



# 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.**



## Carnations for Woodlands mums on Mother's Day.



**Photo Source: Ms. Mariam Jaafar's Facebook**

Our Adviser, Ms. Mariam Jaafar worked with Woodlands WEC and RN volunteers to hand out carnations on Mother's Day. Ms. Mariam Jaafar was particularly touched by the heartwarming scene of children presenting flowers to their mothers, who were visibly delighted to receive such thoughtful gestures. Additionally, the requests from men eager to gift flowers to their mothers and wives added another layer of sentiment to the occasion. Carnations, symbolising gratitude, proved to be the perfect choice for this occasion brimming with love and respect for the maternal figures in our lives.

[Find out more](#)

## Mother's Day Moments



**Photo Source: Ms. Poh Li San's Facebook**

Residents of Sembawang West and our Adviser, Ms. Poh Li San had an amazing time embracing their feminine sides at the Mother's Day Moments event. From energising Zumba sessions to indulgent skincare pampering, and fun-filled activity booths, it was a day filled with laughter, learning, and love. Thank you to Woodlands Galaxy WEC and Woodlands Galaxy SCEC for bringing together all these incredible women and mothers for this event.

[Find out more](#)

## Mother's Day and Hari Raya Celebrations in Canberra



Canberra division brilliantly combined the festivities of Mother's Day with the joyous celebrations of Hari Raya! Residents were treated to a lively atmosphere filled with food and music. The sweet surprise of carnations brought smiles to mothers' faces, enhancing the occasion with heartfelt appreciation. A lucky draw added to the excitement, with one resident winning a coveted prize. Dr. Lim Wee Kiak, PBM, our Canberra Adviser, joined in the celebrations, bonding with residents and sharing in the joyous atmosphere.

[Find out more](#)

## Admiralty Mother's Day Celebration 2024



Photo Source: Mr. Vikram Nair's Facebook

Our Adviser, Mr. Vikram Nair attended a heartwarming Mother's Day event in Admiralty recently. The event was a celebration of motherhood with mums being treated to a sumptuous feast and entertained by a delightful array of hilarious performances. Gratitude and appreciation were expressed for all the supermums out there for their unconditional devotion to their family. A special thanks goes out to Admiralty's Women's Executive Committee for organising such a memorable and meaningful event.

[Find out more](#)

## **Hari Raya at Bukit Canberra**



Sembawang Central celebrated Hari Raya in a big way with their festivities at Bukit Canberra! From creative doodling to spirited dancing and the delightful art of gado-gado making, there was something for everyone to enjoy. Even our esteemed Sembawang Central Adviser, Minister Ong Ye Kung, rolled up his sleeves and joined in the fun!

[Find out more](#)

## **Woodlands Town Hari Raya Open House and Gema Syawal**



Photo Source: Ms. Mariam Jaafar's Facebook

All five Advisers had a blast at the Woodlands Town Hari Raya Open House and Gema Syawal event! Kampung Admiralty transformed into a hub of excitement and cultural celebration, as residents and visitors alike gathered for an unforgettable afternoon. Attendees were treated to a delightful showcase of community and school performances with special guest singer Nabila Razali wowing the crowd with her singing. Oh, how we wish we could do it all over again!

[Find out more](#)

## **Upcoming Events**

**Healthy Living Festival @ North West**

# Healthy Living Festival

**@ NORTH WEST**

1 JUNE 2024 (SAT) 8AM - 11AM  
YISHUN SPORTS CENTRE  
2-WAY BUS TRANSPORT PROVIDED

BUS PICK UP AT 8AM AT WOODLANDS NORTH PLAZA  
OR BLK 862 WOODLANDS STREET 83

**FREE ADMISSION**

Complete your game card to redeem free snacks!

**COMPETE & WIN PRIZES!**

- Family Telematch
- Badminton Competition
- Basketball Competition
- Kids Futsal Competition

**FAMILY-FRIENDLY ACTIVITIES AND SPORTS TRY-OUTS BY NORTH WEST HEALTHY-LIVING CLUBS**  
E.g. Bouncy castle, Storytelling, Zumba, Fight-do and many more!

