



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.



Local Chinese New Year (CNY) Shopping Trip



Photo Source: Dr Lim Wee Kiak's Facebook

Canberra Senior Citizens' Executive Committees (SCEC) organized a heartwarming Chinese New Year (CNY) shopping trip for 80 seniors on January 21, 2024. The event, more than a simple shopping excursion, became a memorable community gathering. A communal lunch, featuring Dr. Lim Wee Kiak, the adviser, fostered delightful conversations and strengthened community bonds. Dr. Lim's personal distribution of vibrant CNY mandarin oranges symbolized goodwill, prosperity, and shared joy in celebrating traditions together.

[Find out more](#)

Weekend Trip to Gardens By The Bay



Photo Source: Mr Vikram Nair

Mr. Vikram Nair, our advisor, organized a delightful weekend outing for Admiralty residents to Gardens By The Bay. The event, marked by a convoy of four buses filled with enthusiastic participants, showcased the anticipation and excitement surrounding the rejuvenating trip. Under Mr. Nair's thoughtful guidance, the residents experienced a joyous escapade, creating cherished memories in the enchanting setting of Gardens By The Bay.

[Find out more](#)

New Year Run with Sembawang West Running Club and Singapore Runners Club



Photo Source: Ms Poh Li San's Facebook

Ms. Poh Li San, our advisor, kicked off the year by participating in a New Year run on the first Sunday of 2024. Over 150 runners from Sembawang West Running Club and Singapore Runners Club joined forces, covering an 8km route from Galaxy CC to Admiralty Park and back. Despite encountering heavy showers, the spirits of the participants remained undaunted. While the rain slowed them down a bit, the most important achievement was that everyone completed the run safely.

This year's run provided a unique experience, with participants navigating through the blessings of heavy rain. The resilience displayed by everyone is a testament to the spirit of tenacity, which will guide us in overcoming challenges and pursuing our goals in 2024.

Heartfelt appreciation goes to the organizers, pacers, and all the runners for facing the storm together and making the event a success!

[Find out more](#)

Block Party at Woodlands



Photo Source: Mariam Jaafar's Facebook

Ms. Mariam Jaafar, our advisor, hosted her inaugural block party in Woodlands this year. The Zone 7 team collaborated to organize an enjoyable block party for the residents of Woodlands. The event featured entertaining performances by children from Sweetlands Childcare and a taekwondo class. The highlight for the kids appeared to be the bouncy castle, sparking joy and excitement.

One resident, Mdm. Z, made a heartwarming contribution by bringing a whole bag of jelly desserts that she had prepared in the morning, generously sharing them with her neighbours. This act of kindness deeply touched Ms. Mariam and exemplified the #WoodlandsKampung spirit – a community coming together in a spirit of mutual support and generosity.

