

Updated on 08 Jul 2024

### 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 <sup>rd</sup> week of December)	1100 - 1200	ZOOM	Yes	Register here: <a href="https://for.sg/caregiver">https://for.sg/caregiver</a>  For enquiries, please email: <a href="mailto:JHCampus_Life@nuhs.edu.sg">JHCampus_Life@nuhs.edu.sg</a>
2	Bukit Panjang	CHP Health Talk - Falls + Bone Health	11 Jul 24, Thu	1100 - 1200	Precious Active Ageing Centre (Fajar Spring) 454 Fajar Rd, #01-582, S(670454)	Yes	Email: <a href="mailto:fajarspring@preciousaac.com">fajarspring@preciousaac.com</a> Tel: 6497 6703
3	All	NUH Health Education Hub Lunchtime Talk – Seeing Red – Understanding the Common And Dangerous Causes of Red Eyes	12 Jul 24, Fri	1300 - 1400	Via Zoom Meeting ID: 992 9265 3015 Passcode: 059101	Yes	Register here: <a href="https://for.sg/nuh-heh-12jul24">https://for.sg/nuh-heh-12jul24</a>  For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.

Updated on 08 Jul 2024

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4	Bukit Timah	Sports Fiesta	13 Jul 24, Sat	1500 - 1800	Bukit Timah Community Club 20 Toh Yi Dr, S(596569)	Yes	Email: <a href="mailto:PA_BUKITTIMAHCC@pa.gov.sg">PA_BUKITTIMAHCC@pa.gov.sg</a> Tel: 6466 2912
5	Bukit Timah	NUCT Health Talk - Sports Injury Prevention in Adults and Elderly	13 Jul 24, Sat	1540 - 1605	Bukit Timah Community Club 20 Toh Yi Dr, S(596569)	Yes	Email: <a href="mailto:PA_BUKITTIMAHCC@pa.gov.sg">PA_BUKITTIMAHCC@pa.gov.sg</a> Tel: 6466 2912
6	Boon Lay	Health Talk - My Healthy Plate @ Boon Lay Senior Tea Reception	13 Jul 24, Sat	1500 - 1530	Boon Lay Community Club 10 Boon Lay Place, S(649882)	Yes	Email: <a href="mailto:pa_boonlaycc@pa.gov.sg">pa_boonlaycc@pa.gov.sg</a> Tel: 6261 7184
7	Yuhua	Yuhua Pioneer Generation and Merdeka Generation (PGMG) Appreciation Party 2024	13 & 14 Jul 24, Sat & Sun	0900 - 1730	Yuhua Community Club (Multi-Purpose Hall) 90 Boon Lay Way, S(609958)	Yes	Email: <a href="mailto:PA_YUHUACC@pa.gov.sg">PA_YUHUACC@pa.gov.sg</a> Tel: 6560 4490

Updated on 08 Jul 2024

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8	Marsling-Yew Tee	Hijrah Walk & Health Fiesta 2024	14 Jul 24, Sun	0800 – 1100	Marsiling Park & Marsiling CC	Yes	Email: <a href="mailto:pa_yewteecc@pa.gov.sg">pa_yewteecc@pa.gov.sg</a> Tel: 6769 3672
9	Bukit Panjang	CHP Health Talk - My Healthy Plate	15 Jul 24, Mon	1030 - 1130	Adventist Nursing & Rehabilitation Centre @ 225 Pending 225 Pending Road, #01-165, S(670225)	Yes	Tel: 6513 1317
10	Jurong Spring	CHP Health Talk - Diabetes	16 Jul 24, Tue	1400 - 1500	Kaki Kampong Senior Wellness Centre 500 Corporation Road, #03-01, S(649808)	Yes	Email: <a href="mailto:kkseniors@lakeside.org.sg">kkseniors@lakeside.org.sg</a> Tel: 6019 8530
11	Bukit Batok East	CHP Health Talk - Understanding Dementia	17 Jul 24, Wed	1100 - 1200	Anglican Care Centre (Bukit Batok) 267 Bukit Batok East Ave 4, #01-206, S(650267)	Yes	Email: <a href="mailto:acc_bukitbatok@sacs.org.sg">acc_bukitbatok@sacs.org.sg</a> Tel: 6562 4881

Updated on 08 Jul 2024

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12	Ulu Pandan	HPB Health Talk - Module 5: How am I Feeling Today	17 Jul 24, Wed	1400 - 1500	Caregiving Wellness Association 3 Ghim Moh Road #01-294, S(270003)	Yes	Email: <a href="mailto:contact@cwa.org.sg">contact@cwa.org.sg</a> Tel: 6466 7957 / 6466 7996
13	All	NUH Health Education Hub Lunchtime Talk – Myopia Myths and Facts You Need to Know	19 Jul 24, Fri	1300 - 1400	Via Zoom Meeting ID: 986 9776 8863 Passcode: 925382	Yes	Register here: <a href="https://for.sg/nuh-heh-19jul24">https://for.sg/nuh-heh-19jul24</a>  For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
14	Jurong Central	CHP Health Talk - Medication Management	23 Jul 24, Tue	1400 - 1500	Anglican Senior Centre (Jurong West) 499 Jurong West St 41, #01-812, S(640499)	Yes	Email: <a href="mailto:asc_jurongwest@sacs.org.sg">asc_jurongwest@sacs.org.sg</a> Tel: 6563 0343
15	Yew Tee	CHP Health Talk - Falls + Bone Health	23 Jul 24, Tue	1500 - 1600	PCF Sparkle Care @ Yew Tee 625 Choa Chu Kang St 62, #01-206, S(680625)	Yes	Email: <a href="mailto:cher.siong.lim@pcf.org.sg">cher.siong.lim@pcf.org.sg</a> Tel: 9479 1409

