

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	Telok Blangah	CHP Health Talk - Understanding Dementia ⁺	Wed, 11 Dec 24	1400 - 1500	Dover Road RC Classroom @ Blk 5 Dover Crescent, #01-14, Spore 130005	Yes	Email: PA_DoverCC@pa.gov.sg Tel: 6777 1540
3	Chua Chu Kang	CHP Health Talk - Medication Management ⁺	Wed, 11 Dec 24	1400 - 1500	REACH Active Ageing Centre (Care) @ Teck Whye Vista 153 Jalan Teck Whye, #03-151, Spore 680153	Yes	Email: senior@reach.org.sg Tel: 9093 6887
4	Yuhua	CHP Health Talk - Falls + Bone Health ⁺	Sat, 12 Dec 24	1000 - 1100	Kampung Senang Green and Healthy Living Centre (Jurong East) 324 Jurong East St 31, #01-130, Spore 600324	Yes	Email: wellness@kampungsenang.org Tel: 6261 2338
5	Taman Jurong	CHP Health Talk - Understanding Dementia ⁺	Mon, 16 Dec 24	1400 - 1500	THK Active Ageing Centre @ Taman Jurong 337 Tah Ching Road, #01-01, Spore 610337	Yes	Email: AAC.Tamanjurong@thkmc.org.sg Tel: 6795 1185
6	Hong Kah North	70cents Seniors Drink Promo Event	Fri, 20 Dec 24	1500 - 1630	324 Chang Cheng Mee Wah Coffeeshop, Spore 650324	Yes	Email: PA_HongKahNorthcc@pa.gov.sg Tel: 6567 3130
7	Jurong Central	CHP Health Talk - Blood Pressure Monitoring + Blood Pressure Machine Demo ⁺	Wed, 8 Jan 25	1400 - 1500	Anglican Senior Centre (Jurong West) 499 Jurong West St 41, #01-812, Spore 640499	Yes	Email: asc_jurongwest@sacs.org.sg Tel: 6563 0343
8	Bukit Batok East	CHP Health Talk - Understanding Dementia ⁺	Mon, 3 Feb 25	1400 - 1500	THK Active Ageing Centre @ Bukit Batok 235 Bukit Batok East Ave 5, Gombak Gardens, #01-21, Spore 650235	Yes	Email: AAC.bukitbatok@thkmc.org.sg Tel: 6566 5303
9	Pioneer	Seniors Health & Wellness Activity Day 2025	Sat, 22 Feb 25	0900 - 1300	The Frontier CC, Level 4 MPH 60 Jurong West Central 3, #01-01, Spore 648346	Yes	Email: PA_Thefrontiercc@pa.gov.sg Tel: 6795 5838

*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.