SAYANG/ SEMUDAWAAA SEMBAWANG TOWN COUNCIL • SPECIAL ISSUE





Page 10 **Sembawang Hot Spring Park:** Singapore's Only **Natural Hot Spring**



Bukit Canberra: Upcoming Sports and Community Hub



Page 28 **Sembawang Cares:** Fighting Covid-19 Together



Page 30-31 **#PeopleofSembawang**





Don't even think about it! We're almost ready!





I know exploring the neighbourhood can be a concept that's a bit beyond our kids' imagination... You know, since they're glued to phones and computers all the time. Maybe we can tell them stories instead.

Oh about our neighbourhood you mean? Hmm that might work. How you get this idea?

Remember how much fun it was when we volunteered at the RCs? We started to do it only after hearing our friends' experiences too. Never underestimate the power of a good story!

Oh ya, now that I recall, that's true...
Good idea, dear. I mean, this is where we grew up also.
Ma and Pa sure have some stories to share also. This

could be fun!

KNOCK!



OKOK kids.
We are all ready.
Let's go for lunch!





Boundary of Sembawang

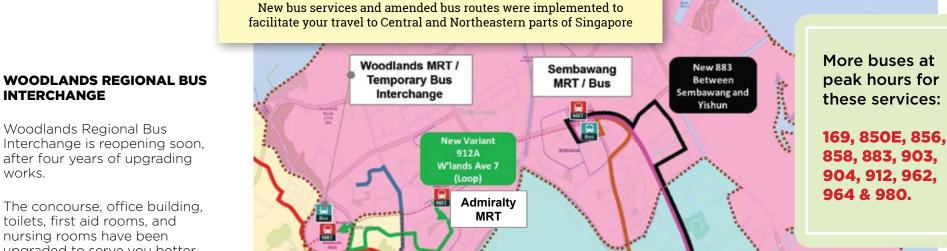
New Bus Infrastructure Added

New Woodlands Temporary

Bus Interchange in 2016

GRC





Towards CBD

New 167e

Towards CBD

Bus Services

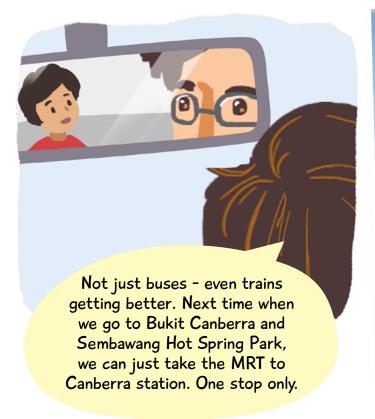
City Direct

to CBD

toilets, first aid rooms, and nursing rooms have been upgraded to serve you better.

Better Bus Services

Feeder buses will come at more frequent intervals (6-8 mins). All buses will come at <15 min intervals during peak periods, speeding up your commutes.









Canberra MRT's unique features include: A barrel vault roof, Glass louvers that facilitate natural ventilation



Woodlands MRT

The bus interchange will be linked to the North-South Line (NSL) Woodlands station and the future Thomson-East Coast Line (TEL) Woodlands station via an underpass.

Two new stations, Woodlands South and Woodlands North, have been built and linked to the NSL Woodlands station to improve intra-town connectivity too.

Integration and improvement of transport networks for ease of travel? Check!



Cycling Path Network

Existing Park Connector Network

Existing Town Council Cycling Path

LTA Proposed Cycling Path

LTA Proposed Short Link

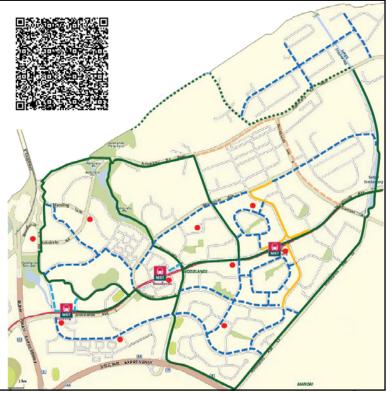
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Future Park Connector Network

Town/Neighbourhood Centre

by North-South Corridor

Total length: 22.3km





It's nice to see the things being built are going to connect places and bring people together.

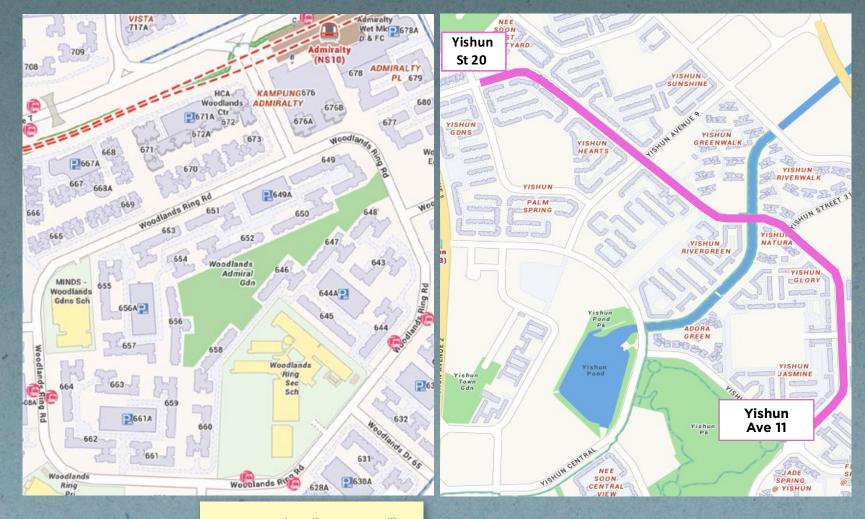
Just like the kampung days when we can all move around freely and will do things together. It feels very - wah, you know, like everyone is very close to each other.

