIK | 28/6/2024 |                  |
|                       |                                           |                                   | TAICI       | 4/8/2024  |                  |
| 18                    | PEKAN                                     | DATARAN AWAM PEKAN                | SENAMROBIK  | 30/6/2024 | 7.00 - 8.00 PAGI |
|                       |                                           |                                   | CHAIR ROBIK | 7/6/2024  |                  |
|                       |                                           |                                   | SENAMROBIK  | 14/6/2024 |                  |
|                       |                                           |                                   | CHAIR ROBIK | 21/6/2024 |                  |
|                       |                                           |                                   | SENAMROBIK  | 28/6/2024 |                  |
|                       |                                           |                                   | CHAIR ROBIK | 4/8/2024  |                  |
| 19                    | CAMERON<br>HIGHLANDS                      | PADANG AWAM CAMERON<br>HIGHLAND   | SENAMROBIK  | 30/6/2024 | 7.00 - 8.00 PAGI |
|                       |                                           |                                   | SENAMROBIK  | 7/6/2024  |                  |
|                       |                                           |                                   | SENAMROBIK  | 14/6/2024 |                  |
|                       |                                           |                                   | SENAMROBIK  | 21/6/2024 |                  |
|                       |                                           |                                   | FUN WALK    | 28/6/2024 |                  |

| KALENDAR/ PERANCANGAN |                            |                                      |                    |           |                  |
|-----------------------|----------------------------|--------------------------------------|--------------------|-----------|------------------|
| BIL                   | NEGERI/ DAERAH<br>(LOKASI) | TEMPAT                               | AKTIVITI           | TARIKH    | MASA             |
|                       |                            |                                      | FUN WALK           | 4/8/2024  |                  |
| 20                    | BENTONG                    | PUSAT AKTIVITI WARGA<br>EMAS BENTONG | SENAMROBIK         | 30/6/2024 | 7.00 - 8.00 PAGI |
|                       |                            |                                      | SENAMROBIK         | 7/6/2024  |                  |
|                       |                            |                                      | FUN WALK           | 14/6/2024 |                  |
|                       |                            |                                      | FUN WALK           | 21/6/2024 |                  |
|                       |                            |                                      | CHAIR ROBIC        | 28/6/2024 |                  |
|                       |                            |                                      | CHAIR ROBIC        | 4/8/2024  |                  |
| 21                    | SEREMBAN                   | TAMAN SRI TELAWI                     | BRISK WALK         | 8/6/2024  | 7.30 - 9.00 PAGI |
|                       |                            |                                      | SENAMROBIK         | 9/6/2024  |                  |
|                       |                            |                                      | SENAMAN WARGA EMAS | 15/6/2024 |                  |
|                       |                            |                                      | BRISK WALK         | 16/6/2024 |                  |
|                       |                            |                                      | SENAMROBIK         | 22/6/2024 |                  |
|                       |                            |                                      | SENAMAN WARGA EMAS | 23/6/2024 |                  |
| 22                    | KUALA PILAH                | KOMPLEKS RAKAN MUDA<br>KUALA PILAH   | BRISK WALK         | 8/6/2024  | 7.30 - 9.00 PAGI |
|                       |                            |                                      | SENAMROBIK         | 9/6/2024  |                  |
|                       |                            |                                      | CHAIR ROBIC        | 15/6/2024 |                  |
|                       |                            |                                      | BRISH WALK         | 16/6/2024 |                  |
|                       |                            |                                      | SENAMROBIK         | 22/6/2024 |                  |
|                       |                            |                                      | CHAIR ROBIC        | 23/6/2024 |                  |
| 23                    | JEMPOL                     | KOMPLEKS RAKAN MUDA<br>JEMPOL        | SENAMROBIK         | 8/6/2024  | 7.30 - 9.00 PAGI |
|                       |                            |                                      | BRISK WALK         | 9/6/2024  |                  |
|                       |                            |                                      | CHAIR ROBIC        | 15/6/2024 |                  |
|                       |                            |                                      | SENAMROBIK         | 16/6/2024 |                  |
|                       |                            |                                      | BRISK WALK         | 22/6/2024 |                  |
