



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.



Canberra Community Center TCM Roadshow



Photo Source: Canberra Zone Four's Facebook

Dr. Lim Wee Kiak, PBM, our advisor, took part in a Traditional Chinese Medicine Roadshow last Sunday. This event, coordinated by Canberra CC SCEC & AAC and Canberra Zone 4 Resident's Network, saw enthusiastic participation from 600 members of the local community. Attendees got their bodies moving with Qigong, learned about different medicinal herbs used in TCM and tried their hand at some Tuina massages.

[f Find out more](#)

East Canberra Zone 3 & 4 RN's Hari Raya Photoshoot and Community Cooking



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

Senior residents from East Canberra Zone 3 and 4's RN celebrated Hari Raya by bonding over some warm broccoli and potato soup and taking photos together. This heartwarming celebration exemplified the spirit of community and inclusivity, fostering bonds that transcend cultural boundaries and generations. This is their first community cooking event, and we can be sure that there will be more to come.

[f Find out more](#)

Woodlands Health Campus's Recruitment Drive



Photo Source: Mr. Vikram Nair's Facebook

Last Sunday, Mr. Vikram Nair, our advisor, was at Woodlands Health Campus's recruitment drive. Since the opening of its community hospital in December last year, Woodlands Health Campus has been actively involved with the community. It is now intensifying its efforts to launch new services this year and is actively seeking candidates for a number of roles, such as administrative assistants, allied health professionals, and nurses. Interested individuals seeking to re-enter the workforce or transition from other professions may visit their Recruitment Centre at Tower B Basement 1 on weekdays, 9am to 12pm, for walk-in interviews.

[f Find out more](#)

Sustainability Carnival at Sembawang West



Photo Source: Our Sembawang West's Facebook

Ms. Poh Li San, our advisor, took part in Sembawang West's Sustainability Carnival last Sunday at Woodlands Mart Atrium. The event buzzed with energy and excitement as community members of all ages gathered to take part in the various games and activities. The carnival served as a vibrant platform to promote environmental awareness and attendees left the event equipped with knowledge on how to reduce waste, what eco-enzyme is, urban gardening solutions and more.

[Find out more](#)

Sembawang GRC Community Buka Puasa



Photo Source: Ms. Mariam Jaafar's Facebook

For the last week of Ramadan Belanja A Meal (BAM), our advisor, Ms. Mariam Jaafar gave out chicken briyani at Woodlands Block 852. A special thank you to all the staff and volunteers from MAEC, IAEC and Woodlands Zone 4 whose tireless efforts were instrumental in bringing the event to fruition. Additionally, a special appreciation goes out to the Kayoh Kereta Klub (IG@kodikayohkrew) for their generous contribution in delivering the fragrant briyani to the elderly and immobile residents, spreading joy and warmth through their thoughtful gesture.

[Find out more](#)

Upcoming Events

Bukit Mor Malaysia Hike

Canberra Community Sports Network

Difficulty: **EASY!**

Suitable for age 13 to 65 years old

TO BRING/ WEAR

- Proper Hiking Shoe (No Sneakers & Slippers)
- Long Sleeves Top/ Arm Sleeve
- Long Pants
- Hiking Stick (Optional)
- Insect Repellent
- Raincoat / Umbrella
- Extra set of clothes to change to
- Toiletries for showering
- 1 Litre bottled water

Bukit Mor Malaysia Hike
SATURDAY 4 May 2024
 6.15am to 11.00pm
 Bus Pick up 6.15am meet at Canberra CC
 lead by Certified Local Hike Team !

Registration **\$110.00** Fee
 Travel Insurance not Included !

OR

Registration **\$135.00** Fee
 Travel Insurance Included !

You are required to purchase a valid TRAVEL INSURANCE if you wish to participate. Organisers reserve the right to verify your documents. 6 months passport validity required.

go.gov.sg/csnbmmhike

Scan QR code

INCLUDED:

- ✓ Simple Packed Lunch
- ✓ 7 Course Chinese Dinner
- ✓ Two way Transportation

REGISTER NOW

Once registered there will be No Refund / cancellation allowed

Disclaimer: The Organiser reserves the right to use any photos (including those of participants), motion pictures, recordings, or any media records of the Event, for any legitimate purpose including commercial advertising and distribution to the Organiser.

ORGANISED BY:

- People's Association
- CANBERRA
- Community Sports Network

Photo Source: Canberra Community Sports Network's Facebook

Strap on your hiking boots and go on an adventure at Bukit Mor in Malaysia!

A certified local hike team will be leading the way up Bukit Mor on Saturday, 4 May 2024, 6.15am to 11.00pm. Meals and transport will be provided, so just make sure that your travel insurance, hiking gear and passport are in order before embarking on this adventure.

Click here to sign up: go.gov.sg/csnbmmhike

See you there!

[Find out more](#)

Jack Neo Community Mass Brisk-Walk



Jack Neo



Terence Cao



Charlene Huang

Community Mass Brisk-walk

By Sembawang Central Community Sports Network (CSN)

DATE & TIME

27 APRIL 2024, SATURDAY
7.30AM

MEET UP POINT

HARDCOURT BESIDE SEMBAWANG MRT STATION



Check with your respective RN or scan QR code to register now



FREE REGISTRATION!

THINGS TO NOTE:

- ✓ Approximately 3.8KM
- ✓ Bring picnic mats for sing-a-long session



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 purpose including commercial advertising and distribution to the organiser.



