

S/N	Constituency	Event Name	Date / Day	Time	Event Venue	Registration Required	Contact Details (For Enquiries)
1	Yuhua	Health Talk – Falls + Bone Health ⁺	21 Nov 23, Tue	1100 - 1200	Loving Heart AAC 318A Jurong East Ace 1, #02-308, S(601318)	Yes	Email: aac@lovingheart.org.sg Tel: 6897 2646
2	Jurong Central	Health Talk – Dementia ⁺	21 Nov 23, Tue	1400 - 1500	NTUC Health Active Ageing Centre (Care) (Jurong Central Plaza) 493 Jurong West Street 41, #02-01, S(640493)	Yes	Tel: 6256 3671
3	Bukit Timah	Health Talk – Medication Management ⁺	23 Nov, 23, Thu	1000 - 1100	Hannah AAC 21 Toh Yi Drive, #02-601, S(590021)	Yes	Email: info@pcs.org.sg Tel: 6463 3596
4	Bukit Batok	Jurong Cluster Futsal Tournament and Sports Carnival	26 Nov 23, Sun	0830 - 1230	ActiveSG Sport Village @ Jurong Town 2 International Road, S(619618)	Yes	Email: pa_bukitbatokcc@pa.gov.sg Tel: 6564 7061
5	Bukit Panjang	Brisk Walking @ Bukit Panjang	1 Dec 23, Sun	0700 - 0900	Bukit Panjang Community Club 8 Pending Road, S(678295)	Yes	Email: pa_bukitpanjangcc@pa.gov.sg Tel: 6506 0900
6	Queenstown	Chronic Disease Screening*	3 Dec 23, Sun	0900 - 1200	Mei Ling RN 150 Mei Ling Street, #01-65, S(141150)	Yes	Email: pa_queenstowncc@pa.gov.sg Tel: 6474 0596
7	Pioneer	Nurturing Mental Wellness	9 Dec 23, Sat	1100 - 1300	Jurong Medical Centre Level 1, 60 Jurong West Central 3, S(648346)	Yes	https://for.sg/5icys0

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8	Clementi	Health Talk – Dementia ⁺	12 Dec 23, Tue	1300 - 1400	Rotary Family Service Centre 702 West Coast Road, #01-347, S(120702)	Yes	Email: enquiry@frcsfsc.sg Tel: 6779 9488
9	Bukit Batok	Christmas Cheers 2023	17 Dec 23, Sun	1900 - 2200	Hardcourt beside Bukit Batok Bus Interchange Beside Blk 628A Multi Story Carpark	Yes	Email: pa_bukitbatokcc@pa.gov.sg Tel: 6564 7061
10	Brickland	Health Talk – Blood Pressure Monitoring + Blood Pressure Machine Demo ⁺	19 Dec 23, Tue	1000 - 1100	Precious AAC Sunshine Garden 488B Choa Chu Kang Ave 5, #01-145, S(682488)	Yes	Email: enquiry@preciousaac.com Tel: 6912 7800
11	Jurong Central	Health Talk – Dementia ⁺	21 Dec 23, Thu	1400 - 1500	NTUC Health AAC (Taman Jurong) 118A Corporation Drive, S(611118)	Yes	Tel: 6261 6563
12	Bukit Timah	Health Talk – Falls + Bone Health ⁺	11 Jan 24, Thu	1100 - 1200	Hannah AAC 21 Toh Yi Drive, #02-601, S(590021)	Yes	Email: info@pcs.org.sg Tel: 6463 3596
13	Jurong Central	Health Talk – Falls + Bone Health ⁺	12 Jan 24, Fri	1400 - 1500	NTUC Health AAC (Taman Jurong) 118A Corporation Drive, S(611118)	Yes	Tel: 6261 6563
14	Queenstown	Health Talk – Dementia ⁺	17 Jan 24, Wed	1400 - 1500	Esther AAC 61, Strathmore Avenue, #01-02, S(141061)	Yes	Email: estherenquiry@pcs.org.sg Tel: 6251 4960

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15	Brickland	Health Talk – Blood Pressure Monitoring + Blood Pressure Machine Demo ⁺	17 Jan 24, Wed	1400 - 1500	Fei Yue AAC (Brickland) 809A Choa Chu Kang Ave 1, #01-628, S(681809)	Yes	Email: fy-blaac@fyys.org Tel: 6950 6322

*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.