

Dear \$[FNAME]\$,

Read on to discover more about the festivities and events leading up to Chinese New Year which brightened up both Bukit Canberra and the faces of residents in Sembawang.

Delve into the details of how our community engages elderly residents and improves their welfare.

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.







### <u>Chinese New Year (CNY) Visit To Residents</u>



During the last two weeks, Dr. Lim Wee Kiak, PBM, our advisor, has been touring the estates to distribute oranges to the residents. His visits included the coffee shop at Block 406, as depicted in the image above.

Photo Source: Dr Lim Wee Kiak PBM's Facebook

The residents expressed great enthusiasm in welcoming Dr. Lim, engaging with him on a cheerful Sunday morning. Furthermore, special appearances by 财神爷 during the visits resulted in numerous photos being taken together. In summary, these visits have significantly uplifted the residents' spirits, creating memorable moments for everyone involved.



# Pek Kong Temple



wishes to everyone for a joyous and prosperous Lunar New Year.

Find out more



**Edusave Awards Ceremony** 

Photo Source: Ms. Poh Li San's Facebook

Last week, our advisor, Ms. Poh Li San, took the honour of presenting the Edusave Awards certificates during the ceremony held at Sembawang West Grassroots. She warmly congratulated both the students and their parents, offering words of encouragement. Ms. Poh Li San urged the students to persist in their diligent efforts, embrace challenges, and pursue their aspirations. Beyond academic achievements, she underscored the significance of cultivating positive values, emphasizing the importance of kindness towards one another and expressing gratitude for the blessings of living in Singapore.

Find out more

### Chinese New Year (CNY) Walkabout



Photo Source: Ms. Mariam Jaafar's Facebook

This past Saturday, Ms. Mariam Jaafar, our advisor, embarked on her Chinese New Year (CNY) walkabout accompanied by CaiShen and the twin lions, distributing oranges and golden coins throughout Woodlands to bring prosperity and good fortune to the residents and friends. The atmosphere was truly exhilarating, and the team encountered enthusiastic crowds wherever they went. The event was characterized by vibrant colours, festive cheer, and an overall lively ambiance, a spectacle that Ms. Mariam thoroughly enjoyed.



Find out more

## **Upcoming Events**

### SG Women's Festival 2024



Join Us 3rd March 2024 (Sunday)

9.00am - 6.00pm **Kampung Admiralty** Community Plaza

reduces the risk of many chronic diseases, and promotes positive mental health. Women often find it difficult to exercise regularly. Many face barriers to exercising. As women, we should allow ourselves to care for our health and fitness, not just everyone around us. Women benefit from exercise at any age! Join us for a day dedicated to women in Singapore! We hope more women can step up, overcome their barriers to exercise, and take charge of their health. Move with us at the

fitness workouts, be empowered by our speakers at the seminar, and reach out to all the

#### companies and associations uplifting women's health. Fitness Workout Health Talks Experience the perfect blend of Fitness

women, enhancing both health and without any cost, and feel free to participate in as many as you desire!

& Fun - enjoy lively fitness workouts with your girlfriends and a community of

Health Fair









@sgwomensfestival @sgwomensfestival



















awards















Women's

### 3rd March 2024 (Sunday) | 9.00am - 6.00pm S6 Heroine

An award specially to honour Singapore women that have shown resilience, perseverance and have

10:00am Award Ceremony

Meet with and be inspired by our 5 SG Heroines who had fought against adversities or challenges to pursue better health and are role models to fellow women.

positively impacted the lives of the people around her.

#### 09:30am | Family Workout with PCF Sparkletotts Teachers 11:00am | Kpop Fitness with Angela Wong

Fitness Workout

12:30pm | **Zumba** with Ritu Rishi

with Jacqueline Leo

02:00pm | Piloxing with Rasidah Causal

03:30pm | Zumba Gold

Health Talks

05:00pm | Navigating nutrition in women in midlife and beyond

Sign up for



SG Women's Festival 2024 organised by Sembawang GRC and championed by Ms. Poh Li San

Adviser to Sembawang West Grassroots Organisation.

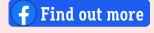
(O) @sgwomensfestival

@sgwomensfestival

Come join us for a day packed with workouts, health talks, and informative booths from 9.30am to 5pm. Our mission is to inspire change and empower women in Sembawang GRC to prioritize fitness and health. Be part of the movement and meet our Singapore Heroines this 2024, the five incredible women who transformed their health. Their stories will ignite your journey to a healthier, fitter you!

More details and registration here: <a href="https://form.gov.sg/65a8d78af8d6ca32d996b71e">https://form.gov.sg/65a8d78af8d6ca32d996b71e</a>

See you!



#### Canberra Adventurefest 2024



#### Canberra Adventurefest is happening next month on Sunday, 10 March 2024, from 7am to 2pm at the open space in front of block 320 Sembawang Close.

Photo Source: Kampung Jelutung's Facebook

Join the excitement from food to games to performances and magic shows, don't miss the fun and register

Supported by:

More details and registration here: <a href="https://www.onepa.gov.sg/.../canberra-adventurefest-2024">https://www.onepa.gov.sg/.../canberra-adventurefest-2024</a>

P.S. Successful registrants will be notified via SMS for ticket collection. □

See you! **f** Find out more

Chinese New Year Dinner 2024 @ Sembawang West

now!

Organised by:



performances by schools and talented artistes including Jessie Yeong, Huang Hao Fong and Lennerd Lim. Let's usher in the New Year with great food, fantastic entertainment, and wonderful company. □

Get your tickets now @ Woodlands Galaxy CC!

□ \$28 for Chinese food | \$25 for Halal food

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