Find out more

Upcoming Events

Chinese New Year Celebration @ Bukit Canberra

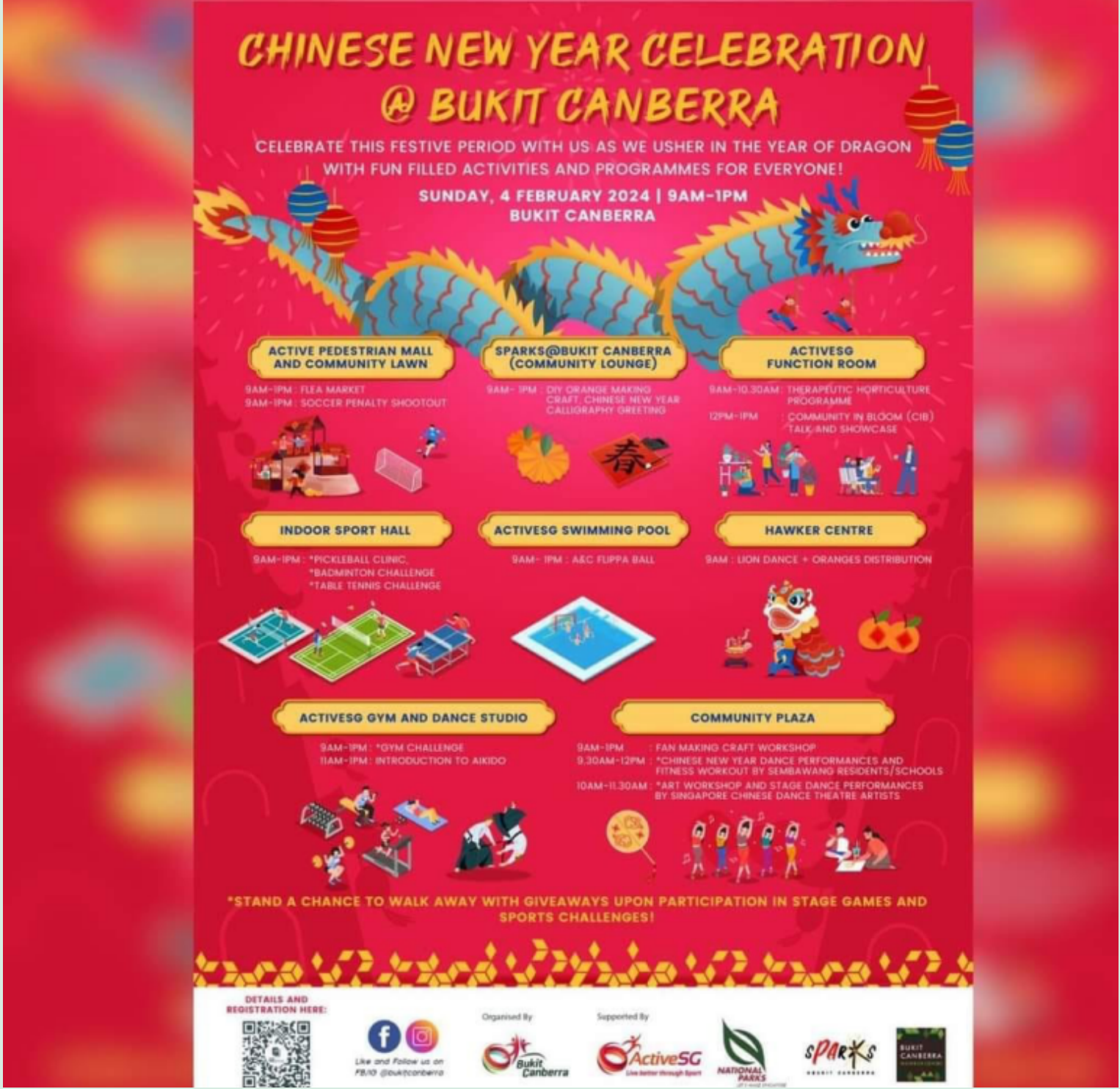


Photo Source: Bukit Canberra Facebook

Celebrate Chinese New Year with us at Bukit Canberra this 4 February as we bring you exciting sports challenges and activities!

Don't miss our Lion Dance special at 9am followed by exciting stage performances brought to you by our Sembawang residents and Singapore Chinese Dance Theatre artists!

There's many more happenings from 9am-1pm all around Bukit Canberra. Come on down on 4 February, don't say we bojio!

More details and registration here:
<https://go.gov.sg/4febcbnycelebrationatbc>

See you!

Find out more

Chinese New Year Celebration @ Bukit Canberra



Photo Source: Bukit Canberra Facebook

Catch exciting performances and be engaged in exciting art workshops proudly brought to you by Bukit Canberra, National Arts Council and Singapore Chinese Dance Theatre!

Enjoy a series of spectacular performances put up by the talented artists as we soak in the festive vibes this February!

Head down to Bukit Canberra on 4 February to catch their amazing performances!

More details here: <https://go.gov.sg/4febcdtcnyatbc>

See you!

Find out more

Yu Sheng Cooking Demo @ Bukit Canberra

YU SHENG COOKING DEMO

by Health Promotion Consultant Ms Felicia Goh



1 February 2024, Thursday

10am – 11am


**Block 1C, Level 1, Health & Wellness Studio,
Sembawang Polyclinic, Bukit Canberra**

Yu Sheng (鱼生) is one of the many Chinese New Year dishes comprising sumptuous ingredients. Our recipe focuses on using healthier ingredients without sacrificing the flavour.

Join us and learn to prepare a healthier delicacy for a prosperous year ahead!

Register here!



 **National Healthcare Group
POLYCLINICS**

<https://for.sg/healthier-yusheng>

Photo Source: Bukit Canberra Facebook

Yu Sheng (鱼生) is one of the Chinese New Year dishes that we will all consume.

Come join our Health Promotion Consultant, Ms Felicia Goh, to learn how to make a healthier version of this dish!

Register here: <https://form.gov.sg/658cd9f658ff04001212224f>

See you!



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