

## Ang Mo Kio

Sub Zones	Community Health Post	Address	Opening Hours
<b>KEBUN BAHRU</b>	IDeAL@115	Blk 115 Ang Mo Kio Avenue 4 Singapore 560115	1st Wed, 2pm - 5pm
<b>CHENG SAN</b>	Cheng San Cherry RN	Blk 573 Ang Mo Kio Ave 3 #01-3313 Singapore 560573	2nd Thu, 2pm - 5pm
<b>CHONG BOON</b>	Allkin Active Aging Centre @ Ang Mo Kio 469	Blk 469 Ang Mo Kio Avenue 10 #01-940 Singapore 560469	2nd Mon, 2pm - 5pm
<b>CHONG BOON</b>	Allkin Active Aging Centre @ Ang Mo Kio 420	Blk 420 Ang Mo Kio Avenue 10 #01-1143 Singapore 560420	3rd Mon, 2pm - 5pm
<b>CHONG BOON</b>	TOUCHpoint@AMK 433	Blk 433 Ang Mo Kio Avenue 10 Singapore 560433	1st Thu, 1.30 - 4.30pm 2nd and 3rd Thu, 2pm - 4pm
<b>TOWNSVILLE</b>	Lions Befrienders AAC @ Ang Mo Kio 318	Blk 318 Ang Mo Kio Ave 1 #01-1453, Singapore 560318	1st & 3rd Tue, 2pm - 5pm 4th Tue, 2.30 – 5pm
<b>CHENG SAN</b>	Allkin Active Aging Centre @ Ang Mo Kio 510	Blk 510 Ang Mo Kio Avenue 8 #01-2556 Singapore 560510	3rd Thu, 9am - 12pm
<b>TOWNSVILLE</b>	MWS Active Ageing Centre - Teck Ghee Vista	Blk 307D Ang Mo Kio Avenue 1 #01-01 Singapore 564307	1st Tue, 9am - 12pm
<b>SHANGRI-LA</b>	THK AAC @ AMK 208	Blk 208 Ang Mo Kio Avenue 1 #01-1019 Singapore 560208	1st Mon, 9am - 12pm
<b>SHANGRI-LA</b>	THK AAC @ AMK 257	Blk 257 Ang Mo Kio Avenue 4 #01-67 Singapore 560257	2nd Mon, 9am - 12pm
<b>YIO CHU KANG WEST</b>	THK AAC @ AMK 645	Blk 645 Ang Mo Kio Avenue 6 #01-4937 Singapore 560645	2nd Wed, 9am - 12pm 1st Wed, 9am - 12pm
<b>KEBUN BAHRU</b>	MWS Active Ageing Centre - Kebun Baru	Blk 180 Ang Mo Kio Avenue 5 #01-2980 Singapore 560180	2nd & 4th Thu, 9am - 12pm
<b>CHENG SAN</b>	Cornerstone@Cheng San (AAC)	Blk 591A Ang Mo Kio Street 51 #01-35 Singapore 561591	4th Tue, 9am - 12pm

## BISHAN

Sub Zones	Community Health Post	Address	Opening Hours
<b>BISHAN EAST</b>	St Luke's Eldercare (Bishan) Active Aging Hub	Blk 152B Bishan Street 11 #01-271 Singapore 572152	2nd & 4th Thu, 2pm - 5pm 1st & 3rd Thu, 2pm - 5pm
<b>UPPER THOMSON</b>	Allkin@410 Sin Ming Garden	Blk 410A Sin Ming Avenue #01-119 Singapore 570410	1st & 3rd Mon, 2pm - 5pm
<b>UPPER THOMSON</b>	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
<b>MACPHERSON</b>	CareElderly@Circuit	Blk 35 Circuit Road #01-432 Singapore 370035	2nd & 3rd Tue, 2pm - 5pm
<b>MACPHERSON</b>	THK Senior Group Home @ Pipit	Blk 94 Pipit Road, Singapore 370094	2nd Thu, (Mar/Jun/Sep/Dec), 9.30am - 12.30pm
<b>ALJUNIED</b>	House of Joy (Mountbatten)	Blk 12 Pine Close #01-85 Singapore 391012	2nd & 3rd Mon, 9am - 12pm
<b>ALJUNIED</b>	THK AAC @ Cassia	Blk 52 Cassia Crescent #01-155 Singapore 390052	2nd Wed, 9am - 12pm
<b>MACPHERSON</b>	Kwong Wai Shiu Care @ Macpherson	Blk 82 Circuit Road #01-02 Singapore 370082	2nd & 3rd Mon, 2pm - 5pm
<b>ALJUNIED</b>	MWS Active Ageing Centre - GreenTops@Sims Place	Blk 63 Sims Place #01-227 Singapore 380063	2nd & 3rd Wed, 2pm - 5pm
<b>ALJUNIED</b>	MWS Charis ACE Active Ageing Centre - Geylang East	Blk 125 Geylang East Avenue 1 #01-05 Singapore 381125	2nd & 3rd Tue, 9.30am - 12.30pm
<b>ALJUNIED</b>	Geylang East Active Ageing Centre	Blk 98 Aljunied Crescent #01-411 Singapore 380098	1st & 4th Wed, 9am - 12pm
<b>ALJUNIED</b>	Geylang East Active Ageing Centre (Sheltered Home)	Blk 96 Aljunied Crescent #01-411 S380098	4th Wed, 2pm - 5pm