Photo Source: Sembawang Central CSN's Facebook

Walk with local director Jack Neo and his team on Saturday, 27th April 2024 at 7:30am! The 3.8km brisk-walk has a sing-a-long session so don't forget to bring a picnic mat for maximum karaoke comfort.

Sign up via the via QR code or through your Residents' Network Center and meet at the hard court next to Sembawang MRT station.

See you there!

[Find out more](#)

Financial Planning for Women Talk

Financial Planning for Women Talk & Ask-Me-Anything (AMA)

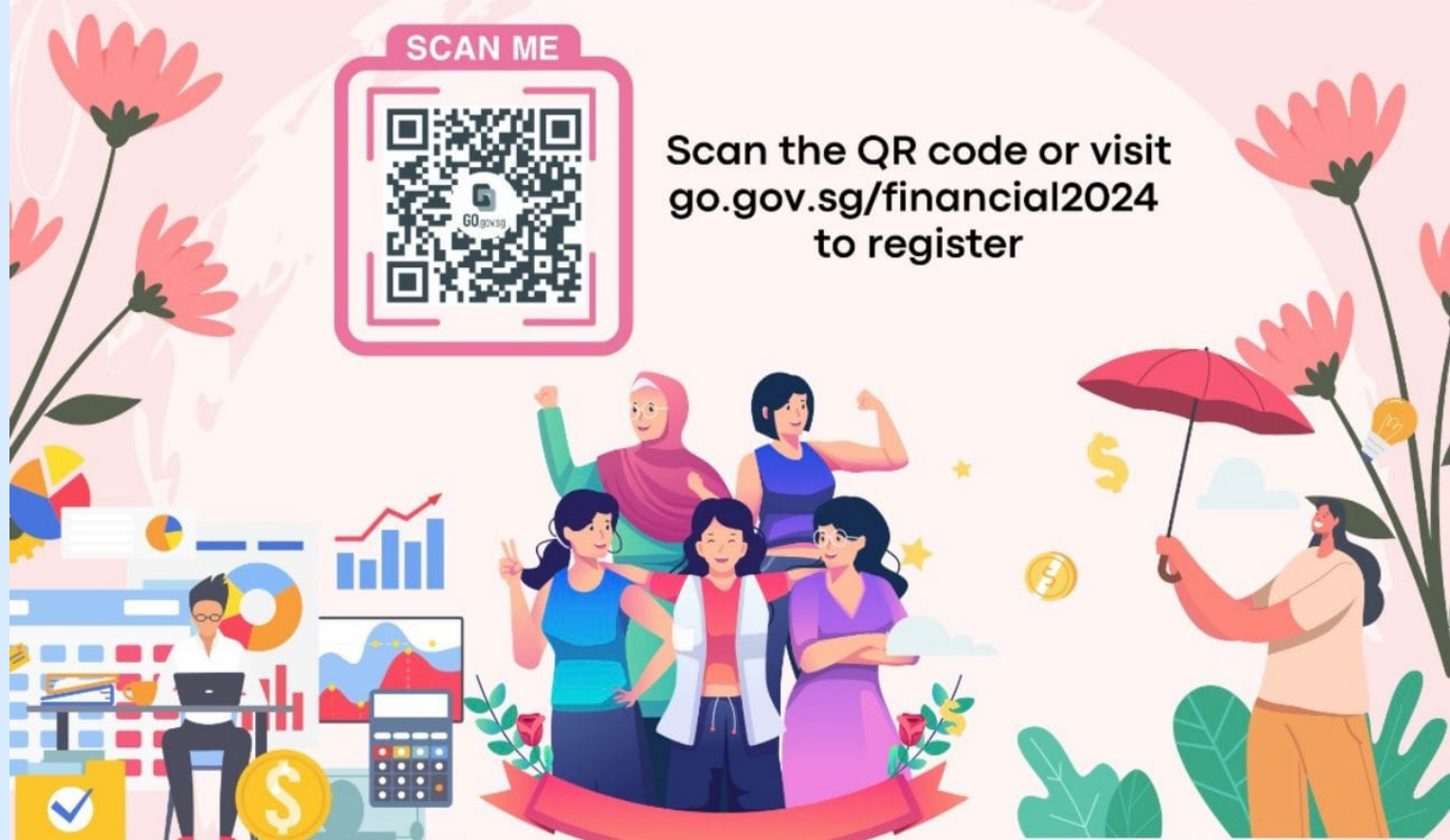
Join us by participating in a Talk and Ask-Me-Anything (AMA) session focused on empowering women in financial planning. Learn to better understand and manage financial planning matters unique to women and recommended ways to overcome some of these challenges.

Following the talk, there will be the opportunity to engage with an IFL Trainer who will share insights and answer questions on the subject.

SATURDAY, 27 APRIL 2024
3PM TO 5PM VIA zoom



Scan the QR code or visit go.gov.sg/financial2024 to register



For enquiries, please call Woodlands CC at 6362 8832

INSTITUTE FOR FINANCIAL LITERACY
MONEYSENSE - SINGAPORE POLYTECHNIC INTERNATIONAL

Photo Source: Woodlands Community's Facebook

Navigating financial challenges is a common experience, but mastering effective management strategies can empower you to take control. Don't miss out on the upcoming financial planning for women talk and Q&A, taking place on Saturday, 27 April 2024, from 3pm to 5pm via Zoom.

Click here to sign up: go.gov.sg/financial2024

See you there!

[Find out more](#)

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