



Dear \${FNAME}\$,

With the new Woodlands Integrated Transport Hub, Woodlands is even more well-connected and accessible now!

A new Aroid Garden will be open up to the public in Sembawang Park by the third quarter of 2021.

Here are 5 movies we recommend you to watch before the June holidays end!

Stay tuned to our weekly highlights for more news closer to home. Join our Telegram channel, follow us on Facebook and visit our blog.

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Like us on Sayang Sembawang

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Woodlands Integrated Transport Hub



Photo Source: Mr Vikram Nair's Facebook Page

The Woodlands Integrated Transport Hub has finally opened! It is a brand new, fully air- conditioned interchange that is right below Causeway Point. More than 20 bus services will be operating from the new interchange, serving our residents living in Woodlands.

Click [here](#) to watch Mr Vikram travelling from Woodlands South to the Transport Hub!

New Aroid Garden

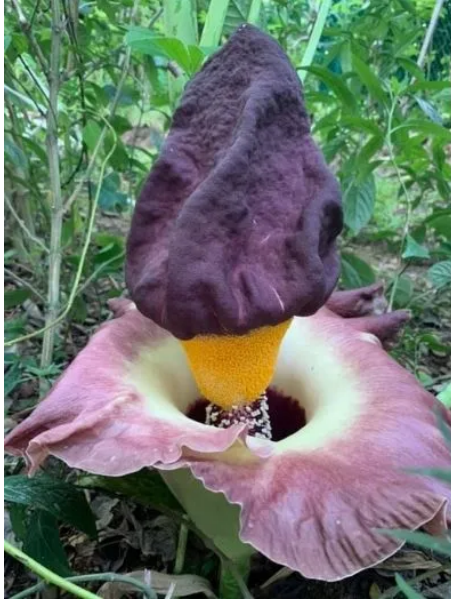


Photo Source: Mothership's Facebook Page

The Elephant Foot Yam, together with other plants from the Araceae family, or Aroids, will be housed at a new garden within the Sembawang Park!

Find out more [here](#).

Stay tuned to the NParks website for more updates regarding its opening.

Movies to watch this June Holidays

**5 MOVIES TO
WATCH ON
Disney+
THIS JUNE HOLS**



Looking for movies to watch this holiday? We've got you covered!

Click [here](#) to see our top 5 recommendations you can watch on Disney+.

Tutu Kueh from 胖嘟嘟 (#dabaofriday)



We highly recommend these traditional Singapore treats-- tutu kuehs from 胖嘟嘟, located at Blk 759 Yishun St 72 #01-298 Singapore, Singapore 760759.

This store offers over 80 flavours of tutu kueh including D24 durian, Salted Egg Custard or Lotus Biscoff? What's more, they even offer savoury flavoured tutu kuehs such as mentaiko and chilli crab! Curious how they'll taste like? Find out for yourself today!

Health & Wellness Series

BROUGHT TO YOU BY:



People's Association



M³@Woodlands



Residents' Network



Woodlands
Health Campus
National Healthcare Group



MASJID YUSOF ISHRAH



USTAZ ALAWI
HOST



MADLINE NG
DIETICIAN



CHOPE
COACH ADIB

SIGN UP NOW!



<https://go.gov.sg/healthjourney>

HEALTH & WELLNESS SERIES

Knowing physical fitness as the first requisite of happiness is not enough! How best to care for your cardiovascular health and know **RED flags** to watch out for!

DATE: SUN, 27 JUNE 2021 | TIME: 9.00AM | PLATFORM: ZOOM

**COME AND JOIN US TO LEARN MORE ABOUT:
MODERATE EXERCISE**

HOW HEALTHY EATING CAN IMPACT YOUR CARDIOVASCULAR HEALTH

Jom! Join our Health & Wellness Series on exercise and healthy eating habits for Good Cardiovascular Health with Woodlands Health Campus on Sun, 27 June at 9am via Zoom. It is FREE!

Click [here](#) to sign up!

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