



SAYANG SEMBAWANG

Bringing you the latest community news

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.



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Celebrating Deepavali: Morning Visit to Holy Tree Temple



Photo Source: Dr Lim Wee Kiak's Facebook

Advisers Mr Vikram Nair, Ms Poh Li San, and Dr Lim Wee Kiak, PBM, began their Deepavali celebrations with a visit to Holy Tree Temple. They were warmly welcomed by the temple management and given a tour 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.

[f Find out more](#)

Vetri IAEC's Vibrant Deepavali Celebrations in Admiralty



Photo Source: Vikram Nair's Facebook

Over the weekend, Adviser Mr Vikram Nair attended Vetri IAEC's vibrant annual Deepavali celebration, the largest of its kind in Admiralty. The event was a colourful spectacle, filled with dazzling lights, lively performances, and festive music and dance. Residents and local dance groups showcased their talents, 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.

[f 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](#)

Sembawang West's Joyful 'Jalan-Makan' 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



Photo Source: East Canberra Zone 3 Residents' Network's Facebook

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 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

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

Canberra Zone 2 Residents' Network Presents

MEGA CARNIVAL

CELEBRATING 20 YEARS OF CONNECTING THE COMMUNITY

SATURDAY 16 NOVEMBER 2024
3PM - 6PM
 OPEN SPACE NEXT TO BLOCK 356 ADMIRALTY DRIVE

FAMILY FUN

- ANIMAL RIDES
- BOUNCY CASTLE
- INFLATABLES
- MINI-PHOTO STUDIO
- GAME BOOTHS
- PERFORMANCES

SNACKS

- HOT DOG
- ICE CREAM
- POP CORN
- COTTON CANDY
- MUAH CHEE
- KACHANG PUTEH

GOODIES

- DOOR GIFTS
- LUCKY DRAW
- STAGE GAMES & PRIZES

FRIENDSHIP adventure

REGISTER WITH YOUR NEIGHBOUR TO PLAY GAMES & RECEIVE GOODIE-BAGS. FOUR IN A TEAM

www.go.gov.sg/cz2friendship

PRICE

PER RESIDENT	\$5
1 TICKET	
FAMILY BUNDLE	\$18
4 TICKETS	

scan here

www.go.gov.sg/canberra20twenty

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.

CONNECT WITH US: [#Canberra2gether](#)

[Facebook](#) [QR Code](#) [WhatsApp](#) [QR Code](#) [Telegram](#) [QR Code](#)

Photo Source: Canberra ZoneTwo's Facebook

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.

Click here to sign up: <https://www.go.gov.sg/canberra20twenty>

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

See you there!

[Find out more](#)

Sembawang CC IAEC Mangala Deepavali 2024

மங்கள தீபாவளி Mangala Deepavali 2024

**Sunday, 24/11/2024
6.30pm to 9.00pm**

**Blk 588 Montreal Link S750588
Multi-Purpose Hall**

Event Highlights:

- Stage Performances
- Stage Games
- Buffet Dinner

SCAN ME



FREE

<https://go.gov.sg/mangaladeepavali>



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: Sembawang CC IAEC's Facebook

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: <https://go.gov.sg/mangaladeepavali>

See you there!

[Find out more](#)

Complimentary Health Screening in conjunction with World Diabetes Month 2024

Free

HEALTH SCREENING



Understanding Diabetes. Recognising the symptoms for prevention. Join us for complimentary screening aimed at evaluating overall health.

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

**SATURDAY, 23 NOVEMBER 2024
9.00AM - 1.00PM
CANNBERRA PLAZA, LEVEL 1 COMMUNITY PLAZA**

HEALTH SCREENING INCLUDES:

- HbA1C Test
- Blood Pressure Checks
- Physical Measurements: Blood Pressure, Waist Circumference, and Body Mass Index (BMI)
- Diabetes Risk Evaluation
- Lipid Profile

Minimum Age: 21 Years Old
No fasting required

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



SCAN ME
go.gov.sg/dhs24

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6711 2005

PA_SEMBAWANGCC@pa.gov.sg
sparks@pa.gov.sg

DISCLAIMER: THE ORGANISER RESERVES THE RIGHT TO USE ANY PHOTOGRAPHS (INCLUDING THOSE OF PARTICIPANTS), MOTION PICTURES, RECORDINGS, OR ANY MEDIA RECORDS OF THE EVENT, FOR ANY LEGITIMATE PURPOSES INCLUDING COMMERCIAL ADVERTISING AND DISTRIBUTION TO THE ORGANISER.

BROUGHT TO YOU BY:



Photo Source: M³ at Woodlands's Facebook

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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