

Fusion!

july - august 2018 issue

one membership, three clubhouses, four distinct experiences



page 04
National Day
Celebrations at CSC

page 10
Public Service
Month Exclusive

page 12
Public Service Sports
& Family Day

Civil Service Club

ORDINARY MEMBERSHIP

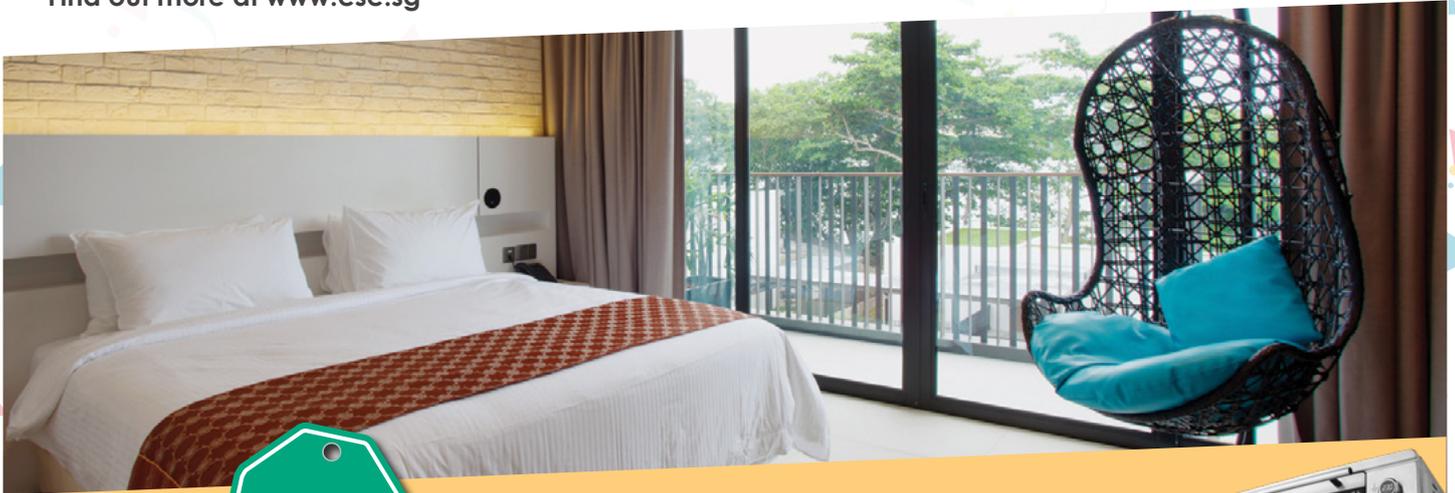
(FOR PUBLIC SERVICE OFFICERS)
PROMOTION ENDS 31 AUGUST 2018

Promotion



APPLY NOW AT
www.csc.sg/membership

The Club for Public Service Officers. With one membership you will have access to three modern Clubhouses at Bukit Batok, Changi and Tessensohn, offering you a wide range of recreational facilities and social activities to meet your lifestyle needs and more. Your parents, spouse and children (up to 3 and below 21 years) are welcome to join the club as supplementary members for free! Only a \$10 card fee is needed. Be it a movie treat, a weekend staycation, a bowling night out, a cooking class or a quiet yoga session there is always a treasured experience waiting to be discovered. Find out more at www.csc.sg



5Year
Membership
\$360

2 NIGHTS CHALET STAY
@ CSC CHANGI I (OFF-PEAK)**
RRP \$296 **Promo Code: CRN2N**

OR

AZTECH INNOBAKE OVEN*
RRP \$299 **Promo Code: OVEN**



4Year
Membership
\$288

CASIO EDIFICE WATCH*
RRP \$159 **Promo Code: CW**



OR



AZTECH BREADMAKER*
RRP \$299 **Promo Code: ABM**

3Year
Membership
\$216

LADYSHIP ESSENCE
EXTRACTOR*
RRP \$249 **Promo Code: LEE**



OR

ACTXA SPUR*
RRP \$99 **Promo Code: AS**



2Year
Membership
\$144

MORRIES MULTI-CYCLONE
VACUUM CLEANER*
RRP \$89 **Promo Code: VC**



OR

JABEES BEEBUD – TRUE
WIRELESS FITNESS EARBUDS*
RRP \$99 **Promo Code: EB**



1Year
Membership
\$72

MORRIES ELECTRIC
LUNCH BOX*
RRP \$35.90 **Promo Code: MEL**



Terms and conditions apply

*While stocks last. **Chalet rooms for stay during off-peak period from Monday to Thursday during non-school holidays. Upgrade to peak period subject to approval and room availability.