|                       |                            |                                      | CHAIR ROBIC        | 23/6/2024 |                  |



| KALENDAR/ PERANCANGAN |                            |                                                       |             |           |                      |
|-----------------------|----------------------------|-------------------------------------------------------|-------------|-----------|----------------------|
| BIL                   | NEGERI/ DAERAH<br>(LOKASI) | TEMPAT                                                | AKTIVITI    | TARIKH    | MASA                 |
| 24                    | LABUAN                     | KOMPLEKS BELIA DAN<br>SUKAN WP LABUAN                 | SENAMAS     | 11/6/2024 | 4.00- 6.00<br>PETANG |
|                       |                            |                                                       | SENAMAS     | 13/6/2024 |                      |
|                       |                            |                                                       | SENAMAS     | 18/6/2024 |                      |
|                       |                            |                                                       | SENAMAS     | 20/6/2024 |                      |
|                       |                            |                                                       | SENAMAS     | 25/6/2024 |                      |
|                       |                            |                                                       | SENAMAS     | 27/6/2024 |                      |
| 25                    | KOTA BHARU                 | KOMPLEKS BELIA DAN<br>SUKAN NEGERI KELANTAN,<br>PANJI | TAICI       | 28/6/2024 | 8.00 - 10.00 PAGI    |
|                       |                            |                                                       | CHAIR ROBIC | 30/6/2024 |                      |
|                       |                            |                                                       | FIT SIHAT   | 14/7/2024 |                      |
|                       |                            |                                                       | TAICI       | 26/7/2024 |                      |
|                       |                            |                                                       | CHAIR ROBIC | 28/7/2024 |                      |
|                       |                            |                                                       | FIT SIHAT   | 8/4/2024  |                      |
| 26                    | PASIR MAS                  | PAWE PASIR MAS                                        | SENAMROBIK  | 22/6/2024 | 8.30 - 10.30 PAGI    |
|                       |                            |                                                       | SENAMROBIK  | 29/6/2025 |                      |
|                       |                            |                                                       | SENAMROBIK  | 7/6/2024  |                      |
|                       |                            |                                                       | SENAMROBIK  | 13/7/2024 |                      |
|                       |                            |                                                       | SENAMROBIK  | 20/7/2024 |                      |
|                       |                            |                                                       | SENAMROBIK  | 27/7/2024 |                      |
| 27                    | MACHANG                    | PAWE MACHANG                                          | SENAMROBIK  | 25/6/2024 | 8.30 - 9.30 PAGI     |
|                       |                            |                                                       | CHAIR ROBIC | 27/6/2024 |                      |
|                       |                            |                                                       | FUN WALK    | 7/2/2024  |                      |
|                       |                            |                                                       | SENAMROBIK  | 7/9/2024  |                      |
|                       |                            |                                                       | SENAMROBIK  | 7/11/2024 |                      |
|                       |                            |                                                       | SENAMROBIK  | 16/7/2024 |                      |
| 28                    | KUALA KRAI                 | PAWE KUALA KRAI                                       | CHAIR ROBIC | 26/6/2024 | 8.30 - 9.30 PAGI     |

| KALENDAR/ PERANCANGAN |                            |                                                      |              |           |                  |
|-----------------------|----------------------------|------------------------------------------------------|--------------|-----------|------------------|
| BIL                   | NEGERI/ DAERAH<br>(LOKASI) | TEMPAT                                               | AKTIVITI     | TARIKH    | MASA             |
|                       |                            | DATARAN TAMAN<br>CHINTAWANGSA                        | SENAMROBIK   | 30/6/2024 |                  |
|                       |                            | PAWE KUALA KRAI                                      | SENAMROBIK   | 7/7/2024  |                  |
|                       |                            | DATARAN TAMAN<br>CHINTAWANGSA                        | SENAMROBIK   | 7/7/2024  |                  |
|                       |                            | PAWE KUALA KRAI                                      | CHAIR ROBIC  | 7/10/2024 |                  |