Yes Ma, and don't worry about moving around freely. Things are much safer nowadays especially with the Silver Zones and all that.



Hacoming

Four silver zones have been implemented in Sembawang GRC to enhance road safety for elderly.





Address	Constituency	Status
Woodlands Drive 15 Woodlands Ave 1	Admiralty	Completed
Woodlands Ring Rd Woodlands Dr 63 Woodlands Dr 71	Woodlands Admiralty	Upcoming
Yishun Ring Rd	Gambas	Upcoming

Photo credit: LTA





Fun and functional facilities

An elevated linkbridge from Canberra MRT leads you right to Canberra Plaza's doorstep. Head down to level 1, where the 24-hour pedestrian access throughfare links to the precinct green, and check out the fitness and play facilities! You can also head up to the landscape deck at level 3 for a scenic view, or to cool down at the water playground.



Woodlands Regional Centre will be a sizeable commercial hub that brings jobs closer to homes in the North. It will provide a variety of flexible office and industrial spaces to suit a wide range of business needs, all within an attractive lush and green environment in proximity to an expansive waterfront. With the new TEL enhancing connectivity to key destinations in Singapore, Woodlands Regional Centre is poised to become a nexus of new opportunities for residents and businesses alike.

Play Rounds

Check out these parks & playgrounds! They underwent upgrading works recently, enabling us to access lifestyle and recreational facilities easily.





CIRCLE GREEN PARK

WOODLANDS CIRCLE

Command your pirate ship at the themed playground. Remember to enjoy the aerial views of the park from the double dome and skywalk diamond!

Check out these features!

- A range of swings at the park entrance
- A fitness corner
- Jogging tracks
- Bicycle storage facilities

For a thrilling challenge, climb to the top of the double dome!



The park has 26 (yes!) different slides – the most in any park in Singapore



ADMIRALTY PARK

> 6A ADMIRALTY RD, SINGAPORE 732006

> > This is the largest park in the north!





IN FRONT OF BLOCK 336 SEMBAWANG CLOSE

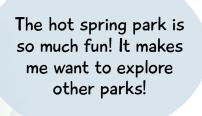
Can you spot the fishing nets? Canberra residents - yes, you! - chose these to represent Sembawang's past as a fishing village.

The "treehouse" structure in the middle of the playground pays homage to the name "Sembawang" - which is a tree our town is named after!









SEMBAWANG Hot Spring Park

Visiting Sembawang Hot Spring Park is like taking a walk through history. The famed hot springs - the only ones found in Singapore - were discovered in 1908 by a ranger walking the grounds of a pineapple plantation. The park you see today pays tribute to these kampung beginnings by adopting a rustic design; logs are used as benches and wooden buckets for personalised foot spas. Not forgetting the kampung spirit of gathering with neighbours (often also friends) for a good time!











Sembawang MPs and grassroots leader Ms Poh Li San dipping their feet in the cascading pool



Can you spot this naturalised stream in the park?







Ah Gong and I are fortunate to still be able to enjoy the facilities nearby our house. We can walk through such beautiful community gardens. Many areas are sheltered and spacious now also!



The tai chi sessions at the community plaza in the morning are so enjoyable! It's easy to get there now thanks to the covered linkway and the smoother lift rides.

Neighbourhood DENIENAL PROGR

With the intent to improve the quality of our residents' living environment through the upgrading & construction of facilities to provide more recreational options for our residents, Neighbourhood Renewal Programmes (NRPs) are put in place to enhance the neighborhood's physical landscape, as well as increasing connectivity and accessibility for greater convenience.

Some improvements under NRP include covered walkways, children's playgrounds, fitness corners, elderly fitness corners, widened footpaths, barrier-free access ramps and upgrading of activity plazas among others.

The Town Council works closely with our grassroots organisations and Advisers to gather suggestions and feedback from residents, whose precincts have been selected for upgrading. Through NRP, residents have an opportunity to shape their home precincts according to their lifestyles and recreation preferences.

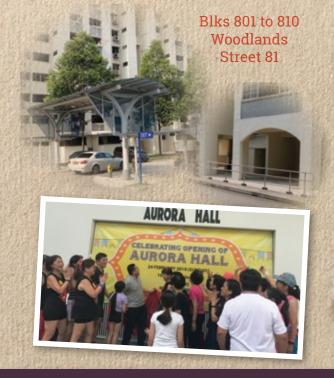
The full cost of NRP is borne fully by the Government, and residents need not pay for the upgrading efforts.