Contents

fusion!
Jul-Aug 2018 Issue

02 CE'S UPDATE

WHAT'S HAPPENING

- 04 National Day Celebrations Eatlah! Playlah!
- 05 Celebrate Singapore's 53rd Birthday: Wine & Dine With Us! / Movie Treat @ Shaw Lido
- 06 Fun Mahjong Challenge / Mid-Autumn Celebration
- 07 Doggie Carnival 2018 - A PAW-fect Day Out
- 08 CSC's Mother's Day Lunch
- 09 Lifelong Learning with SkillsFuture
- 10 Public Service Month Exclusive & Open House

SPORTS

- 12 Public Service Sports and Family Day
- 13 CSC Run By The Bay
- 14 Public Service STAR Games 2018
 - Swimming Meet / Children Swimming Meet / Scrabble Competition / Pool Competition / Tennis Tournament
- 17 CSC Healthy Lifestyle Walk @ Pasir Ris Park / city60 Singapore Bike-Run Challenge
- 18 CSC Cycling Club Goes Places
- 20 CSC Running Club Members at Kluang, an Idyllic Getaway

CLUBHOUSES

- 21 CSC @ Bukit Batok
- 22 CSC @ Tessensohn
 - Rollin' Good Times at Planet Bowl / Gym Training Centre and Physiotherapy Clinic Now Open
- 23 Tri-Agency Games 2018 at CSC @ Tessensohn
- 24 CSC @ Changi
 - Early Bird Special on CSC Chalets
 - BBQ at the Sheltered Pits at CSC @ Changi! / Asian Detours Comes to CSC @ Changi
- 26 Décor Challenge Hari Raya / Lifeguard On Duty
- 27 SAF Day Promotion 2018
- 28 CSC Members' Privileges

SOCIAL ACTIVITIES

- 30 Arts / Beauty
- 31 Finance
- 32 Food
- 34 Fun
- 36 Kids
- 37 Health
- 42 Music
- 43 Self-Improvement
- 44 Travel

46 REGULAR ACTIVITIES



CSC @ Tessensohn

60 Tessensohn Road
Singapore 217664
T: 6294 8933
tessensohn@csc.sg

CSC @ Bukit Batok

91 Bukit Batok West Ave 2
Singapore 659206
T: 6513 7480
bukitbatok@csc.sg

CSC @ Changi

2 Netheravon Road
Singapore 508503
T: 6709 4709
changi@csc.sg | rooms@csc.sg

CSC @ Changi II (former Aloha Changi)

30 Netheravon Road
Singapore 508522
T: 6545 2343 / 6545 6373
changi2@csc.sg

CSC @ Loyang (former Aloha Loyang)

159W Jalan Loyang Besar
Singapore 507020
T: 6581 9033 / 6582 8006
loyang@csc.sg

Corporate Services

Membership Matters

T: 6514 6396 (Hotline)
T: 6391 5615 (Ricky Ng)
membership@csc.sg

Sports Activities

T: 6391 5619 (Samantha Fok)

Social Activities

T: 6391 5613 (Samantha Chin)
T: 6391 5607 (Onn Hai Ming)
T: 6391 5624 (Kua Gek Cheng)
T: 6391 5641 (Vanessa Choo)
T: 6391 5620 (Serene Cho)
events@csc.sg

For the latest happenings and promotions at CSC, please visit:

<http://www.csc.sg/>

Civil Service Club

feedback@csc.sg

Dear Members,



See you at our exciting events lineup. From our National Day and Mid-Autumn celebrations, to Public Service Month and of course the annual PS Sports & Family Day, which offers free participation for all public service officers, members and their immediate families.

Greetings from Civil Service Club

ACTIVITIES OVER THE PAST 2 MONTHS

Social Activities

Over the past 2 months, the Club organised 3 major social activities of which the Mother's and Father's Day celebrations must be closest to members' hearts. All the mamas and papas who attended the events had a good time with the sumptuous food, entertainment and free gifts. Kudos to all the filial children that celebrated these events with their parents.

International Yoga Day. The other major social event was the celebration of the International Yoga Day on 21 Jun 2018. The Club partnered Vyasa Yoga to celebrate this event at all the Clubhouses. More than 350 participants attended this event. At CSC @ Tessensohn where the event was held on the actual day, the Club had the honour of Mr. Jayachandran (Singapore's High Commissioner to the Republic of Mauritius) and Mr. Ninad S. Deshpande, Deputy High Commissioner of India to grace the occasion.

Mahjong Challenge. A Mahjong Challenge was organised on 12 May 2018. There were 36 avid players pitching their skills against each other to see who would emerge the overall winner. Congratulations to Mr. Yeong Whye Leong for being the champion of the first challenge. The Club will organise a series of Mahjong Challenges with the objective of pitching the skills of the top four winners of each challenge against each other for the coveted title of King of Kings for CSC Mahjong. So, do check out the next Mahjong Challenge that will be held.

Doggie Carnival. The Club organised many activities for both the adults and children in June 2018. One of these was the Doggie Carnival which had a

good turnout of about 250 participants with about 80 of their furry loved ones at Changi Clubhouse on 9 June 2018. Everything at the lawn was related to dogs, from cooked dog food to dog accessories. There was on-the-spot obedience training for dogs and socialising for both the dogs and their owners. All members who participated in this event, were given a goody bag containing dog treats (sponsored by our partners) and a furry toy dog. The Club took this opportunity to link up with the dog owners and conducted a survey on the plan to offer a couple of chalets at CSC @ Loyang for the dog owners to have a staycation with their furry loved ones. The plan was met with a resounding yes, with the respondents giving very good feedback.