|                       |                            | PADANG KG. KUALA NAL                                 | SENAMROBIK   | 14/7/2024 |                  |
| 29                    | SIK                        | DATARAN RUMAH<br>GEMILANG                            | SENAMROBIK   | 13/6/2024 | 8.00 - 9.30 PAGI |
|                       |                            | KEDA SG. SEMIANG                                     | CHAIR ROBIC  | 27/6/2024 |                  |
|                       |                            | KG. SELAMAT                                          | 1000 LANGKAH | 4/7/2024  |                  |
|                       |                            | TAMAN ORKID                                          | SENAMROBIK   | 11/7/2024 |                  |
|                       |                            | FELDA TELOI TIMUR                                    | CHAIR ROBIC  | 18/7/2024 |                  |
|                       |                            | KEDA SG. SEMIANG                                     | SENAMROBIK   | 25/7/2024 |                  |
| 30                    | POKOK SENA                 | DEWAN KEBAJIKAN<br>PENDUDUK LADANG JABI              | SENAMROBIK   | 29/6/2024 | 8.00 - 9.30 PAGI |
|                       |                            | DEWAN PEMBANGUNAN<br>KOPERASI DESA KEDA KG.<br>BUKIT | SENAMROBIK   | 6/7/2024  |                  |
|                       |                            | DEWAN KEBAJIKAN<br>PENDUDUK LADANG JABI              | SENAMROBIK   | 13/7/2024 |                  |
|                       |                            | BUKIT 8888, POKOK SENA                               | TAICI        | 19/7/2024 |                  |
|                       |                            | BUKIT 8888, POKOK SENA                               | TAICI        | 26/7/2024 |                  |
|                       |                            | BUKIT 8888, POKOK SENA                               | TAICI        | 2/8/2024  |                  |
| 31                    | KOTA SETAR                 | DEWAN AKTIVITI WARGA<br>EMAS TAMAN WIRA<br>MERGONG   | SENAMROBIK   | 23/6/2024 | 8.00 - 9.30 PAGI |
|                       |                            |                                                      | SENAMROBIK   | 30/6/2024 |                  |
|                       |                            |                                                      | SENAMROBIK   | 7/7/2024  |                  |
|                       |                            |                                                      | SENAMROBIK   | 14/7/2024 |                  |

| KALENDAR/ PERANCANGAN |                            |                               |                                        |           |                  |
|-----------------------|----------------------------|-------------------------------|----------------------------------------|-----------|------------------|
| BIL                   | NEGERI/ DAERAH<br>(LOKASI) | TEMPAT                        | AKTIVITI                               | TARIKH    | MASA             |
|                       |                            |                               | SENAMROBIK                             | 21/7/2024 |                  |
|                       |                            |                               | SENAMROBIK                             | 28/7/2024 |                  |
| 32                    | PENDANG                    | PAWE PENDANG                  | SENAMROBIK                             | 20/6/2024 | 8.00 - 9.30 PAGI |
|                       |                            |                               | SENAMROBIK                             | 23/6/2024 |                  |
|                       |                            |                               | SENAMROBIK                             | 4/7/2024  |                  |
|                       |                            |                               | SENAMROBIK                             | 11/7/2024 |                  |
|                       |                            |                               | SENAMROBIK                             | 18/7/2024 |                  |
|                       |                            |                               | SENAMROBIK                             | 25/7/2024 |                  |
| 33                    | PEDALAMAN<br>BAWAH         | PAWE BEAUFORT                 | SENAMROBIK/ CERAMAH<br>FALL PREVENTION | 22/6/2024 | 8.00 - 9.30 PAGI |
|                       |                            |                               | SENAM TARI/ SARINGAN<br>KESIHATAN      | 29/6/2024 |                  |
|                       |                            |                               | SENAMROBIK/ SARINGAN<br>MINDA          | 6/7/2024  |                  |
|                       |                            |                               | CHAIR ROBIC                            | 13/7/2024 |                  |
|                       |                            |                               | YOGA                                   | 20/7/2024 |                  |
|                       |                            |                               | SENAMROBIK                             | 27/7/2024 |                  |
| 34                    | SANDAKAN                   | KOMPLEKS SUKAN<br>SANDAKAN    | FUN WALK                               | 28/6/2024 | 7.00 - 8.30 PAGI |
|                       |                            |                               | SENAMROBIK                             | 6/7/2024  |                  |
|                       |                            |                               | FUN WALK                               | 13/7/2024 |                  |