Here are some of the precincts which were selected for NRP:



COMPLETED







846, 851-869 Woodlands Street 81/ 82/83 and Ave 4



UPCOMING: Blks 423, 425, 427, 433, 435, 437, 439 & 440 Yishun Ave 6/11. Blk 870 to 882 and 2 MSCPS at 874A & 881A Woodlands Ave 9/Street 81/Street 83 & more to come!

IN SEMBAWANG GRC

TOWN Improvements











Jelutung Harbour Park

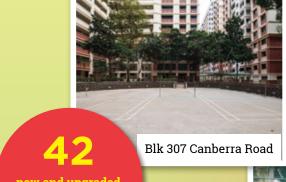




Sembawang Primary School to LTA's linkway

Pedestrian Mall with





new and upgraded game courts and multi-purpose halls



Basketball court at Fushan Garden



Community Gardens









Blk 463 Admiralty Drive Rooftop

Blk 317 Sembawang Vista (Upgrading of Existing Community Garden)

Blk 331 Sembawang Close



SPORTS-IN-PRECINCT

Projects

When the Sports-in-Precinct projects in Sembawang and Woodlands are completed, residents can look forward to more recreational spaces near their homes, including multi-purpose courts, fitness corners and badminton courts to keep fit and stay healthy. This also serves an additional platform for neighbours to interact with one another and build communal bonds.



WOODLANDS SPORTS PARK









Celebrating the completion of the first 50 lifts under LRP Testing out the new lifts at Blk 772 Woodlands Dr 60

Programme

In January 2019, 50 new lifts under the Lift Replacement Programme (LRP) were successfully completed. This LRP is a groundbreaking initiative by Sembawang Town Council because, for the very first time, lift replacement work is carried out ahead of the replacement cycle on such a massive scale.

In addition, it is also the first time lift-cycle costing approach is adopted in the tender for a lift replacement project. This new approach, which combines lift replacement works and subsequent maintenance work, has enabled the Town Council to achieve greater cost savings while encouraging lift companies to supply and install lifts which are sustainable in the long term.

It was at this completion ceremony that we announced the addition of 56 lifts to our LRP. Together with the original 280 lifts, we will have a total of 336 new lifts serving more than 15,200 households across Woodlands, Sembawang and Admiralty divisions.

The lift replacement work to the 336 lifts will cost a sum of \$41 million. The fund will come from the Town Council's Lift Replacement Fund built up prudently by the Town Council over the years. Residents need not pay for the new lifts.

As for the remaining lifts exceeding 20 years, they will be replaced progressively, in the next five to seven years.

BENEFITS OF THE NEW LIFTS:

50% FASTER 20% MORE SPACIOUS

BRIGHTER

COMPLIES
WITH LATEST
SAFETY
GUIDELINES

ENERGY-EFFICIENT, AS LED LIGHTS HAVE BEEN FITTED

HOME IMPROVEMENT

Programme

Supported by Housing and Development Board (HDB), the Home Improvement Programme (HIP) helps residents resolve common maintenance problems in ageing flats such as spalling concrete and replacing pipe sockets with new clothes drying racks. HIP works are carried out in a systematic and comprehensive way to minimise inconvenience to you.

There are three main components of works under the HIP: the Essential, Optional and Enhancement for Active Seniors (EASE) Improvements.



Ongoing

Blks 816 to 821, 824, 825, 828 to 835, 837 & 838 Woodlands Street 81/ 82/ 83

Blks 388, 395, 407 & 408 Yishun Ring Road/ Ave 6



CHAIRMAN'S Message



Dear Residents

This issue is likely to find many of you at home with your families, doing your part to keep the Covid-19 crisis at bay. Some of you may have returned to work after the lift of circuit breaker measures in phases. Others may be in our frontlines or providing essential services, and continuing to work to keep our country going. We thank each of you for your efforts. This special edition of our magazine is where we take stock of the special developments in our GRC - many of which we hope we can all go out to enjoy again soon once this crisis eases.

These last five years has been a busy period of transformation and growth for us here in Sembawang. We witnessed exciting developments such as Kampung Admiralty, an integrated community hub with seniors housed conveniently on top in studios, the upgraded Sembawang Hot Spring Park, four new MRT stations, improved bus services, newly upgraded parks and the various precinct-based upgrading programmes. I hope these new amenities have brought you and your family greater convenience.

With your support, we have witnessed our Town Plans come into fruition. Constructive ideas and feedback helped us to improve our Town immeasurably, and we thank you for your contributions. Residents can look forward to many improvements in our Town. This issue will bring you through the promises we have fulfilled from the past five years and set out our future plans in the GRC, which are just as exciting.

Sembawang is not only known for its iconic greenery and rich history, but also for its closely knitted community that makes the bond in Sembawang special. Community events, outreach programmes, kopi talks and block parties have been great opportunities for us to get to know one another better.

