

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	2nd 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, 9am - 12pm
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
TRAFALGAR	HNF Wellness Club@Buangkok Active Ageing Centre (Care)	Blk 999 Buangkok Crescent #01-01 Singapore 530999	Every Tue, 2pm - 5pm
TAI SENG	Fei Yue Active Ageing Centre (Hougang)	Blk 174A Hougang Avenue 1 #01-1501 Singapore 531174	2nd & 4th Thu, 9.30am - 12.30pm 2nd Tue, 2pm - 5pm
KANGKAR	PCS Cedar Tree Active Ageing Centre @ Upper Serangoon 364	Blk 364 Upper Serangoon Road #01-01 Singapore 530364	1st Thu, 2pm - 5pm
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
HOUGANG EAST	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
KANGKAR	St Luke's Eldercare Active Ageing Centre (Care) @ Hougang	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	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

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
BOON TECK	Care Corner Active Ageing Centre (Care) TP261A	Blk 261A Toa Payoh East #01-03 Singapore 311261	1st & 3rd Mon, 9.15am - 12.15pm
BOON TECK	Care Corner Active Ageing Centre TP62B	Blk 62B Lorong 4 Toa Payoh #02- 121 Singapore 312062	4th Tue, 9.30am - 12.30pm
KIM KEAT	Adventist Active Centre @ Golden Clover	Blk 196 Kim Keat Avenue #01-506 Singapore 310196	2nd Thu, 2pm - 5pm
LORONG 8 TOA PAYOH	Care Corner Active Ageing Centre TP5	Blk 5 Lorong 7 Toa Payoh #01-131 Singapore 310005	2nd & 4th Mon, 2pm - 5pm
PEI CHUN	THK AAC @ Toa Payoh 15	Blk 15 Toa Payoh Lorong 7 #01-579 Singapore 310015	4th Wed, 9.30am -12.30pm 2nd & 4th Thu, 9am - 12pm
POTONG PASIR	PCS Cedar Tree Active Ageing Centre (Care) @ Potong Pasir 108	Blk 108 Potong Pasir Avenue 1 #01-48 Singapore 350108	1st Tue, 2pm - 5pm
TOA PAYOH CENTRAL	Care Corner Active Ageing Centre TP149	Blk 149 Lorong 1 Toa Payoh #01- 963 Singapore 310149	Every Mon, 9.30am - 12.30pm
TOA PAYOH CENTRAL	Care Corner Active Ageing Centre TP170	Blk 170 Lorong 1 Toa Payoh #01-1102 Singapore 310170	Every Wed, 2pm - 5pm
TOA PAYOH WEST	Toa Payoh North Zone 2 RN	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 - 12.00pm
TOA PAYOH WEST	Toa Payoh View RN	Blk 122 Lorong 2 Toa Payoh #01-12 Singapore 310122	1st & 3rd Mon, 2pm - 5pm
SENNETT	Orange Valley Active Ageing Centre (Care) @ Alkaff Crescent	Blk 115C Alkaff Crescent, #03-01 Singapore 343115	Every Thu, 9.30am - 12.30pm
TOA PAYOH WEST	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
WOODLANDS SOUTH	Care Corner Active Ageing Centre WL569A	Blk 569A Champions Way #01-346 Singapore 731569	Every Thu & Fri, 9am - 12pm
WOODLANDS WEST	Care Corner Active Ageing Centre WL16	Blk 16 Marsiling Lane, #01-195, Singapore 730016	Every Tue & Thu, 9am - 12pm
WOODLANDS EAST	NTUC Health Active Ageing Centre (Care) (Kampung Admiralty)	Blk 676 Woodlands Drive 71 #06-01 Singapore 730676	Every Wed, 9am - 12pm
WOODLANDS EAST	NTUC Health Active Ageing Centre (Woodlands East)	Blk 691C Woodlands Drive 73 Singapore 733691	Every Mon, 9am - 12pm 1st & 3rd Mon, 2pm - 5pm
WOODLANDS WEST	NTUC Health Active Ageing Centre (Marsiling)	Blk 180A Marsiling Road #01-2208 Singapore 731180	Every Mon & Wed, 9am - 12pm
WOODGROVE	Orange Valley Active Ageing Centre @ Woodlands Peak	Blk 302A Woodlands Street 31 #01-327 Singapore 731302	Every Tue & Thu, 9am - 12pm
MIDVIEW	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
WOODLANDS EAST	Sunlove Active Ageing Centre @ Golden Saffron	Blk 764B Woodlands Circle #01-208 Singapore 732764	Every Mon & Thu, 9am - 12pm
WOODLANDS WEST	Sunlove Active Ageing Centre @ Marsiling	Blk 3 Marsiling Road #01-5137 Singapore 730003	Every Mon, 9am - 12pm
WOODLANDS WEST	NTUC Health Active Ageing Centre (Care) (Marsiling)	Blk 160 Woodlands Street 13 #01-649 Singapore 730160	2nd, 3rd & 4th Tue, 9am - 12pm
MIDVIEW	Precious Active Ageing Centre (Treegrove @ Woodlands)	Blk 887 Woodlands Drive 50 #01-01 Singapore 730887	2nd & 4th Tue, 9am - 12pm Every Fri, 9am - 12pm
WOODLANDS SOUTH	ACE The Place CC	120 Woodlands Avenue 1 Singapore 739069	Every Tues, 10am - 1pm

YISHUN

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

SEBRAWANG

Sub Zones	Community Health Post	Address	Opening Hours
ADMIRALTY	TOUCHpoint @ Wellington 513	Blk 513 Wellington Circle, #01-34 Singapore 750513	Every Mon, 9am - 12pm
SEBRAWANG EAST	Blossom Seeds Active Ageing Centre @ East Canberra	Blk 105 Canberra Street #02-01 Singapore 750105	Every Tue, 9am - 12pm
SEBRAWANG NORTH	463 Sembawang Drive Void Deck	Blk 463 Sembawang Drive Singapore 750463	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
SEBRAWANG CENTRAL	364A Sembawang Crescent Void Deck	Blk 364A Sembawang Crescent Singapore 751364	2nd & 4th Fri, 9am - 12pm
SEBRAWANG CENTRAL	Sembawang Central Zone 2 Residents' Network	Blk 351A Canberra Road, #01-317 Singapore 751351	2nd Tue, 9am - 12pm