## HOUGANG

Sub Zones	Community Health Post	Address	Opening Hours
TRAFALGAR	HNF Wellness Club@Buangkok	Blk 999 Buangkok Crescent #01-01 Singapore 530999	Every Tue, 2pm - 5pm
TAI SENG	Fei Yue Active Ageing Centre (Hougang)	Blk 174A Hougang Ave 1 #01-1501 Singapore 531174	2nd and 4th Thu, 9.30am - 12.30pm 2nd Thu, 2pm - 5pm
KANGKAR	Martha Active Ageing Centre	Blk 364 Upper Serangoon Road #01-01 Singapore 530364	1st Thu, 2pm - 5pm
TRAFALGAR	Fei Yue Active Ageing Centre (Buangkok Green)	Blk 582A Buangkok Green #02-540 Singapore 531582	1st Tue, 9.30am - 12.30pm
KANGKAR	Fei Yue Active Ageing Centre (Hougang Dewcourt)	Blk 376C Hougang Street 32 #01-32 Singapore 533376	4th Mon, 2pm - 5pm 4th Thu, 2pm - 5pm
LORONG AH SOO	Jia Ying Active Ageing Centre	Blk 19 Hougang Avenue 3 #01-187 Singapore 530019	1st Thu, 9.30am - 12.30pm
HOUGANG CENTRAL	St Luke's ElderCare Active Ageing Centre (Care) @ Golden Years	Blk 831 Hougang Central #01-502 Singapore 530831	3rd Thu, 9am - 12pm
KANGKAR	St Luke's Eldercare (Hougang Centre)	Blk 126 Hougang Avenue 1 #01-1506 Singapore 530126	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	Kwong Wai Shiu Care @ McNair	Blk 113 McNair Road #01-01 S321113	3rd Thu, 2pm - 5pm
BENDEMEER	Kwong Wai Shiu Care @ St George	Blk 25 Saint George's Lane #01-01 S320025	3rd Tue, 2pm - 5pm
GEYLANG BAHRU	TOUCHpoint@Geylang Bahru	Blk 61 Geylang Bahru #01-3293 Singapore 330061	1st & 3rd Thu, 9am - 12pm
LAVENDER	Jalan Besar AAC	Blk 811 French Road #01-112 Singapore 200811	1st & 3rd Wed, 2pm - 5pm
KAMPONG JAVA	Chong Hua Tong Active Ageing Centre	Blk 47 Owen Road #01-251 Singapore 210047	2nd & 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 S320116	2nd & 4th Thu, 2pm - 5pm
BALESTIER	Sunlove Active Ageing Centre @ Whampoa Dew	Blk 78 Lorong Limau #01-79 S320078	3rd Thu, 2pm - 5pm