Updated on 08 Jul 2024

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16	Bukit Panjang	HPB Health Talk - Reduce my risk of vascular dementia	24 Jul 24, Wed	1400 - 1500	Fei Yue Active Ageing Centre (Fajar) 406 Fajar Road, S(670406)	Yes	Email: <a href="mailto:fy-fjaac@fyics.org">fy-fjaac@fyics.org</a> Tel: 6370 4162
17	Zhenghua	CHP Health Talk - Falls + Bone Health	24 Jul 24, Wed	1430 - 1530	Fei Yue Active Ageing Centre (Senja) 634B Senja Rd, #02-227, S(672634)	Yes	Email: <a href="mailto:fy-sjaac@fyics.org">fy-sjaac@fyics.org</a> Tel: 6351 9555
18	All	NUH Health Education Hub Lunchtime Talk – How to Stop Myopia Progression in Children	26 Jul 24, Fri	1300 - 1400	Via Zoom Meeting ID: 969 0384 3746 Passcode: 625217	Yes	Register here: <a href="https://for.sg/nuh-heh-26jul24">https://for.sg/nuh-heh-26jul24</a>  For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
19	Queenstown	Functional Screening	27 Jul 24, Sat	0900 - 1230	83B Commonwealth Close S(143083)	Yes	Register here: <a href="https://for.sg/272vtr">https://for.sg/272vtr</a> Tel: 1800 650 6060

Updated on 08 Jul 2024

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20	Bukit Batok	Celebrating Muslim New Year: Fostering Community Harmony	28 Jul 24, Sun	1000 - 1400	Sheltered basketball court at Blk 224	Yes	Email: <a href="mailto:pa_bukitbatokcc@pa.gov.sg">pa_bukitbatokcc@pa.gov.sg</a> Tel: 6564 7061
21	Telok Blangah	CHP Health Talk - Falls + Bone Health	28 Jul 24, Sun	1100 - 1200	Dover CC 1 Dover Road, S(130001)	Yes	Email: <a href="mailto:PA_DOVERCC@pa.gov.sg">PA_DOVERCC@pa.gov.sg</a> Tel: 6777 1540
22	Ulu Pandan	HPB Health Talk - A1: Stay healthy today, enjoy more tomorrows	31 Jul 24, Wed	1400 - 1500	Caregiving Wellness Association 3 Ghim Moh Road #01-294, S(270003)	Yes	Email: <a href="mailto:contact@cwa.org.sg">contact@cwa.org.sg</a> Tel: 6466 7957 / 6466 7996
23	Bukit Batok East	CHP Health Talk - Medication Management	05 Aug 24, Mon	1400 - 1500	THK Active Ageing Centre @ Bukit Batok 235 Bukit Batok East Ave 5, Gombak Gardens, #01-21, S(650235)	Yes	Email: <a href="mailto:AAC.BukitBatok@thkmc.org.sg">AAC.BukitBatok@thkmc.org.sg</a> Tel: 6566 5303

Updated on 08 Jul 2024

S/N	Constituency	Event Name	Date / Day	Time	Event Venue	Registration Required	Contact Details (For Enquiries)
24	Chua Chu Kang	CHP Health Talk - Falls + Bone Health	07 Aug 24, Wed	1430 - 1530	Fei Yue Active Ageing Centre (Teck Whye) - Blk 9 9 Teck Whye Lane, #01-268, S(680009)	Yes	Email: <a href="mailto:fy-twaac@fyacs.org">fy-twaac@fyacs.org</a> Tel: 6893 6606
25	Ulu Pandan	HPB Health Talk - A2: Protect Yourself and Your Loved Ones	14 Aug 24, Wed	1400 - 1500	Caregiving Wellness Association 3 Ghim Moh Road #01-294, S(270003)	Yes	Email: <a href="mailto:contact@cwa.org.sg">contact@cwa.org.sg</a> Tel: 6466 7957 / 6466 7996
26	Bukit Timah	CHP Health Talk - Understanding Dementia	15 Aug 24, Thu	1000 - 1100	Hannah Active Ageing Centre 21 Toh Yi Dr, #02-601, S(590021)	Yes	Email: <a href="mailto:hannahenquiry@pcs.org.sg">hannahenquiry@pcs.org.sg</a> Tel: 6463 4596
27	Cashew	CHP Health Talk - Falls + Bone Health	15 Aug 24, Thu	1030 - 1130	Cashew Zone 3 RN (for Vanguard AAC Care) 607 Senja Rd, #01-02, S(670607)	Yes	Email: <a href="mailto:aac_senja@vanguardhealthcare.com.sg">aac_senja@vanguardhealthcare.com.sg</a>

Updated on 08 Jul 2024

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28	Ulu Pandan	HPB Health Talk - A3: Move It Feel Young	28 Aug 24, Wed	1400 - 1500	Caregiving Wellness Association 3 Ghim Moh Road #01-294, S(270003)	Yes	Email: <a href="mailto:contact@cwa.org.sg">contact@cwa.org.sg</a> Tel: 6466 7957 / 6466 7996
29	Bukit Panjang	CHP Health Talk - Understanding Dementia	28 Aug 24, Wed	1400 - 1500	Fei Yue Active Ageing Centre (Fajar) 406 Fajar Road, S(670406)	Yes	Email: <a href="mailto:fy-fjaac@fyacs.org">fy-fjaac@fyacs.org</a> Tel: 6370 4162

\*Chronic Disease Screening is subjected to following eligibility criteria:

1. Singaporean
2. Aged 40 years old and above
3. Have not done screening for chronic disease for the last 3 years
4. Do not have any existing chronic diseases (blood pressure, high cholesterol or diabetes)

†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.