



Dear \$[FNAME]\$,

We are giving away vouchers worth up to \$80 for the winners of our Action Green Town Photo Contest. Read on to find out how to participate!

We would like to thank all who have supported the launch of Store@Woodlands, making it a success it is today!

BW Monastery and the Admiralty team distributed food to residents in need.

The Sayang Sembawang September 2021 newsletter issue is out! Click the link below to read our latest quarterly newsletter issue!

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



### Action for Green Town Photo Contest

**Action for Green Towns**

**SHOW US YOUR BEST SHOT**

What's your favourite spot in Sembawang Town to enjoy nature? Take a photo of it and stand to win amazing vouchers!

**Action for Green Towns PHOTO CONTEST**  
4 to 19 September 2021

Let's appreciate and protect the nature in our town together. Share your ideas and suggestions on how we can achieve Zero Waste, Energy Efficient and Greener Towns at: [feedback@sbtcc.org.sg](mailto:feedback@sbtcc.org.sg)

**Ms Poh Li San**  
Sustainability Champion  
Vice-Chairman of Sembawang Town Council  
MP for Sembawang GRC (Sembawang West)

Unleash the photographer in you and participate in our Action for Green Town Photo Contest to win vouchers up to \$80. Snap, upload and win; it is just so simple!

[f Find out more](#)

## Store@Woodlands



*Photo Source: Mariam Jaafar's Facebook Page*

Store@Woodlands was launched on 29 August this year with the aim to assist our lower-income residents. It has progressed greatly over the months and is now a major success with 161 members!

Thanks to all who have supported!

[f Find out more](#)

## Visit to Sunlove Senior Activity Centre



*Photo Source: Poh Li San's Facebook Page*

MP of Sembawang GRC (Sembawang West), Ms Poh Li San, together with Senior Minister of State, Ms Sim Ann, visited Sunlove Senior Activity Centre on 6 September. During their visit, they had friendly chats with stallholders and residents in the vicinity. Ms Poh expressed her delight to see businesses picking up and people practising good safe management measures.

## Distributing Food to Residents in Need



Photo Source: Vikram Nair's Facebook Page

BW Monastery, Admiralty's welfare team and volunteers, together with, Mr Vikram Nair, MP for Sembawang GRC (Admiralty) distributed bags of food and rice to residents in need at rental flats last weekend. We appreciate the efforts of the BW Monastery team for making an effort to look out for the vulnerable!

## Sayang Sembawang September 2021 Newsletter

**READ OUR LATEST SAYANG  
SEMBAWANG NEWSLETTER ISSUE!**



Our Sayang Sembawang September newsletter 2021 issue is out! Click the button below for the online version.



Upcoming celebrations and workshops in Sembawang GRC:

Our Healthy Journey

OUR HEALTHY JOURNEY  
Staying Active in your Golden Years!

DATE: 19 SEPTEMBER 2021  
TIME: 9.00AM TO 10.15AM  
PLATFORM: ZOOM

Workshop by: **COACH ADIB**

Guest Speaker: **MR OOI SAY LEONG**

Ageing is an inevitable part of life but that does not mean you cannot live your life actively. Through the informative talks, you will learn about the challenges commonly faced in the golden years, and understand the strong link between physical and mental well-being. You will also pick up tips and secrets to live your life in a more meaningful way.

Come and join us for a 30-minute workout with Coach Adib and sharing by Mr Ooi Say Leong, Senior Clinical Psychologist from Woodlands Health!

Sunday, 19 Sep 2021 at 9am via Zoom



Navigating the teenage years workshop

Navigating The Teenage Years

"By the time your children hit puberty, you are wrestling not only with the will of your children, but with the raging hormones."  
Dr. Paul Foubler

Most parents are deeply concerned about their teenager's future. The chances of your increasing challenging world increases with your interaction with your children can build them up or tear them down.

This well reviewed and interactive seminar is a primer for parenting teens. It provides information on what teenagers need from them to build confidence and resilience. We parenting styles on our teenagers. You will be informed, challenged and inspired in this workshop.

REGISTER NOW (11.18.21)

SUNDAY, 26 SEPTEMBER 2021  
10.30AM TO 12.30PM  
ACE THE PLACE COMMUNITY CLUB  
120 WOODLANDS AVENUE 1  
SINGAPORE 739049

Sunday, 26 Sep 2021 at 10.30am at ACE The Place Community Club



Woodlands Mid-Autumn Online Celebrations

Woodlands Mid-Autumn Celebration  
9月18日2021, 7.00pm - 9.30pm

Joining Us 同我们参与  
**Ms Mariam Jaafar** 庄丽梅  
Grassroots Advisor to Woodlands GRCs  
元兰草根组组委顾问

Special Guest  
**Mr Ong Ye Kung** 王乙康  
Minister of Health 卫生部长  
Grassroots Advisor to Sembawang Central GRCs  
三巴旺中區區委顧問

若有兴趣出席现场表演, 请扫描二维码报名 名额有限

Register your interest to attend the show physically at Woodlands CC Limited slots available

Watch the show here

For more information, please contact Woodlands CC at 6368 9938

Saturday, 18 September 2021, from 7pm.

Catch the livestream show on Ms [Mariam Jaafar](#)'s Facebook page or enjoy the show live at Woodlands CC (for fully vaccinated residents only).



Tips on going green

Here are some green habits that we can adopt as we work together towards a Greener Sembawang.  
#MakeSembawangGreen



# 4 Tips on Going Green



1

bring your own  
water bottle



2

use your own utensils  
instead of plastic ones



3

switch to an  
eco-friendly bag



4

use a reusable  
container

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Channel