

# Key Services & Activities in Western Region (27 Constituencies)

Click on the hyperlinks to navigate to constituency-specific information

- **URA Zone: Bukit Batok**
  - [Constituency: Bukit Batok](#)
  - [Constituency: Hong Kah North](#)
- **URA Zone: Bukit Panjang**
  - [Constituency: Bukit Panjang](#)
  - [Constituency: Zhenghua](#)
- **URA Zone: Bukit Timah**
  - [Constituency: Bukit Timah](#)
  - [Constituency: Cashew](#)
- **URA Zone: Choa Chu Kang**
  - [Constituency: Brickland](#)
  - [Constituency: Bukit Batok East](#)
  - [Constituency: Bukit Gombak](#)
  - [Constituency: Choa Chu Kang](#)
  - [Constituency: Keat Hong](#)
  - [Constituency: Limbang](#)
  - [Constituency: Yew Tee](#)
- **URA Zone: Clementi**
  - [Constituency: Ayer Rajah](#)
  - [Constituency: Clementi](#)
  - [Constituency: Telok Blangah](#)
  - [Constituency: Ulu Pandan](#)
  - [Constituency: West Coast](#)
- **URA Zone: Jurong East**
  - [Constituency: Taman Jurong](#)
  - [Constituency: Yuhua](#)
- **URA Zone: Jurong West**
  - [Constituency: Boon Lay](#)
  - [Constituency: Jurong Central](#)
  - [Constituency: Jurong Spring](#)
  - [Constituency: Nanyang](#)
  - [Constituency: Pioneer](#)
- **URA Zone: Queenstown**
  - [Constituency: Buona Vista](#)
  - [Constituency: Queenstown](#)

# Key Services & Activities near Ayer Rajah

## Community Health Posts (CHPs)

### CHP @ Loving Heart Multi-Service Centre

210 Jurong East Street 21, #01-389, Singapore 600210  
Tuesday: 2pm - 5pm

### CHP @ SASCO @ West Coast AAC (Care)

704 West Coast Road, #01-431, Singapore 120704  
Wednesday: 2pm - 5pm

### CHP @ Lions Befrienders AAC @ Clementi 344

344 Clementi Ave 5, #01-132, Singapore 120344  
Every 1<sup>st</sup> and 4<sup>th</sup> Thursday of the month: 2pm - 5pm

### CHP @ St Luke's Eldercare (Ayer Rajah Centre)

150A Pandan Gardens, #01-01, Singapore 609342  
Monday: 9am - 12pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Jurong East

Devan Nair Institute for Employment and Employability,  
80 Jurong East St 21, #01-07, Singapore 609607  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am - 6pm

### Lakeside Family Centre (Jurong East)

302 Jurong East St 32, #01-22, Singapore 600302  
Tel: 6564 9722  
Email: lfsje@lakeside.org.sg  
Monday - Friday: 9am - 5.30pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

### Loving Heart Multi-Service Centre

316 Jurong East Street 32, #01-279, Singapore 600316  
Tel: 6897 4766  
Monday - Friday: 9am - 5.30pm, Saturday: 9am - 1pm

### SASCO@WestCoast AAC (Care)

704 West Coast Road, #01-431, Singapore 120704  
Tel: 9838 9974  
Monday - Friday: 8.30am - 5.30pm

### Lions Befrienders AAC @ Clementi 344

344 Clementi Ave 5, #01-132, Singapore 120344  
Tel: 6681 4976  
Monday - Friday: 9am - 6pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

### Ayer Rajah CC

150 Pandan Gardens, #01-01, Singapore 609335  
Tel: 6560 9983  
Email: pa\_ayerrajahcc@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Ayer Rajah CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app

# Key Services & Activities near Boon Lay

## Community Health Posts (CHPs)

### CHP @ NTUC Health Senior Activity Centre (Boon Lay)

179 Boon Lay Drive, #01-448, Singapore 640179

Monday: 9am - 12pm



Scan QR code for more CHP locations

Tel: 6995 3619

Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Boon Lay

NKF Integrated Renal Centre, 500 Corporation Road, #01-01 Singapore 649808

Tel: 1800-222-0000

Email: Ask\_SSO@msf.gov.sg

Monday - Friday: 9am - 6pm

### Thye Hua Kwan Family Service Centre @ Jurong

183B Boon Lay Ave, #01-716, Singapore 642183

Tel: 6716 9466

Email: jurongfsc@thkmc.org.sg

Monday, Wednesday & Friday: 9am - 6.30pm

Tuesday and Thursday: 9am - 9pm

Saturday: 9am - 6pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

### THK AAC @ Boon Lay

190 Boon Lay Drive, #01-242, Singapore 640190

Tel: 6264 3455

Monday - Friday: 8.30am - 5.30pm

Saturday: 8.30am - 12.30pm

### THK AAC @ Taman Jurong

337D Tah Ching Road, #01-01, Singapore 610337

Tel: 6489 0721

Monday & Thursday: 8.30am - 8.30pm

Tuesday, Wednesday & Friday: 8.30am - 5.30pm

Saturday: 8.30am - 12.30pm

### Anglican Senior Centre (Jurong West)

499 Jurong West Street 41, #01-812, Singapore 640499

Tel: 6563 0343

Monday - Friday: 9am - 4pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

### Boon Lay CC

10 Boon Lay Place, Singapore 649882

Tel: 6261 7184

Email: pa\_boonlaycc@pa.gov.sg

Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Boon Lay CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app

# Key Services & Activities near Brickland

## Community Health Posts (CHPs)

### CHP @ Fei Yue Active Ageing Centre (Brickland)

809A Choa Chu Kang Ave 1, Keat Hong Axis, #01-628, Singapore 681809  
Every 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the month: 9am – 12pm

### CHP @ Precious Active Ageing Centre (Sunshine Gardens)

488B Choa Chu Kang Ave 5, #01-145, Singapore 682488  
Every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the Month: 2pm - 5pm

### CHP @ Fei Yue Active Ageing Centre (Sunshine Court)

476C Choa Chu Kang Ave 5, #01-43, Singapore 683476  
Thursday: 9am - 12pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Active Ageing Centres (AACs)

### Fei Yue Active Ageing Centre (Brickland)

809A Choa Chu Kang Ave 1, #01-628, Singapore 681809  
Tel: 6950 6322  
Monday - Friday: 9.30am - 6pm

### Precious Active Ageing Centre (Sunshine Gardens)

488B Choa Chu Kang Ave 5, #01-145, Singapore 682488  
Tel: 6912 7800  
Monday - Friday: 8.30am - 6pm

### Fei Yue Active Ageing Centre (Sunshine Court)

476C Choa Chu Kang Ave 5, #01-43, Singapore 683476  
Tel: 6334 0180  
Monday - Friday: 9.30am - 6pm



Scan QR code to locate your nearest AAC

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Chua Chu Kang

8A Teck Whye Lane, Singapore 681008  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am – 6pm

