

Updated on 10 June 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 rd week of December)	1100 - 1200	ZOOM	Yes	Register here: https://for.sg/caregiver For enquiries, please email: JHCampus_Life@nuhs.edu.sg
2	Brickland	CHP Health Talk - Dementia	11 Jun 24, Tue	1000 - 1100	Precious Active Ageing Centre (Sunshine Gardens) 488B Choa Chu Kang Ave 5, #01-145, S(682488)	Yes	Email: sunshinegardens@preciousaac.com Tel: 6912 7800
3	Brickland	CHP Health Talk - Falls + Bone Health	14 Jun 24, Fri	1430 - 1530	Fei Yue Active Ageing Centre (Teck Whye 165A) 165A Teck Whye Crescent #01-331 S(681165)	Yes	Email: fy-twaac@fyacs.org Tel: 6380 9155

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4	All	NUH Health Education Hub Lunchtime Talk – Food Allergies and Feeding	14 Jun 24, Fri	1300 - 1400	Via Zoom Meeting ID: 929 8558 2517 Passcode: 947005	Yes	Register here: https://for.sg/nuh-heh-14jun24 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
5	Queenstown	Chronic Disease Screening	16 Jun 24, Sun	0900 - 1200	Queenstown Mei Ling Zone RN 150 Mei Ling St, #01-65, S(141150)	Yes	Email: PA_QUEENSTOWNCC@pa.gov.sg Tel: 6474 0596
6	Telok Blangah	CHP Health Talk - Falls + Bone Health	19 Jun 24, Wed	1030 - 1130	Dover Road RC (Void Deck) 4 Dover Road, S(130004)	Yes	Email: PA_DoverCC@pa.gov.sg Tel: 6777 1540
7	Bukit Panjang	HPB Health Talk - Let's be strong together!	19 Jun 24, Wed	1400 - 1500	Fei Yue Active Ageing Centre (Fajar) 406 Fajar Road, #01-295 S(670406)	Yes	Email: fy-fjaac@fyics.org Tel: 6370 4162

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8	Ulu Pandan	HPB Health Talk - Module 3: I Feel Good	19 Jun 24, Wed	1400 - 1500	Caregiving Wellness Association 3 Ghim Moh Road #01-294, S(270003)	Yes	Email: contact@cwa.org.sg Tel: 6466 7957 / 6466 7996
9	Bukit Batok East	CHP Health Talk - Diabetes	19 Jun 24, Wed	1400 - 1500	THK Active Ageing Centre @ Taman Jurong 337 Tah Ching Road, #01-01, S(610337)	Yes	Email: aac.tamanjurong@thkmc.org.sg Tel: 6795 1185
10	Chua Chu Kang	CHP Health Talk - Dementia	21 Jun 24, Fri	0930 - 1030	REACH Senior Centre @ Bukit Gombak Vista 377A Bukit Batok St 31, #01-24, S(651377)	Yes	Email: senior@reach.org.sg Tel: 9431 0354
11	All	NUH Health Education Hub Lunchtime Talk – Special Diets in Children	21 Jun 24, Fri	1300 - 1400	Via Zoom Meeting ID: 920 2590 7266 Passcode: 861365	Yes	Register here: https://for.sg/nuh-heh-21jun24 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.

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12	Bukit Panjang	CHP Health Talk - Medication Management	24 Jun 24, Mon	1030 - 1130	Adventist Nursing & Rehabilitation Centre @ 225 Pending 225 Pending Road, #01-165, S(670225)	Yes	Tel: 6513 1317
13	Bukit Batok East	CHP Health Talk - Diabetes	24 Jun 24, Mon	1500 - 1600	THK Active Ageing Centre @ Boon Lay 190 Boon Lay Drive, #01-242, S(640190)	Yes	Email: aac.boonlay@thkmc.org.sg Tel: 6264 3455
14	Taman Jurong	Taman Jurong Wellness Event	30 Jun 24, Sun	0900 - 1200	Taman Jurong Community Club 1 Yung Sheng Road, S(618495)	Yes	Email: PA_TAMANJURONGCC@pa.gov.sg Tel: 6265 1711 / 6268 3931
15	Taman Jurong	Chronic Disease Screening	30 Jun 24, Sun	0900 - 1200	Taman Jurong Community Club 1 Yung Sheng Road, S(618495)	Yes	Email: PA_TAMANJURONGCC@pa.gov.sg Tel: 6265 1711 / 6268 3931

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S/N	Constituency	Event Name	Date / Day	Time	Event Venue	Registration Required	Contact Details (For Enquiries)
16	Ulu Pandan	HPB Health Talk - Module 4: I Can Do This	03 Jul 24, Wed	1400 - 1500	Caregiving Wellness Association 3 Ghim Moh Road #01-294, S(270003)	Yes	Email: contact@cwa.org.sg Tel: 6466 7957 / 6466 7996
17	Bukit Timah	Health and Sports Day	13 Jul 24, Sat	1300 - 1700	Bukit Timah Community Club 20 Toh Yi Dr, S(596569)	Yes	Email: PA_BUKITTIMAHCC@pa.gov.sg Tel: 6466 2912
18	Boon Lay	Boon Lay Senior Tea Reception	13 Jul 24, Sat	1400 - 1700	Boon Lay Community Club 10 Boon Lay Place, S(649882)	Yes	Email: pa_boonlaycc@pa.gov.sg Tel: 6261 7184
19	Bukit Batok East	CHP Health Talk - Dementia	17 Jul 24, Wed	1100 - 1200	Anglican Care Centre (Bukit Batok) 267 Bukit Batok East Ave 4, #01-206, S(650267)	Yes	Email: acc_bukitbatok@sacs.org.sg Tel: 6562 4881

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20	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: contact@cwa.org.sg Tel: 6466 7957 / 6466 7996
21	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: asc_jurongwest@sacs.org.sg Tel: 6563 0343
22	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: cher.siong.lim@pcf.org.sg Tel: 9479 1409
23	Bukit Panjang	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: fy-sjaac@fyacs.org Tel: 6351 9555

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S/N	Constituency	Event Name	Date / Day	Time	Event Venue	Registration Required	Contact Details (For Enquiries)
24	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: contact@cwa.org.sg Tel: 6466 7957 / 6466 7996

*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.