## SERANGOON

Sub Zones	Community Health Post	Address	Opening Hours
SERANGOON GARDEN	CareElderly @ Golden Ginger	Blk 149A Serangoon North Avenue 1 #06-01 Singapore 551149	2nd and 4th Thu, 9am - 12pm & 2pm - 5pm 3rd Thu, 9am - 12pm
SERANGOON GARDEN	Fei Yue Active Ageing Centre (Serangoon)	Blk 223A Serangoon Avenue 4 #01-217 Singapore 551223	2nd Tue, 9am - 12pm & 2pm - 5pm 4th Tue, 9.30am - 12.00pm
SERANGOON GARDEN	Hwi Yoh Court RC [by Golden Ginger]	Blk 103 Serangoon North Ave 1 #01-757 S550103	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 3rd Mon, 9am - 12pm
SERANGOON CENTRAL	PCF Sparkle Care @ Braddell Heights	Blk 307 Serangoon Avenue 2 #01-44 Singapore 550307	4th Tue, 9am - 12pm & 2pm - 5pm

## TOA PAYOH

Sub Zones	Community Health Post	Address	Opening Hours
PEI CHUN	THK AAC @ Toa Payoh 15	Blk 15 Toa Payoh Lorong 7 #01-579 Singapore 310015	3rd Thu, 9am - 12pm
TOA PAYOH CENTRAL	Care Corner Active Ageing Centre TP149	Blk 149 Lorong 1 Toa Payoh #01- 963 Singapore 310149	1st Wed, 9am - 12pm & 2pm - 5pm
TOA PAYOH CENTRAL	Care Corner Active Ageing Centre TP170	Blk 170 Lorong 1 Toa Payoh #01-1102 Singapore 310170	2nd Wed, 9am - 12pm & 2pm - 5pm
TOA PAYOH WEST	Toa Payoh North Zone 2 RC	Blk 207 Toa Payoh North #01-1259 Singapore 310207	3rd Wed, 9am - 12pm
TOA PAYOH WEST	Meeting Point @ 128	Blk 128 Lorong 1 Toa Payoh #01-837 Singapore 310128	2nd & 4th Thu, 9.30am – 12.30pm
TOA PAYOH WEST	Toa Payoh View RC	Blk 122 Lorong 2 Toa Payoh #01-12 Singapore 310122	1st & 3rd Mon, 2pm - 5pm
SENNETT	The Orange Valley AAC @ Alkaff Cres (Potong Pasir)	Blk 115C Alkaff Cres, #03-01, Singapore 343115	3rd Wed, 2.00pm - 5.00pm

## WOODLANDS

Sub Zones	Community Health Post	Address	Opening Hours
WOODLANDS SOUTH	Care Corner Active Ageing Centre (Champions)	Blk 569A, Champions Way, #01-346, Singapore 731569	Tue & Thu, 9.30am - 6pm Fri, 10am - 12.30pm
WOODLANDS WEST	Care Corner Active Ageing Centre (Marsiling)	Blk 16 Marsiling Lane, #01-195, Singapore 730016	Tue & Thu, 9.30am - 6pm Sat, 9.30am - 1pm (every 2nd & 4th Sat only)
WOODLANDS EAST	NTUC Health Active Ageing Hub (Kampung Admiralty)	Blk 676, Woodlands Drive 71, #06-01, Singapore 730676	Wed & Thu, 9am - 6pm Sat, 9am - 1pm (every 1st and 3rd Sat only)
WOODLANDS WEST	NTUC Health Active Ageing Centre (Marsiling)	Blk 180A, Marsiling Road, #01-2208, Singapore 731180	Mon & Wed, 9am - 6pm
WOODGROVE	Orange Valley Active Ageing Centre (Woodlands Peak)	Blk 302A, Woodlands Street 31, #01-327, Singapore 731302	Tue & Thu, 9am - 6pm
MIDVIEW	Sree Narayana Mission Senior Care Centre (Woodlands)	Blk 861, Woodlands Street 83, #01-170 Singapore 730861	Mon & Wed, 9am - 5.30pm
WOODLANDS EAST	Sunlove Active Ageing Centre (Golden Saffron)	Blk 764B, Woodlands Circle, #01-208, Singapore 732764	Mon, Wed & Thu, 9am - 12pm