|                       |                            |                               | SENAMROBIK                             | 20/7/2024 |                  |
|                       |                            |                               | SENAMROBIK                             | 27/7/2024 |                  |
|                       |                            |                               | TAICI                                  | 3.8.2024  |                  |
| 35                    | TAWAU                      | TAMAN PUN JIH SHIH,<br>KUBOTA | TAICI                                  | 5/7/2024  | 5.00 - 7.00 PAGI |
|                       |                            |                               | TAICI                                  | 12/7/2024 |                  |
|                       |                            |                               | TAICI                                  | 19/7/2024 |                  |

| KALENDAR/ PERANCANGAN |                            |                                              |              |            |                   |
|-----------------------|----------------------------|----------------------------------------------|--------------|------------|-------------------|
| BIL                   | NEGERI/ DAERAH<br>(LOKASI) | TEMPAT                                       | AKTIVITI     | TARIKH     | MASA              |
|                       |                            |                                              | TAICI        | 26/7/2024  |                   |
|                       |                            |                                              | TAICI        | 02.08.2024 |                   |
|                       |                            |                                              | TAICI        | 09.08.2024 |                   |
| 36                    | ALOR GAJAH                 | DATARAN KERIS ALOR<br>GAJAH                  | SENAMROBIK   | 13/7/2024  | 7.30 - 9.00 PAGI  |
|                       |                            |                                              | SENAMROBIK   | 6/7/2024   |                   |
|                       |                            |                                              | SENAMROBIK   | 13/7/2024  |                   |
|                       |                            |                                              | SENAMROBIK   | 1/7/2024   |                   |
|                       |                            |                                              | SENAMROBIK   | 6/7/2024   |                   |
|                       |                            |                                              | SENAMROBIK   | 13/7/2024  |                   |
| 37                    | LEMBAH PANTAI              | TAMAN SENTOSA LEMBAH<br>PANTAI               | PRAISE DANCE | 6/7/2024   | 7.00 - 9.00 PAGI  |
|                       |                            |                                              | PRAISE DANCE | 10/7/2024  |                   |
|                       |                            |                                              | PRAISE DANCE | 14/7/2024  |                   |
|                       |                            |                                              | PRAISE DANCE | 17/7/2024  |                   |
|                       |                            |                                              | PRAISE DANCE | 20/7/2024  |                   |
|                       |                            |                                              | PRAISE DANCE | 27/7/2024  |                   |
| 38                    | CHERAS                     | LG KOMUNE LIVING &<br>WELLNESS CHERAS        | SENAMROBIK   | 06/7/2024  | 7.30 - 9.30 PAGI  |
|                       |                            |                                              | SENAMROBIK   | 13/7/2024  |                   |
|                       |                            |                                              | SENAMROBIK   | 14/7/2024  |                   |
|                       |                            |                                              | SENAMROBIK   | 20/7/2024  |                   |
|                       |                            |                                              | SENAMROBIK   | 21/7/2024  |                   |
|                       |                            |                                              | SENAMROBIK   | 27/7/2024  |                   |
| 39                    | SEPUTEH                    | PANGSAPURI TERATAK<br>MUHIBBAH 1, TAMAN DESA | SENAMROBIK   | 06/7/2024  | 8.00 - 10.00 PAGI |
|                       |                            |                                              | FUN WALK     | 13/7/2024  |                   |
|                       |                            |                                              | CHAIR ROBIK  | 19/7/2024  |                   |
|                       |                            |                                              | FUN WALK     | 21/7/2024  |                   |

| KALENDAR/ PERANCANGAN |                            |                                                              |                            |           |                   |
|-----------------------|----------------------------|--------------------------------------------------------------|----------------------------|-----------|-------------------|
| BIL                   | NEGERI/ DAERAH<br>(LOKASI) | TEMPAT                                                       | AKTIVITI                   | TARIKH    | MASA              |