Looking into the future, we have many exciting plans coming up and we seek your continual support to enhance our

community. A key development will be the integrated sports and lifestyle hub at Bukit Canberra, enhanced transport systems and added healthcare facilities, including the completion of Woodlands Health Campus. There will be lots of upgraded parks and sports facilities, retail developments and new neighbourhood precincts coming up, and estate developments which we hope you and your families will enjoy for many years to come.

We look forward to enjoying these milestones with you, and we hope to transform Sembawang into an even more vibrant town for us and our future generations. Sayang Sembawang!

> Mr Vikram Nair Chairman **Sembawang Town Council**

亲爱的居民

当您在阅读这一期刊物时, 您多半在家陪伴 着家人,尽自己的本分防御2019新型冠状 病毒。在你们当中,有些已经在阻断措施分 阶段逐步放宽限制后复工。相关部门与前线 人员仍在疫情前线继续为我们提供必要服务, 让我国如常运作。我们感谢您们的付出与努 力。我们在这份特刊回顾集选区的特别基础 设施建设。一旦疫情舒缓,我希望你们能够 走出家门, 尽情享用这些设施。

在过去的5年对三巴旺而言,是一段绽放绮 丽,蜕变与共同成长的忙碌岁月。我们目睹 让人叹为观止的基础设施建设, 如海军部村 庄,一个建有小型公寓,让年长者宜居的 综合性社区空间、翻新后的三巴旺温泉公 园、4座新的地铁站、改善后的巴士服务、 刚提升设施的公园及许多邻里的组屋区翻新 工程。我希望这些新设施能为您及家人带来 更大的方便。

您的鼎力支持促使我们种种的市镇计划圆满 完成。你给予具有建设性的建议与反馈让我 们完善我们的市镇, 我门衷心感谢你们的贡 献。居民可以期待许多市镇里的改善工程。 这份特刊将让您回顾我们过去5年来所兑现 的承诺, 同时呈现同样精彩的未来发展计

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三巴旺不仅是因它标志性的绿意盎然及浓厚历史背景而闻名, 社区浓郁的凝聚力也是让居民特别团结的主要因素。社区活动、外展节目、咖啡聊天室及组屋联谊会一直以来提供让大家更加了解彼此的好机会。

展望未来,我们有许多即将落实且让人雀跃万分的新计划。我们寻求您继续支持我们完善社区发展。其中重要的发展项目是综合体育和社区活动的武吉坎贝拉活动中心、提升的交通系统及增添新的医疗设施,包括兀兰医疗保健园。同时这里将会有更多公园及体育设施获得翻新、新的邻里商场、新的邻里组屋区及市镇改善计划。我们恳切希望您与家人在未来的岁月能享用我们为您兴建的设施。

我们期待与您一起欢度以上的里程碑,同时也希望为我们,及我们的后代把三巴旺打造成更活力四射的市镇。三巴旺, 心希望。

维凯先生 主席 三巴旺市镇理事会

Penduduk yang dihormati

Apabila penerbitan ini sampai ke para penduduk, kemungkinan besar anda sedang duduk di rumah bersama keluarga dan masing-masing mengambil tanggungjawab untuk membendung krisis COVID-19. Ada di kalangan anda yang telah kembali ke tempat kerja selepas langkah-langkah pemutus litar dilonggarkan secara bertahap. Penduduk yang lain pula mungkin bertugas di barisan depan atau menyediakan perkhidmatan perlu. Mereka tetap bekerja demi penerusan negara. Kami ingin mengucapkan terima kasih kepada semua atas usaha anda. Dalam isu edisi khas ini, kita boleh menilai perkembangan-perkembangan istimewa di GRC kita yang semoga penduduk boleh menikmati sekali lagi selepas melalui krisis ini.

Dalam tempoh lima tahun yang lepas, Sembawang telah sibuk menjalani transformasi dan pertumbuhan. Kita telah menyaksikan banyak perkembangan yang mengujakan pada masa ini. Salah satu daripadanya adalah Kampung Admiralty yang merupakan hab komuniti bersepadu untuk penempatan warga emas dalam studio. Antara perkembangan lain adalah naik taraf Taman Air Panas Sembawang dan taman-taman lain, empat stesen MRT yang baharu, perkhidmatan bas yang lebih baik dan pelbagai program penaikan taraf berasaskan presint. Saya berharap agar kemudahan baru ini boleh membawa lebih kesenangan kepada para penduduk sekeluarga.

Dengan sokongan penduduk, kita sudah menyaksikan hasil Pelan Bandar kita. Idea dan maklum balas produktif yang telah kami terima membantu bandar ini menjadi lebih baik. Kami berterima kasih atas sumbangan anda. Penduduk boleh menjangkakan lebih banyak perkembangan bandar yang akan dilaksanakan pada masa depan. Isu khas ini bertujuan untuk memperingati janji yang telah kami tunaikan dalam tempoh lima tahun ini dan membentangkan pelan masa depan GRC yang juga amat menarik.

