

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.







Women's Day Walk at Changi Beach



On Easter Sunday, Dr. Lim Wee Kiak, PBM, our advisor, took part in a Women's Day walk organized by

Photo Source: Dr Lim Wee Kiak PBM's Facebook

Canberra residents. This event, coordinated by Canberra WEC and CSN, saw enthusiastic participation from the local community, creating a joyous atmosphere as they strolled along Changi Beach. Dr. Lim's involvement highlights his dedication to advancing initiatives that advocate for women's empowerment.



Find out more

Distribution



volunteers for generously dedicating their time and efforts, contributing to the success of this meaningful event.

Find out more

Annual Sembawang West Biathlon



Biathlon was thoroughly enjoyed by all participants. A total of 150 individuals from Sembawang GRC, various parts of Singapore, and even as far as California and Istanbul, joined the race. Ms. Poh was delighted to witness numerous residents and first-time participants pushing their limits in this endurance sport. The event also attracted many elite youth athletes who excelled in the competition. A heartfelt thanks goes out to all Sembawang CSN volunteers who began their day as early as 6 am, enduring the intense sun and providing enthusiastic support to the participants. Additionally, sincere appreciation is extended to SportSG, the venue sponsor, and Starbalm, the event partner, for facilitating post-race muscle rub-downs. Find out more

Sembawang GRC Community Buka Puasa



Photo Source: Ms. Mariam Jaafar's Facebook

Our advisors, Mr. Ong Ye Kung, Ms. Poh Li San, and Ms. Mariam Jaafar, joined residents for the Sembawang GRC Community Buka Puasa at Masjid Yusof Ishak. The event was particularly meaningful as it welcomed many non-Muslim residents, including students from Spectra Secondary School. They had the opportunity to explore the mosque through a guided tour, with some even choosing to fast for the day to better understand the experience. Representatives from BW Monastery 吉祥宝聚寺, Covenant Evangelical Free Church, and MYI shared insights about OMAK, Good Friday, and Friday prayers, respectively. A special thanks to Shahril and the organizing team, as well as all partners and volunteers, for contributing to the success of this wonderful event.

Find out more

Upcoming Events



Photo Source: Bukit Canberra's Facebook Join the Sembawang heritage tour to visit historical sites at Sembawang!

ORGANISED BY:

Meet up at SPARKS@ Bukit Canberra on Friday, 19 April 2024 from 2.30pm to 4.30pm. Transportation is

provided.

SUPPORTED BY:

https://go.gov.sg/heritage-tour-19-april24 See you there!

Registration link as follows:

Find out more

<u>Caregivers-to-Caregivers Training Programme</u>



Caring for a loved one with dementia?

Feeling overwhelmed, worried or stress? Do join the program as Caregivers Alliance Limited (CAL) specialises in supporting caregivers of persons with dementia.

Join the Saturday, 8-week fully funded programmed of 2 hours per session starting from 4 May 2024 to 22 Jun 2024, 10.30am to 12.30pm at Sparks@Bukit Canberra Seminar Room (Level 1)

Limited slots! Sign up now via https://forms.office.com/r/cTQ5U3jE2f Call: 97383109 for more info

See you there! $\Box\Box$

Find out more

Canberra Community Emergency and Engagement Committee (C2E)



Photo Source: Bukit Canberra's Facebook

children aged between 4 and 12 years old.

This programme is designed to deliver physical and health education through fun-filled activities that

Join in Health Promotion Board's MOVE IT with Active Family Programme suitable for parents and their

promote parent-child bonding and develop fundamental movement skills in children.

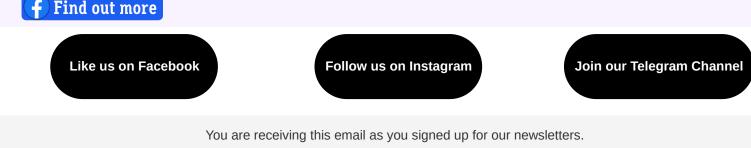
Participants can look forward to a fun-filled session while gaining self-confidence and mental strength as they learn how to play a variety of sports and games.

To book: Download or log into the Healthy 365 app > Select 'Explore'> 'Events' > Type 'Bukit Canberra in the

Slots are limited, so hurry! Book your slots on the Healthy 365 app today!

search bar and look for Active Family Programme listings.

See you there!



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