|                       |                            |                                                              | SENAMROBIK                 | 26/7/2024 |                   |
|                       |                            |                                                              | SENAMROBIK                 | 28/7/2024 |                   |
| 40                    | PUTRAJAYA                  | KELAB TASIK PUTRAJAYA                                        | SENAM TUA                  | 06/7/2024 | 8.00 - 10.00 PAGI |
|                       |                            |                                                              | FUN WALK                   | 13/7/2024 |                   |
|                       |                            |                                                              | SENAM TUA                  | 20/7/2024 |                   |
|                       |                            |                                                              | SENAM TUA                  | 27/7/2024 |                   |
|                       |                            |                                                              | FUN WALK                   | 03/8/2024 |                   |
|                       |                            |                                                              | SENAM TUA                  | 10/8/2024 |                   |
| 41                    | JOHOR BAHRU                | PUSAT JAGAAN WARGA<br>EMAS NUR EHSAN, KEMPAS                 | SENAM CERGAS WARGA<br>EMAS | 15/6/2024 | 8.00 - 10.00 PAGI |
|                       |                            | KG. USAHA JAYA, TAMPOI                                       | SENAM CERGAS WARGA<br>EMAS | 22/6/2024 |                   |
|                       |                            | RUMAH SERI KENANGAN<br>JOHOR BAHRU                           | SENAM CERGAS WARGA<br>EMAS | 29/6/2024 |                   |
|                       |                            | PAWE JOHOR BAHRU                                             | SENAM CERGAS WARGA<br>EMAS | 6/7/2024  |                   |
|                       |                            | PAWE PASIR GUDANG                                            | SENAM CERGAS WARGA<br>EMAS | 13/7/2024 |                   |
|                       |                            | PUSAT AKTIVITI WARGA<br>EMAS DARUL IFTAH,<br>BANDAR BARU UDA | SENAM CERGAS WARGA<br>EMAS | 20/7/2024 |                   |
| 42                    | KOTA TINGGI                | LAMAN TUN SRI LANANG<br>KOTA TINGGI                          | SENAM CERGAS WARGA<br>EMAS | 28/6/2024 | 8.00 - 10.00 PAGI |
|                       |                            |                                                              | SENAM CERGAS WARGA<br>EMAS | 29/6/2024 |                   |
|                       |                            |                                                              | SENAM CERGAS WARGA<br>EMAS | 5/7/2024  |                   |
|                       |                            |                                                              | SENAM CERGAS WARGA<br>EMAS | 6/7/2024  |                   |

| KALENDAR/ PERANCANGAN |                            |                                      |                         |           |                   |
|-----------------------|----------------------------|--------------------------------------|-------------------------|-----------|-------------------|
| BIL                   | NEGERI/ DAERAH<br>(LOKASI) | TEMPAT                               | AKTIVITI                | TARIKH    | MASA              |
|                       |                            |                                      | SENAM CERGAS WARGA EMAS | 12/7/2024 |                   |
|                       |                            |                                      | SENAM CERGAS WARGA EMAS | 13/7/2024 |                   |
| 43                    | KLUANG                     | HUTAN BANDAR SIMPANG RENGAM          | SENAM CERGAS WARGA EMAS | 16/6/2024 | 8.00 - 10.00 PAGI |
|                       |                            | PAWE SIMPANG RENGAM                  | SENAM CERGAS WARGA EMAS | 23/6/2024 |                   |
|                       |                            | PAWE KLUANG (DATARAN TASIK KLUANG)   | SENAM CERGAS WARGA EMAS | 5/7/2024  |                   |
|                       |                            | PAWE KLUANG (LAMAM KG MELAYU KLUANG) | SENAM CERGAS WARGA EMAS | 12/7/2024 |                   |
|                       |                            | FELDA ULU DENGAR, KAHANG             | SENAM CERGAS WARGA EMAS | 13/7/2024 |                   |
|                       |                            | PAWE LAYANG-LAYANG                   | SENAM CERGAS WARGA EMAS | 20/7/2024 |                   |
| 44                    | SEGAMAT                    | TAMAN REKREASI SG. KAPEH             | SENAM CERGAS WARGA EMAS | 14/6/2024 | 8.00 - 10.00 PAGI |
|                       |                            |                                      | SENAM CERGAS WARGA EMAS | 15/6/2024 |                   |
|                       |                            |                                      | SENAM CERGAS WARGA EMAS | 21/6/2024 |                   |
|                       |                            |                                      | SENAM CERGAS WARGA EMAS | 22/6/2024 |                   |
|                       |                            |                                      | SENAM CERGAS WARGA EMAS | 28/6/2024 |                   |
|                       |                            |                                      | SENAM CERGAS WARGA EMAS | 29/6/2024 |                   |
