



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.**



## **Sembawang West Launches First Roof-Top Community Garden!**



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

Sembawang West is thrilled to announce the launch of its first rooftop community garden at Blk 759A, made possible by the dedication of residents and volunteers. Under the guidance of Bernice, the Lead Gardener, the Zone G Rooftop Garden has transformed a once-barren concrete car park into a vibrant green oasis after months of hard work. This initiative not only encourages residents to cultivate their favourite crops but also fosters a close-knit community of urban gardeners who can share their harvests with less privileged residents through a Give Back Plot. We look forward to watching this garden thrive and flourish!

[f Find out more](#)

## **Sembawang Central's Weekly PaPaZao (老朋友 叭叭走) Brisk Walk**



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

Sembawang Central has launched an exciting new fitness initiative! Starting from 22 September 2024, residents will gather every Sunday for a community brisk walk over the next five weeks. The PaPaZao (老朋友叭叭走) walk, organised by Jack Neo, aims to encourage Singaporeans to be more active and engaged. These walks often attract local celebrities, and our adviser, Minister Ong Ye Kung, has participated in several of them himself. Join in the fun and get moving with the community!

[f Find out more](#)

## **Woodlands Plate Giveaway**





*Photo Source: Mariam Jaafar's Facebook*

Our adviser, Ms. Mariam Jaafar, recently shared some exciting news about new SWAG for the Woodlands division, in collaboration with Luzerne, one of Singapore's homegrown tableware brands. The eye-catching plates were designed by Woodlands resident Cindy Koo, who also created the Woodlands Community logo and the Woodlands mug that was given out two years ago. These plates showcase some of the notable developments in Woodlands and have been handed out for free to residents!

[f Find out more](#)

## Admiralty Zone 5 RN Movie Night



*Photo Source: Vikram Nair's Facebook*

Admiralty Zone 5 RN hosted a fun movie night over the weekend, inviting residents to gather and enjoy the film "Jungle Cruise" in a relaxed open-air setting. The atmosphere was lively as families and friends settled in for a cozy evening under the stars. To enhance the experience, a nearby food truck offered delicious bites from Old Chang Kee, allowing everyone to indulge in some delicious fried goodies while watching the film. It was a wonderful way for the community to come together and enjoy a night of entertainment and good company!

[f Find out more](#)

## Canberra Zone 2 RN Functional Screening



*Photo Source: Canberra ZoneTwo's Facebook*

Canberra Zone 2 RN recently hosted its annual Functional Screening on 29 September 2024, with over 50 seniors participating to check their eyes, ears, and mouths. The event provided essential health services while fostering a sense of community as seniors connected with healthcare professionals for personalised assessments. Those who missed this year's screening are encouraged to join the next one—it's a great way to stay informed about your health and engage with fellow residents!

[f Find out more](#)

## Upcoming Events

Great Woodlands Ice Cream Giveaway



# STAY COOL & EAT ICE CREAM



You are not alone. It's OK to reach out.  
Let's take care of one another  
#YourMentalHealthMatters  
#YouMatter



## IT'S THE GREAT WOODLANDS ICE-CREAM GIVEAWAY! SATURDAY, 5 OCTOBER 2024

**CATCH US AT:**  
(All times are approximations)

### Roving Ice-Cream Van:

2.00 PM - 2.40 PM : Blk 667 and Blk 834  
2.50 PM - 3.20 PM : Blk 608 and Blk 806  
3.30 PM - 4.10 PM : Blk 638 and Blk 862  
4.20 PM - 5.00 PM: Blk 654 and Blk 867

### Stationary Ice-Cream Cart:

2.00 PM - 5.00 PM:

Playground near Blk 677 and Woodlands North Plaza Atrium

*While stocks last. Limit to 1 ice-cream per person.*



Scan for support hotlines



An #mPowerWoodlands initiative by  
Ms Mariam Jaafar,  
Adviser to Woodlands GROs

#mPowerWoodlands

f i 1mariamjaafar

Photo Source: Woodlands Community's Facebook

In celebration of Mental Health Awareness, free ice cream will be available at different spots around Woodlands. It's a chance to chill out, enjoy some sweet treats, and remember that mental health is important! With stationary ice cream carts and a roving van, it's the perfect way for everyone to come together and have some fun.

See you there!

f Find out more

**Canberra Bloom and Fun!**

# BLOOM AND FUN

Garden Anniversary and Children's Day Festivities

SATURDAY  
5 October 2024  
3PM TO 6PM  
SUNNATURAGARDEN

Supported by Canberra VV  
PAYM

SCAN ME!



Children's Day  
Treat Bag

Interactive Food  
Stations

Games and Beyond: A  
World of Fun

We invite you  
to join us!

Adults can also enjoy a tranquil  
stroll through our garden, take  
part in harvesting activities, and  
join in a plant swap with their  
neighbours.

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.



CANBERRA ZONE 8 RN CENTRE  
BLK 362 SEMBAWANG CRESCENT #01-11  
SINGAPORE 750362  
FACEBOOK CANBERRA ZONE EIGHT

FOLLOW US



Photo Source: Kampung Jelutung's Facebook

Canberra Zone 8 and Canberra Youth Network are thrilled to present the Bloom and Fun event! This celebration brings together people and plants for a joyful day of community as they celebrate Children's Day and the Sun Natura Garden's 1-Year Anniversary. Attendees can enjoy interactive games, engaging booths, and delicious food. Plus, there will be a special plant swap, where plant owners can exchange plants and share gardening tips. Everyone is invited to join for a day filled with laughter, creativity, and connection—mark your calendars and create lasting memories!

Click here to sign up: <https://www.onepa.gov.sg/events/canberra-zone-8-bloom-fun-garden-anniversary-and-children-s-day-celebration-61398315>

See you there!

f Find out more

**ACE The Place CC WEC Happy Line Dance 2024**



ACE THE PLACE CC WEC

# HAPPY LINE DANCE

02 NOVEMBER 2024

5.30PM - 9.30PM

ACE The Place CC MPH



Scan here for  
Song List



\*HALAL BENTO DINNER PROVIDED

Scan here  
for Ticket



Photo Source: Our Admiralty's Facebook

Join the ACE The Place CC WEC Dancefit Club for a lively line dancing event on 2nd November 2024! Enjoy an evening filled with 60 dance tracks and bond with your fellow dancers over a delicious halal bento dinner. Tickets are only \$3 and selling fast, so don't miss your chance to dance together and have a fantastic time!

Click here to sign up: <https://www.onepa.gov.sg/events/ace-the-place-cc-wec-happy-line-dance-2024-74737650>

See you there!

[f Find out more](#)

Like us on Facebook

Follow us on Instagram

Join our Telegram Channel

You are receiving this email as you signed up for our newsletters.

Want to change how you receive these emails?

You can [Unsubscribe](#) or [Update your preferences](#)