

We are continuously enhancing our Community Health Posts (CHPs) by having more sessions and more programmes to cater to the needs of our residents.

## Ang Mo Kio

Sub Zones	Community Health Post	Address	Opening Hours
KEBUN BAHRU	IDeAL@115	Blk 115 Ang Mo Kio Avenue 4 Singapore 560115	Every Fri, 9am - 12pm
CHENG SAN	Cheng San Cherry RN (by Cornerstone @ Cheng San)	Blk 573 Ang Mo Kio Avenue 3 #01-3313 Singapore 560573	2nd Thu, 2pm - 5pm
CHENG SAN	Sunlove Active Ageing Centre (Care) @ Ang Mo Kio	Blk 557 Ang Mo Kio Avenue 10 #01-1874 Singapore 560557	4th Mon, 2pm - 5pm
CHONG BOON	Allkin Active Aging Centre @ Ang Mo Kio 469	Blk 469 Ang Mo Kio Avenue 10 #01-940 Singapore 560469	2nd & 4th Mon, 2pm - 5pm
CHONG BOON	Allkin Active Aging Centre @ Ang Mo Kio 420	Blk 420 Ang Mo Kio Avenue 10 #01-1143 Singapore 560420	1st & 3rd Tue, 9am - 12pm
CHONG BOON	TOUCHpoint @ AMK 433	Blk 433 Ang Mo Kio Avenue 10 Singapore 560433	Every Thu, 2pm - 4.30pm
TOWNSVILLE	Lions Befrienders AAC @ Ang Mo Kio 318	Blk 318 Ang Mo Kio Avenue 1 #01-1453, Singapore 560318	Every Tue, 2pm - 5pm
CHENG SAN	Allkin Active Aging Centre @ Ang Mo Kio 510	Blk 510 Ang Mo Kio Avenue 8 #01-2556 Singapore 560510	1st & 3rd Thu, 9am - 12pm
TOWNSVILLE	MWS Active Ageing Centre - Teck Ghee Vista	Blk 307D Ang Mo Kio Avenue 1 #01-01 Singapore 564307	1st & 3rd Tue, 9am - 12pm
TOWNSVILLE	Teck Ghee Care RN (by Lions Befrienders AAC @ AMK 318)	Blk 321 Ang Mo Kio Avenue 1 #01-1555 Singapore 560321	3rd Wed, 2pm - 4pm
SHANGRI-LA	THK AAC @ AMK 208	Blk 208 Ang Mo Kio Avenue 1 #01-1019 Singapore 560208	3rd Thu, 9am - 12pm
SHANGRI-LA	THK AAC @ AMK 257	Blk 257 Ang Mo Kio Avenue 4 #01-67 Singapore 560257	1st Mon, 9am - 12pm
YIO CHU KANG WEST	THK AAC @ AMK 645	Blk 645 Ang Mo Kio Avenue 6 #01-4937 Singapore 560645	1st, 2nd & 3rd Wed, 9am - 12pm 2nd Wed, 2pm – 5pm
KEBUN BAHRU	MWS Active Ageing Centre - Kebun Baru	Blk 180 Ang Mo Kio Avenue 5 #01-2980 Singapore 560180	2nd & 4th Wed, 9am - 12pm
CHENG SAN	Cornerstone @ Cheng San Active Ageing Centre	Blk 591A Ang Mo Kio Street 51 #01-35 Singapore 561591	4th Thu, 2pm - 5pm
KEBUN BAHRU	Kampung AWWA [Satellite of AWWA Active Ageing Centre]	Blk 130 Ang Mo Kio Avenue 3 Singapore 560130	1st Fri, 9am – 12pm

## BISHAN

Sub Zones	Community Health Post	Address	Opening Hours
BISHAN EAST	St Luke's ElderCare Active Ageing Centre (Care) @ Bishan	Blk 152B Bishan Street 11 #01-271 Singapore 572152	Every Thu, 2pm - 5pm
UPPER THOMSON	Allkin Active Ageing Centre @ Sin Ming 25	Blk 25 Sin Ming Road #01-88 Singapore 570025	2nd Tue, 9.30am – 12.30pm
UPPER THOMSON	Allkin Active Ageing Centre @ Sin Ming 410	Blk 410 Sin Ming Avenue #01-119 Singapore 570410	1st & 3rd Mon, 2pm - 5pm
UPPER THOMSON	PCF Sparkle Care @ Shunfu	Blk 313 Shunfu Road #01-287 Singapore 570313	3rd Wed, 2pm - 5pm