Sembawang bukan sahaja terkenal dengan kehijauan sekitaran yang ikonik dan sejarah yang kaya, tetapi juga komuniti yang erat. Hubungan inilah yang membuatkan Sembawang satu tempat yang istimewa. Acara-acara komuniti, program pendampingan, perbualan sambil minum kopi dan parti blok merupakan peluang yang bagus untuk penduduk berkenalan antara satu sama lain.

Melihat ke masa depan, kami telah merancang banyak pelan yang menarik dan kami berharap agar mendapat sokongan berterusan penduduk untuk mengukuhkan komuniti kita. Beberapa perkembangan penting adalah hab sukan dan gaya hidup bersepadu yang terletak di Bukit Canberra, sistem pengangkutan yang dipertingkatkan dan fasiliti kesihatan yang bertambah termasuk Kampus Kesihatan Woodlands. Selain kenaikan taraf taman dan fasiliti sukan, pembangunan perniagaan runcit dan penubuhan presint kejiranan baharu, kami berharap para penduduk sekeluarga dapat menikmati estet yang akan dibangunkan pada tahun-tahun yang akan datang.

Kami menantikan masa yang membenarkan kami berkongsi pencapaian ini dengan para penduduk. Harapan kami adalah untuk mengubah Sembawang untuk menjadi sebuah bandar yang lebih berseri untuk kenikmatan para penduduk semasa dan yang akan datang. Sayang Sembawang!

Encik Vikram Nair Pengerusi Majlis Bandaran Sembawang



அன்பார்ந்த குடியிருப்பாளர்களே,

இந்தப் பதிப்பு வெளிவருகையில் உங்களில் பலரும் வீட்டில் குடும்பத்தோடு இருந்து, கொவிட்-19 கிருமிப் பரவலைக் கட்டுப்படுத்த உங்கள் பங்கைச் செய்து கொண்டிருப்பீர்கள். நோய்ப் பரவலை முறியடிப்பதற்கான அதிரடித் திட்ட நடவடிக்கைகள் தளர்த்தப்பட்ட பிறகு உங்களில் சிலர் வேலைக்குத் திரும்பிச் சென்றிருக்கக்கூடும். மற்றவர்கள் முன்னிலையில் பணிபுரிந்து அல்லது அத்தியாவசியச் சேவைகளை வழங்கி, நம் நாட்டின் தேவைகளை நிறைவேற்ற பங்காற்றிக் கொண்டிருப்பீர்கள். உங்கள் ஒவ்வொருவரது முயற்சிக்கும் நன்றி. சஞ்சிகையின் இந்தச் சிறப்புப் பதிப்பில், நமது குழுத்தொகுதியில் ஈடேறிய சிறப்பு மேம்பாடுகளைத் தொகுத்தளிக்கிறோம் - இந்த நெருக்கடிநிலை தணிந்தபின் நாம் அனைவரும் வெளியில் சென்று அந்த மேம்பாடுகளை அனுபவிக்கக் காத்திருக்கிறோம் என நம்புகிறேன்.

கடந்த ஐந்து ஆண்டுகளில் செம்பவாங் பெருமளவு மாற்றமும் வளர்ச்சியும் அடைந்துள்ளது. முதியோருக்கான ஸ்டூடியோ வீடுகள் மேல்மாடிகளில் அமைந்துள்ள ஒருங்கிணைக்கப்பட்ட சமூக மையமான கம்போங் அட்மிரால்டி, மேம்படுத்தப்பட்ட செம்பவாங் வெந்நீரூற்றுப் பூங்கா, நான்கு புதிய பெருவிரைவு ரயில் நிலையங்கள், மேம்படுத்தப்பட்ட பேருந்து சேவைகள், புதிதாக மேம்படுத்தப்பட்ட பூங்காக்கள், பற்பல அக்கம்பக்க மேம்பாட்டுத் திட்டங்கள் போன்றவற்றை நாம் காண்கிறோம். இப்புதிய வசதிகள் அனைத்தும் உங்களுக்கும் உங்கள் குடும்பத்திற்கும் அதிக வசதியளித்திருக்கும் என நம்புகிறேன்.

உங்கள் ஆதரவுடன், நமது நகரத் திட்டங்களின் நிறைவேற்றத்தை நாம் நேரில் கண்டோம். ஆக்ககரமான யோசனைகளும் கருத்துகளும் நம் நகரைப் பெருமளவு மேம்படுத்த எங்களுக்கு உதவியாக இருந்தன. உங்களது பங்களிப்புகளுக்கு எங்களின் மனமார்ந்த நன்றி. குடியிருப்பாளர்கள் நம் நகரில் மேலும் பல மேம்பாடுகளை எதிர்பார்க்கலாம். நாங்கள் கடந்த ஐந்து ஆண்டுகளில் நிறைவேற்றிய வாக்குறுதிகளை இப்பதிப்பில் படைக்கிறோம். அதோடு, நமது குழுத்தொகுதியில் எதிர்வரவிருக்கும் விறுவிறுப்பான திட்டங்களையும் விவரிக்கிறோம்.