Scan QR code to register & choose the bus pick up point!

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

Organised by:

Supported by:

Photo Source: Woodlands Community's Facebook

Get your heart pumping with the Healthy Living Festival! Try out some of the sports and activities by North West Healthy Living Clubs and compete in some friendly matches and seize the chance to win enticing prizes! Join us on 1 June 2024 at Yishun Sports Centre, from 8am to 11am.

Two-way transport from Woodlands North Plaza or Blk 862 Woodlands Street 83 is available as well. The bus departs at 8am so make sure to be on time!

Click here to sign up: <https://www.onepa.gov.sg/events/healthy-living-festival-north-west-90556359>

See you there!

[Find out more](#)

### Admiralty Emergency Preparedness Day

# ADMIRALTY EMERGENCY PREPAREDNESS DAY

**SATURDAY, 22 JUNE 2024  
5PM TO 9PM  
BLK 582 WOODLANDS DRIVE 16, VOID DECK**



Join us for a day of learning and fun! From CPR & AED demos to fire prevention, there's something for everyone. Plus, carnival rides, games, and delicious food await you! Don't miss out on this exciting event!



Purchase tickets @ \$5/per pax  
Scan the QR code to purchase





<https://go.gov.sg/admepday2024>

The organiser reserves the right to use any photographs (including those of participants), motion picture, recordings of any other records of the event, for any legitimate purposes including commercial advertising and distribution to the organiser.



Photo Source: Our Admiralty's Facebook

Explore essential skills in combating home fires, combating dengue fever, and more at Admiralty's Emergency Preparedness Day. Afterwards, indulge in the excitement of carnival rides and delicious treats! Your ticket grants you access to thrilling carnival games, delightful snack booths, and refreshing ice cream. Mark your calendars for 22 June 2024, from 5pm to 9pm, at Blk 582 Woodlands Drive 16 Void Deck. Admission is priced at \$5 per person.

Let's come together and ensure our community's preparedness for any emergency!

Click here to sign up: <https://www.onepa.gov.sg/events/admiralty-c2e-admiralty-zone-4-rn-emergency-preparedness-day-52629733>

See you there!

[Find out more](#)

### Admiralty Zone 7 RN Lee Kong Chian Natural History Museum Tour

ADMIRALTY ZONE 7 RN PRESENTS

# LEE KONG CHIAN NATURAL HISTORY MUSEUM TOUR

LEARN HISTORY AT THE MUSEUM

**DATE:** 26 MAY 2024 (SUNDAY)

**MEETING TIME:** 2PM

**BUS PICK-UP VENUE:** ADMIRALTY ZONE 7 RN (BLOCK 622 WOODLANDS DRIVE 52, 730622)

\*EVENT WILL END AT 5PM. TRANSPORT WILL BE PROVIDED FROM MUSEUM BACK TO ADMIRALTY ZONE 7 RN.

**TICKET PRICES:**

STANDARD - \$10  
CHILDREN (3 - 8 YEARS OLD) - \$8  
CHILDREN (LESS THAN 3 YEARS OLD) - FREE

**TICKETS ARE LIMITED!  
BOOK NOW TO AVOID  
DISAPPOINTMENT!**

**SCAN TO PURCHASE!**



<https://go.gov.sg/naturalhistorymuseum/unitedadmiralty>

SUPPORTED BY:



HOSTED BY:



Photo Source: Admiralty Zone 7 Residents' Network's Facebook

Embark on a journey to the Lee Kong Chian Natural History Museum and delve into the captivating realm of Earth's diverse life forms, spanning both past and present. Take advantage of discounted tour tickets available now, including transportation for added convenience. Join us on Sunday, 26 May 2024, from 2pm to 5pm, at Blk 622 Woodlands Drive 52, for an unforgettable exploration of nature's wonders!

Click here to sign up: <https://www.onepa.gov.sg/events/admiralty-zone-7-rn-lee-kong-chian-natural-history-museum-tour-67567354>

See you there!

[Find out more](#)

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