

Updated on 04 Sep 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	All	NUH Health Education Hub Lunchtime Talk – The Dawn of the Era of Minimally Invasive Cardiac Surgery	13 Sep 24, Fri	1300 - 1400	Via Zoom https://synapxe.zoom.us/join/register/WN_KWuEtOXqSy_aMqMR2YrwF_g Meeting ID: 918 9054 4607 Passcode: 289496	Yes	Register here: https://for.sg/nuh-heh-13sep24 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
3	Pioneer	Celebrate World Heart Day	14 Sep 24, Sat	0930 - 1345	Jurong Medical Centre 60 Jurong West Central 3, S(648346)	Yes	Tel: 8922 4932

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4	Limbang	CHP Health Talk - Understanding Dementia ⁺	16 Sep 24, Mon	1400 - 1500	Fei Yue Active Ageing Centre (Limbang) 536 Choa Chu Kang St 51, #01-142, S(680536)	Yes	Email: fy-lbaac@fyics.org Tel: 6659 0616
5	Taman Jurong	CHP Health Talk - Falls + Bone Health ⁺	16 Sep 24, Mon	1500 - 1600	THK Active Ageing Centre (Taman Jurong) 337 Tah Ching Road #01-01 S(610337)	Yes	Email: aac.tamanjurong@thkmc.org.sg Tel: 6795 1185
6	Telok Blangah	CHP Health Talk - Medication Management ⁺	18 Sep 24, Wed	1030 - 1130	Dover Road RC 5 Dover Crescent, #01-14, S(130005)	Yes	Tel: 9820 9109
7	All	NUH Health Education Hub Lunchtime Talk – Atrial Fibrillation (AF) Is the Most Common Abnormal Heart Rhythm Disorder	20 Sep 24, Fri	1300 - 1400	Via Zoom https://synapxe.zoom.us/join/register/WN_EpYjLicYRgaKl4fnxWT4Tg Meeting ID: 953 0799 7118 Passcode: 126038	Yes	Register here: https://for.sg/nuh-heh-20sep24 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.

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8	Cashew	NUHCS Health Screening Carnival 2024	21 Sep 24, Sat	0900 - 1330	Senja-Cashew Community Club 101 Bukit Panjang Road, S(679910)	Yes	Email: PA_Senja-cashewcc@pa.gov.sg Tel: 6219 4561
9	Henderson-Dawson	NUS Health Talk – Smiling Into Your Silver Years ⁺	24 Sep 24, Mon	1400 - 1500	Esther Active Ageing Centre 61 Strathmore Avenue, #01-02, S(141061)	Yes	Email: estherenquiry@pcs.org.sg Tel: 6251 4960
10	Bukit Timah	CHP Health Talk - Understanding Dementia ⁺	25 Sep 24, Wed	1000 - 1100	Clementi Meadows RN 306 Clementi Ave 4, #01-465, S(120306)	Yes	Email: PA_Bukittimahcc@pa.gov.sg Tel: 6466 2912
11	All	NUH Health Education Hub Lunchtime Talk – Unbreak My Heart - Taking Control of Heart Failure	27 Sep 24, Fri	1300 - 1400	Via Zoom https://synapxe.zoom.us/j/95169328073 Meeting ID: 951 6932 8073 Passcode: 061957	Yes	Register here: https://for.sg/nuh-heh-27sep24 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.

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12	Jurong Spring	I am Digitally Ready @ South West (Jurong Spring)	28 Sep 24, Sat	1400 - 1630	Jurong Spring Community Club 8 Jurong West St 52, S(649296)	No	Email: PA_Jurongspringcc@pa.gov.sg Tel: 6562 4066
13	Chua Chu Kang	CHP Health Talk - Falls + Bone Health ⁺	4 Oct 24, Fri	0930 - 1030	Hong Kah North Zone 6 RN 369 Bukit Batok St 31, #01-525, S650369	Yes	Email: senior@reach.org.sg Tel: 9431 0354
14	West Coast	Health Talk – Maintaining Cognitive Health in Older Adulthood	5 Oct 24, Sat	1130 - 1230	West Coast Community Club 2 Clementi West St 2, S(129605)	Yes	Email: PA_westcoastcc@pa.gov.sg Tel: 6779 1098
15	Yew Tee	CHP Health Talk - My Healthy Plate ⁺	8 Oct 24, Tue	1500 - 1400	PCF Sparkle Care Active Ageing Centre (Care) @ Yew Tee 625 Choa Chu Kang St 62, #01-206, S(680625)	Yes	Email: aac.enquiry@pcf.org.sg Tel: 8020 3305
16	Queenstown	CHP Health Tal NUS Faculty of Dentistry: Smiling Into Your Silver ⁺	9 Oct 24, Wed	1100 - 1200	Lions Befrienders Active Ageing Centre @ Mei Ling 150 150 Mei Ling Street, #01-53, S(141150)	Yes	Email: lb_mel150_grp@lb.org.sg Tel: 66814916

