

List of NUHS Community Events

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	Ulu Pandan	CHP Health Talk - Understanding Dementia ⁺	Fri, 25 Sep 26	0930 - 1030	Lions Befrienders Active Ageing Centre @ Ghim Moh 18 18 Ghim Moh Road, #01-115, Singapore 270018	Yes	Email: lb_clm344_grp@lb.org.sg Tel: 6681 4912
3	All	Know Your Heart: Prevention and Early Detection	Fri, 25 Sep 26	1300 - 1400	Zoom	Yes	Register here: www.for.sg/nuh-heh-sep26 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
4	Yuhua	Health is a Blessing	Sat, 26 Sep 26	1000 - 1300	Al-Mukminin Mosque 271 Jurong East Street 21, Singapore 609603	Yes	Email: mosque@almukminin.mosque.sg Tel: 6567 7777
5	All	Safe Medication Use in Older Adults: Sometimes Less Is More	Fri, 2 Oct 26	1300 - 1400	Zoom	Yes	Register here: www.for.sg/nuh-heh-oct26 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
6	Jurong Central	CHP Health Talk - Understanding Dementia ⁺	Sat, 3 Oct 26	1030 - 1200	Pavillion 493A Jurong West Street 41, Singapore 641493	Yes	Email: pa_juronggreenc@pa.gov.sg Tel: 6567 1374
7	Buona Vista	CHP Health Talk - Falls + Bone Health ⁺	Tue, 6 Oct 26	1930 - 2030	Fei Yue Active Ageing Centre (Commonwealth) 107 Commonwealth Crescent, #01-230, Singapore 140107	Yes	Email: fy-hcaac@fycs.org Tel: 6471 2022
8	Jurong Central	CHP Health Talk - Falls + Bone Health ⁺	Wed, 7 Oct 26	1030 - 1130	NTUC Health Active Ageing Centre (Care) (Jurong Central Plaza) 493 Jurong West Street 41, #02-01, Singapore 640493	Yes	Email: care@ntuchealth.sg Tel: 6256 3671
9	All	Ageing and Mental Health: What You Can Do to Stay Well	Fri, 9 Oct 26	1300 - 1400	Zoom	Yes	Register here: www.for.sg/nuh-heh-oct26 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
10	Tengah	Tengah Health Carnival	Sat, 10 Oct 26	1400 - 1700	Tengah Community Club 119 Plantation Crescent, Singapore 690119	Yes	Email: pa_tengahcc@pa.gov.sg Tel: 6513 9355
11	Brickland - Tengah	Kasih Keluarga, Sihat Bersama	Sun, 11 Oct 26	0800 - 1200	Bricks, 810A Choa Chu Kang Avenue 7, Singapore 681810	Yes	Email: pa_keathongcc@pa.gov.sg Tel: 67694194
12	Cashew	CHP Health Talk - My Healthy Plate ⁺	Thu, 15 Oct 26	1400 - 1500	Vanguard Active Ageing Centre (Care) @ Senja Saujana Road, Singapore 679910	Yes	Email: aac_senja@vanguardhealthcare.com.sg Tel: 9176 2060
13	All	Nutrition for Healthy Ageing	Fri, 16 Oct 26	1300 - 1400	Zoom	Yes	Register here: www.for.sg/nuh-heh-oct26 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
14	Buona Vista	CHP Health Talk - Healthy Living Lifestyle ⁺	Sat, 17 Oct 26	1000 - 1200 (HT 1030 - 1130)	Buona Vista Community Club 36 Holland Drive, Singapore 270036	Yes	Email: pa_buonavistacc@pa.gov.sg Tel: 6777 4169
15	Ayer Rajah	CHP Health Talk - Diabetes Management ⁺	Mon, 19 Oct 26	1400 - 1500	PPH Community Services Centre 44 Teban Gardens Road, #01-407, Singapore 600044	Yes	Email: community@pphsc.org Tel: 6566 5603
16	Yew Tee	CHP Health Talk - Understanding Dementia ⁺	Mon, 19 Oct 26	1400 - 1500	PCF Sparkle Care Active Ageing Centre (Care) @ Yew Tee 625 Choa Chu Kang Street 62, #01-206, Annexe Bay, Singapore 680625	Yes	Email: aac.enquiry@pcf.org.sg Tel: 8020 3305
17	Clementi	CHP Health Talk - Medication Management ⁺	Thu, 22 Oct 26	1400 - 1500	Lions Befrienders Active Ageing Centre @ Clementi 344 344 Clementi Avenue 5, #01-132, Singapore 120344	Yes	Email: lb_clm344_grp@lb.org.sg Tel: 6681 4976
