

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	Ulu Pandan	CHP Health Talk - Medication Management ⁺	Mon, 26 Jan 26	1330 - 1430	Lions Befrienders Active Ageing Centre @ Ghim Moh 18 18 Ghim Moh Road, #01-115, S'pore 270018	Yes	Email: lb_ghm018_grp@lb.org.sg Tel: 6681 4912
3	Nanyang	CHP Health Talk - Falls + Bone Health ⁺	Mon, 26 Jan 26	1400 - 1500	Tzu Chi SEEN @ Nanyang 712B Jurong West Street 71, #01-203, S'pore 642712	Yes	Email: sac@tzuchi.org.sg Tel: 6355 9068
4	Zhenghua	CHP Health Talk - Falls + Bone Health ⁺	Wed, 28 Jan 26	1430 - 1530	Fei Yue Active Ageing Centre (Senja) 634B Senja Road, #02-227, S'pore 672634	Yes	Email: fy-sjaac@fyccs.org Tel: 6351 9555
5	Jurong Central	CHP Health Talk - My Healthy Plate ⁺	Fri, 30 Jan 26	1100 - 1200	Jurong Central Zone A 475 Jurong West St 41, #01-384, S'pore 640475	Yes	Email: PA_Juronggreenncc@pa.gov.sg Tel: 6569 3806
6	Bukit Timah	CHP Health Talk - My Healthy Plate ⁺	Sun, 1 Feb 26	0700 - 0800	Hard Court Space 9 Toh Yi Drive, S'pore 590009	Yes	Email: PA_BukitTimahCC@pa.gov.sg Tel: 64662912
7	Ulu Pandan	CHP Health Talk - Diabetes Management ⁺	Mon, 2 Feb 26	1500 - 1600	Caregiving Welfare Association 3 Ghim Moh Road, #01-294, S'pore 270003	Yes	Email: contact@cwa.org.sg Tel: 6466 7996
8	Taman Jurong	CHP Health Talk - Falls + Bone Health ⁺	Mon, 2 Feb 26	1100 - 1200	NTUC Health Active Ageing Centre (Taman Jurong) 118A Corporation Drive, S'pore 611118	Yes	Tel: 6261 6563
9	Jurong Central	CHP Health Talk - Diabetes Management ⁺	Thu, 5 Feb 25	1000 – 1100	Kampung Senang Green and Healthy Living Centre 324 Jurong East Street 31, #01-130, S'pore 600324	Yes	Email: corporatecomm@kampungsenang.org Tel: 6749 8509
10	Ayer Rajah	CHP Health Talk - Medication Management ⁺	Thu, 5 Feb 25	1100 - 1200	St Luke's ElderCare Active Ageing Centre (Care) @ Ayer Rajah 150A Pandan Gardens, #01-01, S'pore 609342	Yes	Email: arcactiveageing@slec.org.sg Tel: 8021 4270
11	Clementi	Launch of Wellness Space @ Clementi Peaks	Sat, 7 Feb 26	1400 - 1700	Wellness Space @ Clementi Peaks 463 Clementi Ave 1, #01-18, S'pore 120463	Yes	Find out more at For.sg/wellness-space-cp
12	Yuhua	Yuhua Prosperity Rice Distribution 2026	Sun, 8 Feb 26	0900 – 1230	252 Jurong East Street 24, Singapore 600252	Yes	Email: PA_YuhuaCC@pa.gov.sg Tel: 65604490
13	Clementi	CHP Health Talk - Blood Pressure Monitoring + Blood Pressure Machine Demo ⁺	Tue, 10 Feb 26	1100 – 1200	Lions Befrienders Active Ageing Centre @ Clementi 420A Clementi Avenue 1, #02-03, S'pore 121420	Yes	Email: LB_CLM420_grp@lb.org.sg Tel: 6681 4908
14	Chua Chu Kang	CHP Health Talk - Falls + Bone Health ⁺	Wed, 11 Feb 26	1400 - 1500	REACH – SLEC Active Ageing Centre (Care) @ Teck Whye Vista 153 Jalan Teck Whye, #03-151, S'pore 680153	Yes	Email: senior@reach.org.sg Tel: 9093 6887
15	All	Vaping: Impact on Health and Wellbeing	Fri, 13 Feb 26	1300 - 1400	Zoom	Yes	Register here: www://for.sg/nuh-heh-feb26 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
16	Queenstown	CHP Health Talk - Diabetes Management ⁺	Fri, 20 Feb 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
17	All	Session 1: Understanding Inattention and ADHD Session 2: Supporting Mental Wellness in Senior Years	Fri, 20 Feb 26	1300 - 1400	Zoom	Yes	Register here: www://for.sg/nuh-heh-feb26 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required. Both sessions will take place in same webinar.
18	Clementi	CHP Health Talk - Diabetes Management ⁺	Thu, 26 Feb 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
19	All	Understanding and Supporting Today's Youth	Fri, 27 Feb 26	1300 - 1400	Zoom	Yes	Register here: www://for.sg/nuh-heh-feb26 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
20	Jurong Spring	CHP Health Talk - Blood Pressure Monitoring + Blood Pressure Machine Demo ⁺	Fri, 17 Mar 26	1515 - 1615	Kaki Kampong Seniors Wellness Centre 500 Corporation Road, #03-01, S'pore 649808	Yes	Email: lfstj@lakeside.org.sg Tel: 6265 6522

*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.