Sports Activities

Over the past 2 months, 8 sports activities were organised. There was an increase in the number of participants for almost all these activities. This augurs well and kudos to all the Sports Liaison Officers for their hard work to motivate their staff to participate in healthy lifestyle activities. The Sundown Marathon held on 19 May 2018, saw a total of 630 participants; 151 running the half marathon and 107 the full marathon. As compared to last year, there was a 150% increase in the number of participants for both categories. As for

the 10-km run, there was an increase of 110 runners. The beach games held at Sentosa on 30 June, saw an increase in all the participating teams from Beach Volleyball, Beach Frisbee to Beach Captain's Ball. These are games that have actively participation by younger public service officers, and it is evident that our public service officers are making time to keep physically fit.

ACTIVITIES OVER THE NEXT 2 MONTHS

Social Activities

National Day Celebration. The key highlights over the next 2 months will be the National Day celebrations and the Mid-Autumn Festival. This year, the National Day Parade celebration will be held at CSC @ Tessensohn instead of CSC @ Changi. Besides the live National Parade telecast on big screen, at the rooftop, there will be a movie screening, "Ah Boys to Men 4" at the Ruby Ballroom. There will be bazaar booths, food and drinks for the children and adults. Please refer to page 4 for details.

Besides the live telecast, please join us to celebrate our 53rd birthday with a night of wine and dine at CSC @ Tessensohn, Qian Xi Restaurant on 3 Aug 2018 between 7pm to 9.30pm. Come dressed in our national colours and enjoy an evening together with sumptuous food, entertainment and most importantly, bonding together as we sing our favourite renditions of National Day songs as one big family. Please refer to page 5 for the details.

Mid-Autumn celebration. It will be held at CSC @ Bukit Batok on 21 Sep 2018. There will be a myriad of activities for the children to soak in the essence of this festival. Stage entertainment by our bubbly emcee Happy Fei Fei will further heighten the mood. Besides the different varieties of mooncakes, there will be an abundance of local fare available for sampling. The grand finale will be a lantern walk around the swimming pool complex. This will be a golden opportunity to celebrate the Mid-Autumn festival together. Please refer to page 6 for the details.

Public Service Month

This year the Public Service Month is in July. To promote this special occasion, the Club will be having an Open House for all public service officers. There will be free access to the swimming pool and use of facilities in the Club at members' rates. For those looking for a staycation, there will even be a 50% discount for a second night stay at CSC @ Changi. Please refer to page 10 for details.

PS Sports & Family Day. The Club is also organising the Public Service Sports & Family Day on 14 Jul 2018 from 8am to 1pm. Don't miss this once-a-year fun and exciting multi-sports event with us.



Participation for all public service officers, members and their immediate families is free. All you have to do is just bring your family and colleagues to have fun with the wide range of activities organised. There will be stage entertainment, bazaar booths, F&B, both land and sea sports, a healthy lifestyle walk and a step challenge, catering to public officers of all ages. Besides the main activities at Gardens By the Bay East, there will be 2 fringe activities: a 30-km cycling event and an Amazing Race. The cycling event will commence from CSC @ Changi to Gardens by the Bay East. All members and public officers are welcome to join the avid cyclists from our Cycling Interest Group to participate in this. The Amazing Race, which is always a hit, will commence and end at the main venue. **To top it all off, free goody bags will be given to all participants and a lucky draw will be held at the end of the event, with fabulous prizes.** To all our members, please share this with all your friends in the public service. Public service officers can approach their SLOs for registration or simply come to Gardens By the Bay East to get a copy of the coupons to enjoy all the activities and complimentary goodies. For more details, please refer to page 12.

CSC @ Loyang and CSC @ Changi II (Formerly known as Aloha Chalets), and CSC @ Changi

The Club now operates 108 chalet units in both Changi, Changi II and Loyang. The units range from single room suites, family suites, villas to bungalows. Members and public officers will be spoilt for choice. Most of the units are idyllically situated near or facing the sea, in the case of CSC @ Loyang. All these units are served by a CSC shuttle that will ply amongst the 3 clusters of chalets. The booking platform has also been updated to enable seamless booking of any units across the 3 clusters. The facilities available at each cluster are designed to complement each other. Changi Clubhouse offers bowling, karaoke, an infinity pool and delicious F&B options, whilst Loyang has a beachfront with gentle gradients for more nature or water sports-based beach activities. The units at Changi II in turn offer luscious gardens for big parties.

The first wave of enhancement has been completed, with improvements made to housekeeping services, along with provision of a safe for valuables, torchlights, umbrellas and baby friendly facilities in each unit. The next wave will be the upgrading of the WiFi speed of the units at Loyang and Changi II from 60 MBPS to 200 MBPS in July. The last wave of major enhancements will be in August where each unit will have a set-top box channel TV, toiletries, beverages dispensing machine, DECT phones and mineral water.