## GEYLANG

Sub Zones	Community Health Post	Address	Opening Hours
MACPHERSON	CareElderly@Circuit	Blk 35 Circuit Road #01-432 Singapore 370035	Every Wed, 2pm - 5pm
ALJUNIED	House of Joy Mountbatten	Blk 12 Pine Close #01-85 Singapore 391012	2nd Mon, 9am - 12pm
ALJUNIED	THK AAC @ Cassia	Blk 52 Cassia Crescent #01-155 Singapore 390052	Every Tue, 9am - 12pm
MACPHERSON	Brahm Centre @ MacPherson	Blk 55 Pipit Road #01-01 Singapore 370055	Every Tue, 2pm - 5pm
MACPHERSON	Kwong Wai Shiu Care @ MacPherson	Blk 82 Circuit Road #01-02 Singapore 370082	2nd & 3rd Mon, 2pm - 5pm
MACPHERSON	THK AAC @ MacPherson	Blk 90 Pipit Road #01-103 Singapore 370090	Every Mon, 9am - 12pm
ALJUNIED	MWS Active Ageing Centre - GreenTops@Sims Place	Blk 63 Sims Place #01-227 Singapore 380063	Every Thu, 2pm - 5pm
ALJUNIED	MWS Charis ACE Active Ageing Centre - Geylang East	Blk 125 Geylang East Avenue 1 #01-05 Singapore 381125	Every Wed, 9am - 12pm
ALJUNIED	Geylang East Active Ageing Centre	Blk 98 Aljunied Crescent #01-411 Singapore 380098	Every Thu, 9am -12pm

## HOUGANG

Sub Zones	Community Health Post	Address	Opening Hours
<b>TRAFALGAR</b>	HNF Wellness Club@Buangkok Active Ageing Centre (Care)	Blk 999 Buangkok Crescent #01-01 Singapore 530999	Every Tue, 2pm - 5pm
<b>TAI SENG</b>	Fei Yue Active Ageing Centre (Hougang)	Blk 174A Hougang Avenue 1 #01-1501 Singapore 531174	2nd, 3rd & 4th Thu, 9.30am - 12.30pm 2nd Tue, 2pm - 5pm
<b>KANGKAR</b>	PCS Cedar Tree Active Ageing Centre @ Upper Serangoon 364	Blk 364 Upper Serangoon Road #01-01 Singapore 530364	1st Thu, 2pm - 5pm
<b>KANGKAR</b>	Fei Yue Active Ageing Centre (Hougang Dewcourt)	Blk 376C Hougang Street 32 #01-32 Singapore 533376	1st, 3rd & 4th Mon, 2pm - 5pm
<b>LORONG AH SOO</b>	Jia Ying Active Ageing Centre	Blk 19 Hougang Avenue 3 #01-187 Singapore 530019	2nd & 4th Fri, 9.30am - 12.30pm
<b>HOUGANG CENTRAL</b>	St Luke's ElderCare Active Ageing Centre (Care) @ Golden Years	Blk 831 Hougang Central #01-502 Singapore 530831	1st & 3rd Thu, 9am - 12pm
<b>HOUGANG EAST</b>	Bedok Reservoir – Punggol Harmony RN (by Sunlove Serangoon Active Ageing Centre)	Blk 415 Hougang Avenue 10 #01-1282 Singapore 530415	Every Tue, 9.30am - 12.30pm
<b>KANGKAR</b>	St Luke's Eldercare Active Ageing Centre (Care) @ Hougang	Blk 126 Hougang Avenue 1 #01-1506 Singapore 530126	1st & 3rd Thu, 2pm - 5pm

## KALLANG

Sub Zones	Community Health Post	Address	Opening Hours
BENDEMEER	Lions Befrienders AAC @ Bendemeer	Blk 32 Bendemeer Road #01-799 Singapore 330032	2nd & 4th Tue, 2pm - 5pm
BENDEMEER	Kolam Ayer Whampoa South Residents' Network (by Kwong Wai Shiu Care @ St George AAC)	Blk 38A Bendemeer Road #01-818 Singapore 331038	1st Tue, 2pm - 5pm
BENDEMEER	Kwong Wai Shiu Care @ McNair AAC	Blk 113 McNair Road #01-01 Singapore 321113	1st & 3rd Mon, 2pm - 5pm
BENDEMEER	Kwong Wai Shiu Care @ St George AAC	Blk 25 Saint George's Lane #01-01 Singapore 320025	2nd & 3rd Tue, 2pm - 5pm
BOON KENG	Adventist Active Ageing Centre @ Kallang Trivista	Blk 8 Upper Boon Keng Road #01-02 Singapore 380008	2nd & 4th Mon, 2pm - 5pm
GEYLANG BAHRU	TOUCHpoint@Geylang Bahru	Blk 61 Geylang Bahru #01-3293 Singapore 330061	1st & 3rd Thu, 9.30am – 12.30pm
LAVENDER	Jalan Besar AAC	Blk 811 French Road #01-112 Singapore 200811	Every Wed, 2pm - 5pm
LAVENDER	Sree Narayana Mission Active Ageing Centre @ Race Course	394 Race Course Road Singapore 218649	2nd & 4th Wed, 9.30am – 12.30pm
KAMPONG JAVA	Chong Hua Tong Active Ageing Centre	Blk 47 Owen Road #01-251 Singapore 210047	1st & 3rd Fri, 9.30am – 12.30pm 4th Fri, 9am - 12pm