18	All	Preventing Chronic Disease in Older Adults Healthy Ageing Through Screening and Vaccination	Fri, 23 Oct 26	1300 - 1400	Zoom	Yes	Register here: www.for.sg/nuh-heh-oct26 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
19	Jurong Central	CHP Health Talk - Understanding Dementia ⁺	Wed, 28 Oct 26	1000 - 1130	Block 312A Jurong East Street 32 (Pavillion), Singapore 600312	Yes	Email: pa_juronggreenc@pa.gov.sg Tel: 6567 1374
20	Keat Hong	CHP Health Talk - My Healthy Plate ⁺	Thu, 29 Oct 26	1400 - 1500	Fei Yue Active Ageing Centre (Sunshine Court) 476C Choa Chu Kang Avenue 5, #01-43, Singapore 683476	Yes	Email: fy-scaac@fycs.org Tel: 6334 0180
21	All	Preventing Falls, Preserving Independence	Fri, 30 Oct 26	1300 - 1400	Zoom	Yes	Register here: www.for.sg/nuh-heh-oct26 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
22	Limbang	CHP Health Talk - Diabetes Management ⁺	Fri, 6 Nov 26	1400 - 1500	Fei Yue Active Ageing Centre (Limbang) 536 Choa Chu Kang Street 51, #01-142, Singapore 680536	Yes	Email: fy-lbaac@fycs.org Tel: 6659 0616
23	Jurong Spring - Gek Poh	“Know your gut” – Colorectal Cancer Early Detection & Prevention Day	Sat, 7 Nov 26	1400 - 1700	Jurong Spring Community Club 8 Jurong West Street 52, Singapore 649296	Yes	Email: pa_jurongspringcc@pa.gov.sg Tel: 6562 4066
24	Ayer Rajah	CHP Health Talk - Diabetes Management ⁺	Mon, 16 Nov 26	1400 - 1500	PPH Community Services Centre 44 Teban Gardens Road, #01-407, Singapore 600044	Yes	Email: community@pphsc.org Tel: 6566 5603
25	Zhenghua	Caregiver Connect 2.0 by Bukit Panjang Town (CCT Health Talk - Chronic Disease Management ⁺)	Wed, 18 Nov 26	2000 - 2100	Zhenghua Community Club 1 Segar Road, Singapore 677738	Yes	Email: pa_zhenghuacc@pa.gov.sg Tel: 6310 6702
26	Queenstown	CHP Health Talk - Falls + Bone Health ⁺	Fri, 27 Nov 26	1030 - 1130	Lions Befrienders Active Ageing Centre @ Mei Ling 150 150 Mei Ling Street, #01-53, Singapore 141150	Yes	Email: lb_mel150grp@lb.org.sg Tel: 6681 4916
27	Keat Hong	Grandparents Day	Sun, 29 Nov 26	1100 - 1300	Keat Hong Community Club (Level 5) 2 Choa Chu Kang Loop, Singapore 689687	Yes	Email: pa_keathongcc@pa.gov.sg Tel: 6769 4194
28	Ulu Pandan	CHP Health Talk - Falls + Bone Health ⁺	Fri, 4 Dec 26	0930 - 1030	Lions Befrienders Active Ageing Centre @ Ghim Moh 18 18 Ghim Moh Road, #01-115, Singapore 270018	Yes	Email: LB_GHM018_grp@lb.org.sg Tel: 6681 4912
29	Nanyang	CHP Health Talk - Medication Management ⁺	Wed, 9 Dec 26	1300 - 1400	Tzu Chi SEEN @ Nanyang 712B Jurong West Street 71, #01-203, Singapore 642712	Yes	Email: sac@tzuchi.org.sg Tel: 6355 9068
30	Chua Chu Kang	CHP Health Talk - Falls + Bone Health ⁺	Wed, 16 Dec 26	1430 - 1530	Fei Yue Active Ageing Centre (Teck Whye) 9 Teck Whye Lane, #01-268, Singapore 680009	Yes	Email: fy-twaac@fycs.org Tel: 6893 6606
31	Keat Hong	CHP Health Talk - Chronic Disease Management ⁺	Thu, 17 Dec 26	1400 - 1500	Fei Yue Active Ageing Centre (Sunshine Court) 476C Choa Chu Kang Avenue 5, #01-43, Singapore 683476	Yes	Email: fy-scaac@fycs.org Tel: 6334 0180
32	Ayer Rajah	CHP Health Talk - Chronic Disease Management ⁺	Mon, 21 Dec 26	1400 - 1500	PPH Community Services Centre 44 Teban Gardens Road, #01-407, Singapore 600044	Yes	Email: community@pphsc.org Tel: 6566 5603

*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.