

S/N	Constituency	Event Name	Date / Day	Time	Event Venue	Registration Required	Contact Details (For Enquiries)
1	All	Monthly Caregiver Talk	Last Saturday of every month* (Except December, will be held 3 rd week of December)	1100 - 1200	Zoom	Yes	Register here: https://for.sg/caregiver For enquiries, please email: JHCampus_Life@nuhs.edu.sg
2	Taman Jurong	CHP Health Talk - Falls + Bone Health ⁺	Tue, 8 Apr 25	1400 - 1500	ECONLIFE! Hub @ Yung Kuang 175B Yung Kuang Road, #01-27, Spore 612175	Yes	Email: elh.ykg@econhealthcare.com Tel: 6226 1188
3	Brickland	CHP Health Talk - Boost Bone Health, Prevent Osteoporosis ⁺	Wed, 9 Apr 25	1400 - 1500	Fei Yue AAC (Brickland) 809A Choa Chu Kang Ave 1, #01-628, Spore 681809	Yes	Email: fy-blaac@fyics.org Tel: 6950 6322
4	All	NUH Health Education Talk – Chronic Constipation – What You Need to Know	Fri, 11 Apr 25	1300 - 1400	Zoom	Yes	For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required. Register here: https://for.sg/nuh-heh-apr25
5	Buona Vista	Fei Yue x Rajah & Tann Night Fiesta	Fri, 11 Apr 25	1830 - 2100	Sport Hall 115A Commonwealth Drive, Spore 149596	Yes	Email: fy-hcaac@fyics.org Tel: 6471 2022
6	Ulu Pandan	Ulu Pandan AAC Senior Carnival	Sat, 12 Apr 25	1000 - 1400	Ulu Pandan Community Club 170 Ghim Moh Road, Spore 279621	Yes	Email: PA_UluPandanCC@pa.gov.sg Tel: 6463 7333
7	Pioneer	#PioneerTogether Carnival	Sat, 19 Apr 25	0900 - 1800	The Frontier Community Club 60 Jurong West Central 3, Spore 648346	Yes	Email: pa_thefrontiercc@pa.gov.sg Tel: 6795 8229
8	Yuhua	Pioneer Generation and Merdeka Generation Appreciation Party	Sat, 19 Apr 25	1200 - 1900	Yuhua Community Club 90 Boon Lay Way, Spore 609958	Yes	Email: PA_yuhuacc@pa.gov.sg Tel: 6560 4490
9	Boon Lay	Kongsi Hari Raya 2025	Sat, 19 Apr 25	1800 - 2100	Multi-Purpose Hall 668E Jurong West St 64, Spore 645668	Yes	Email: boonlayzhrc@yahoo.com.sg Tel: 6790 1908
10	Limbang	CHP Health Talk - Understanding Dementia ⁺	Tue, 22 Apr 25	1400 - 1500	Fei Yue Active Ageing Centre (Limbang Green) 574 Choa Chu Kang St 52, #01-296, Spore 680574	Yes	Email: fy-lgaac@fyics.org Tel: 6661 9499
11	Hong Kah North	Hong Kah North Seniors’ Tea-Time	Wed, 23 Apr 25	1500 - 1630	Coffeeshop 359 Bukit Batok St 31, Spore 650359	Yes	Email:PA_hongkahnorthcc@pa.gov.sg Tel: 6567 3130
12	All	NUH Health Education Talk – Recurrent Gastric Discomfort – When to do a Gastroscopy	Fri, 25 Apr 25	1300 - 1400	Zoom	Yes	For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required. Register here: https://for.sg/nuh-heh-apr25
13	Pioneer	NTUC Health AAC (Pioneer) Open House	Sat, 26 Apr 25	0900 - 1300	NTUC Health Active Ageing Centre (Pioneer) 662A Jurong West Street 64, #01-328, Spore 641662	Yes	Tel: 6715 6750
14	Nanyang	CHP Health Talk - Healthy Living Lifestyle ⁺	Mon, 28 Apr 25	1400 - 1500	Tzu Chi SEEN @ Nanyang 712B Jurong West St 71, #01-203, Spore 642712	Yes	Email: sac@tzuchi.org.sg Tel: 6355 9068
15	Brickland	CHP Health Talk - My Healthy Plate ⁺	Tue, 29 Apr 25	1000 - 1100	Precious Active Ageing Centre (Sunshine Gardens) 488B Choa Chu Kang Ave 5, #01-145, Spore 682488	Yes	Email: sunshinegardens@preciousaac.com Tel: 6912 7800
16	Nanyang	NTUC Health AAC (Nanyang) Open House	Sat, 3 May 25	0930 - 1300	NTUC Health Active Ageing Centre (Nanyang) 817 Jurong West Street 81, Spore 640817	Yes	Email: aac.ny@ntuchealth.sg Tel: 6715 6752
17	Jurong	SG60 Family Sports & Health Fiesta	Sun, 18 May 25	0800 - 1230	Jurong East Sports Hall 21 Jurong East St 31, Spore 609517	Yes	FB: M ³ @Jurong

*The entry requirement for attending these health talks is contingent upon adhering to the terms and conditions established by the active ageing centres involved.
Please note that listed events may be subject to changes without prior notice.