## NOVENA

Sub Zones	Community Health Post	Address	Opening Hours
BALESTIER	NTUC Health Active Ageing Centre (Whampoa)	Blk 116 Jalan Tenteram #01-06 Singapore 320116	2nd & 4th Thu, 2pm - 5pm
BALESTIER	Sunlove Active Ageing Centre @ Whampoa Dew	Blk 78 Lorong Limau #01-79 Singapore 320078	1st Thu, 2pm - 5pm
BALESTIER	Sunlove Active Ageing Centre Whampoa Dew @ Jalan Rajah	Blk 104 Jalan Rajah #01-59 Singapore 321104	3rd Thu, 2pm - 5pm

## SERANGOON

Sub Zones	Community Health Post	Address	Opening Hours
UPPER PAYA LEBAR	NTUC Health Active Ageing Centre (Serangoon Central)	Blk 424 Serangoon Central #01-324 Singapore 550424	Every Wed, 2pm - 5pm
SERANGOON GARDEN	CareElderly @ Golden Ginger	Blk 149A Serangoon North Avenue 1 #06-01 Singapore 551149	2nd & 4th Thu, 9am - 12pm & 2pm - 5pm
SERANGOON GARDEN	Fei Yue Active Ageing Centre (Serangoon)	Blk 223A Serangoon Avenue 4 #01-217 Singapore 551223	Every Tue, 2pm - 5pm 2nd & 4th Tue, 9.30am – 12.30pm
SERANGOON GARDEN	Hwi Yoh Court RC [by Golden Ginger]	Blk 103 Serangoon North Ave 1 #01-757 Singapore 550103	2nd Mon, 9am - 12pm
SERANGOON NORTH	Jalan Kayu Community Health Club	Blk 536 Serangoon North Ave 4 #01-187 Singapore 550536	1st Mon, 9am - 12pm
SERANGOON CENTRAL	PCF Sparkle Care @ Braddell Heights	Blk 307 Serangoon Avenue 2 #01-44 Singapore 550307	4th Tue, 9am - 12pm

## TOA PAYOH

Sub Zones	Community Health Post	Address	Opening Hours
<b>BOON TECK</b>	Care Corner Active Ageing Centre (Care) TP261A	Blk 261A Toa Payoh East #01-03 Singapore 311261	1st & 3rd Mon, 9.15am - 12.15pm
<b>BOON TECK</b>	Care Corner Active Ageing Centre TP62B	Blk 62B Lorong 4 Toa Payoh #02- 121 Singapore 312062	3rd Tue, 9.30am - 12.30pm
<b>KIM KEAT</b>	Adventist Active Centre @ Golden Clover	Blk 196 Kim Keat Avenue #01-506 Singapore 310196	Every Tue, 2pm - 5pm
<b>LORONG 8 TOA PAYOH</b>	Care Corner Active Ageing Centre TP5	Blk 5 Lorong 7 Toa Payoh #01-131 Singapore 310005	2nd & 4th Mon, 2pm - 5pm
<b>PEI CHUN</b>	THK AAC @ Toa Payoh 15	Blk 15 Toa Payoh Lorong 7 #01-579 Singapore 310015	1st & 3rd Fri, 9.30am -12.30pm 2nd & 4th Thu, 9am - 12pm
<b>POTONG PASIR</b>	Kwong Wai Shiu Care @ Potong Pasir	Blk 51 Potong Pasir Avenue 1 Singapore 358400	3rd Fri, 2pm - 5pm
<b>POTONG PASIR</b>	PCS Cedar Tree Active Ageing Centre (Care) @ Potong Pasir 108	Blk 108 Potong Pasir Avenue 1 #01-48 Singapore 350108	1st Tue, 2pm - 5pm
<b>TOA PAYOH CENTRAL</b>	Care Corner Active Ageing Centre TP149	Blk 149 Lorong 1 Toa Payoh #01- 963 Singapore 310149	Every Mon, 9.30am - 12.30pm
<b>TOA PAYOH CENTRAL</b>	Care Corner Active Ageing Centre TP170	Blk 170 Lorong 1 Toa Payoh #01-1102 Singapore 310170	Every Wed, 2pm - 5pm
<b>TOA PAYOH WEST</b>	Toa Payoh North Zone 2 RN	Blk 207 Toa Payoh North #01-1259 Singapore 310207	3rd Wed, 9am - 12pm
<b>TOA PAYOH WEST</b>	Meeting Point @ 128	Blk 128 Lorong 1 Toa Payoh #01-837 Singapore 310128	2nd & 4th Thu, 9.30am - 12.00pm
<b>TOA PAYOH WEST</b>	Toa Payoh View RN	Blk 122 Lorong 2 Toa Payoh #01-12 Singapore 310122	1st & 3rd Mon, 2pm - 5pm
<b>SENNETT</b>	Orange Valley Active Ageing Centre (Care) @ Alkaff Crescent	Blk 115C Alkaff Crescent, #03-01 Singapore 343115	Every Thu, 9.30am - 12.30pm
<b>SENNETT</b>	Sheng Hong Active Ageing Centre (Care) @ Sennett	Blk 175 MacPherson Road Singapore 348537	Every Mon, 2pm - 5pm
<b>TOA PAYOH WEST</b>	Care Corner Active Ageing Centre (Care) TP131	Blk 131 Lorong 1 Toa Payoh #01-01 Singapore 310131	1st & 3rd Wed, 9am - 12pm

