



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.



Evening weekly block visit



Photo Source: Dr Lim Wee Kiak PBM's Facebook

Our advisor, Dr. Lim Wee Kiak, PBM, conducted his weekly block visit around blocks 419 and 420 at Canberra. During this visit, Dr. Lim engaged with residents, encouraging them to participate in selecting the colour scheme for their flats. To all residents living at block 419 and 420 Canberra Road, don't forget to vote the colour scheme by March 26 2024!

[f Find out more](#)

Last weekend of Lunar New Year celebrations



Photo Source: Mr Vikram Nair's Facebook

On the last weekend of the Lunar New Year celebrations, our advisor, Mr. Vikram Nair started the weekend with residents at La Casa and Forestville ECs. Together, residents participated in a vibrant Lion and Dragon Dance, a traditional ritual symbolizing the welcoming of the new year. This cultural celebration not only brought the community together but also honoured age-old traditions, adding a lively and festive spirit to the occasion.

[f Find out more](#)

Sembawang West Grasio Silat Competition



Photo Source: Ms. Poh Li San's Facebook

Last weekend, the inaugural Sembawang West Silat Championships were held, attracting over 120 Silat warriors ranging from as young as five years old. Our advisor, Ms Poh Li San, were impressed by the participants' skills, agility, discipline, and passion for the tradition and sport.

During intermissions, attendees had the opportunity to learn some moves from experts and enjoyed themselves. Moving forward, organizers plan to host the Silat Championship annually at Galaxy CC. It is hoped that more young boys and girls will take up Silat to cultivate strength and discipline. Additionally, organizers aspire for these practitioners to eventually represent Singapore in international championships and bring honour to the nation.

[f Find out more](#)

Women At Work (WOW) Forum 2024



Photo Source: Ms. Mariam Jaafar's Facebook

Ms. Mariam Jaafar, our advisor, extended congratulations to the six remarkable women who were honored with the MENDAKI Singapore Women At Work Achievement Award.

Nearly 200 women and professionals participated in the WOW Forum, which focused on the theme "Embracing the Future of Tech." Ms. Mariam Jaafar expressed her delight at being part of a panel alongside Amalina, Hamidah, and Gloria. Together, they discussed career opportunities, skills, and insights within the tech sector. Ms. Mariam Jaafar also expressed her hope to engage with more like-minded women and professionals to collectively uplift lives and advance together.

For updates on activities planned for March, please visit MENDAKI's website and social media pages.

[f Find out more](#)

Upcoming Events

Stress less, live more workshop




Stress less, Live more!

By Assistant Senior Counsellor, Ms Agnes Lee

Stress is something that almost everyone experiences at certain points in life, but do you know that there are "good" and "bad" forms of stress?

Join us for this talk and find out how you can manage stress and utilise it in a positive manner!

3 April 2024, Wednesday
Time: 3pm - 4.30pm
**Block 1C, Level 1, Health and Wellness Studio,
 Sembawang Polyclinic (Bukit Canberra)**



REGISTER HERE:



<https://for.sg/stress-less>

In collaboration with:




Photo Source: Bukit Canberra's Facebook

Stress Less, Live More!

Stress is something that almost everyone experiences in their life.

But do you know that there are "good" and "bad" forms of stress?

Join us for this talk, by Assistant Senior Counsellor, Ms Agnes Lee, from REACH Counselling Services to find out how you can manage stress and utilise it in a positive manner!

