

## Ang Mo Kio

Sub Zones	Community Health Post	Address	Opening Hours
KEBUN BAHRU	IDeAL@115	Blk 115 Ang Mo Kio Avenue 4 Singapore 560115	1st Wed, 2.00 - 5.00 pm
CHONG BOON	COMNET@420 Teck Ghee - Branch	Blk 469 Ang Mo Kio Avenue 10 #01-940 Singapore 560469	2nd Mon, 2.00 - 5.00 pm
CHONG BOON	COMNET@420 Teck Ghee	Blk 420 Ang Mo Kio Avenue 10 #01-1143 Singapore 560420	3rd Mon, 2.00 - 5.00 pm
CHONG BOON	TOUCHpoint@AMK 433	Blk 433 Ang Mo Kio Avenue 10 Singapore 560433	1st Thu, 1.30 - 4.30pm 2nd and 4th Thu, 2:00 - 4:00pm
TOWNSVILLE	Lions Befrienders AAC @Ang Mo Kio 318	Blk 318 Ang Mo Kio Ave 1 #01-1453, Singapore 560318	1st and 3rd Tue, 2.00 - 5.00 pm 2nd and 4th Tue, 2:00 - 5:00pm
CHENG SAN	COMNET@510 Cheng San	Blk 510 Ang Mo Kio Avenue 8 #01-2556 Singapore 560510	3rd Thu, 9.00 - 12.00pm
TOWNSVILLE	MWS Active Ageing Centre - Teck Ghee Vista	Blk 307D Ang Mo Kio Avenue 1 #01-01 Singapore 564307	1st Tue, 9.00 - 12.00 pm
SHANGRI-LA	THK AAC @ AMK 208	Blk 208 Ang Mo Kio Avenue 1 #01-1019 Singapore 560208	1st Mon, 2.00 - 5.00 pm
SHANGRI-LA	THK AAC @ AMK 257	Blk 257 Ang Mo Kio Avenue 4 #01-67 Singapore 560257	2nd Mon, 9.00 - 12.00pm
YIO CHU KANG WEST	THK AAC @ AMK 645	Blk 645 Ang Mo Kio Avenue 6 #01-4937 Singapore 560645	2nd Wed, 2.00 - 5.00pm 1st Wed, 9.00 - 12.00pm
KEBUN BAHRU	MWS Active Ageing Centre - Kebun Baru	Blk 180 Ang Mo Kio Avenue 5 #01-2980 Singapore 560180	4th Thu, 9.00 - 12.00pm
CHENG SAN	Cornerstone@Cheng San (AAC)	Blk 591A Ang Mo Kio Street 51 #01-35 Singapore 561591	2nd and 4th Tue, 9.00 - 12.00pm

## BISHAN

Sub Zones	Community Health Post	Address	Opening Hours
UPPER THOMSON	COMNET@410 Sin Ming Garden	Blk 410A Sin Ming Avenue #01-119 Singapore 570410	2nd and 4th Thu, 2.00 - 5.00pm
UPPER THOMSON	Thomson Shunfu RC	Blk 313 Shunfu Road #01-287 Singapore 570313	3rd Wed, 2.00 - 5.00 pm
BISHAN EAST	St Luke's Eldercare (Bishan) Active Aging Hub	Blk 152B Bishan Street 11 #01-271 Singapore 572152	2nd and 4th Mon, 2.00 - 5.00pm 1 st and 3rd Thu, 2.00 - 5.00pm

## 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	4th Wed, 9.00 - 12.00 pm 4th Thu, 2:00 - 5:00pm
TOA PAYOH CENTRAL	Care Corner Active Ageing Centre TP149	Blk 149 Lorong 1 Toa Payoh #01- 963 Singapore 310149	1st Wed, 9.00 - 12.00 pm
TOA PAYOH CENTRAL	Care Corner Active Ageing Centre TP170	Blk 170 Lorong 1 Toa Payoh #01-1102 Singapore 310170	2nd Wed, 9.00 - 12.00 pm
SENNETT	Sheng Hong Active Ageing Hub @ Sennett	175 MacPherson Road, Singapore 348537	3rd Wed, 9.00 - 12.00pm
TOA PAYOH WEST	Toa Payoh North Zone 2 RC	Blk 207 Toa Payoh North #01-1259 Singapore 310207	3rd Wed, 9.00 - 12.00pm
TOA PAYOH WEST	Meeting Point @ 128	Blk 128 Lorong 1 Toa Payoh #01-837 Singapore 310128	2nd and 4th Thu, 9:30 - 12:30pm
TOA PAYOH WEST	Toa Payoh View RC	Blk 122 Lorong 2 Toa Payoh #01-12 Singapore 310122	1st and 3rd Mon, 2.00 - 5:00pm