## WOODLANDS

Sub Zones	Community Health Post	Address	Opening Hours
<b>WOODLANDS SOUTH</b>	Care Corner Active Ageing Centre WL569A	Blk 569A Champions Way #01-346 Singapore 731569	Every Thu & Fri, 9am - 12pm
<b>WOODLANDS WEST</b>	Care Corner Active Ageing Centre WL16	Blk 16 Marsiling Lane, #01-195, Singapore 730016	Every Tue & Thu, 9am - 12pm
<b>WOODLANDS EAST</b>	NTUC Health Active Ageing Centre (Care) (Kampung Admiralty)	Blk 676 Woodlands Drive 71 #06-01 Singapore 730676	Every Wed, 9am - 12pm
<b>WOODLANDS EAST</b>	NTUC Health Active Ageing Centre (Woodlands East)	Blk 691C Woodlands Drive 73 Singapore 733691	Every Mon, 9am - 12pm 1st & 3rd Mon, 2pm - 5pm
<b>WOODLANDS WEST</b>	NTUC Health Active Ageing Centre (Marsiling)	Blk 180A Marsiling Road #01-2208 Singapore 731180	Every Mon & Wed, 9am - 12pm
<b>WOODGROVE</b>	Orange Valley Active Ageing Centre @ Woodlands Peak	Blk 302A Woodlands Street 31 #01-327 Singapore 731302	Every Tue & Thu, 9am - 12pm
<b>MIDVIEW</b>	Sree Narayana Mission Active Ageing Centre (Care) @ Woodlands	Blk 861 Woodlands Street 83 #01-170 Singapore 730861	2nd & 4th Wed, 2pm - 5pm 1st Thu, 9am - 12pm
<b>WOODLANDS EAST</b>	Sunlove Active Ageing Centre @ Golden Saffron	Blk 764B Woodlands Circle #01-208 Singapore 732764	Every Mon & Thu, 9am - 12pm
<b>WOODLANDS WEST</b>	Sunlove Active Ageing Centre @ Marsiling	Blk 3 Marsiling Road #01-5137 Singapore 730003	Every Mon, 9am - 12pm
<b>WOODLANDS WEST</b>	NTUC Health Active Ageing Centre (Care) (Marsiling)	Blk 160 Woodlands Street 13 #01-649 Singapore 730160	2nd, 3rd & 4th Tue, 9am - 12pm
<b>MIDVIEW</b>	Precious Active Ageing Centre (Treegrove @ Woodlands)	Blk 887 Woodlands Drive 50 #01-01 Singapore 730887	2nd & 4th Tue, 9am - 12pm Every Fri, 9am - 12pm
<b>WOODLANDS SOUTH</b>	ACE The Place CC	120 Woodlands Avenue 1 Singapore 739069	Every Tues, 10am - 1pm