### Fei Yue FSC (Choa Chu Kang)

280 Choa Chu Kang Ave 3, #01-360, Singapore 680280  
Tel: 6762 5215  
Email: enquiry\_FeiYueCCKFSC@fyys.org  
Monday - Friday: 9.30am - 6pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Community Clubs (CCs)

### Chua Chu Kang CC

35 Teck Whye Ave, Singapore 688892  
Tel: 6765 5001  
Email: pa\_chuachukangcc@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Chua Chu Kang CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app

# Key Services & Activities near Bukit Batok

## Community Health Posts (CHPs)

**CHP @ Fei Yue Active Ageing Centre (Bukit Batok)**  
 183 Bukit Batok West Ave 8, #01-101, Singapore 650183  
 Every 1<sup>st</sup> & 3<sup>rd</sup> Monday of the month: 9am - 12pm

**CHP @ Fei Yue Active Ageing Centre (Bukit Batok) - Branch**  
 210A Bukit Batok Street 21, #01-294, Singapore 651210  
 Monday: 2pm - 5pm

**CHP @ Tzu Chi SEEN @ Bukit Batok**  
 230A Bukit Batok Street 21, #02-243, Singapore 651230  
 Every 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month: 2pm – 5pm



Scan QR code for more CHP locations

Tel: 6995 3619  
 Monday - Friday: 8am - 5pm  
 (Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

**Social Service Office @ Bukit Batok**  
 369 Bukit Batok St 31, #01-505, Singapore 650369  
 Tel: 1800-222-0000  
 Email: Ask\_SSO@msf.gov.sg  
 Monday - Friday: 9am - 6pm

**Fei Yue Family Service Centre (Bukit Batok)**  
 185 Bukit Batok West Ave 6, #01-187, Singapore 650185  
 Tel: 6569 0381  
 Email: enquiry\_FeiYueBBFSC@fycs.org  
 Monday - Friday: 9.30am - 6pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

**Fei Yue Active Ageing Centre (Bukit Batok)**  
 183 Bukit Batok West Ave 8, #01-101, Singapore 650183  
 Tel: 6561 4404  
 Monday - Friday: 9.30am - 6pm

**Fei Yue Active Ageing Centre (Bukit Batok) - Branch**  
 210A Bukit Batok Street 21, #01-294, Singapore 651210  
 Tel: 6561 4404  
 Monday - Friday: 9.30am - 6pm

**Tzu Chi SEEN @ Bukit Batok**  
 230A Bukit Batok Street 21, #02-243, Singapore 651230  
 Tel: 6355 9066  
 Monday - Friday: 8.30am – 5.30pm  
 Saturday: 8.30am - 12.30pm  
 (Closed on Sunday and Public Holidays)



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

**Bukit Batok CC (Temp Office)**  
 119 Bukit Batok West Avenue 6, #01-256, Singapore 650119  
 Tel: 6564 7061  
 Email: pa\_bukitbatokcc@pa.gov.sg  
 Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Bukit Batok CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app

# Key Services & Activities near Bukit Batok East

## Community Health Posts (CHPs)

### CHP @ Tzu Chi SEEN @ Bukit Batok

230A Bukit Batok Street 21, #02-243, Singapore 651230  
Every 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month: 2pm – 5pm

### CHP @ Fei Yue Active Ageing Centre (Bukit Batok) - Branch

210A Bukit Batok Street 21, #01-294, Singapore 651210  
Monday: 2pm - 5pm



Scan QR code  
for more CHP  
locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Bukit Batok

369 Bukit Batok St 31, #01-505, Singapore 650369  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am - 6pm

### Fei Yue Family Service Centre (Bukit Batok)

185 Bukit Batok West Ave 6, #01-187, Singapore 650185  
Tel: 6569 0381  
Email: enquiry\_FeiYueBBFSC@fycs.org  
Monday - Friday: 9.30am - 6pm



Scan QR code to locate  
the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list  
of SportSG activities

## Active Ageing Centres (AACs)

### THK AAC @ Bukit Batok

235 Bukit Batok East Ave 5, Gombak Gardens, #01-21, Singapore 650235  
Tel: 6566 5303

Monday - Friday: 8.30am - 5.30pm

Saturday: 8.30am - 12.30pm

### Tzu Chi SEEN @ Bukit Batok

230A Bukit Batok Street 21, #02-243, Singapore 651230

Tel: 6355 9066

Monday - Friday: 8.30am – 5.30pm

Saturday: 8.30am - 12.30pm

### Fei Yue Active Ageing Centre (Bukit Batok) - Branch

210A Bukit Batok Street 21, #01-294, Singapore 651210

Tel: 6561 4404

Monday - Friday: 9.30am - 6pm



Scan QR code to locate  
your nearest AAC

## Community Clubs (CCs)

### Bukit Batok East CC

268 Bukit Batok East Ave 4, #01-256, Singapore 659841

Tel: 6565 9330

Email: pa\_bukitbatokeastcc@pa.gov.sg

Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA  
activities in Bukit Batok East CC

## HPB Activities

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Scan QR code to  
download the  
Healthy365 app

# Key Services & Activities near Bukit Gombak

## Community Health Posts (CHPs)

### CHP @ REACH Senior Centre @ Bukit Gombak Vista (BGV)

377A Bukit Batok Street 31, #01-24, Singapore 651377  
Every 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month: 9am - 12pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Bukit Batok

369 Bukit Batok St 31, #01-505, Singapore 650369  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am - 6pm

### PPIS Family Service Centre (West)

301 Bukit Batok St 31, #01-01, Singapore 650301  
Tel: 6561 3462  
Email: fscwest@ppis.sg  
Monday - Friday: 9am - 5pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

### THK AAC @ Bukit Batok

235 Bukit Batok East Ave 5, Gombak Gardens, #01-21, Singapore 650235  
Tel: 6566 5303  
Monday - Friday: 8.30am - 5.30pm  
Saturday: 8.30am - 12.30pm

### Tzu Chi SEEN @ Bukit Batok

230A Bukit Batok Street 21, #02-243, Singapore 651230  
Tel: 6355 9066  
Monday - Friday: 8.30am - 5pm  
Saturday: 8.30am - 12.30pm

### REACH Senior Centre @ Bukit Gombak Vista (BGV)

377A Bukit Batok Street 31, #01-24, Singapore 651377  
Tel: 9431 0354  
Monday - Wednesday, Friday: 9am - 5.30pm  
Thursday: 1.30pm - 5.30pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

### Keat Hong CC

2 Choa Chu Kang Loop, #01-01, Singapore 689687  
Tel: 6769 4194  
Email: pa\_keathongcc@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Keat Hong CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app

