

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	Limbang	CHP Health Talk - Medication Management ⁺	Tue, 12 Aug 25	1400 - 1500	Fei Yue Active Ageing Centre (Limbang Green) 574 Choa Chu Kang St 52, #01-296, S'pore 680574	Yes	Tel: 6661 9499
3	All	The Gift of a Heartbeat – Understanding Heart Transplantation	Fri, 15 Aug 25	1300 - 1400	Zoom	Yes	Register here: www.for.sg/nuh-heh-aug25 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
4	Clementi	SG60 National Day Carnival	Sat, 16 Aug 25	0900 - 1300	Clementi Community Centre 220 Clementi Ave 4, S'pore 129880	Yes	Email: wecare_clementi@pa.gov.sg Tel: 6776 1670
5	Yew Tee	CHP Health Talk - Blood Pressure Monitoring and Blood Pressure Machine Demo ⁺	Mon, 18 Aug 25	1400 - 1500	PCF Sparkle Care Active Ageing Centre (Care) @ Yew Tee 625 Choa Chu Kang St 62, #01-206, Annexe Bay, S'pore 680625	Yes	Email: pcfhq@pcf.org.sg Tel: 6769 0500
6	Clementi	CHP Health Talk - Healthy Living Lifestyle (5 Good Habits to Staying Healthy) ⁺	Tue, 19 Aug 25	1100 -1200	Lions Befrienders Active Ageing Centre @ Clementi 420A 420A Clementi Ave 1, #02-03, S'pore 121420	Yes	Email: LB_CLM420_grp@lb.org.sg Tel: 6681 4908
7	Jurong Spring	CHP Health Talk - My Healthy Plate ⁺	Tue, 19 Aug 25	1515 - 1615	Kaki Kampong Seniors Wellness Centre 500 Corporation Road, #03-01, S'pore 649808	Yes	Email: kkseniors@lakeside.org.sg Tel: 6019 8530
8	All	Stem Cell Transplantation: A Journey through Time	Fri, 15 Aug 25	1300 - 1400	Zoom	Yes	Register here: www.for.sg/nuh-heh-aug25 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
9	Clementi	CHP Health Talk - Healthy Living Lifestyle (5 Good Habits to Staying Healthy) ⁺	Wed, 27 Aug 25	1100 - 1200	Lions Befrienders Active Ageing Centre @ Clementi 366/367 367 Clementi Ave 2, #01-525, S'pore 120367	Yes	Email: LB_CLM344_grp@lb.org.sg Tel: 6681 4025
10	All	Young Lives, Big Changes: The Journey of Paediatric Kidney Transplantation	Fri, 29 Aug 25	1300 - 1400	Zoom	Yes	Register here: www.for.sg/nuh-heh-aug25 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
11	Chua Chu Kang	CHP Health Talk - Understanding Dementia ⁺	Fri, 5 Sep 25	1430 - 1530	Fei Yue Active Ageing Centre (Teck Whye Extension) 165A Teck Whye Crescent, #01-331, S'pore 681165	Yes	Tel: 6380 9155
12	All	Healthy Heart: How to Achieve It?	Fri, 5 Sep 25	1300 - 1400	Zoom	Yes	Register here: www.for.sg/nuh-heh-sep25 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
13	Boon Lay	Boon Lay CC IAEC Health Fiesta	Sun, 7 Sep 25	1100 - 1130	Boon Lay Community Club 10 Boon Lay Place, S'pore 649882	Yes	Email: pa_boonlaycc@pa.gov.sg Tel: 6261 9947
14	All	Tired legs? Your Leg Veins May Need Help!	Fri, 12 Sep 25	1300 - 1400	Zoom	Yes	Register here: www.for.sg/nuh-heh-sep25 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
15	Keat Hong	Celebrate World Heart Month with NUHCS & Keat Hong PA	Sat, 13 Sep 25,	0830 - 1300	Keat Hong Community Club 2 Choa Chu Kang Loop, #01-01, S'pore 689687	Yes	Email: pa_keathongcc@pa.gov.sg Tel: 6769 4194
16	Bukit Gombak	Chill@Gombak – Relax, Connect and Discover	Sat, 13 Sep 25	1000 - 1500	Hong Kah North Community Centre 30 Bukit Batok St 31, S'pore 659440	Yes	Email: PA_Hongkahnorthcc@pa.gov.sg Tel: 6567 3130
17	All	Heart Palpitations: Should you Worry?	Fri, 19 Sep 25	1300 - 1400	Zoom	Yes	Register here: www.for.sg/nuh-heh-sep25 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
18	Ayer Rajah	CHP Health Talk - My Healthy Plate ⁺	Tue, 23 Sep 25	1430 - 1530	PPH Community Services Centre 44 Teban Gardens Road, #01-407, S'pore 600044	Yes	Tel: 6566 5603
19	All	Hypertension – The Silent Killer	Fri, 12 Sep 25	1300 - 1400	Zoom	Yes	Register here: www.for.sg/nuh-heh-sep25 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
20	Buona Vista	Healthy Ageing, Happy Living	Sat, 27 Sep 25	1000 - 1400	Buona Vista Community Club, MPH 36 Holland Drive, S'pore 270036	Yes	Email: PA_Buonavistacc@pa.gov.sg Tel: 6778 5163
21	Chua Chu Kang	CHP Health Talk - Understanding Dementia ⁺	Tue, 30 Sep 25	1430 - 1530	Fei Yue Active Ageing Centre (Teck Whye) 9 Teck Whye Lane, #01-268, S'pore 680009	Yes	Tel: 6893 6606
22	Telok Blangah	CHP Health Talk - Healthy Living Lifestyle (5 Good Habits to Staying Healthy) ⁺	Wed, 1 Oct 25	1030 - 1130	Dover Road RC 5 Dover Cres, S'pore 130005	Yes	Email: PA_DoverCC@pa.gov.sg Tel: 6777 0976
23	Zhenghua	Mid-Autumn Festival Celebration	Sat, 4 Oct 25	1830 - 2130	645 Senja Close, S'pore 670645	Yes	Email: PA_ZhenghuaCC@pa.gov.sg Tel: 6310 6702
24	Bukit Panjang	CHP Health Talk - Medication Management ⁺	Mon, 6 Oct 25	1400 - 1500	Fei Yue Active Ageing Centre (Fajar) 406 Fajar Road, #01-295, S'pore (670406)	Yes	Email: fy-fjaac@fyccs.org Tel: 6370 4162
25	Taman Jurong	CHP Health Talk - Healthy Living Lifestyle (5 Good Habits to Staying Healthy) ⁺	Mon, 13 Oct 25	1100 - 1200	THK Active Ageing Centre @ Taman Jurong 337 Tah Ching Road, #01-01, S'pore 610337	Yes	Email: PA_keathongcc@pa.gov.sg Tel: 6769 4194
26	Nanyang	CHP Health Talk - My Healthy Plate ⁺	Mon, 27 Oct 25	1400 - 1500	Tzu Chi SEEN @ Nanyang 712B Jurong West St 71, #01-203, S'pore 642712	Yes	Email: sac@tzuchi.org.sg Tel: 6355 9068

*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.