The sea sports centre at CSC @ Loyang will be operational by August 2018. It will offer a wide range of sea sport facilities ranging from canoes, kayaks, paddle boats to bell boats. There will be a sea sports bistro bar offering the chance to partake in BBQ food and snacks, while taking in the relaxing view.

The Club will renovate 3 units of chalets at CSC @ Loyang to allow for a dog-friendly staycation by end August 2018. These will enable members and public service officers who have dogs to book these chalets and spend quality time interacting with their furry friends by the beach and swimming in the sea. Dog-related services can also be provided upon request such as dog grooming. A fenced up play area for the dogs to socialise and interact will also be set up next to the 3 chalets.

With all the above enhancements, there is a cost involved and the Club will correspondingly adjust the booking fees for units at CSC @ Loyang and Changi II from August 2018, onwards. We seek the understanding of our members and public service officers on this. However, as an introductory offer, the Club will roll out early bird discounts from 15 Aug to 30 Nov 2018. For more details, please check out pages 24 & 25.



Did You Know?

GYM Training Centre at CSC @ Tessensohn.

A gym training centre has been set up at L2, opposite the dance studio. It provides gym training as well as physiotherapy treatment for sports related injury management. Please check out page 22 for the details.

Gym at CSC @ Changi. The Club will set up its own gym to cater to the needs of the members staying in the East and those guests staying at the chalets. It is a small gym that provides essential modern gym equipment for gym enthusiasts to enjoy a good workout. It will be operational by late August 2018. The gym will be located at the Sports complex, L4 behind 8 Degrees.

Hornbill Café & LOTS Gourmet. Good news for those who visit CSC @ Changi. The Hornbill Café, beside the swimming pool will be operational in July and the LOTS Gourmet in August 2018. These F&B outlets serve tasty fusion food and refreshing ice-cream.

Inter-Club Festive Decoration Competition.

CSC @ Bukit Batok emerged as the most decorative and festive Clubhouse for the Hari Raya Adilfitri competition. Congratulations to the Director and staff of CSC @ Bukit Batok for the good effort and team work.

Change of Club Vice President and Chairman for EXCO.

The Club's Management and EXCO Members would like to extend a word of thanks and appreciation to the outgoing Club Vice President and Chairman of EXCO, Mr. Neo Kian Hong for his fine and steady leadership in leading the Club through many improvements and changes during his tenure. His clear directions and active guidance have undoubtedly helped strengthen the Club's standing. We wish him the very best in his next career as the CEO of SMRT.



We take this opportunity to welcome Mr. Chew Hock Yong, PS MSF as the new Vice President and Chairman of EXCO with effect from 1 Jul 2018. We look forward to his guidance and support of the Club.



With that, I wish everyone a happy 53rd National Day!



National Day Celebrations

Eatlah! Playlah!

@ CSC Tessensohn

Thursday, 9 Aug '18 | 3pm - 8pm

Celebrate Singapore's birthday the Singaporean way by indulging in local-licious food and games with CSC! We will be giving birthday presents to August birthday babies (members only) too!

All are Welcome!

Get Your Coupons Now!

All F&B purchases are by coupons. You may purchase your coupons online and collect on 9 August!

EARLY BIRD PRICE FOR THE FIRST 100 MEMBERS!
MEMBERS/ \$8 FOR \$15 VALUE

COUPONS FEES:

- ★ Members/ \$10 for \$15 value
- ★ Public Officers/ \$12 for \$15 value
- ★ Guests/ \$15 value

For information, contact Vanessa at 6391 5641 or vanessachoo@csc.sg

Highlights

- ★ *Movie Screening* "Ah Boys to Men 4" at 3pm
- ★ Local delights
- ★ Free cupcorn and candyfloss
- ★ Game booths
- ★ August Birthday Celebration
- ★ Balloon Sculpting for Kids
- ★ Live screening of National Day Parade
- ★ *Lucky Draw* 2D1N Stay @ CSC Chalet



FIRST 100 CSC MEMBERS TO REGISTER WILL RECEIVE A SPECIAL CSC GOODIE BAG!

Enjoy a wide range of snacks available for purchase with your coupons!



Onde Roll Cakes & Brownies
★ Baker's Luv ★



Savoury Brownie Crackers
★ Brownie House SG ★



Churros
★ Churros Factory ★



Chicken Chops & Flavoured Tea
★ G-chicken ★



Pasta, Pizza, Nuggets, Fries
★ Gustoso Grill ★



Drumettes, Baked Pies & Rice Set
★ Homzbakes ★



Pickled Fruit Salad Rojak
★ Kreyv ★



Baked Scallop
★ Qian Ye ★



★ Ramly Burger ★



Gourmet Popcorn
★ The Kettle Gourmet ★

Celebrate Singapore's 53rd Birthday

Wine & Dine With Us!