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17	Chua Chu Kang	CHP Health Talk - Falls + Bone Health ⁺	11 Oct 24, Fri	1400 - 1500	Fei Yue Active Ageing Centre (Teck Whye) 9 Teck Whye Lane, #01-268, S(680009)	Yes	Email: fy-twaac@fyacs.org Tel: 6893 6606
18	Jurong GRC, Yuhua SMC, Bukit Batok SMC	Health Together Carnival	12 Oct 24, Sat	0815 - 1300	Jurong Spring Community Club 8 Jurong West St 52, S(649296)	No	Email: PA_Jurongspringcc@pa.gov.sg Tel: 6562 4066
19	Bukit Batok East	CHP Health Talk - Medication Management ⁺	16 Oct 24, Wed	1100 - 1200	Anglican Care Centre (Bukit Batok) 267 Bukit Batok East Ave 4, #01-206, S(650267)	Yes	Tel: 6562 4881
20	Jurong Spring	CHP Health Talk - Understanding Dementia ⁺	16 Oct 24, Wed	1430 - 1530	Kaki Kampong Seniors Wellness Centre 500 Corporation Road, #03-01, S(649808)	Yes	Tel: 6019 8530 Email: kkseniors@lakeside.org.sg

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21	Ayer Rajah - Gek Poh	Health & Wellness Carnival	20 Oct 24, Sun	1000 - 1400	Ayer Rajah Community Club 150 Pandan Gardens, S(609335)	Yes	Email: PA_ayerrajahcc@pa.gov.sg Tel: 6560 9983
22	Bukit Panjang	CHP Health Talk - Understanding Dementia ⁺	21 Oct 24, Mon	1030 - 1130	Adventist Nursing & Rehabilitation Centre @ 225 Pending 225 Pending Road, #01-165, S(670225)	Yes	Tel: 6513 1317
23	Jurong Central	CHP Health Talk - Understanding Dementia ⁺	22 Oct 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
24	Jurong Central	Neighbourhood Health Screening	26, 27 Oct 24, Sat, Sun	0830 - 1400	Clementi Community Club 220 Clementi Ave 4, S(129880)	Yes	Email: wecare_clementi@pa.gov.sg Tel: 6776 2517

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25	Bukit Batok East	CHP Health Talk - My Healthy Plate ⁺	4 Nov 24, Mon	1400 - 1500	THK Active Ageing Centre @ Bukit Batok 235 Bukit Batok East Ave 5, Gombak Gardens, S(650235)	Yes	Email: AAC.BukitBatok@thkmc.org.sg Tel: 6566 5303
26	West Coast	Virya Health Talk – Resilience	9 Nov 24, Sat	–1000 – 1100am	West Coast Community Club 2 Clementi West St 52, S(129605)	Yes	Email: PA_westcoastcc@pa.gov.sg Tel: 6779 1098
27	Cashew	CHP Health Talk - Understanding Dementia ⁺	14 Nov 24, Thu	1030 - 1130	Cashew Zone 3 RN 607 Senja Road, S(670607)	Yes	Email: PA_Senja-cashewcc@pa.gov.sg Tel: 6219 4561
28	Bukit Panjang	CHP Health Talk - Medication Management ⁺	27 Nov 24, Wed	1400 - 1500	Fei Yue Active Ageing Centre (Fajar) 406 Fajar Road, S(670406)	Yes	Email: fy-fjaac@fyacs.org Tel: 6370 4162

⁺The entry requirement for attending these health talks is contingent upon adhering to the terms and conditions established by the active ageing centres involved.

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Please note that listed events may be subject to changes without prior notice.