# Key Services & Activities near Bukit Panjang

## Community Health Posts (CHPs)

### CHP @ Precious Active Ageing Centre (Fajar Spring)

454 Fajar Road, #01-582, Singapore 670454  
Tuesday: 10am – 11.30am

### CHP @ Fei Yue Active Ageing Centre (Senja)

634B Senja Road, #02-227, Singapore 672634  
Every 2<sup>nd</sup> & 4<sup>th</sup> Monday of the month: 2pm - 5pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Chua Chu Kang

8A Teck Whye Lane, Singapore 681008  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am – 6pm

### THK FSC @ Bukit Panjang

139 Petir Road, #01-448, Singapore 670139  
Tel: 6767 1740  
Monday, Wednesday and Friday: 9.00am – 6:30pm  
Tuesday and Thursday: 9:00am – 9:00pm  
Saturday: 9:00am – 6:00pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

### Precious Active Ageing Centre (Fajar Spring)

454 Fajar Road, #01-582, Singapore 670454  
Tel: 6497 6703  
Monday - Friday: 8.30am - 6pm

### Vanguard Active Ageing Centre (Care) @ Senja

50 Woodlands Road, #03-01, Singapore 677726  
Tel: 6321 6413  
Monday - Friday: 8.30am - 6.00pm

### Fei Yue Active Ageing Centre (Senja)

634B Senja Road, #02-227, Singapore 672634  
Tel: 6351 9555  
Monday - Friday: 9.30am - 6.00pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

### Bukit Panjang CC

8 Pending Road, Singapore 678295  
Tel: 6506 0900  
Email: pa\_bukitpanjangcc@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Bukit Panjang CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app



# Key Services & Activities near Bukit Timah

## Community Health Posts (CHPs)

### CHP @ Fei Yue Active Ageing Centre (Holland Close)

1 Holland Close, #02-115, Singapore 271001  
Every 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month: 2pm - 5pm

### CHP @ Hannah Active Ageing Centre

21 Toh Yi Drive Golden Kimis, #02-601, Singapore 590021  
Monday: 2pm - 5pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Clementi

358 Clementi Ave 2, #01-285, Singapore 120358  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am - 6pm

### TRANS Family Service Centre (Bukit Timah)

1 Toh Yi Drive, #01-143, Singapore 591501  
Tel: 6466 2287  
Email: transbt@trans.org.sg  
Monday - Friday: 9.30am - 5pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

### Fei Yue Active Ageing Centre (Holland Close)

1 Holland Close, #02-115, Singapore 271001  
Tel: 6774 4044  
Monday - Friday: 9.30am - 6pm

### Fei Yue Active Activity Centre (Holland Close) - Branch

107 Commonwealth Crescent, Crescent Green, #01-230, Singapore 140107  
Tel: 6471 2022  
Monday - Friday: 2pm - 6pm

### TRANS FOCUS Active Ageing Centre

3 Toh Yi Drive, Toh Yi Gardens, #01-189, Singapore 590003  
Tel: 6467 8191  
Monday - Friday: 9am - 5pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

### Bukit Timah CC

20 Toh Yi Drive, Singapore 596569  
Tel: 6466 2912  
Email: pa\_bukittimahcc@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Bukit Timah CC

## HPB Activities

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Scan QR code to download the Healthy365 app

# Key Services & Activities near Buona Vista

## Community Health Posts (CHPs)

### CHP @ Fei Yue Active Ageing Centre (Holland Close)

1 Holland Close, #02-115, Singapore 271001  
Every 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month: 2pm - 5pm

### CHP @ Fei Yue Active Activity Centre (Commonwealth)

107 Commonwealth Crescent, Crescent Green, #01-230, Singapore 140107  
Every Tuesday, except 3<sup>rd</sup> Tuesday of the month: 2pm - 5pm

### CHP @ Lions Befrienders AAC @ Ghim Moh

18 Ghim Moh, #01-115, Singapore 270018  
Every 2<sup>nd</sup> & 4<sup>th</sup> Monday of the month: 9am - 12pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Queenstown

40 Margaret Drive, #02-01, Singapore 140040  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am - 6pm

### TRANS FSC (Bukit Timah)

1 Toh Yi Drive, #01-143, Singapore 591501  
Tel: 6466 2287  
Email: transbt@trans.org.sg  
Monday - Friday: 9am - 5pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

### Fei Yue Active Ageing Centre (Holland Close)

1 Holland Close, #02-115, Singapore 271001  
Tel: 6774 4044  
Monday - Friday: 9.30am - 6pm

### Fei Yue Active Activity Centre (Holland Close) - Branch

107 Commonwealth Crescent, Crescent Green, #01-230, Singapore 140107  
Tel: 6471 2022  
Monday - Friday: 2pm - 6pm

### Lions Befrienders AAC @ Ghim Moh 18

18 Ghim Moh Road, #01-115, Singapore 270018  
Tel: 6681 4912  
Monday - Friday: 9am - 6pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

### Buona Vista CC

36 Holland Drive, #01-01, Singapore 270036  
Tel: 6773 1283 / 6777 4169  
Email: pa\_buonavistacc@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Buona Vista CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app

# Key Services & Activities near Cashew

## Community Health Posts (CHPs)

### CHP @ Precious Active Ageing Centre (Fajar Spring)

454 Fajar Road, #01-582, Singapore 670454  
Tuesday: 10am – 11.30am

### CHP @ Fei Yue Active Ageing Centre (Teck Whye)

9 Teck Whye Lane, #01-268, Singapore 680009  
Every 1<sup>st</sup> and 3<sup>rd</sup> Friday of the Month: 9am – 12pm



Scan QR code  
for more CHP  
locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Bukit Panjang

232 Pending Road, #01-29, Singapore 670232  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am – 6pm

### THK FSC @ Bukit Panjang

139 Petir Road, #01-448, Singapore 670139  
Tel: 6767 1740  
Email: bpfsc@thkmc.org.sg  
Monday, Wednesday and Friday: 9.00am – 6:30pm  
Tuesday and Thursday: 9:00am – 9:00pm  
Saturday: 9:00am – 6:00pm



Scan QR code to locate  
the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list  
of SportSG activities

## Active Ageing Centres (AACs)

### Precious Active Ageing Centre (Fajar Spring)

454 Fajar Road, #01-582, Singapore 670454  
Tel: 6497 6703  
Monday - Friday: 8.30am – 6pm

### Vanguard Active Ageing Centre (Care) @ Senja

50 Woodlands Road, #03-01, Singapore 677726  
Tel: 6321 6416  
Monday - Friday: 8.30am - 6.00pm

### Fei Yue Active Ageing Centre (Teck Whye)

9 Teck Whye Lane, #01-268, Singapore 680009  
Tel: 6893 6606  
Monday - Friday: 9.30am - 6.00pm



Scan QR code to locate  
your nearest AAC

## Community Clubs (CCs)

### Senja-Cashew CC

101 Bukit Panjang Road, #01-01, Senja-Cashew CC,  
Singapore 679910  
Tel: 6219 4561  
Email: pa\_senja-cashewcc@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA  
activities in Senja-Cashew CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to  
download the  
Healthy365 app