## KALLANG

Sub Zones	Community Health Post	Address	Opening Hours
BENDEMEER	Lions Befrienders AAC @Bendemeer	Blk 32 Bendemeer Road #01-799 Singapore 330032	2nd and 4th Tue, 2.00 - 5.00pm

## LOCATE YOUR COMMUNITY HEALTH POST

<b>GEYLANG BAHRU</b>	TOUCHpoint@Geylang Bahru	Blk 61 Geylang Bahru #01-3293 Singapore 330061	1st and 3rd Thu, 9.00 - 12.00 pm
<b>LAVENDER</b>	King George's Avenue Seniors Activity Centre	Blk 811 French Road #01-112 Singapore 200811	1st and 3rd Wed, 2.00 - 5.00pm
<b>KAMPONG JAVA</b>	Chong Hua Tong Active Ageing Centre	Blk 47 Owen Road #01-251 Singapore 210047	2nd Fri, 9.00 - 12.00 pm 4th Fri, 9.00 - 12.00pm

## NOVENA

Sub Zones	Community Health Post	Address	Opening Hours
<b>SERANGOON GARDEN</b>	CareElderly @ Golden Ginger	Blk 149A Serangoon North Avenue 1 #06-01 Singapore 551149	2nd and 4th Thu, 9.00 - 12.00 pm 3rd Thu, 8:30 - 12.00pm
<b>SERANGOON GARDEN</b>	Fei Yue Active Ageing Centre (Serangoon)	Blk 223A Serangoon Avenue 4 #01-217 Singapore 551223	2nd Tue, 9.00 - 12.00 pm and 2.00 - 5.00pm 4th Tue, 9.30am - 12:30pm
<b>SERANGOON NORTH</b>	Jalan Kayu Community Health Club	Blk 536 Serangoon North Ave 4 #01-187 Singapore 550536	1st Mon, 9.00 - 12.00 pm 3rd Mon, 9.00 - 12.00pm
<b>SERANGOON CENTRAL</b>	PCF Sparkle Care @ Braddell Heights	Blk 307 Serangoon Avenue 2 #01-44 Singapore 550307	4th Tue, 9.00 - 12.00pm

## HOUANG

Sub Zones	Community Health Post	Address	Opening Hours
<b>TRAFALGAR</b>	HNF Wellness Club@Buangkok	Blk 999 Buangkok Crescent #01-01 Singapore 530999	Every Tue, 2.00 - 5.00pm 2nd Tue, 2.00 - 5.00pm
<b>TAI SENG</b>	Fei Yue Active Ageing Centre (Hougang)	Blk 174A Hougang Ave 1 #01-1501 Singapore 531174	2nd and 4th Thu, 9.30 - 12.30 pm 2nd Thu, 2.00 to 5.00pm
<b>KANGKAR</b>	Martha Active Ageing Centre	Blk 364 Upper Serangoon Road #01-01 Singapore 530364	1st Thu , 2.00 - 5.00pm
<b>TRAFALGAR</b>	Fei Yue Active Ageing Centre (Buangkok Green)	Blk 582A Buangkok Green #02-540 Singapore 531582	1st Tue, 2.00 - 5.00pm
<b>KANGKAR</b>	Fei Yue Active Ageing Centre (Hougang Dewcourt)	Blk 376C Hougang Street 32 #01-32 Singapore 533376	4th Thu, 2.00 - 5.00pm 4th Mon, 2.00 - 5.00pm

## LOCATE YOUR COMMUNITY HEALTH POST

<b>LORONG AH SOO</b>	Jia Ying Active Ageing Centre	Blk 19 Hougang Avenue 3 #01-187 Singapore 530019	1st Thu, 9.30 - 12.30pm
<b>HOUGANG CENTRAL</b>	St Luke's Eldercare (Golden Years Centre)	Blk 831 Hougang Central #01-502 Singapore 530831	3rd Thu, 9.00 - 12.00pm
<b>KANGKAR</b>	St Luke's Eldercare (Hougang Centre)	Blk 126 Hougang Avenue 1 #01-1506 Singapore 530126	3rd Thu, 2.00 - 5.00pm