## YISHUN

Sub Zones	Community Health Post	Address	Opening Hours
<b>YISHUN SOUTH</b>	All Saints Silver Lifestyle Club @ Yishun Fern Grove	Blk 674 Yishun Avenue 4 #01-11 Singapore 760674	3rd Wed, 9am - 12pm
<b>LOWER SELETAR</b>	Pavilion @ 507B Yishun	Blk 507B Yishun Avenue 4 Singapore 762507	Every Mon, 9am - 12pm
<b>KHATIB</b>	SASCO @ Khatib	Blk 813 Yishun Ring Road #01-01 Singapore 760813	Every Fri, 9am - 12pm
<b>YISHUN WEST</b>	St Luke's ElderCare Active Ageing Centre (Care) @ Chong Pang	Blk 115 Yishun Ring Road #01-495 Singapore 760115	Every Mon, 9am - 12pm
<b>YISHUN WEST</b>	THK AAC @ Chong Pang	Blk 131 Yishun Street 11 #01-237 Singapore 760131	1st & 3rd Tue, 9am - 12pm
<b>NORTHLAND</b>	St Luke's ElderCare Active Ageing Centre (Care) @ Nee Soon East	Blk 260 Yishun Street 22 #01-87 Singapore 760260	Every Tue, 9am - 12pm
<b>NORTHLAND</b>	Nee Soon East Community Club	1 Yishun Avenue 9, #03-08, Singapore 768893	1st & 3rd Thu, 9am - 12pm
<b>YISHUN SOUTH</b>	Goodlife Studio (Yishun)	Blk 838 Yishun Street 81 #01-322 Singapore 760838	Every Wed, 9am - 12pm
<b>YISHUN EAST</b>	Goodlife Studio (Yishun Riverwalk)	Blk 333B Yishun Street 31 #01-183 Singapore 762333	2nd & 4th Thu, 9am - 12pm
<b>YISHUN EAST</b>	Precious Active Ageing Centre (Yishun Greenwalk)	Blk 317B Yishun Avenue 9 #01-284 Singapore 762317	2nd & 4th Thu, 9am - 12pm
<b>YISHUN EAST</b>	Yishun Clover Residents' Network	Blk 398 Yishun Ring Road #01-1739 Singapore 760398	2nd & 4th Wed, 9am - 12pm
<b>YISHUN EAST</b>	TOUCHpoint @ Yishun 436	Blk 436 Yishun Avenue 11 #01-224 Singapore 760436	Every Thu, 9am - 12pm
<b>YISHUN EAST</b>	Blossom Spring @ Yishun	Blk 461 Yishun Avenue 6 #01-01/02 Singapore 760461	Every Fri, 9am - 12pm
<b>YISHUN WEST</b>	St Luke's ElderCare Active Ageing Centre (Care) @ Nee Soon Central	Blk 765 Yishun Street 72 #01-366 Singapore 760765	Every Fri, 9am - 12pm
<b>YISHUN WEST</b>	Yishun Family Service @ Children's Society	Blk 107 Yishun Ring Road #01-233 Singapore 760107	2nd & 4th Fri, 9am - 12pm
<b>YISHUN WEST</b>	Muhammadiyah Active Ageing Centre	Blk 701B Yishun Avenue 5 Golden Palms #02-612 Singapore 762701	Every Tue, 9am - 12pm
<b>YISHUN WEST</b>	TOUCHpoint @ Yishun 162	Blk 162 Yishun Street 11 #01-270 Singapore 760162	Every Thu, 9am - 12pm



## SEBBAWANG

Sub Zones	Community Health Post	Address	Opening Hours
ADMIRALTY	TOUCHpoint @ Wellington 513	Blk 513 Wellington Circle #01-34 Singapore 750513	Every Mon, 9am - 12pm
SEBBAWANG EAST	Blossom Seeds Active Ageing Centre @ East Canberra	Blk 105 Canberra Street #02-01 Singapore 750105	Every Tue, 9am - 12pm
SEBBAWANG NORTH	Naval Base Forward Residents' Network	Blk 462 Sembawang Drive #01-201 Singapore 750462	1st & 3rd Wed, 9am - 12pm
ADMIRALTY	Sembawang Central Zone K Residents' Network	Blk 588C Montreal Drive #01-106 Singapore 753588	1st & 3rd Thu, 9am - 12pm
SEBBAWANG CENTRAL	364A Sembawang Crescent Void Deck	Blk 364A Sembawang Crescent Singapore 751364	2nd & 4th Fri, 9am - 12pm
SEBBAWANG CENTRAL	Sembawang Central Zone 2 Residents' Network	Blk 351A Canberra Road #01-317 Singapore 751351	2nd Tue, 9am - 12pm