# Key Services & Activities near Choa Chu Kang

## Community Health Posts (CHPs)

**CHP @ Fei Yue Active Ageing Centre (Teck Whye) - Branch**  
 165A Teck Whye Crescent, #01-331, Singapore 681165  
 Every 2<sup>nd</sup> & 4<sup>th</sup> Friday of the month: 9am - 12pm

**CHP @ Fei Yue Active Ageing Centre (Teck Whye)**  
 9 Teck Whye Lane, #01-268, Singapore 680009  
 Every 1<sup>st</sup> and 3<sup>rd</sup> Friday of the Month: 9am – 12pm

**CHP @ Fei Yue Active Ageing Centre (Brickland)**  
 809A Choa Chu Kang Avenue 1, #01-628, Singapore 681809  
 Every 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month: 9am – 12pm

**CHP @ Choa Chu Kang Community Club**  
 35 Teck Whye Ave, #03-01, Singapore 688892  
 Every 4<sup>th</sup> Monday of the month: 2pm - 5pm



Scan QR code for more CHP locations

Tel: 6995 3619  
 Monday - Friday: 8am - 5pm  
 (Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

**Social Service Office @ Choa Chu Kang**  
 8A Teck Whye Lane, Singapore 681008  
 Tel: 1800-222-0000  
 Email: Ask\_SSO@msf.gov.sg  
 Monday - Friday: 9am - 6pm

**Fei Yue Family Service Centre (Choa Chu Kang)**  
 280 Choa Chu Kang Ave 3, #01-360, Singapore 680280  
 Tel: 6762 5215  
 Email: enquiry\_FeiYueCCKFSC@fyfcs.org  
 Monday - Friday: 9.30am - 6pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

**Fei Yue Active Ageing Centre (Teck Whye) - Branch**  
 165A Teck Whye Crescent, #01-331, Singapore 681165  
 Tel: 6380 9155  
 Monday - Friday: 9.30am - 6pm

**Fei Yue Active Ageing Centre (Teck Whye)**  
 9 Teck Whye Lane, #01-268, Singapore 680009  
 Tel: 6893 6606  
 Monday - Friday: 9.30am - 6pm

**Fei Yue Active Ageing Centre (Brickland)**  
 809A Choa Chu Kang Ave 1, Keat Hong Axis, #01-628, Singapore 681809  
 Tel: 6950 6322  
 Monday - Friday: 9.30am to 6pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

**Choa Chu Kang CC**  
 35 Teck Whye Ave, Singapore 688892  
 Tel: 6765 5001  
 Email: pa\_chuachukangcc@pa.gov.sg  
 Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Choa Chu Kang CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app

# Key Services & Activities near Clementi

## Community Health Posts (CHPs)

**CHP @ Lion Befrienders AAC @ Clementi 420A**  
420A Clementi Ave 1, #02-03, Singapore 121420  
Wednesday: 2pm - 5pm

**CHP @ Lion Befrienders AAC @ Clementi 344**  
344 Clementi Ave 5, #01-132, Singapore 120344  
Every 1<sup>st</sup> & 4<sup>th</sup> Tuesday of the month: 2pm - 5pm

**CHP @ Lion Befrienders AAC @ Clementi 367**  
367 Clementi Avenue 2, #01-525, Singapore 120367  
Every 1<sup>st</sup> & 4<sup>th</sup> Thursday of the month: 2pm - 5pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

**Social Service Office @ Clementi**  
358 Clementi Ave 2, #01-285, Singapore 120358  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am - 6pm

**Foundation of Rotary Clubs Singapore Family Service Centre (FRCS FSC)**  
346 Clementi Ave 5, #01-32, Singapore 120346  
Tel: 6779 9488  
Email: enquiry@frcsfsc.sg  
Monday & Wednesday: 9am - 6pm  
Tuesday & Thursday: 9am - 9pm (6pm - 9pm on appointment basis)  
Friday: 9am - 5.30pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

**Lion Befrienders AAC @ Clementi 420A**  
420A Clementi Ave 1, #02-03, Singapore 121420  
Tel: 6681 4908  
Monday - Friday: 9am - 6pm

**Lion Befrienders AAC @ Clementi 344**  
344 Clementi Ave 5, #01-132, Singapore 120344  
Tel: 6681 4976  
Monday - Friday: 9am - 6pm

**Lion Befrienders AAC @ Clementi 367/366**  
366 Clementi Ave 2, #01-527, Singapore 120366  
Tel: 6681 4025  
Monday - Friday: 9am - 6pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

**Clementi CC**  
220 Clementi Ave 4, Singapore 129880  
Tel: 6776 2517  
Email: wecare\_clementi@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Clementi CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app

# Key Services & Activities near Hong Kah North

## Community Health Posts (CHPs)

### CHP @ NTUC Health Active Ageing Centre (Care) (Bukit Batok West)

439 Bukit Batok West Ave 8, #02-01, Singapore 650439  
Every 1<sup>st</sup> & 3<sup>rd</sup> Monday of the month: 9am - 12pm

### CHP @ REACH Senior Centre @ Bukit Gombak Vista (BGV)

377A Bukit Batok Street 31, #01-24, Singapore 651377  
Every 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month: 9am - 12pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Bukit Batok

369 Bukit Batok St 31, #01-505, Singapore 650369  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am - 6pm

### PPIS FSC (West)

301 Bukit Batok St 31, #01-01, Singapore 650301  
Tel: 6561 3462  
Email: fscwest@ppis.gov.sg  
Monday - Friday: 9am - 5pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

### REACH Senior Centre @ Bukit Batok (BB)

417 Bukit Batok West Ave 4, #01-284, Singapore 650417  
Tel: 9297 7508  
Monday - Wednesday & Friday: 9am - 5.30pm  
Thursday: 1.30pm - 5.30pm

### NTUC Health Active Ageing Centre (Care) (Bukit Batok West)

439 Bukit Batok West Ave 8, #02-01, Singapore 650439  
Tel: 6970 5829  
Monday - Friday: 9am - 6pm, Saturday: 9am - 1pm

### REACH Senior Centre @ Bukit Gombak Vista (BGV)

377A Bukit Batok Street 31, #01-24, Singapore 651377  
Tel: 9431 0354  
Monday - Wednesday & Friday: 9am - 5.30pm  
Thursday: 1.30pm - 5.30pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

### Hong Kah North CC

30 Bukit Batok Street 31, #01-07, Singapore 659440  
Tel: 6567 3130  
Email: pa\_hongkahnorthcc@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Hong Kah North CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app

# Key Services & Activities near Jurong Central

## Community Health Posts (CHPs)

### CHP @ NTUC Health Active Ageing Centre (Care) (Jurong Central Plaza)

493 Jurong West Street 41, #02-01, Singapore 640493  
Monday: 2pm - 5pm

### CHP @ Loving Heart Active Ageing Centre (318A Jurong East)

318A Jurong East Ave 1, #02-308, Singapore 601318  
Every 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the month: 9.30am – 12.30pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Boon Lay