Qian Xi (Farrer Park) Restaurant, CSC @ Tessensohn
Friday, 3 Aug '18, 7pm - 9.30pm

It's National Day, and time for a celebration bash at CSC with family and friends! Come dressed in red-and-white to make a bold statement for our beloved nation.

For dinner, an 8-course spread awaits.

- Five-Kind Cold Dish Combination
- Double Boiled Chicken Soup with 3 Treasure
- Herbal Roasted Duck
- Fried Prawns with Salted Egg Yolk
- Thai Style Fried Sea Bass
- Eight Treasures Vegetable
- Fried Rice with Dried Scallop in Lotus Leaf
- Red Bean Paste with Lotus Seeds

Highlights

- Game booths during pre-event
- Doorgift for everyone
- Best Dressed Contest
- Stage Performance
- National Day Songs Sing Along
- National Day Cake Cutting

Don't miss, make a date with us now!

Fee (per table) : Member \$398, Public Officer \$448, Guest \$488
(include 5 bottles of wine per table)

Contact : Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by : 23 Jul '18

MOVIE TREAT @ Shaw Lido

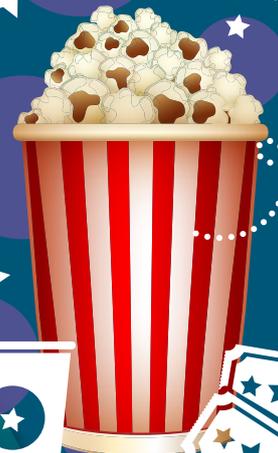
PREDATOR

Date: Thursday, 20 Sep '18

Time: 6.30pm (TBC)

Register by: 6 Sep '18

From the outer reaches of space to the small-town streets of suburbia, the hunt comes home. The universe's most lethal hunters are stronger, smarter and deadlier than ever before, having genetically upgraded themselves with DNA from other species. When a boy accidentally triggers their return to Earth, only a ragtag crew of ex-soldiers and a disgruntled science teacher can prevent the end of the human race.



CSC Members

\$11 for 2 tickets

Public Officer & Guest

\$8.50 per ticket



Fun MAHJONG CHALLENGE

Sunday, 30 Sep '18 | 9.30am – 5pm
CSC @ Tessensohn

Member \$20, Public Officer \$25
(Breakfast & Lunch is provided)

A keen mahjong player? Relish the prospect of going head-to-head against other mahjong players in the Club? Then sign up for this Fun Mahjong Challenge. Play 2 rounds of mahjong & accumulate as many points as possible. Player with the highest overall points will be the champion and win attractive prizes!

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg | Register by: 17 Sep '18

BRING YOUR OWN HANDMADE LANTERN AND RECEIVE A MYSTERY GIFT FROM US!

Mid-Autumn CELEBRATION

CSC @ BUKIT BATOK
FRIDAY, 21 SEP '18 | 6PM – 8.30PM
PUBLIC OFFICER \$3, GUEST \$5

FREE
FOR CSC MEMBERS
(Pre-registration online is required)

This Mid-Autumn Celebration promises to be a memorable evening for all. Bring your family and friends for an evening of fun and entertainment at CSC @ Bukit Batok as we celebrate Mid-Autumn Festival together under the bright moonlight!

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg | Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register By: 11 Sep '18

Highlights

FREE!

Muah Chee

Candy Floss

Chickpeas

Mooncakes

Balloon Sculpting

Plus a FREE Goodie Bag for all who registered!

PLUS!

- Chinese Tea Tasting
- Musical Performance
- Chinese Ink Painting Demo
- Fun and Exciting Games
- Lantern Parade
- Fabulous Lucky Draw Prizes to be Won!

Fun & bubbly emcee
Happy Fei Fei



A PAW-fect Day Out

9 JUNE 2018 AT CSC @ CHANGI

The overcast sky made it a lovely day out for both dogs and their owners who enjoyed the tranquillity and spaciousness of CSC @ Changi's open grounds set against the sea just steps beyond.

It was a good day for retail therapy too, with a dozen booths offering something for all – the two-legged as well as the four-legged.

Furry's Kitchen was among the most tempting of the booths with its free buffet spread of four dog dishes – duck and potato, salmon and pasta, beef and sweet potato, and pork and broccoli. Furry's Kitchen sells fresh, healthy dog food that is free of additives, salt, preservatives and by-products. By the end of the carnival, Furry's Kitchen had dished up 30 kg of food.

Said IT Executive Ms Zan Lim, 39, "The dog buffet is great. My dog especially loved the salmon dish."

Dog owners also had fun browsing for treats to spoil their furry friends, including adorable hair bows and collars, dog spa items, handmade dog treats and even ice creams.

For the humans, there was *mee siam*, abacus seed dessert, cookies and cakes, popcorn, Taiwan snacks and jellies, and more.

