

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	All	Foot and Ankle Pain: Causes, Diagnosis and Treatment Options	Fri, 9 May 25	1300 - 1400	Zoom	Yes	For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required. Register here: https://for.sg/nuh-heh-may25
3	Brickland	Mothers’ Day Celebration	Sat, 10 May 25	1930 - 2130	803 Keat Hong Close Tentage, Spore 680803	Yes	Email: PA_BricklandCC@pa.gov.sg Tel: 6235 8165
4	Bukit Panjang	Grand Opening of New Life Community Services	Sun, 11 May 25	1000 - 1400	526 Jelapang Road, Spore 670526	Yes	Email: jelapangaac@newlife.org.sg Tel: 8183 9546
5	Brickland	CHP Health Talk - Boost Bone Health, Prevent Osteoporosis ⁺	Wed, 14 May 25	1400 - 1500	Fei Yue Active Ageing Centre (Brickland) 809A Choa Chu Kang Ave 1, #01-628, Spore 681809	Yes	Email: fy-blaac@fycs.org Tel: 6950 6322
6	All	Keeping Your Spine Strong as You Age	Fri, 16 May 25	1300 - 1400	Zoom	Yes	For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required. Register here: https://for.sg/nuh-heh-may25
7	Jurong	SG60 Family Sports & Health Fiesta	Sun, 18 May 25	0800 - 1230	Jurong East Sports Hall 21 Jurong East St 31, Spore 609517	Yes	FB: M ³ @Jurong
8	Ulu Pandan	CHP Health Talk - Medication Management ⁺	Mon, 19 May 25	1500 - 1600	Caregiving Welfare Association 3 Ghim Moh Road, #01-294, Spore 609517	Yes	Email: contact@cwa.org.sg Tel: 6466 7996
9	All	Understanding Knee Osteoarthritis and Knee Replacement Surgery	Fri, 23 May 25	1300 - 1400	Zoom	Yes	For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required. Register here: https://for.sg/nuh-heh-may25
10	Nanyang	NTUC Nanyang AAC Open House	Sat, 24 May 25	0900 - 1200	NTUC Health Active Ageing Centre (Nanyang) 817 Jurong West St 81, #01-30, Spore 640817	Yes	Tel: 6715 6752
11	Bukit Panjang	CHP Health Talk - My Healthy Plate ⁺	Wed, 28 May 25	1000 - 1100	NTUC Health AAC Bukit Panjang 2 Bukit Panjang Ring Road, #02-06, Spore 679947	Yes	Email: northwest_cdc@pa.gov.sg Tel: 6248 5566
12	Chua Chu Kang	CHP Health Talk - Understanding Dementia ⁺	Wed, 28 May 25	1400 - 1500	Active Ageing Centre (Care) @ Teck Whye Vista 153 Jalan Teck Whye, #03-151, Spore 679947	Yes	Email: senior@reach.org.sg Tel: 9093 6887
13	All	Navigating Knee Injuries: Insights from a Sports Surgeon	Fri, 30 May 25	1300 - 1400	Zoom	Yes	For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required. Registered here: https://for.sg/nuh-heh-may25
14	North West	Healthy Living Festival @ North West	Sun, 1 Jun 25	0900 - 1900	Singapore Turf Club 1 Turf Club Avenue, Spore 738078	Yes	Email: northwest_cdc@pa.gov.sg Tel: 6248 5566
15	Yew Tee	CHP Health Talk - Medication Management ⁺	Mon, 2 Jun 25	1400 - 1500	PCF SparkleCare Active Ageing Centre @ Yew Tee 625 Choa Chu Kang St 62, #01-206, Annexe Bay, Spore 680625	Yes	Email: pcfhq@pcf.org.sg Tel: 6769 0500
16	Yew Tee	Health Together Carnival @ Yew Tee	Sat, 12 Jul 25	0830 - 1300	Kampong Pavilion In front of 669A Choa Chu Kang Crescent, S’pore 681669	Yes	Email: PA_yewteecc@pa.gov.sg Tel: 6769 3672
17	Keat Hong	Keat Hong Active Living Event	Sat, 26 Jul 25	0900 - 1100	Keat Hong Community Club Multi-Purpose Hall (Level 5), 2 Choa Chu Kang Loop, Spore 689687	Yes	Email: PA_keathongcc@pa.gov.sg Tel: 6769 4194
18	Yew Tee	CHP Health Talk - Promoting Good Practices in Chronic Disease Management ⁺	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, Spore 680625	Yes	Email: pcfhq@pcf.org.sg Tel: 6769 0500

*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.