## GEYLANG

Sub Zones	Community Health Post	Address	Opening Hours
<b>MACPHERSON</b>	CareElderly@Circuit	Blk 35 Circuit Road #01-432 Singapore 370035	2nd and 3rd Tue, 2.00 - 5.00pm
<b>MACPHERSON</b>	THK Cluster Support @ Geylang	Blk 93 Paya Lebar Way #01-3057 Singapore 370093	2nd Thu (Mar/Jun/Sep/Dec), 9.30 - 12.30pm
<b>ALJUNIED</b>	House of Joy (Mountbatten)	Blk 12 Pine Close #01-85 Singapore 391012	2nd and 3rd Mon, 9.00 - 12.00 pm
<b>ALJUNIED</b>	THK AAC @ Cassia	Blk 52 Cassia Crescent #01-155 Singapore 390052	2nd Wed, 9.00 - 12.00 pm
<b>MACPHERSON</b>	Kwong Wai Shiu Care @ Macpherson	Blk 82 Circuit Road #01-02 Singapore 370082	2nd and 3rd Mon, 2.00 - 5.00 pm
<b>ALJUNIED</b>	MWS Active Ageing Centre - GreenTops@Sims Place	Blk 63 Sims Place #01-227 Singapore 380063	2nd and 3rd Wed, 2.00 - 5.00pm
<b>ALJUNIED</b>	MWS Charis ACE Active Ageing Centre - Geylang East	Blk 125 Geylang East Avenue 1 #01-05 Singapore 381125	2nd and 3rd Tue, 9.00 - 12.00pm
<b>ALJUNIED</b>	Geylang East Active Ageing Centre	Blk 98 Aljunied Crescent #01-411 Singapore 380098	1st and 4th Wed, 8.30 - 11.30am
<b>ALJUNIED</b>	Geylang East Home For The Aged	Blk 97 Aljunied Crescent #01-439 Singapore 380097	1st Wed (6-monthly), 2.00 - 5.00pm

## WOODLANDS

Sub Zones	Community Health Post	Address	Opening Hours
<b>WOODLANDS SOUTH</b>	Care Corner Active Ageing Centre (Champions)	Blk 569A, Champions Way, #01-346, Singapore 731569	Tue & Thu: 10.00am - 6.00pm Fri: 10.00am - 12.30pm
<b>WOODLANDS WEST</b>	Care Corner Active Ageing Centre (Marsiling)	Blk 16 Marsiling Lane, #01-195, Singapore 730016	Tue & Thu: 10.00am - 6.00pm Sat: 10.00am - 1.00pm (every 2nd & 4th Sat only)
<b>WOODLANDS EAST</b>	NTUC Health Active Ageing Hub (Kampung Admiralty)	Blk 676, Woodlands Drive 71, #06-01, Singapore 730676	Wed & Thu: 9.00am - 6.00pm Sat: 9.00am - 1.00pm (every 1st and 3rd Sat only)
<b>WOODLANDS WEST</b>	NTUC Health Active Ageing Centre (Marsiling)	Blk 180A, Marsiling Road, #01-2208, Singapore 731180	Mon & Wed: 9.00am - 6.00pm
<b>WOODGROVE</b>	Orange Valley Active Ageing Centre (Woodlands Peak)	Blk 302A, Woodlands Street 31, #01-327, Singapore 731302	Tue & Thu: 9.00am - 6.00pm
<b>MIDVIEW</b>	Sree Narayana Mission Senior Care Centre (Woodlands)	Blk 861, Woodlands Street 83, #01-170 Singapore 730861	Mon & Wed: 9.00am - 5:30pm
<b>WOODLANDS EAST</b>	Sunlove Active Ageing Centre (Golden Saffron)	Blk 764B, Woodlands Circle, #01-208, Singapore 732764	Mon, Wed & Thu: 9.00am - 12.00pm
<b>WOODLANDS WEST</b>	Sunlove Active Ageing Centre (Marsiling)	Blk 3, Marsiling Road, #01-5137, Singapore 730003	Mon & Wed: 9.00am - 5:30pm
<b>WOODLANDS SOUTH</b>	Convenant Evangelical Free Church	90 Woodlands Drive 16, Singapore 737878	Every 4th Wed: 1.00pm - 4.00pm
<b>MIDVIEW</b>	Precious Active Ageing Centre (Treegrove @ Woodlands)	Blk 887 Woodlands Drive 50, #01-01, Singapore 730887	Every 2nd & 4th Tue: 9.00am - 5.00pm
<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 - 4pm
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

## LOCATE YOUR **COMMUNITY HEALTH POST**

<b>ADMIRALTY</b>	Sembawang Central Zone 'K' Residents' Network	588C Montreal Drive, #01-106, Singapore 753588	Thurs, 9am - 12pm
<b>SEMBAWANG CENTRAL</b>	364A Sembawang Crescent Void Deck	364A Sembawang Crescent, Singapore 751364	Fri, 9am - 12pm
<b>SEMBAWANG CENTRAL</b>	Sembawang Central Zone 2 Residents' Network	351A Canberra Road, #01-317, Singapore 751351	Tues, 9am - 12pm