செம்பவாங் அதன் சிறப்புவாய்ந்த பசுமைச் கூழலுக்கும் செறிவுமிக்க வரலாற்றுக்கும் மட்டுமன்றி, நெருக்கமான நல்லுறவுமிக்கச் சமூகத்திற்கும் பெயர்பெற்றது. இதுவே செம்பவாங்கின் பந்தத்திற்குத் தனிச்சிறப்பு சேர்க்கிறது. சமூக நிகழ்ச்சிகள், மக்களை எட்டும் நடவடிக்கைகள், காப்பிநேர உரைகள், கட்டட ஒன்றுகூடல்கள் ஆகிய அனைத்தும், நாம் ஒருவரையொருவர் மேலும் தெரிந்துகொள்ள அற்புதமான வாய்ப்புகளாக இருந்து வந்துள்ளன.

எதிர்காலத்திற்காக மேலும் பல விறுவிறுப்பான திட்டங்களைக் கைவசம் வைத்திருக்கிறோம். அந்தத் திட்டங்களுடன் நம் சமூகத்தை மேம்படுத்த உங்களது தொடர் ஆதரவை நாடுகிறோம். புக்கிட் கேன்பராவில் அமையவிருக்கும் ஒருங்கிணைக்கப்பட்ட விளையாட்டு, வாழ்க்கைப்பாணி மையம், மேம்படுத்தப்பட்ட போக்குவரத்து வசதிகள், உட்லண்ட்ஸ் சுகாதார வளாகம் உள்ளிட்ட கூடுதலான சுகாதாரப் பராமரிப்பு வசதிகள் ஆகியன அவற்றுள் அடங்கும். மேம்படுத்தப்பட்ட பூங்காக்கள் மற்றும் விளையாட்டு வசதிகள், சில்லறைக் கடைத்தொகுதிகள், புதிய அக்கம்பக்கங்கள், புதிய குடியிருப்புப் பேட்டைகள் ஆகியன நிறைய வரவுள்ளன. நீங்களும் உங்கள் குடும்பத்தாரும் எதிர்வரும் பல ஆண்டுகளுக்கு அவற்றை அனுபவித்து மகிழ்வீர்கள் என நம்புகிறோம்.

இந்த மைல்கற்கள் அனைத்தையும் உங்களுடன் சேர்ந்த அனுபவிக்க ஆவலுடன் காத்திருக்கிறோம். செம்பவாங்கை நமக்காகவும் வருங்காலத் தலைமுறைகளுக்காகவும் மேன்மேலும் துடிப்புமிக்க நகரமாக உருமாற்ற விரும்புகிறோம். சாயாங் செம்பவாங்!

> திரு விக்ரம் நாயர் தலைவர் செம்பவாங் நகர மன்றம்

Look! Here is an event at the Kampung Admiralty Community Plaza.

> Ah Ma, Ah Gong, can we go see please? I want to play the games!



Mei Mei, come with me and let's go see the games. Mummy will bring Ah Gong and Ah Ma to rest and see the gardens upstairs.

Singapore' first retirement community:

Singapore' first retirement community: KAMPUNG # dumunity

Kampung Admiralty is a "modern kampung" retirement community. Majority of the facilities are designed to encourage an active lifestyle in seniors. Working parents, and their children too, benefit from various inter-generational facilities co-located in this integrated development.

Kampung Admiralty has:

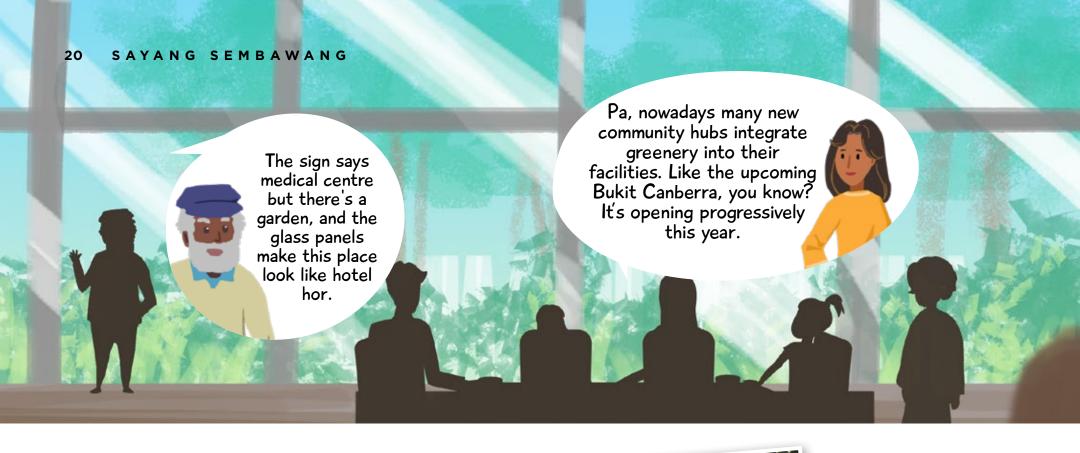
- For seniors: a medical centre (Level 3) providing specialist care, the Active Ageing Hub (Level 6), and a rooftop community garden (Levels 6-9).
- For working parents and children: My First Skool childcare centre and a rooftop community park (both at Level 6)
- A 900-seater hawker centre (Level 2) and restaurants (Level 1) cater to a wide spectrum of taste buds. Shopping is easy too, with the NTUC Fairprice supermarket at Level B1.