For Physiotherapist couple Ms Kerrine See, 31 and Mr Chan Jing Cheng, 32, it was a good day out with their five-year-old Cavapoo, Franco. "Franco mingled with other dogs. He loved the dog buffet. And he got to try the jump equipment. And the open green space by the sea makes for a nice getaway. We'll be back next year."

Administration Executive Ms Jo Kuek who was there with her Maltese, Bacon and Fluffy, agreed. "The atmosphere is great. The dogs are friendly and the mood relaxed and festive. And the nearby beach made for a lovely walk for Bacon and Fluffy."

A Hack Guide To Dog Training

More than just fun and free play, the day also delivered plenty of helpful doggie hacks for the owners.

Members from the Singapore Kennel Club were on hand to give lessons on how to get dogs to obey simple commands such as "sit" and "lie down". Then followed the hilarious Greatest Temptation contest where the contestants had to stay in position despite the distractions of a ball, a treat and another canine. In the end, it was Ms Soon Le Ying, 28, and her six-year-old Shetland Sheepdog, Whisky, who won the first prize of a \$200 Furry's Kitchen voucher. The second prize of \$100 Furry's Kitchen voucher went to Ms Pearlene Lim, 33, and her three-year-old mongrel Zora.

This is the second year that CSC staged the Doggie Carnival, and looks like this year's is no less successful.



Equipment try-out to train obedience



Contest to identify the "most obedient" of them all.



"Greatest Temptation" - a test of resistance.

Who is the fastest eater?



CSC's Mother's Day Lunch ROYAL TREATMENT FOR MUMS

Held on 13 May at Qian Xi (Farrer Park) Restaurant, Tessensohn, CSC Mother's Day was an event to remember.

The royal treatment for all mothers began with a 15-minute head-and-shoulder massage by Atos Wellness, while BeautifyAddict's beauticians skilfully brought sparkles to female guests with a complimentary eye makeover.

For many participating families, it was a three-generation outing as they took the opportunity to honour the mothers and grandmas in their midst. Executive Jasline Tan has been coming to the annual event for six years running with her four sisters, their spouses and their 85-year-old mother! She gushed: "Each year, we start looking out for the sale of tickets from February! The programme is always entertaining, the emcee hilarious and the food yummy."

Education Officer Koh Hwee Hong was also there with spouse Liam Kwong Ping, her mother-in-law Tan Chooi Siang, and the couple's three teenagers. "We are always busy running in different directions but once a year, this lunch allows us to bond as a family."

True to the stomach being a good way to a mother's heart, lunch was a delicious eight-course banquet, with songs and table games to boot, that included the hilarious "Guess the celebrity mom" and the "No tying" games – the latter saw the winning table string 40 items together without a single knot! The well-participated "Best Dressed Mother" contest saw the prize going to couple Mary Lee, 62, and Tan Chooi Siang, 72; while 85-year-old Chua Soke Hua won the "Most Senior Mom" prize.

Said the beaming granny, "I am very happy to win this. I have wonderful daughters and sons who treat me to this lunch celebration every year." Not surprising, as it was a lunch served with lots of appreciation and love.



Smile Arts DENTAL STUDIO

Comprehensive Care You Can Trust

SmileArts

is one of the Approved Institutions for MCYS Baby-Bonus-Scheme, CHAS Providers and also Medisave Claimable for dental treatments like Oral Surgery, Wisdom Tooth Removal & Dental Implants.



DENTAL PACKAGES

CLEAN SMILE PACKAGE \$100

- Inclusive of:
- * Dental Examination
 - * Full Scaling & Polishing
 - * Fluoride Therapy

HEALTHY SMILE PACKAGE \$175

- Inclusive of:
- * Dental Examination with Digital Photography
 - * Digital Dental X-ray
 - * Detection Of Decays with Advanced Laser Technology
 - * Full Scaling & Polishing
 - * Fluoride Therapy
 - * Antiseptic Mouthwash (if applicable)

KID SMILE PACKAGE \$75

(for children between 6 to 12 yrs old)

- Inclusive of:
- * Dental Examination
 - * Full Scaling & Polishing
 - * Fluoride Therapy (if applicable)

SURGI-SMILE PACKAGE \$880

(Medisave Claimable)

- Inclusive of:
- * Dental Examination
 - * Digital Dental X-Ray
 - * Surgical Removal Of Wisdom Tooth
 - * Medication
 - * Review

SMILE IMPLANT PACKAGE \$2750

(After Medisave Deductions)

- Inclusive of:
- * Dental Examination
 - * Digital Dental X-ray
 - * German Implant System
 - * Medications
 - * Review
 - * Implant Crown

WHITE SMILE PACKAGE \$300

- Inclusive of:
- * Dental Examination
 - * 10 packets of whitening gels

PG CARD HOLDER PACKAGE

- * Dental Examination
- * Detection Of Decays With Advanced Laser Technology
- * Scaling & Polishing
- * Fluoride Therapy

FULLY CLAIMABLE WITH CHAS PG CARD

BLUE CARD HOLDER PACKAGE

- * Dental Examination
- * Detection Of Decays With Advanced Laser Technology
- * Scaling & Polishing
- * Fluoride Therapy

