

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	Keat Hong	CHP Health Talk - Blood Pressure Monitoring + Blood Pressure Machine Demo*	Thu, 21 May 26	1400 - 1500	Fei Yue Active Ageing Centre (Sunshine Court) 476C Choa Chu Kang Avenue 5, #01-43, Singapore 683476	Yes	Email: fy-scaac@fycs.org Tel: 6334 0180
3	Clementi	CHP Health Talk – My Healthy Plate*	Thu, 21 May 26	1400 - 1500	Lions Befrienders Active Ageing Centre @ Clementi 344 344 Clementi Avenue 5, #01-132, Singapore 120344	Yes	Email: LB_CLM344_grp@lb.org.sg Tel: 6681 4976
4	All	Bladder Control: How Physiotherapy Can Help	Fri, 22 May 26	1300 - 1400	Zoom	Yes	Register here: www.for.sg/nuh-heh-may26 For enquiries, please call 6772 2184. Details of events are subject to changes. Registration is strictly required.
5	Queenstown	Life Unlimited@170's Grand Opening	Sat, 23 May 26	0900 - 1300	Life Unlimited@170's (pavilion) 170 Stirling Road, Singapore 140170	Yes	Email: LBadmin@lb.org.sg Tel: 1800 375 8600
6	Bukit Batok East	BBE Day 2026	Sun, 24 May 26	0900 - 1200	Bukit Batok East Community Club 23 Bukit Batok East Avenue 4, Singapore 659841	Yes	Email: pa_bukitbatokeastcc@pa.gov.sg Tel: 65659330
7	Queenstown	CHP Health Talk - Blood Pressure Monitoring + Blood Pressure Machine Demo*	Fri, 29 May 26	1030 - 1130	Lions Befrienders Active Ageing Centre @ Mei Ling 150 150 Mei Ling Street, #01-53, Singapore 141150	Yes	Email: LB_MEL150_grp@lb.org.sg Tel: 6681 4916
8	All	Women's Mental Health Through Life's Changes	Fri, 29 May 26	1300 - 1400	Zoom	Yes	Register here: www.for.sg/nuh-heh-may26 For enquiries, please call 6772 2184. Details of events are subject to changes. Registration is strictly required.
9	Yuhua	CHP Health Talk - Falls + Bone Health*	Fri, 29 May 26	1430 - 1530	Loving Heart Multi-Service Centre 210 Jurong East Street 21, #01-389, Singapore 600210	Yes	Email: hello@lovingheart.org.sg Tel: 6897 4766
10	Bukit Timah	CHP Health Talk - Falls + Bone Health*	Thu, 4 Jun 26	1400 - 1500	Toh Yi Dr, #01-189 Block 3, Singapore 590003	Yes	Email: transfocus@trans.org.sg Tel: 6467 8191
11	Pioneer	CHP Health Talk – My Healthy Plate*	Fri, 5 Jun 26	1030 - 1130	S3 Canopy Active Ageing Centre 693 Jurong West Central 1, #01-91, Singapore 640693	Yes	Email: aac.boonlay@s3.org.sg Tel: 8066 5986
12	All	Your Brain Matters: How to Keep it Healthy?	Fri, 12 Jun 26	1300 - 1400	Zoom	Yes	Register here: https://for.sg/nuh-heh-jun26 For enquiries, please call 6772 2184. Details of events are subject to changes. Registration is strictly required.
13	Nanyang	Nanyang Parents Day Carnival	Sat, 13 Jun 26	0900 - 1200	60 Jurong West Street 91, Singapore 649040	Yes	Email: PA_NANYANGCC@pa.gov.sg Tel: 67910395
14	All	Movement As Medicine: Train the Body, Treat the Brain	Fri, 19 Jun 26	1300 - 1400	Zoom	Yes	Register here: https://for.sg/nuh-heh-jun26 For enquiries, please call 6772 2184. Details of events are subject to changes. Registration is strictly required.
15	Yew Tee	CHP Health Talk - Blood Pressure Monitoring + Blood Pressure Machine Demo*	Tue, 23 Jun 26	1400 - 1500	PCF Sparkle Care Active Ageing Centre (Care) @ Yew Tee 625 Choa Chu Kang Street 62, #01-206, Annexe Bay, Singapore 680625	Yes	Email: pcfhq@pcf.org.sg Tel: 6769 0500
16	Bukit Panjang	CHP Health Talk – Healthy Living Lifestyle*	Wed, 24 Jun 26	1530 - 1630	NTUC Health Active Ageing Centre (Bukit Panjang) Bukit Panjang Hawker & Market, 2 Bukit Panjang Ring Road, #02-06, Singapore 679947	Yes	Email: care@ntuhealth.sg Tel: 80312839
17	Ulu Pandan	CHP Health Talk - Blood Pressure Monitoring + Blood Pressure Machine Demo*	Fri, 26 Jun 26	0930 - 1030	Lion Befrienders Active Ageing Centre @ Ghim Moh 18 Block 18 Ghim Moh Road, #01-115, Singapore 270018	Yes	Email: lb_ghm018_grp@lb.org.sg Tel: 6681 4912
18	All	Clinical Apathy in Parkinson's Disease	Fri, 26 Jun 26	1300 - 1400	Zoom	Yes	Register here: https://for.sg/nuh-heh-jun26 For enquiries, please call 6772 2184. Details of events are subject to changes. Registration is strictly required.
19	Keat Hong	Connecting Life, Live Well, Age Well	Sat, 18 Jul 26	0900 - 1400	Keat Hong Community Club 2 Choa Chu Kang Loop, #01-01, Singapore 689687	Yes	Email: pa_keathongcc@pa.gov.sg Tel: pa_keathongcc@pa.gov.sg
20	Ulu Pandan	CHP Health Talk - Blood Pressure Monitoring + Blood Pressure Machine Demo*	Mon, 3 Aug 26	1500 - 1600	Caregiving Welfare Association 3 Ghim Moh Road, #01-294, Singapore 270003	Yes	Email: contact@cwa.org.sg Tel: 6466 7996
21	Ayer Rajah	CHP Health Talk – Medication Management*	Tue, 1 Sep 26	1430 - 1530	PPH Community Services Centre 44 Teban Gardens Road, #01-407, Singapore 600044	Yes	Email: community@pphsc.org Tel: 6253 8543

*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.