Register here:

<https://for.sg/stress-less>

[f Find out more](#)

Bazar Raya Utara @ Woodlands and Sembawang

Bazar Raya Utara @ Woodlands

6 MARCH TO 4 APRIL 2024
OPPOSITE ADMIRALTY MRT STATION
10AM TO 10PM

HIGHLIGHTS

- CELEBRITY STALLS
- WEEKEND LIVE MUSIC PERFORMANCES
- SPECIAL EXHIBITION OF ISLAMIC ART AND CALLIGRAPHY BY ABDUL GHAFUR HAJI TAHIR (INCLUDING 8FT X 11FT SURAH AL-FATEHA TO AL-BAQARAH)



CELEBRITY STALLS

ABBY ELITE, SAFURA
DATO KHADIJAH IBRAHIM



SATURDAY, 9 MARCH 2024

OFFICIAL LAUNCH 6PM TO 6.30PM

LIGHT UP CEREMONY AND PERFORMANCES 7.30PM ONWARDS

FUAD RAHMAN, SUHAIMI YUSOF, NAS TROJAN, SILAT AND KOMPANG, QIHUA PRIMARY MALAY TARIAN, DIKIR BARAT SKD AND MANY MORE!

110 Food & Drink & 70 Retail Stalls



Organised by:



For enquiries, please call
 Satellite Woodlands CC at 6362 8832

Appointed vendors: Supported by:



Bazar Raya Utara @ Sembawang Town
6 MARCH - 4 APRIL 2024
12PM - 10PM

Come join us for a fun-filled time with your friends and family!

Black Mentor
Amelina
Siti Sairah & Umairah
Alman Tino
Izzue Islam
Dato Aishah
Kâka Azraff

Hardcourt beside Sembawang MRT Station

Organised By:



Appointed Vendors :



Photo Source: Ms. Mariam Jaafar's Facebook

❑ Don't miss the grand celebration at Bazar Raya Utara @ Woodlands and Sembawang! ❑

From 6 March to 4 April, join us for a month-long extravaganza featuring food, drinks, shopping, and entertainment from 10 am to 10 pm daily!

- ❑ With 110 food and drinks stalls, 70 retail stalls, and exclusive celebrity stalls featuring Abby Elite, Safura, and Dato Khadijah Ibrahim, there's something for everyone!
- ❑ Explore a special exhibition of Islamic Art and calligraphy by Abdul Ghafur, showcasing 27 stunning pieces of 8ft by 11ft paintings!
- ❑ The festivities kick off with an official launch and light-up ceremony on Saturday, 9 March 2024, from 5 pm to 6.30 pm, followed by a spectacular light-up ceremony from 7.30 pm onwards.
- 🎵 Enjoy performances by dikir barat all-girl group SKD, Nas Trojan, and Fuad Rahman throughout the evening, hosted by celebrity entertainer Suhaimi Yusof!
- 🌟 Don't miss out on the fun! Gather your family and friends and join us for an unforgettable celebration at Bazar Raya Utara!

See you there! ❑❑

[f Find out more](#)

Bazar Raya Utara @ Sembawang Town

NEEDLE PUNCHING COASTER WORKSHOP

Join us to learn the art of needle punching where we transform yarn into coaster!



**\$8
EACH**



SUNDAY, 17 MARCH 2024



10.00AM TO 12.00PM



**CANBERRA CC, LEVEL 3-09/10
2 SEMBAWANG CRESCENT
SINGAPORE 757632**

**Materials will be provided
Note: This workshop is suitable for
14 years old and above**

**SCAN
HERE!**



GO.GOV.SG/170324

**Purchase Your
Tickets Now!**

ORGANISED BY:



The Organiser reserves the right to use any photographs (including those of Participant, motion pictures, recordings, or any other media records of the Event, for any legitimate purpose including commercial advertising and distribution to the Organiser.

FOLLOW US ON OUR SOCIAL MEDIA:



Photo Source: Kampung Jelutung's Facebook

Come and join us to learn the art of needle punching where we transfer yarn into coaster! This workshop will be something you won't want to miss! So, join us now on 17 March 2024 ☐☐

Time: 10am to 12pm

Please be at the classroom by 9.45am.

Price: \$8 each

Venue: Canberra CC, Level 3-09/10

Purchase your tickets☐ either online through the QR code on this poster or sign up via the link go.gov.sg/170324!

We hope to see you there!

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