



Dear \${FNAME}\$,

Fully vaccinated residents who just moved into our GRC were invited to the inauguration of the Sembawang Heritage Trail.

Canberra, Woodlands and Sembawang West hosted their own virtual Mid-Autumn celebrations!

You sure wouldn't want to miss out Woodlands Suara Utara live rock concert!

Meet Zheng Haw, a youth volunteer, as he shares sustainability campaigns and efforts in Sembawang West.

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.



## Inauguration of the Sembawang Heritage Trail



Fully vaccinated residents who just moved into our GRC were invited to the inauguration of the Sembawang Heritage Trail as a "Welcome to the estate" event last weekend. They explored the past of Sembawang GRC as trained resident heritage guides took them on a journey to view heritage sites that

[#MakeSembawangSpecial](#).



## Mid-Autumn Celebrations in Sembawang GRC



Photo Source: Mariam Jaafar's Facebook Page

Check out Minister Ong Ye Kung and Ms. Mariam Jaafar's performing "Ai Pia Cia E Ya" at the Woodlands' E-Celebration!



Photo Source: Sembawang Our Home

Watch Ms Poh Li San perform 2 songs for residents at the Mid-Autumn E-celebration @ Sembawang West.



Photo Source: Dr Lim Wee Kiak's Facebook Page

The Mid-Autumn celebration by Canberra Zone 3 was filled with fun and laughter! Dr Lim Wee Kiak also took the opportunity to address the current Covid situation and wished everyone a happy Mid-Autumn!

## Bulan Bahasa 2021 Interactive Theatre



Photo Source: Mariam Jaafar Facebook Page

Fully vaccinated residents and MPs for Sembawang GRC were in attendance at Ace the Place CC, where they were entertained by the Bulan Bahasa 2021 - Biduk Lalu Kiang Bertaut, an interactive theatre experience that tackles the issues faced by the community and how they can overcome them. The event was also livestreamed on Ms Mariam's Facebook page.



## Woodlands CC Suara Utara



*Photo Source: Woodlands CC Suara Utara's Facebook Page*

Are you a huge fan of rock music? If so, watch this live rock concert hosted by Woodlands CC to get your week stirring up!



## Canberra Gardens Give Back



[Dr Lim Wee Kiak](#) and various volunteers hosted the Canberra gardens-give-back programme to harvest fresh vegetables from Canberra Gardens and donate to Singapore Christian Home

## Sustainability efforts in Sembawang West



Meet Zhenghaw, a youth volunteer and a part of Sembawang Town Council's team, as he shares more about the sustainability efforts and campaigns in Sembawang West in the recent months!



## Upcoming talks and workshops in Sembawang GRC:

### TGIF Zumba Gold



Every Friday  
8.30pm – 9.30pm  
Trainer: Rafidah Sani

Weekly sessions from  
1 October 2021 – 29 October 2021\*  
\*except for Public Holidays



Scan or click this link to register!  
<https://go.gov.sg/zumba-goldraikanilmu>

Co-organised by:



\*Only successful applicants will be notified. A Zoom link will be sent one day before the session.

Every Friday from 1 Oct to 29 Oct 2021 at 8.30pm via Zoom.



FIGHT CANCER

### Find out more about Gynaecological Cancer

HEALTH AWARENESS MONTH

## UNDERSTANDING GYNAECOLOGICAL CANCER

Understand the prevalent cancers affecting women and why early prevention saves lives.

**DATE: 2 OCTOBER 2021**  
**TIME: 2 PM TO 4 PM**  
**VENUE: ZOOM**

**REGISTER HERE:**

**SPEAKER**  
**PROF TAY SUN KUIE**  
Visiting Senior Consultant,  
National Cancer Centre Singapore

STAND A CHANCE TO WIN \$10 VOUCHERS!

**ORGANISED BY**  
WOODLANDS YOUTH WOODLANDS

**IN PARTNERSHIP WITH**  
National Cancer Centre Singapore Singapore Cancer Society

Saturday, 2 Oct, 2pm to 4pm



Learn to Cope with Anxiety



**FIGHT CANCER!**  
**SAT, 9 OCT 2021**  
**10AM TO 11AM** 

Breast cancer is the most common cancer among Singaporean women. As a person gets older, the risk of developing breast cancer increases.

Come and join us to learn more about:

- Signs and Symptoms
- Risk Factors
- Prevention
- Treatment

**DO NOT MISS THE SESSION! COME AND JOIN US**  
**SCAN THE QR CODE BELOW TO REGISTER VIA**  
**HTTP://GOV.SG/INCANCES**

**GUEST SPEAKER**  
  
**DR JIE LIN LIM, DR SHARON**  
**ASSOCIATE CONSULTANT**  
**DEPARTMENT OF BREAST SURGERY**  
**DIVISION OF SURGERY & SURGICAL ONCOLOGY,**  
**SCB AND MGS**

**MODERATOR:**  
  
**NADIA BEGUM**

**Brought To You By:**  


**Supported By:**  


**QR CODE**  
  
\*YOUR LINK WILL BE SENT ONE DAY BEFORE THE SESSION STARTS.

9 Oct 2021 at 10am via Zoom

 **Find out more**

Like us on Facebook

HEALTH AWARENESS MONTH

**COPING WITH ANXIETY AND BURNOUT AT WORK**

#adulting is hard. Learn how to identify signs of stress and practice mindfulness.

**DATE: 9 OCTOBER 2021**  
**TIME: 2 PM - 4 PM**  
**VENUE: ZOOM**

**SPEAKER**  
  
**LUCIAN TOH**  
 Social Work Associate,  
 AWWA CREST

**SPEAKER**  
  
**NICODEMUS CHING**  
 Social Worker,  
 AWWA CREST

**REGISTER HERE:**  


**STAND A CHANCE TO WIN \$10 VOUCHERS!**  


**ORGANISED BY**  


**IN PARTNERSHIP WITH**  
**AWWA**



Saturday, 9 October, from 2pm to 4pm.

 **Find out more**

Follow us on Instagram

Join our Telegram Channel