500 Corporation Road, #01-01, Singapore 649808  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am – 6pm

### Lakeside Family Centre (Jurong West)

516 Jurong West St 52, #01-73, Singapore 640516  
Tel: 6567 1908  
Email: lfsjw@lakeside.org.sg  
Monday - Friday: 9am - 5.30pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

### NTUC Health Active Ageing Centre (Care) (Jurong Central Plaza)

493 Jurong West Street 41, #02-01, Singapore 640493  
Tel: 6256 3671  
Monday - Friday: 9am - 6pm

### Anglican Senior Centre (Jurong West)

499 Jurong West Street 41, #01-812, Singapore 640499  
Tel: 6563 0343  
Monday - Friday: 9am - 4pm

### Loving Heart Active Ageing Centre (318A Jurong East)

318A Jurong East Ave 1, #02-308, Singapore 601318  
Tel: 6897 2646  
Monday - Friday: 9.00am - 5.30pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

### Jurong Green CC

6 Jurong West Ave 1, Jurong Green CC, Singapore 649520  
Tel: 6569 3806  
Email: pa\_juronggreencc@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Jurong Green CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app

# Key Services & Activities near Jurong Spring

## Community Health Posts (CHPs)

### CHP @ NTUC Health Active Ageing Centre (Care) (Jurong Central Plaza)

493 Jurong West Street 41, #02-01, Singapore 640493  
Monday: 2pm - 5pm

### CHP @ Loving Heart Active Ageing Centre (318A Jurong East)

318A Jurong East Avenue 1, #02-308, Singapore 601318  
Every 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the month: 9.30am – 12.30pm

### CHP @ Jurong Spring CC

8 Jurong West Street 52, Classroom 2, Singapore 49296  
Every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month: 9am - 12pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Boon Lay

500 Corporation Road, #01-01, Singapore 649808  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am - 6pm

### Lakeside Family Centre (Jurong West)

516 Jurong West St 52, #01-73, Singapore 640516  
Tel: 6567 1908  
Email: lfsjw@lakeside.org.sg  
Monday - Friday: 9am - 5.30pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

### Anglican Senior Centre (Jurong West)

499 Jurong West Street 41, #01-812, Singapore 640499  
Tel: 6563 0343  
Monday - Friday: 9am - 4pm

### NTUC Health Active Ageing Centre (Care) (Jurong Central Plaza)

493 Jurong West Street 41, #02-01, Singapore 640493  
Tel: 6256 3671  
Monday - Friday: 9am - 6pm

### Loving Heart Active Ageing Centre (318A Jurong East)

318A Jurong East Avenue 1, #02-308, Singapore 601318  
Tel: 6897 2646  
Monday - Friday: 9am - 5.30pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

### Jurong Spring CC

8 Jurong West Street 52, Singapore 649296  
Tel: 6562 4066  
Email pa\_jurongspringcc@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Jurong Spring CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app



# Key Services & Activities near Keat Hong

## Community Health Posts (CHPs)

**CHP @ Fei Yue Active Ageing Centre (Sunshine Court)**  
476C Choa Chu Kang Ave 5, #01-43, Singapore 683476  
Thursday: 9am - 12pm

**CHP @ Fei Yue Active Ageing Centre (Brickland)**  
809A Choa Chu Kang Ave 1, #01-628, Singapore 681809  
Every 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month: 9am - 12pm

**CHP @ Precious Active Ageing Centre (Sunshine Gardens)**  
488B Choa Chu Kang Ave 5, #01-145, Singapore 682488  
Every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month: 2pm - 5pm



Scan QR code  
for more CHP  
locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Active Ageing Centres (AACs)

**Fei Yue Active Ageing Centre (Sunshine Court)**  
476C Choa Chu Kang Ave 5, #01-43, Singapore 683476  
Tel: 6334 0180  
Monday - Friday: 9.30am - 6pm

**Fei Yue Active Ageing Centre (Brickland)**  
809A Choa Chu Kang Ave 1, Keat Hong Axis, #01-628, Singapore 681809  
Tel: 6950 6322  
Monday - Friday: 9.30am - 6pm

**Precious Active Ageing Centre (Sunshine Gardens)**  
488B Choa Chu Kang Ave 5, #01-145, Singapore 682488  
Tel: 6912 7800  
Monday - Friday: 8.30am - 6pm



Scan QR code to locate  
your nearest AAC

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

**Social Service Office @ Chua Chu Kang**  
8A Teck Whye Lane, Singapore 681008  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am - 6pm

**Fei Yue FSC (Choa Chu Kang)**  
280 Choa Chu Kang Ave 3, #01-360, Singapore 680280  
Tel: 6762 5215  
Email: enquiry\_FeiYueCCKFSC@fycs.org  
Monday - Friday: 9.30am - 6pm (Closed on Public Holidays)



Scan QR code to locate  
the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list  
of SportSG activities

## Community Clubs (CCs)

**Keat Hong CC**  
2 Choa Chu Kang Loop, #01-01, Singapore 689687  
Tel: 6769 4194  
Email: pa\_keathongcc@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of  
PA activities in Keat Hong CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to  
download the  
Healthy365 app

# Key Services & Activities near Limbang

## Community Health Posts (CHPs)

**CHP @ Fei Yue Active Ageing Centre (Limbang Green)**  
574 Choa Chu Kang Street 52, #01-296, Singapore 680574  
Every 1<sup>st</sup> & 3<sup>rd</sup> Friday of the month: 9am - 12pm

**CHP @ Fei Yue Active Ageing Centre (Limbang)**  
536 Choa Chu Kang Street 51, #01-142, Singapore 680536  
Every 2<sup>nd</sup> & 3<sup>rd</sup> Tuesday of the month: 2pm - 5pm

**CHP @ Fei Yue Active Ageing Centre (Teck Whye) - Branch**  
165A Teck Whye Crescent, #01-331, Singapore 681165  
Every 2<sup>nd</sup> & 4<sup>th</sup> Friday of the month: 9am - 12pm



Scan QR code  
for more CHP  
locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

**Social Service Office @ Chua Chu Kang**  
8A Teck Whye Lane, Singapore 681008  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am - 6pm

**Fei Yue FSC (Choa Chu Kang)**  
280 Choa Chu Kang Ave 3, #01-360, Singapore 680280  
Tel: 6762 5215  
Email: enquiry\_FeiYueCCKFSC@fyfcs.org  
Monday - Friday: 9.30am - 6pm (Closed on Public Holidays)



Scan QR code to locate  
the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list  
of SportSG activities

## Active Ageing Centres (AACs)

**Fei Yue Active Ageing Centre (Limbang Green)**  
574 Choa Chu Kang Street 52, #01-296, Singapore 680574  
Tel: 6661 9499  
Monday - Friday: 9.30am - 6pm