<b>WOODLANDS WEST</b>	Sunlove Active Ageing Centre (Marsiling)	Blk 3, Marsiling Road, #01-5137, Singapore 730003	Mon & Wed, 9am - 5.30pm
<b>WOODLANDS WEST</b>	NTUC Health Active Ageing Centre (Care) (Marsiling)	172 Woodlands Street 13 #01-315 Singapore 730172	Every 3rd Tue of the month, 9am - 12pm
<b>WOODLANDS SOUTH</b>	Covenant Evangelical Free Church	90 Woodlands Drive 16, Singapore 737878	Every 4th Wed, 1pm - 4pm
<b>WOODLANDS SOUTH</b>	Masjid Yusof Ishak	10 Woodlands Dr 17, Singapore 737740	Every last Tue of the month, 10am - 2pm
<b>MIDVIEW</b>	Precious Active Ageing Centre (Treegrove @ Woodlands)	Blk 887 Woodlands Drive 50, #01-01, Singapore 730887	Every 2nd & 4th Tue, 9am - 5pm
<b>WOODLANDS REGIONAL CENTRE</b>	Woodlands Regional Library	900 South Woodlands Dr, #01-03 Civic Centre, Singapore 730900	Thurs, 10.30am - 6pm & Sat, 10.30am - 2pm

## YISHUN

Sub Zones	Community Health Post	Address	Opening Hours
YISHUN SOUTH	All Saints Silver Lifestyle Club @ Yishun Fern Grove	674 Yishun Avenue 4, #01-11, Singapore 760674	Mon, 9am - 12pm
LOWER SELETAR	Pavilion @ 507B Yishun	507B Yishun Avenue 4, Singapore 762507	Mon, 9am - 12pm
KHATIB	SASCO @ Yishun	813 Yishun Ring Road, #01-01, Singapore 760813	Mon, 9am - 4pm
YISHUN WEST	Wellness Kampung @ 115	115 Yishun Ring Road, Singapore 760115	Mon, 9am - 4pm
YISHUN WEST	Nee Soon Central Zone 3 Residents' Committee	701 Yishun Avenue 5, Singapore 760701	Tues, 9am - 12pm
YISHUN WEST	Thye Hua Kwan Social Service Hub	131 Yishun Street 11, #01-237, Singapore 760131	Tues, 9am - 12pm
NORTHLAND	Wellness Kampung @ 260	260 Yishun Street 22, Singapore 760260	Tues, 9am - 4pm
YISHUN SOUTH	Goodlife! @ Yishun	838 Yishun Street 81, #01-322, Singapore 760838	Wed, 9am - 12pm
YISHUN EAST	Yishun Clover Residents' Committee	398 Yishun Ring Road, #01-1739, Singapore 760398	Wed, 9am - 12pm
NORTHLAND	Nee Soon East Community Club	1 Yishun Avenue 9, #03-08, Singapore 768893	Thurs, 9am - 12pm
YISHUN WEST	TOUCH Active Ageing Centre	162 Yishun Street 11, #01-270, Singapore 760162	Thurs, 9am - 12pm
YISHUN EAST	TOUCH Active Ageing Centre	436 Yishun Avenue 11, #01-224, Singapore 760436	Thurs, 9am - 12pm
YISHUN EAST	Blossom Spring @ Yishun	461 Yishun Avenue 6, #01-01/02, Singapore 760461	Fri, 9am-12pm
YISHUN WEST	Wellness Kampung @ 765	765 Yishun Street 72, Singapore 760765	Fri, 9am - 4pm
YISHUN WEST	Yishun Family Centre @ Children's Society	107 Yishun Ring Road, #01-233, Singapore 760107	Fri, 9am-12pm

## SEMBAWANG

Sub Zones	Community Health Post	Address	Opening Hours
ADMIRALTY	TOUCH Active Ageing Centre	513 Wellington Circle, #01-34, Singapore 750513	Mon, 9am - 4pm
SEMBAWANG EAST	Blossom Seeds	105 Canberra Street, #02-01/06, Singapore 750105	Tues, 9am - 12pm
SEMBAWANG NORTH	463 Sembawang Drive Void Deck	463 Sembawang Drive, Singapore 750463	Wed, 9am - 12pm
ADMIRALTY	Sembawang Central Zone 'K' Residents' Network	588C Montreal Drive, #01-106, Singapore 753588	Thurs, 9am - 12pm
SEMBAWANG CENTRAL	364A Sembawang Crescent Void Deck	364A Sembawang Crescent, Singapore 751364	Fri, 9am - 12pm
SEMBAWANG CENTRAL	Sembawang Central Zone 2 Residents' Network	351A Canberra Road, #01-317, Singapore 751351	Tues, 9am - 12pm