Kampung Admiralty won the Building of the Year award in 2018 for its vertical garden design









BUKIT Camberra

Bukit Canberra will be ready for you soon! The integrated hub is a five-minute walk from Sembawang MRT. Its facilities for young and old are set within a lush natural environment covering 12 hectares, giving ample space for visitors to enjoy the green paradise. Through its focus on greenery, Bukit Canberra ensures that greenery native to Sembawang is conserved.

A family carnival commemorating the start of construction works for this hub was held in July 2016. More than 800 residents attended the carnival, with some joining Sembawang Grassroots Advisers in planting the Sembawang tree (Mesua ferruginea).

Nature-integrated facilities include:

- Natural running trails of varying difficulty
- An air-conditioned health lab, inclusive gym, and nutrition studio with views of lush greenery
- An outdoor forest gym
- A community lawn
- Swimming pools for recreation and training purposes











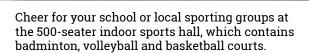
Wellness and Health

ActiveSG Sembawang Sport Centre in Bukit Canberra will have Town Sport Centre features under the Sports Facilities Master Plan (SFMP).



more scenic.

Pick up preventive healthcare techniques through the Active Health Lab's workshops on physical activity, nutrition, sleep and screen time. Singapore's biggest ActiveSG gym caters to people of varying physical abilities. Its lush green surroundings make your resistance, cardio, or weights workouts





Gain dietary insights and knowledge at the health nutrition studio.



Treatment and consultation on acute and chronic diseases, women's health, and child health are available at the polyclinic.



Recreational, rehabilitation, and home-based care services at the senior care centre provide seniors with community support needed to age-in-place.

Greenery

The development and landscaping of Bukit Canberra is shaped around the existing terrain, and retains and highlights the hilly characteristics and lush vegetation.



Spot beautiful butterflies along the flower-lined paths of the butterfly garden.



The spacious, cool, sheltered community plaza is large enough to host crowds during community events and celebrations.



The therapeutic gardens are a feast for the senses, with vivacious, fragrant blooms on full display. It is also wheelchair-accessible, and has shaded rest areas.

The semi-dense Fruit Orchard and Food Forest are suitable for community gardening and related, small-scale events.



The sunken garden: a quiet, idyllic spot for reading or to catch a breather as you roam Bukit Canberra's ample green grounds.



You getting old already lah. But don't worry, if anything happen to you, at least we are in a medical facility and you can get help immediately.



Healthcare

Admiralty Medical Centre (AMC) in Kampung Admiralty places specialist outpatient consultation and surgical services at the heart of heartland living. Facilities include a day surgery & endoscopy suite, a rehabilitation gym, an X-ray & ultrasound suite, and medical laboratories.



MEDICATION

ADMIRALTY MEDICAL CENTRE

From detection and treatment to education, AMC offers it all for diabetes patients

MONITORING

I'm not wishing that upon you la. Just being realistic about our ageing process only. Our lifestyle and eating habits create more stress on our bodies, compared to our parents' generation.
We must be mentally prepared, and know where are the facilities to treat our ageing ailments mah.

For basic services like health checkups and screenings, treating common ailments, polyclinics are the best. Affordable, subsidised, and easily accessible.



MANAGE DIABETES WITH



Ah Gong, the children are so happy today. It makes me remember our carefree childhood days. Sometimes I wish we can be as active as them.

We can! There are many activities for senior residents, and upgrading works at home and in public areas to ensure we are safe while staying active.













Mental and physical agility can be built when the right programmes, activities and facilities are in place in the community. Elderly residents are encouraged to lead an active and social lifestyle by making friends and spending time meaningfully. Our senior activity centres, Blossom Seeds and Sunlove Senior Activity Centre @ Golden Saffron, offer plenty of programmes that strengthen social bonds and cater to the needs of the seniors among us.



Elderly fitness corners make it easy for seniors to maintain their physical condition. Home improvements, such as the EASE Programme, have also been carried out to aid mobility and enhance safety at home.

NTUC ACTIVE AGEING HUB





ELDERLY FITNESS CORNERS

Blk 334 Sembawang Close





Blk 416 Canberra Drive



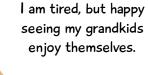
Blk 503 Canberra Link



EASE PROGRAMME

SUNLOVE SENIOR ACTIVITY CENTRE @ GOLDEN SAFFRON





This neighbourhood is quite interesting





Strengthening THE KAMPUNG SPIRIT IN SEMBAWANG GRC

There are so many friendly people living in Sembawang. When I'm older I want to be like them - friendly, helping each other, doing things together.