WITH GOVERNMENT SUBSIDY YOU PAY : \$ 15.50

INVISALIGN - INVISIBLE BRACES PACKAGE \$8500

Inclusive of examination, digital xrays & retainers

LASER DENTISTRY

With dental Laser, you can now expect:

- No Drilling
- Painless Ulcers Treatment
- Rapid Healing following Laser Treatment



CENTER FOR BIOMIMETIC DENTISTRY

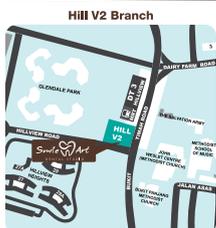
MERCURY FREE PRACTICE

Old grey / silver mercury fillings are replaced with aesthetic tooth coloured materials that are not only good looking but protects your teeth, last well and longer. Give us a call or email us for more details about direct / lab-based inlays and onlays.

*Any other procedures/materials if needed, will advised and charge separately.



Call us for an appointment!



Marine Parade Branch Tel: 6348 0824
Bk 81 Marine Parade Central
#01-632 S440081
email: smilearts@gmail.com
Mon - Fri: 9am-7pm | Sat: 9am-5pm

Tiong Bahru Branch Tel: 62711236
Bk 11A Boon Tiong Road #01-03
Singapore 161011
email: smileartstiongbahru@gmail.com
Mon - Fri: 9am - 9pm | Sat & Sun: 9am - 5pm

Buangkok Branch Tel: 6752 1008
Bk 275D Compassvale Link
#01-01 (Unit 6) S544275
(Next to Buangkok MRT station)
email: smileartsbk@gmail.com
Mon - Fri: 9am - 9pm | Sat: 9am - 5pm

HillV2 Branch Tel: 6354 0111
4 Hillview Rise #02-15 HillV2 S667979
email: smileartshillview@gmail.com
Mon, Tue, Thurs: 9am - 9pm
Wed, Fri, Sat: 9am - 6pm
Sun: 9am-6pm (Appointment bookings & purchases only)



Scan this QR Code to visit our website
www.smilearts.com.sg



Lifelong Learning with SkillsFuture

Utilise your SkillsFuture Credit for lifelong learning. Choose from these courses to enhance your skill sets, knowledge and experience as well as to remain relevant in your field of work and industry.



SOFTSKILLS COURSES (for course details, visit www.csc.sg/events)

Venue: CSC @ Tessensohn | Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

EFFECTIVE BUSINESS WRITING SKILLS (14 HRS)

Course outline:

- Write effective memos, letters and reports
- Simplify the correspondence process
- Use of vivid and expressive words
- Organise facts and ideas logically and effectively
- Write concisely, persuasively and professionally

Date: Mon & Tue, 30 & 31 Jul '18

Time: 9am - 5pm

***Fee:** \$615.25 nett per pax

Register by: 15 Jul '18

EFFECTIVE SUPERVISORY MANAGEMENT SKILLS (14 HRS)

Course outline:

- Define key responsibilities and roles of a supervisor
- Applying appropriate motivation techniques
- Identify appropriate leadership styles to suit subordinates
- Devise a strategy to build synergy among those you lead
- Work out a personal plan of action to affirm lessons learnt

Date: Mon & Tue, 27 & 28 Aug '18

Time: 9am - 5pm

***Fee:** \$615.25 nett per pax

Register by: 12 Aug '18

DEMONSTRATE INITIATIVE AND ENTERPRISING BEHAVIOURS (15.5 HRS)

Course outline:

- Show initiative in identifying opportunities and goals for continuous improvement in workplace performance
- Demonstrate innovative and enterprising behaviours to improve business performance
- Review new initiatives for possible risks and recommend corrective actions
- Develop an action plan to implement the selected risk strategy

Date: Thu & Fri, 20 & 21 Sep '18

Time: 9am - 6pm

***Fee:** \$235.40 nett per pax

Register by: 6 Sep '18

**Fees indicated are before relevant SkillsFuture deductibles*

IT COURSES (for course details, visit www.csc.sg/events)

Venue: The Adelphi Singapore | Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

MICROSOFT POWERPOINT 2016 BASIC TO INTERMEDIATE

Date:

Mon & Tue, 2 - 3 Jul '18 or

Tue & Wed, 7 - 8 Aug '18

Time: 9am - 5pm

***Fees:** Member \$300,

Public Officer \$310, Guest \$320

Register by: 10 Jul '18

MICROSOFT EXCEL 2013 ADVANCED

Date:

