



Dear \${FNAME}\$,

Read on to discover more about the newly opened Bukit Canberra gym and the features that make it so significant in Sembawang.

Delve into the details of how our community engages and supports our different cultures together.

Get the inside scoop on upcoming events around our town and never miss a beat when it comes to the latest happenings in our vibrant community!

Stay tuned to our weekly highlights for more news closer to home. Join our Telegram channel, follow us on Facebook to stay in the know.



Bukit Canberra ActiveSG Gym



Photo Source: Dr Lim Wee Kiak's Facebook

Last Sunday saw the opening of the long-awaited Bukit Canberra Gym, joined by Minister Ong Ye Kung, adviser to Sembawang Central, as well as Dr Lim Wee Kiak, adviser to Canberra.

The Bukit Canberra Gym is currently the largest ActiveSG gym in Singapore, and features a wide variety of equipment, a studio for various classes, and a large central space for more dynamic exercises.

Together with the newly opened pool, Bukit Canberra has become an attractive location for those looking to lead a healthier lifestyle.

[!\[\]\(95b425611cbd2b8716a140cf67c81822_img.jpg\) Find out more](#)

Sembawang West Emergency Awareness Day



Photo Source: Ms Poh Li San's Facebook

Sembawang West hosted its Emergency Awareness Day at Kampung Admiralty, joined by Ms Poh Li San, adviser to Sembawang West.

The event shared many useful tips and hands-on practices with residents, and equipped many with skills to carry out First Aid, CPR, AED and using fire extinguishers.

Thanks to the efforts by the Sembawang West C2E team, SCDF and SPF, participants can now assist confidently should any emergency arise.

[f Find out more](#)

Dandiya Celebration



Photo Source: Mr Vikram Nair's Facebook

The Zone 7 RN organised a colourful Dandiya celebration, joined by Mr Vikram Nair, adviser to Admiralty, alongside residents from all across Woodlands and Admiralty.

This dance in honour of the goddess Durga, originating in Gujarat, is part of the celebration of Navaratri. This event brought Indians from many different communities in the area together for an enjoyable evening.

[f Find out more](#)

Ageing Well @ Woodlands



Photo Source: Ms Mariam Jaafar's Facebook

On a journey to connect with all 8,000+ seniors living in Woodlands, Ms Mariam Jaafar, adviser to Woodlands, together with hundreds of enthusiastic volunteers, have managed to reach out to 2,397 of them in just the first round of the Ageing Well @ Woodlands initiative over the past month.

With such an ambitious goal in mind, more volunteers are always welcomed to create a better community for everyone.

[f Find out more](#)

Upcoming Events

Woodlands Colourpop Run

WOODLANDS COLOURPOP RUN

2023

SATURDAY, 25 NOVEMBER
5.00PM @ REPUBLIC POLYTECHNIC
A non-competitive 5KM Fun Run / Walk!

»» HIGHLIGHTS ««

- SPORTS BOOTHS
- GAMES BOOTHS
- HEALTH BOOTHS
- FOOD BOOTHS
- AGENCY BOOTHS
- STAGE PERFORMERS

FEES: \$15
RACE PACK / RUNNER TEE
FINISHER MEDAL

To register, scan the QR code
or visit go.gov.sg/wlcpr23



Joining Us
Ms Mariam Jaafar
Grassroots Adviser to
Woodlands GROs

Tag us on #Colourpoprun2023
and win top 5 prizes for
"Best Colourful & Creative Facepainting Runner"

Organised by:



For enquiries, please contact:
Woodlands Satellite CC at 6362 8832

Photo Source: Woodlands Community Facebook

The 5th edition of the popular Woodlands trademark event, Colourpop Run, is set to take place on 25th November 2023!

Since its inaugural launch in 2017, this non-competitive 5km run/walk has been a hit among participants. Excitingly, this year's event will be held in the evening, offering a unique experience that includes a vibrant carnival atmosphere and captivating stage performances at the finish line.

Date: Saturday, 25 November 2023

Time: 5pm to 7.30pm

Venue: Republic Polytechnic

[Find out more](#)

Sembawang Sports Fiesta

FITNESS X @ SEMBAWANG SPORTS FIESTA

SATURDAY, 2 DECEMBER 2023

9AM TO 2PM

BUKIT CANBERRA SPORTS HALL - LEVEL 1
21 CANBERRA LINK S(756973)

PROGRAMME HIGHLIGHTS

CROSSFIT
9.00AM
by Coach FALIQ

FIGHT-DO
10.00AM
by Coach ENG ENG

K-POP
11.00AM
by Instructor ANGELA WONG

ZUMBA
12.30PM
by Instructor JAMES YEO,
JACQUELINE AND SHIRLEY DAM

PLEASE SCAN
OR CODE
TO REGISTER

<https://go.gov.sg/2decsportsfiesta>

For enquires, please call **Woodlands Galaxy Community Club**
☎ 6366 2218 OR ✉ pa.sembawangcsc@gmail.com

Organised by:



Sponsored by:



Venue Partner:



Photo Source: Sembawang West Zone B RN's Facebook

Are you ready to immerse yourself in the world of sports like never before at the Sports Fiesta!

Date: 2 December 2023

Time: 9am to 2pm

Location: Bukit Canberra Sports Hall

[f Find out more](#)

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