



# 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.**



## Mr Vikram Nair's Vesak Day visit to BW Monastery



**Photo Source: Mr. Vikram Nair's Facebook**

Our Adviser, Mr. Vikram Nair recently visited BW Monastery in celebration of Vesak Day. He met the team and listened to them share about the many special experiences they had curated for visitors during this special occasion. Since its inception in Admiralty, BW Monastery has emerged as an invaluable community ally, offering not just a sanctuary for worship but also an extensive array of enlightening classes catering to individuals of all ages, fostering a profound understanding of Buddhism.

[f Find out more](#)

## Safety and Blessings to Future Hajj Pilgrims 2024



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

Our Adviser, Ms. Mariam Jaafar attended Assyafaah Mosque's ceremony dedicated to preparing future pilgrims for the sacred journey of fulfilling the fifth pillar of Islam. Participants were able to take part in sharing sessions about health, spirituality, and were even given a souvenir bag.

[f Find out more](#)

## Minister Ong Ye Kung's visit to Woodlands Health Campus



*Photo Source: Min. Ong Ye Kung's Facebook*

Woodlands Health Campus has officially opened its doors to patients in need of emergency and acute medical care! Minister Ong Ye Kung recently toured the campus, engaging with patients and gaining firsthand insight into the operations of the A&E and Operating Theatres. Just make sure to visit the Emergency Departments only when necessary. Otherwise, consulting your GP is advisable. If you're in the North, the Urgent Care Centre at Kampung Admiralty is also a viable option.

[Find out more](#)

## **The Golden Shuttlers - Community Championship**



*Photo Source: Dr Lim Wee Kiak's Facebook*

Canberra division recently held their annual Badminton Community Championship! Athletes pushed themselves to the limit, sweating as they showcased their skills in a fierce competition, all striving for a win. Dr. Lim Wee Kiak, PBM, our Canberra Adviser, was present to award the trophies and medals to the winners. Thank you to Canberra Community Sports Network for hosting this event and to all players that showed to compete.

[Find out more](#)

## **Sembawang West - Live Well Age Well**



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

Sembawang West's Zone J RN volunteers and our Adviser Ms Poh Li San didn't just lend a helping hand; they became champions of well-being for elderly residents. With infectious enthusiasm, they shared vital insights on healthy living and how to lead an active lifestyle in the most recent Live Well Age Well session. Through weekly sessions such as Chair Zumba, seniors are empowered to embrace vitality and connection with every step!

[Find out more](#)

## **Upcoming Events**

**90mins Yoga Party**



# 90 MINS YOGA PARTY\*



# \$3

SCAN  
ME



TO BUY YOUR TICKETS NOW!!

## Saturday, 8 June 2024

## 4.30pm - 6.00pm

## ACE The Place CC Level 1 MPH

**\*Bring your own towel and mat!**

**Free snack and yoga strap provided!**

*Photo Source: Our Admiralty's Facebook*

Join the excitement at ACE the Place CC's upcoming yoga party! Enjoy a complimentary snack and make the most of the occasion with a provided yoga strap. Just don't forget to bring along your own towel and yoga mat. Secure your spot now!

Click here to sign up: <https://www.onepa.gov.sg/events/90-mins-yoga-party-by-admiralty-zone-4-rn-60462443>

See you there!



### Dumpling Festival & Parents' Day Getai 2024



## Dumpling Festival & Parents' Day Getai 2024

## 端午节与双亲节歌台

**Date 日期 : 15/6/2024 Sat 星期六**  
**Time 时间 : 2.00pm - 3.30pm 下午两点至三点半**  
**Venue 地点 : Sembawang CC Hall 三巴旺民众俱乐部礼堂**



**司仪**  
**林茹萍**



**李佩芬**



**朱莉莉**



**杨千红**



**皓皓**

- \* Only open to seniors aged 55 & above living in Sembawang Central
- \* Free, limited slots. Registration @ Sembawang CC
- \* 只限居住在三巴旺中区，年龄55岁及以上的居民参加
- \* 请到三巴旺民众俱乐部免费报名参加
- 报名以先到先得为准则

For enquiries 询问详情：  
Please contact Sembawang CC at 6752 7212  
(10am to 6pm daily except public holidays)  
请拨打 6752 7212 了解更多详情  
(早上十点至傍晚六点，公共假期除外)



**FOLLOW US**





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 Community's Facebook*

If you are a resident of Sembawang Central aged 55 and above, this might interest you! Make this Dumpling Festival truly memorable by indulging in lively getai performances and cherishing quality time bonding with your friends.

Registration is free for the event, simply head down to Sembawang CC during their operating hours, between 10am to 6pm. Do note to bring along your NRIC for age and address verification purposes.

Tickets while stocks last!

See you there!



### Woodlands Jalan Kakis trekking at Coney Island

## KELAB KESIHATAN WOODLANDS

# TREKKING

YUK, SAMA-SAMA KITA MENDEKATI ALAM SEMULA JADI DAN KEHJAUAN!  
KALI INI, KITA AKAN KE CONEY ISLAND

**Sesi  
Percuma!**



**9 Jun 2024, Ahad  
8.15pagi**



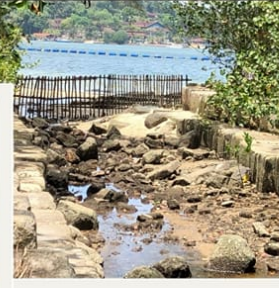
**Tempat Berkumpul:  
The Punggol Settlement  
500 New Punggol Road Singapore 828617**



**Pengangkutan sehala disediakan dari**  
• **Woodlands Sports Pavilion (Sebelah Kelab Masyarakat Woodlands Galaxy)**  
• **Bus akan bertolak jam 7.30pagi**



**Apa yang perlu dibawa?**  
• **Botol Air & Makanan Ringan**  
• **Tongket Trekking**  
• **Sarung Tangan**  
• **Topi**  
• **Plastik/Alas Untuk Duduk**  
• **Ubat Anti Serangga**



[go.gov.sg/jomtrekking](https://go.gov.sg/jomtrekking)



**SCAN ME**



**Berminat, Daftar Sekarang!**

**Imbas QR Kod**

Maklumat penting: Penganjur berhak untuk menggunakan Sebarang gambar (termasuk gambar peserta), video rakaman atau sebarang rekod media acara tersebut, untuk tujuan yang sah termasuk pengiklanan komersial dan pengedaran kepada penganjur.

DIANJURKAN OLEH:



DISOKONG OLEH:



*Photo Source: M³ at Woodlands's Facebook*

Join the Woodlands Jalan Kakis for their next expedition at Coney Island on 9 June 2024, Sunday! They will be gathering at The Punggol Settlement (500 New Punggol Road, Singapore 828617) before exploring Coney Island. The trek to Coney Island starts at 8:15am!

One-way transport is available from Woodlands Sports Pavilion (beside Woodlands Galaxy CC) to the meet up point at The Punggol Settlement. The bus will leave at 7.30am so make sure to be on time.

Click here to sign up: <https://form.gov.sg/6502753bde2cb10011a4ab57>

See you there!



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