Getting to know your neighbours better is as simple as signing up for a community event. Many of these events are free, and you will always stand to gain something in return, be it closer bonds with fellow residents, a memorable time celebrating national festivals, or making an impact in the lives of students and the less fortunate.

In the past years, initiatives such as Project We Care, Iftar sessions and NRP consensus-gathering have brought many residents closer.



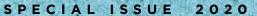








27



CELEBRATING

TOGETHER







COMPLETION OF FIRST 50 OF 336 LIFTS IN SEMBAWANG GRC







OFFICIATING CEREMONY FOR WOODLANDS NORTH, WOODLANDS SOUTH AND WOODLANDS STATIONS



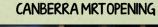
ABC OPENING AND GROUNDBREAKING OF SPORTS PARK IN GAMBAS



OFFICIAL OPENING OF SEMBAWANG HOTSPRING



THE MOMENTARY MONUMENT







#SembawangCares:

Fighting Covid-19 Together!

Amid this Covid-19 situation, preventive measures and implementations have been put in place to ensure that residents of Sembawang GRC are kept safe.

Some of the measures include distribution of hand sanitizers and masks at CCs and RCs, and distribution of care packs to our frontliners - cleaners and eating house stallholders - in our midst. Appreciation lunches were held in March to show our appreciation to our Town Council cleaners for working doubly hard since the Covid-19 outbreak. The Town Council has also increased the frequency of cleaning at common areas during this period.

Special efforts were also made by the Town Council to ensure that safe distancing measures are put in place such as the demarcation of lift cars. Hand sanitizers have been installed in all lifts in the GRC. Government support has also been provided to help families cope with their household expenses, such as the Covid-19 Temporary Relief Fund and Care and Support Package.







Let us continue to fight this virus together—Stay Healthy, Stay Fit, Keep Going!



















My kids have seen the humble magic of Sembawang town today. As they expand their horizons, they will be exposed to different types of individuals, all of whom are also proud to be Sembawang residents.

#PeopleofSembawang



Our favourite place is Woodlands Waterfront (Park). We usually go there on Sundays, days we don't work.

Jafor and Jahirul

My colleague informed me that a cat had been stuck in a tree for almost 10 days without food and water. Residents and fellow cat-lovers had tried to rescue it, but to no avail.

It was heartening to see that many stepped in to help during this precarious moment. Cleaners, residents and passers-by displayed great teamwork by holding safety blankets under the tree, so that the cat would land safely. With so many hands and hearts working together, the cat was rescued successfully. I am glad it is being treated after its ordeal. With everyone pitching in to help, the true *kampung spirit* was felt.



Mr Chew

Having lived in Sembawang GRC all my life, I have never really moved out of this area. I grew up in Chong Pang, moved to somewhere near Sembawang Naval Base, then to Marsiling Yew-Tee and now, in Admiralty. I grew up in a kampung so I have always loved animals. I even have a community of animal-lover friends from PA (People's Association) whom I meet up with almost every weekend with our pets.

Mr Bala



A 'good morning' from a resident makes me feel at home!

Arif

I've seen my home changed over the years. Woodlands was emptier then and I could even count the number of people walking on the pavement. Now with more facilities and HDBs built, Woodlands is like another Orchard, very convenient!

Aizat



Admiralty area is somewhere I am very familiar with; in fact there are many supper spots that I can hang out at with my friends!

Leong Hei Kern and Mr Leong



I like that Woodlands is peaceful and quiet even with the new developments around. Everything is so accessible that I can go wherever I want, whenever I want to.

My memory is failing me, but one thing I remember about the old Woodlands is that the roads used to be muddy, and it gets worse when it rains. But with good drainage systems these days, I can still cycle after a heavy rain. I often cycle to Marsiling and if I want to do some simple exercises, I'll walk to Fushan garden just behind my home. My wife will join me for a walk once in awhile.

I'm so old already so I don't dare to think too much about the future. But I am very contented with where I am and what I have now. What more should I ask for?

Uncle Roy



I really enjoy baking, that's why
I decided to sell baked goods
at bazaars and communitysupported events. I like to
attend baking classes as well,
but they are expensive. If I
happen to chance upon cheap

classes at the CC, I will hurry call in and register. The most recent one I signed up for is the PA Shiok Series, and since it's just \$5, I thought it is something worth paying for.

I also love to participate in community events, but I can't attend most of them because I am wheelchair-bound. But I managed to attend the Zumba classes at Kampung Admiralty last weekend! I can only attend them if they are just nearby.

Mdm Zainon

So excited to know that the water playground Welutung Harbour Park) is finally open. I was here yesterday too and today, I asked my friend and sister to come down and play too.

Qisya

(extreme right in photo)



I like my home because Woodlands Civic Centre is just nearby. There is also a library that I can go to during the holidays.

Ariel





We can look forward to a better Sembaway!

