

Dear \$[FNAME]\$,

Read on to discover more about the ongoing festive activities and events 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>Celebrating Deepavali: Morning Visit to Holy</u> <u>Tree Temple</u>



Advisers Mr Vikram Nair, Ms Poh Li San, and Dr Lim Wee Kiak, PBM, began their Deepavali celebrations

Photo Source: Dr Lim Wee Kiak's Facebook

of the grounds. The temple, which serves the Hindu community, provides free meals and hosts wedding ceremonies. It will soon expand its services to offer free health checks and counselling for residents in Sembawang and Nee Soon GRCs and is open to people of all races and religions. A heartfelt thank you to the temple leaders and volunteers for their dedication to the community.

Find out more

with a visit to Holy Tree Temple. They were warmly welcomed by the temple management and given a tour



## <u>Admiralty</u>



creating an exciting and joyful atmosphere. Mr Vikram expressed his gratitude to everyone who took part, making it a truly memorable celebration for Admiralty's Indian community.

Find out more

# From Struggle to Strength: Adviser Ms Mariam Jaafar's Meet-Up with Supportive Voices for Ex-Offenders



Photo Source: Mariam Jaafar's Facebook

Adviser Ms Mariam Jaafar met with leaders from A Voice to be Heard, Nisha's Network, Agents of Change, and Rebuild Podcast to discuss their journeys from struggle to recovery. They shared how family, faith, and accountability played key roles in helping them overcome adversity, and how they now give back by mentoring and supporting fellow ex-offenders. Ms Mariam was inspired by their efforts and emphasised the need for continued collaboration to tackle issues such as the growing number of young offenders and to enhance support for those on the path to recovery.

Find out more

#### <u>Sembawang West's Joyful 'Jalan-Makan'</u> **Outing at ECP Food Splash**



Photo Source: Poh Li San's Facebook

Adviser Ms Poh Li San joined nearly 200 seniors for a delightful "jalan-makan" outing at ECP Food Splash. The event was filled with sunshine, fresh air, and sea breeze, as the seniors enjoyed lively games of Bingo, singing, and dancing to nostalgic oldies. Ms. Poh also had a wonderful time taking part in the festivities. Special thanks to Patron Mdm May for sponsoring the lunch and reserving the venue for the Seniors' Month celebration, as well as to Aloysius and Patrick from Vintage Radio for hosting. Ms Poh also expressed her gratitude to the SCEC volunteers and PA team for organising such a successful and enjoyable outing.

Find out more

### **Opening of New Rooftop Community Garden** in East Canberra Zone 3



Sembawang Central marked the opening of a new rooftop community garden in East Canberra Zone 3 with an open house for residents. The intimate gathering included a tour of the garden, along with activities such

Canberra Zone 2 RN - Mega Carnival: 20 Years of Connecting the Community

as mini pot painting and pebble bug art. Despite a light drizzle, attendees embraced the weather to join in a harvest session. Adviser Mr Ong Ye Kung was also present, taking the opportunity to explore the garden and engage with residents. Find out more

**Upcoming Events** 



purpose including commercial advertising and distribution to the organiser.

Photo Source: Canberra ZoneTwo's Facebook

CONNECT WITH US:



#Canberra2gether



Join Canberra Zone 2 RN in celebrating their 20th Anniversary with a mega carnival for residents! Enjoy a variety of fun games, tasty snacks, and exclusive offers for all. Take part in the Friendship Adventure with

your neighbours and stand a chance to win goodie bags.

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

Click here to sign up: <a href="https://www.go.gov.sg/canberra2twenty">https://www.go.gov.sg/canberra2twenty</a> Click here to sign up for the Friendship Adventure: <a href="https://www.go.gov.sg/cz2friendship">https://www.go.gov.sg/cz2friendship</a>

See you there!

Find out more

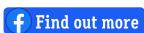
Sembawang CC IAEC Mangala Deepavali 2024



Join Sembawang Central for a vibrant Deepavali celebration! Enjoy a delicious buffet dinner with fellow residents, complemented by a series of lively cultural performances that showcase the rich traditions of the festival. It's a wonderful opportunity to come together as a community, share in the festive spirit, and celebrate this special occasion with friends and neighbours. Don't miss out on this memorable evening!

Click here to sign up: <a href="https://go.gov.sg/mangaladeepavali">https://go.gov.sg/mangaladeepavali</a>

See you there!



Complimentary Health Screening in conjunction with World Diabetes Month 2024



complimentary screening aimed at evaluating overall health.

Understanding Diabetes. Recognising the symptoms for prevention. Join us for

Learn to identify potential health risks such as (三高 (Sān Gāo), High Blood Pressure, **High Cholesterol and High Sugar!** 

> 9.00AM - 1.00PM CANBERRA PLAZA, LEVEL I COMMUNITY PLAZA

SATURDAY, 23 NOVEMBER 2024

#### **HEALTH SCREENING INCLUDES:** HbA1C Test

- **Blood Pressure Checks Physical Measurements: Blood Pressure,**
- Waist Circumference, and Body Mass Index (BMI) **Diabetes Risk Evaluation**
- **Lipid Profile**

No fasting required

Minimum Age:

21 Years Old



go.gov.sg/dhs24

**Pre-Registration is Required!** Interested, Scan QR Code below.

PARTICIPANTS), MOTION PICTURES, RECORDINGS, OR ANY MEDIA RECORDS OF THE EVENT, FOR ANY LEGITIMATE PURPOSES INCLUDING COMMERCIAL ADVERTISING AND DISTRIBUTION TO THE ORGANISER. Photo Source: M3 at Woodlands's Facebook

DISCLAIMER: THE ORGANISER RESERVES THE RIGHT TO USE ANY PHOTOGRAPHS (INCLUDING THOSE (

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Take charge of your health this November by joining a FREE health screening event in support of World

Diabetes Month. In partnership with Diabetes Singapore, this event offers essential health assessments to help identify risks such as high blood pressure, cholesterol, and blood sugar levels. Best of all, no fasting is required, making it easy for you to take part. Ensure you pre-register to secure your spot and take a proactive step towards better health! Click here to sign up: https://go.gov.sg/dhs24

See you there!

Find out more

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