



# SAYANG SEMBAWANG

Bringing you the latest community news

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.**



## Chinese New Year (CNY) Visit To Residents



**Photo Source: Dr Lim Wee Kiak PBM's Facebook**

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. 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.

[Find out more](#)

## Celebrating Lunar New Year at Loyang Tua Pek Kong Temple



**Photo Source: Mr Vikram Nair's Facebook**

Residents of Admiralty, alongside our advisor, Mr. Vikram Nair, is being invited to celebrate Lunar New Year at Loyang Tua Pek Kong Temple. This event was made possible with the assistance of the Cabbycare Charity Group, a dedicated collective of taxi drivers who generously volunteer their time and services for various charitable initiatives, such as delivering food to those in need and providing support for medical transportation. With Lunar New Year festivities in full swing, Mr. Vikram would like to extend his heartfelt 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**

## Give Yourself The Gift of Health

Regular physical activity improves overall health and fitness, maintains a healthy weight, 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

Experience the perfect blend of Fitness & Fun - enjoy lively fitness workouts with your girlfriends and a community of women, enhancing both health and adrenaline. Try out new fitness workouts without any cost, and feel free to participate in as many as you desire!

### Health Talks

Specially curated health topics for any woman who is looking to learn more about specific health topics of their concerns/ interest and learn how to improve their health with insightful information. Whether it's menopause, pregnancy, emotional health, or incontinence, our experts are here to empower you so that you can be empowered to make more informed decisions about your health and improve your well-being.

### Health Fair

Meet up and make connections with different medical experts and companies who are dedicated towards women's health and wellbeing.

Enjoy free health screenings, giveaways and get tips on how you can achieve better health and whole-body wellness from local experts.



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# PROGRAMME

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



### SG Heroine awards

**10:00am Award Ceremony**

An award specially to honour Singapore women that have shown resilience, perseverance and have positively impacted the lives of the people around her.

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.

### Fitness Workout

- 09:30am | Family Workout with PCF Sparkletots Teachers
- 11:00am | Kpop Fitness with Angela Wong
- 12:30pm | Zumba with Ritu Rishi
- 02:00pm | Piloxing with Rasidah Causal
- 03:30pm | Zumba Gold with Jacqueline Leo

### Health Talks

- 10:00am | Breast cancer and what we can do to protect ourselves by Dr Lee Wai Peng, Senior Consultant & Breast Surgeon, Solis Breast Care & Surgery Centre
- 11:00am | Fertility and egg freezing by Dr Ee Tat Xin, Consultant, Department of Reproductive Medicine, KK Women's and Children's Hospital
- 01:00pm | Wo-men EmpOURwered by Ms Kitty Lee, Principal Medical Social Worker, Woodlands Health
- 02:00pm | Polycystic ovaries & endometriosis by Dr Wong Ker Yi, Consultant, Department of Reproductive Medicine, KK Women's and Children's Hospital
- 03:00pm | Breezing through menopause by Dr Farah Safdar Husain, Consultant, Family Medicine Service and KK Menopause Centre, KK Women's and Children's Hospital
- 04:00pm | Urologic cancers in women by Dr Shum Cheuk Fan, Senior Consultant, Woodlands Health
- 05:00pm | Navigating nutrition in women in midlife and beyond by Yong Pay Wen - Principal Dietician, Woodlands Health

Sign up for health talks here:





SG Women's Festival 2024 organised by Sembawang GRC and championed by Ms. Poh Li San  
Adviser to Sembawang West Grassroots Organisation.

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Photo Source: Our Admiralty's Facebook

Singapore Women Festival is making a powerful comeback next month on Sunday, 3 March at Kampung Admiralty!



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: <https://form.gov.sg/65a8d78af8d6ca32d996b71e>

See you!

[Find out more](#)

## Canberra Adventurefest 2024

# CANBERRA ADVENTUREFEST 2024

March 10

SUNDAY, 10 MARCH 2024

7.00AM TO 2.00PM

ALL BOOTHS COMMENCES AT 9.00AM.  
SCAN QR CODE FOR MORE ACTIVITY INFORMATION.

OPEN SPACE INFRONT OF  
BLK 320 SEMBAWANG CLOSE

REGISTER NOW!

SEE MORE

**Inflatables**

**MAGIC SHOW**

**FITNESS CHALLENGES**

**FOOD/GAME BOOTHS**

AND MANY MORE..

TICKET PRICE

**\$2.00**

PER PERSON

**TERMS & CONDITIONS**

- No refund of tickets
- Additional charges apply.
- For more information, scan the QR code.
- Successful participants will be informed via SMS for ticket collection.

**FOR ENQUIRIES, PLEASE CONTACT CANBERRA COMMUNITY CLUB @ 67556369**

**Organised by:**

**Supported by:**

\*The Organiser reserves the right to use any photographs (including those of Participants), motion pictures, recordings, or any other media records of the Event, for any legitimate purpose including commercial advertising and distribution to the Organiser.

Photo Source: [Kampung Jelutung's Facebook](#)

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.

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

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

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

See you!

[Find out more](#)

## Chinese New Year Dinner 2024 @ Sembawang West

# CHINESE NEW YEAR DINNER 2024 @ SEMBAWANG WEST

## 三巴旺西新春贺岁文娱晚宴

Date日期: 17 February 2024, Saturday

Time时间: 6.30pm to 10pm

Ticket price收费: \$28 for Chinese Food (中餐), \$25 for Halal Food (马来餐)

Location地点: Open Field in front of Blk 786B, Woodlands Drive 60 S(732786)

Joining Us:

**Ms Poh Li San**

Grassroots Adviser to Sembawang West

Grassroots Organisations

**Programme highlights:**

- Performance by schools and various artistes 学生及艺人表演
- Lucky Draw 幸运抽奖

Please purchase your tickets at Woodlands Galaxy Community Club

有兴趣者, 请到兀兰星宇民众俱乐部购票

31 Woodlands Avenue 6, S (738991)

Operating Hours 中心开放时段:

Monday to Sunday, 10am – 6pm

星期一至星期日, 上午10点至6点正

(Closed on Public Holidays)

Telephone 电话: 6366 2218

Photo Source: [Sembawang Our Home's Facebook](#)

Chinese New Year Dinner at Sembawang West will be held on Saturday, 17 February 2024, from 6.30pm to 10.00pm at the open field in front of Blk 786B Woodlands Drive 60. There will be food and lined up 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.☐

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

Get your tickets now @ Woodlands Galaxy CC!

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