**Fei Yue Active Ageing Centre (Limbang)**  
536 Choa Chu Kang Street 51, #01-142, Singapore 680536  
Tel: 6659 0616  
Monday - Friday: 9.30am - 6pm

**Fei Yue Active Ageing Centre (Teck Whye extension)**  
165A Teck Whye Crescent, #01-331, Singapore 681165  
Tel: 6380 9155  
Monday - Friday: 9.30am - 6pm



Scan QR code to locate  
your nearest AAC

## Community Clubs (CCs)

**Limbang CC**  
20 Choa Chu Kang St 52, #05-10, Yew Tee Community Building, Singapore 689286  
Tel: 6765 8611  
Email: pa\_limbangco@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of  
PA activities in Limbang CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to  
download the  
Healthy365 app

# Key Services & Activities near Nanyang

## Community Health Posts (CHPs)

### CHP @ SEEN @ Nanyang (Tzu Chi)

712B Jurong West Street 71, #01-203, Singapore 642712  
Tuesday: 9am - 12pm

### CHP @ NTUC Health Active Ageing Centre (Taman Jurong)

118A Corporation Drive, #01-01, Singapore 611118  
Wednesday: 2pm - 5pm



Scan QR code  
for more CHP  
locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Boon Lay

189 Boon Lay Drive, #01-254, Singapore 640189  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am - 6pm

### Whispering Hearts FSC

646 Jurong West Street 61, #01-142, Singapore 640646  
Tel: 6795 1008  
Email: whfsc@viriyia.org.sg  
Monday, Wednesday, Friday: 9am - 6pm,  
Tuesday, Thursday: 9am - 9pm



Scan QR code to locate  
the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list  
of SportSG activities

## Active Ageing Centres (AACs)

### THK AAC @ Boon Lay

190 Boon Lay Drive, #01-242, Singapore 640190  
Tel: 6264 3455  
Monday - Friday: 8.30am - 5.30pm  
Saturday: 8.30am - 12.30pm

### THK AAC @ Taman Jurong

337D Tah Ching Road, #01-01, Singapore 610337  
Tel: 6795 1185  
Monday & Thursday: 8.30am - 8.30pm  
Tuesday, Wednesday & Friday: 8.30am - 5.30pm  
Saturday: 8.30am - 12.30pm

### NTUC Health Active Ageing Centre (Taman Jurong)

118A Corporation Drive, #01-01, Singapore 611118  
Tel: 6261 6563  
Monday - Friday: 9am - 6pm, Saturday: 9am - 1pm



Scan QR code to locate  
your nearest AAC

## Community Clubs (CCs)

### Nanyang CC

60 Jurong West St 91, Singapore 649040  
Tel: 6791 0395  
Email: pa\_nanyangcc@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of  
PA activities in Nanyang CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to  
download the  
Healthy365 app

# Key Services & Activities near Pioneer

## Community Health Posts (CHPs)

### CHP @ NTUC Health Active Ageing Centre (Taman Jurong)

118A Corporation Drive, #01-01, Singapore 611118  
Wednesday: 2pm - 5pm

### CHP @ Jurong Medical Centre (JMC) Flagship

60 Jurong West Central 3, Level 2, Singapore 648346  
Wednesday: 9am - 12pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Boon Lay

500 Corporation Road, #01-01, Singapore 649808  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am - 6pm

### Whispering Hearts Family Service Centre

646 Jurong West Street 61, #01-142, Singapore 640646  
Tel: 6795 1008  
Email: whfsc@viriyia.org.sg  
Monday, Wednesday and Friday: 9am - 6pm  
Tuesday & Thursday: 9am - 9pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

### THK AAC @ Boon Lay

190 Boon Lay Drive, #01-242, Singapore 640190  
Tel: 6264 3455  
Monday - Friday: 8.30am - 5.30pm  
Saturday: 8.30am - 12.30pm

### THK AAC @ Taman Jurong

337D Tah Ching Road, #01-01, Singapore 610337  
Tel: 6795 1185  
Monday & Thursday: 8.30am - 8.30pm  
Tuesday, Wednesday & Friday: 8.30am - 5.30pm  
Saturday: 8.30am - 12.30pm

### NTUC Health Active Ageing Centre (Taman Jurong)

118A Corporation Drive, #01-01, Singapore 611118  
Tel: 6261 6563  
Monday - Friday: 9am - 6pm, Saturday: 9am - 1pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

### The Frontier CC

60 Jurong West Central 3, #01-01  
Singapore 648346  
Tel: 6795 8229  
Email: pa\_thefrontierCC@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in The Frontier CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app

# Key Services & Activities near Queenstown

## Community Health Posts (CHPs)

### CHP @ Lions Befrienders AAC @ Mei Ling

150 Mei Ling Street, #01-53, Singapore 141150  
Every 2<sup>nd</sup> & 4<sup>th</sup> Monday of the month: 2pm - 5pm

### CHP @ Esther Active Ageing Centre

61 Strathmore Ave, #01-02, Singapore 141061  
Every 1<sup>st</sup> & 3<sup>rd</sup> Monday of the month: 2pm - 5pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Queenstown

40 Margaret Drive, #02-01, Singapore 140040  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am - 6pm

### Care Corner Family Service Centre (Queenstown)

88 Tanglin Halt Road, #05-01, Singapore 141088  
Tel: 6476 1481  
Email: qt.fsc@carecorner.org.sg  
Monday, Wednesday & Friday: 9am - 6pm  
Tuesday and Thursday: 9am - 9pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

### Lions Befrienders AAC @ Mei Ling

150 Mei Ling Street, #01-53, Singapore 141150  
Tel: 6681 4916  
Monday - Friday: 9am - 6pm

### Thong Kheng Active Ageing Centre (Queenstown)

3 Jalan Bukit Merah, #01-5070, Singapore 150003  
Tel: 6278 3966  
Monday - Friday: 9am - 5.30pm, Saturday: 9am - 12.30pm

### Esther Active Ageing Centre

61 Strathmore Ave, #01-02, Singapore 141061  
Tel: 6251 4960  
Monday - Friday: 8.30am - 6.00pm  
(Closed for lunch from 12.00pm - 1.00 pm)



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

### Queenstown CC

365 Commonwealth Ave, #01-01, Singapore 149732  
Tel: 6474 1681  
Email: pa\_queenstown@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Queenstown CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app

# Key Services & Activities near Taman Jurong

## Community Health Posts (CHPs)

**CHP @ NTUC Health Active Centre (Taman Jurong)**  
 118A Corporation Drive, #01-01, Singapore 611118  
 Wednesday: 2pm - 5pm



Scan QR code for more CHP locations

Tel: 6995 3619  
 Monday - Friday: 8am - 5pm  
 (Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Taman Jurong