| 45                    | SAMARAHAN                  | AKAN DIMAKLUMKAN KEMUDIAN            | SENAMROBIK              | 13/7/2024 | 8.00 - 10.00 PAGI |
|                       |                            |                                      | SENAMROBIK              | 20/7/2024 |                   |
|                       |                            |                                      | SENAMROBIK              | 27/7/2024 |                   |

| KALENDAR/ PERANCANGAN |                            |                                     |            |           |                   |
|-----------------------|----------------------------|-------------------------------------|------------|-----------|-------------------|
| BIL                   | NEGERI/ DAERAH<br>(LOKASI) | TEMPAT                              | AKTIVITI   | TARIKH    | MASA              |
|                       |                            |                                     | SENAMROBIK | 3/8/2024  |                   |
|                       |                            |                                     | SENAMROBIK | 10/8/2024 |                   |
|                       |                            |                                     | SENAMROBIK | 17/8/2024 |                   |
| 46                    | SRI AMAN                   | AKAN DIMAKLUMKAN<br>KEMUDIAN        | SENAMROBIK | 13/7/2024 | 8.00 - 10.00 PAGI |
|                       |                            |                                     | SENAMROBIK | 20/7/2024 |                   |
|                       |                            |                                     | SENAMROBIK | 27/7/2024 |                   |
|                       |                            |                                     | SENAMROBIK | 3/8/2024  |                   |
|                       |                            |                                     | SENAMROBIK | 10/8/2024 |                   |
|                       |                            |                                     | SENAMROBIK | 17/8/2024 |                   |
| 47                    | BETONG                     | PENTAS UTAMA SRI<br>KALAKA, SARATOK | SENAMROBIK | 13/7/2024 | 8.00 - 10.00 PAGI |
|                       |                            |                                     | SENAMROBIK | 20/7/2024 |                   |
|                       |                            |                                     | SENAMROBIK | 27/7/2024 |                   |
|                       |                            |                                     | SENAMROBIK | 3/8/2024  |                   |
|                       |                            |                                     | SENAMROBIK | 10/8/2024 |                   |
|                       |                            |                                     | SENAMROBIK | 17/8/2024 |                   |
| 48                    | MUKAH                      | KOMPLEKS KEBAJIKAN<br>DALAT         | SENAMROBIK | 13/7/2024 | 8.00 - 10.00 PAGI |
|                       |                            |                                     | SENAMROBIK | 20/7/2024 |                   |
|                       |                            |                                     | SENAMROBIK | 27/7/2024 |                   |
|                       |                            |                                     | SENAMROBIK | 3/8/2024  |                   |
|                       |                            |                                     | SENAMROBIK | 10/8/2024 |                   |
|                       |                            |                                     | SENAMROBIK | 17/8/2024 |                   |
| 49                    | KAPIT                      | STADIUM MINI SONG                   | SENAMROBIK | 13/7/2024 | 8.00 - 10.00 PAGI |
|                       |                            |                                     | SENAMROBIK | 20/7/2024 |                   |
|                       |                            |                                     | SENAMROBIK | 27/7/2024 |                   |
|                       |                            |                                     | SENAMROBIK | 3/8/2024  |                   |

| KALENDAR/ PERANCANGAN |                            |                           |            |           |                   |
|-----------------------|----------------------------|---------------------------|------------|-----------|-------------------|
| BIL                   | NEGERI/ DAERAH<br>(LOKASI) | TEMPAT                    | AKTIVITI   | TARIKH    | MASA              |
|                       |                            |                           | SENAMROBIK | 10/8/2024 |                   |
|                       |                            |                           | SENAMROBIK | 17/8/2024 |                   |
| 50                    | LIMBANG                    | KOMPLEKS SUKAN<br>LIMBANG | SENAMROBIK | 6/7/2024  | 8.00 - 10.00 PAGI |
|                       |                            |                           | SENAMROBIK | 20/7/2024 |                   |
|                       |                            |                           | SENAMROBIK | 10/8/2024 |                   |
|                       |                            |                           | SENAMROBIK | 24/8/2024 |                   |
|                       |                            |                           | SENAMROBIK | 7/9/2024  |                   |
|                       |                            |                           | SENAMROBIK | 24/9/2024 |                   |