301A Corporation Drive, Singapore 619773  
 Tel: 1800-222-0000  
 Email: Ask\_SSO@msf.gov.sg  
 Monday - Friday: 9am - 6pm

### Fei Yue Family Service at SSO @ Taman Jurong

301A Corporation Drive, Singapore 619773  
 Tel: 6267 2900  
 Email: enquiry\_FeiYueTJFST@fycs.org  
 Monday - Friday: 9.30am - 6pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

**NTUC Health Active Ageing Centre (Taman Jurong)**  
 118A Corporation Drive, #01-01, Singapore 611118  
 Tel: 6261 6563  
 Monday - Friday: 9am - 6pm, Saturday: 9am - 1pm

### THK AAC @ Taman Jurong

337D Tah Ching Road, #01-01, Singapore 610337  
 Tel: 6795 1185  
 Monday & Thursday: 8.30am - 8.30pm  
 Tuesday, Wednesday & Friday: 8.30am - 5.30pm  
 Saturday: 8.30am - 12.30pm

### Anglican Senior Centre (Jurong West)

499 Jurong West Street 41, #01-812, Singapore 640499  
 Tel: 6563 0343  
 Monday - Friday: 9am - 4pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

### Taman Jurong CC

1 Yung Sheng Road, Singapore 618495  
 Tel: 6268 3931  
 Email: pa\_tamanjurongcc@pa.gov.sg  
 Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Taman Jurong CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app

# Key Services & Activities near Telok Blangah

## Community Health Posts (CHPs)

### CHP @ Lions Befrienders AAC @ Mei Ling

150 Mei Ling Street, #01-53, Singapore 141150  
Every 2<sup>nd</sup> & 4<sup>th</sup> Monday of the month: 2pm - 5pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Queenstown

40 Margaret Drive, #02-01, Singapore 140040  
Tel: 1800-222-0000

Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am - 6pm

### Care Corner FSC (Queenstown)

88 Tanglin Halt Road, #05-01, Singapore 141088  
Tel: 6476 1481

Email: qt.fsc@carecorner.org.sg  
Monday - Friday: 9am - 6pm (Closed on Weekends)



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

### Thong Kheng Active Ageing Centre (Queenstown)

3 Jalan Bukit Merah, #01-5070, Singapore 150003  
Tel: 6278 3966

Monday - Friday: 9am - 5.30pm, Saturday: 9am - 12.30pm

### Lions Befrienders AAC @ Mei Ling

150 Mei Ling Street, #01-53, Singapore 141150  
Tel: 6681 4916

Monday - Friday: 9am - 6pm

### NTUC Health Active Ageing Centre (Mount Faber)

76 Telok Blangah Drive, #01-252, Singapore 100076  
Tel: 6590 4370

Monday - Friday: 9am - 6pm, Saturday: 9am - 1pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

### Telok Blangah CC

450 Telok Blangah St 31, #01-01, Singapore 108943  
Tel: 6271 9602

Email: pa\_telokblangahcc@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Telok Blangah CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app

# Key Services & Activities near Ulu Pandan

## Community Health Posts (CHPs)

### CHP @ Lions Befrienders AAC @ Ghim Moh

18 Ghim Moh Road, #01-115, Singapore 270018  
Every 2<sup>nd</sup> & 4<sup>th</sup> Monday of the month: 9am – 12pm

### CHP @ Fei Yue Active Ageing Centre (Holland Close)

1 Holland Close, #02-115, Singapore 271001  
Every 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month: 2pm - 5pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Clementi

358 Clementi Ave 2, #01-285, Singapore 120358  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am – 6pm

### TRANS FSC (Bukit Timah)

1 Toh Yi Drive, #01-143, Singapore 591501  
Tel: 6466 2287  
Email: transbt@trans.org.sg  
Monday - Friday: 9am - 5pm (Closed on Weekends and Public Holidays)



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

### Lions Befrienders AAC @ Ghim Moh

18 Ghim Moh Road, #01-115, Singapore 270018  
Tel: 6681 4912  
Monday - Friday: 9am - 6pm

### Active Global Ghim Moh Active Ageing Centre (Care)

31A Ghim Moh Link, #01-11, Singapore 272031  
Tel: 9879 9341  
Monday - Sunday: 8am - 7pm

### Fei Yue Active Ageing Centre (Holland Close)

1 Holland Close, #02-115, Singapore 271001  
Tel: 6774 4044  
Monday - Friday: 9.30am - 6pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

### Ulu Pandan CC

170 Ghim Moh Road, #01-01, Ulu Pandan Community Building, Singapore 279621  
Tel: 6463 7333 / 6469 3154  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Ulu Pandan CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app



# Key Services & Activities near West Coast

## Community Health Posts (CHPs)

### CHP @ SASCO@WestCoast AAC (Care)

704 West Coast Road, #01-431, Singapore 120704  
Wednesday: 2pm - 5pm

### CHP @ Lion Befrienders AAC @ Clementi 420A

420A Clementi Ave 1, #02-03, Singapore 121420  
Wednesday: 2pm - 5pm

### CHP @ Lion Befrienders AAC @ Clementi 367

367 Clementi Avenue 2, #01-525, Singapore 120367  
Every 1<sup>st</sup> & 4<sup>th</sup> Thursday of the month: 2pm - 5pm

### CHP @ West Coast Wellness Club (West Coast Wellness Centre)

728 Clementi West Street 2, #01-412, Singapore 120728  
Tuesday : 9am - 12pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Clementi

358 Clementi Ave 2, #01-285, Singapore 120358  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am - 6pm

### Foundation of Rotary Clubs (Singapore) FSC

346 Clementi Ave 5, #01-32, Singapore 120346  
Tel: 6779 9488  
Email: enquiry@frcsfsc.sg  
Monday & Wednesday: 9am - 6pm  
Tuesday & Thursday: 9am - 9pm (6pm - 9pm - On Appointment Basis)  
Friday: 9am - 5.30pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

### SASCO@WestCoast AAC (Care)

704 West Coast Road, #01-431, Singapore 120704  
Tel: 9838 9974  
Monday - Friday: 8.30am - 5.30pm

### Lions Befrienders AAC @ Clementi 420A

420A Clementi Ave 1, #02-03, Singapore 121420  
Tel: 6681 4908  
Monday - Friday: 9am - 6pm

### Lions Befrienders AAC @ Clementi 367/366

366 Clementi Ave 2, #01-527, Singapore 120366  
Tel: 6681 4025  
Monday - Friday: 9am - 6pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

### West Coast CC

2 Clementi West St 2, #01-01, West Coast Community Centre, Singapore 129605  
Tel: 6779 1098  
Email: pa\_westcoastcc@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in West Coast CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app

# Key Services & Activities near Yew Tee

## Community Health Posts (CHPs)

**CHP @ Fei Yue Active Ageing Centre (Limbang Green)**  
574 Choa Chu Kang Street 52, #01-296, Singapore 680574  
Every 1<sup>st</sup> & 3<sup>rd</sup> Friday of the month: 9am – 12pm

**CHP @ Fei Yue Active Ageing Centre (Limbang)**  
536 Choa Chu Kang Street 51, #01-142, Singapore 680536  
Every 2<sup>nd</sup> and 3<sup>rd</sup> Tuesday of the month: 2pm - 5pm

**CHP @ Fei Yue Active Ageing Centre (Senja)**  
634B Senja Road, #02-227, Singapore 672634  
Every 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month: 2pm - 5pm

**CHP @ Yew Tee Zone 8 RC**  
673A Choa Chu Kang Crescent, #01-413, Singapore 681673  
Tuesday: 9am – 12pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Active Ageing Centres (AACs)

**Fei Yue Active Ageing Centre (Limbang Green)**  
574 Choa Chu Kang Street 52, #01-296, Singapore 680574  
Tel: 6661 9499  
Monday - Friday: 9.30am - 6pm

**Fei Yue Active Ageing Centre (Limbang)**  
536 Choa Chu Kang Street 51, #01-142, Singapore 680536  
Tel: 6659 0616  
Monday - Friday: 9.30am - 6pm

**Fei Yue Active Ageing Centre (Senja)**  
634B Senja Road, #02-227, Singapore 672634  
Tel: 6351 9555  
Monday - Friday: 9.30am - 6pm



Scan QR code to locate your nearest AAC

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

**Social Service Office @ Chua Chu Kang**  
8A Teck Whye Lane, Singapore 681008  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am – 6pm

**Fei Yue FSC (Yew Tee)**  
604 Choa Chu Kang St 62, #01-53, Singapore 680604  
Tel: 6416 2162  
Email: enquiry\_FeiYueYTFSC@fycs.org  
Monday - Friday: 9.30am - 6pm (Closed on Public Holidays)



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Community Clubs (CCs)

**Yew Tee CC**  
20 Choa Chu Kang St 52, #01-01, Yew Tee Community Building, Singapore 689286  
Tel: 6769 3672  
Email: pa\_yewteecc@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Yew Tee CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app

# Key Services & Activities near Yuhua

## Community Health Posts (CHPs)

### CHP @ Loving Heart Multi-Service Centre (Yuhua)

210 Jurong East Street 21, #01-389, Singapore 600210  
Tuesday: 2pm – 5pm

### CHP @ Loving Heart Active Ageing Centre

318A Jurong East Avenue 1, #02-308, Singapore 601318  
Every 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the month: 9.30am – 12.30pm

### CHP @ Fei Yue Active Ageing Centre (Bukit Batok)

183 Bukit Batok West Ave 8, #01-101, Singapore 650183  
Every 1<sup>st</sup> & 3<sup>rd</sup> Monday of the month: 9am – 12pm

### CHP @ Yuhua Zone 6 Residents' Network

246 Jurong East Street 24, #01-48, Singapore 600246  
Every 3<sup>rd</sup> Friday of the month: 2pm - 5pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Jurong East

Devan Nair Institute for Employment and Employability,  
80 Jurong East St 21, #01-07, Singapore 609607  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am - 6pm

### Lakeside Family Centre (Jurong East)

302 Jurong East St 32, #01-22, Singapore 600302  
Tel: 6564 9722  
Email: lfsje@lakeside.org.sg  
Monday - Friday: 9am - 5.30pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

### Loving Heart Multi-Service Centre

316 Jurong East Street 32, #01-279, 600316  
Tel: 6897 4766  
Monday - Friday: 9am - 5.30pm, Saturday: 9am - 1pm

### Loving Heart Active Ageing Centre (318A Jurong East)

318A Jurong East Avenue 1, #02-308, Singapore 601318  
Tel: 6897 2646  
Monday - Friday: 9am - 5.30pm

### Fei Yue Active Ageing Centre (Bukit Batok)

183 Bukit Batok West Ave 8, #01-101, Singapore 650183  
Tel: 6561 4404  
Monday - Friday: 9.30am - 6pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

### Yuhua CC

90 Boon Lay Way, Singapore 609958  
Tel: 6560 4490  
Email: pa\_yuhuacc@pa.gov.sg  
Monday - Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Yuhua CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app

# Key Services & Activities near Zhenghua

## Community Health Posts (CHPs)

### CHP @ Precious Active Ageing Centre (Fajar Spring)

454 Fajar Road, #01-582, Singapore 670454  
Tuesday: 10am – 11.30am

### CHP @ Fei Yue Active Ageing Centre (Senja)

634B Senja Road, #02-227, Singapore 672634  
Every 2<sup>nd</sup> & 4<sup>th</sup> Monday of the month: 2pm - 5pm



Scan QR code for more CHP locations

Tel: 6995 3619  
Monday - Friday: 8am - 5pm  
(Excludes Public Holidays)

## Social Service Offices (SSOs) / Family Service Offices (FSCs)

### Social Service Office @ Bukit Panjang

232 Pending Road, #01-29, Singapore 670232  
Tel: 1800-222-0000  
Email: Ask\_SSO@msf.gov.sg  
Monday - Friday: 9am – 6pm

### Thye Hua Kwan Family Service Centre @ Bukit Panjang

139 Petir Road, #01-448, Singapore 670139  
Tel: 6767 1740  
Email: bpfsc@thkmc.org.sg  
Monday, Wednesday & Friday: 9am - 6.30pm  
Tuesday and Thursday: 9am - 9pm  
Saturday: 9am - 6pm



Scan QR code to locate the nearest SSO / FSC

## SportSG Activities

SportSG aims to reach out and empower residents to increase their fitness level through a variety of workshops and programmes conducted by Active Health Coaches.



Scan QR code for list of SportSG activities

## Active Ageing Centres (AACs)

### Precious Active Ageing Centre (Fajar Spring)

454 Fajar Road, #01-582, Singapore 670454  
Tel: 6497 6703  
Monday - Friday: 8.30am - 6pm

### Vanguard Active Ageing Centre (Care) @ Senja

50 Woodlands Road, Senja Care Home, #03-01, Singapore 677726  
Tel: 6321 6413  
Monday - Friday: 8.30am - 6.00pm

### Fei Yue Active Ageing Centre (Senja)

634B Senja Road, #02-227, Singapore 672634  
Tel: 6351 9555  
Monday - Friday: 9.30am - 6.00pm



Scan QR code to locate your nearest AAC

## Community Clubs (CCs)

### Zhenghua CC

640A Senja Close, #01-301, Singapore 671640  
Tel: 6310 6702  
Email: pa\_zhenghuacc@pa.gov.sg  
Monday to Sunday: 10am - 6pm



Scan QR code for the list of PA activities in Zhenghua CC

## HPB Activities

Healthy365 is a mobile app that encourages you to adopt healthier lifestyles through a wide range of free exercise classes in your neighbourhood, health challenges and programmes.



Scan QR code to download the Healthy365 app