Mon & Tue, 9 - 10 Jul '18 or

30 - 31 Jul '18 or 6 - 7 Aug '18 or

Wed & Fri, 23 - 24 Aug '18

Time: 9am - 5pm

***Fees:** Member \$310,

Public Officer \$320, Guest \$330

Register by: 20 Jul '18 or 19 Aug '18

MICROSOFT EXCEL 2013 VBA PROGRAMMING

Date: Wed & Fri, 1 - 3 Aug '18

Time: 9am - 5pm

***Fees:** Member \$630,

Public Officer \$640, Guest \$650

Register by: 20 Jul '18 or 19 Aug '18

MICROSOFT EXCEL 2013 PIVOT TABLE PROFICIENCY

Date: Fri, 10 Aug '18

Time: 9am - 5pm

***Fees:** Member \$230, Public

Officer \$240, Guest \$250

Register by: 1 Aug '18

ILLUSTRATOR CC 2018

Date: Mon & Tue, 27 & 28 Aug '18

Time: 9am - 5pm

***Fees:** Member \$370,

Public Officer \$380, Guest \$390

Register by: 17 Aug '18

MICROSOFT EXCEL 2013 POWER FUNCTIONS

Date: Wed & Thu, 12 & 13 Sep '18

Time: 9am - 5pm

***Fees:** Member \$340, Public

Officer \$350, Guest \$360

Register by: 2 Sep '18

**Fees indicated are before relevant SkillsFuture deductibles*



Public Service Month

EXCLUSIVE



Open House

Public Service Officers enjoy **FREE** pool access, and use of BBQ pits, function rooms and bowling lanes at **MEMBERS' RATE** during month of July in celebration of Public Service Week.

Swimming Pool



Available at all CSC Clubhouses*,
CSC @ Loyang

Eligibility: Sign up 2 guests. Valid in July only

Function Rooms



Available at all CSC Clubhouses*,
CSC @ Changi II and CSC @ Loyang

Eligibility: For bookings made in July (use period July to Dec)



50% OFF

a second night stay

when you book the superior suite at CSC @ Changi

Eligibility: For bookings made in July (stay period July to Nov)

Bowling



Available at all CSC Clubhouses*

Eligibility: Valid in July only

BBQ Pits



Available at CSC @ Bukit Batok and CSC @ Changi

Eligibility: For bookings made in July (use period July to Dec)

TO ENJOY PRIVILEGE:

- For swimming pool and bowling, Public Service Officers must present their staff pass in person at the pool and bowling counter.
- For booking or enquiry on the function rooms, BBQ pits and superior suite promotion, Public Service Officers must write in to the respective email:
 - rooms@csc.sg for CSC @ Changi, CSC @ Changi II or CSC @ Loyang
 - bukitbatok@csc.sg for CSC @ Bukit Batok
 - tessensohn@csc.sg for CSC @ Tessensohn

*CSC @ Bukit Batok, CSC @ Changi, and CSC @ Tessensohn

FREE CASIO WATCH



EXCLUSIVE CSC ORDINARY TERM MEMBERSHIP PROMOTION FOR PUBLIC SERVICE WEEK VALID FROM 1 – 31 July 2018 Only.

Sign Up For 1-Year Ordinary Term Membership @ \$72! Plus, a \$10 CSC Club voucher when you sign up at the Public Service Sports and Family Day Event on 14 Jul 2018!

AE-1000W-1A

- Face design resembles an aircraft cockpit instrument
- World map for World Time
- LC Analog display (Home city time)
- 100-meter water resistance

TERMS & CONDITIONS:

- Promotion is only applicable for upfront full payment of 1-year Ordinary Term membership.
- Model and colour of item are fixed at the Club's discretion.
- To qualify for the membership promotion, please produce your staff pass for verification.
- Membership gift is only while stocks last basis.

EMAIL: membership@csc.sg | HOTLINE: 6391 5604/ 6514 6396

All about Manuka Honey



SAT. 14 JUL

Come and learn about Manuka Honey, its uniqueness, how it is different from normal honey as well as its multiple health benefits.

Date : Sat, 14 Jul '18
Time : 10am - 11am
Fees : Member/Public Officer \$5, Guest \$12
Venue : CSC @ Tessensohn
Contact : Serene Cho at 6391 5620
or serenecho@csc.sg
Register by: 9 Jul '18

Creating Your Own Fragrance Workshop



SAT. 14 JUL

Discover the simple and power of fragrance and how these essential oils can influence our minds, emotions and more. Learn to customise scents for your own fragrance oil diffusers.

Date : Sat, 14 Jul '18
Time : 2pm - 4pm
Fees : Member/Public Officer \$10, Guest \$15
Venue : CSC @ Tessensohn
Contact : Vanessa at 6391 5641
or vanessachoo@csc.sg
Register by: 9 Jul '18

Wine Appreciation



FRI. 20 JUL

This will be an interactive session covering a wide range of wine knowledge topics, from tasting fundamentals to wine aging, as well as new world vs. old world styles.

Date : Fri, 20 Jul '18
Time : 7pm - 8.30pm
Fees : Member/Public Officer \$10, Guest \$20
Venue : CSC @ Tessensohn
Contact : Serene Cho at 6391 5620
or serenecho@csc.sg
Register by: 10 Jul '18

Leather Crafting Two Piece Bifold Wallet



SAT. 21 JUL

At this 3-hour workshop, you will learn to make a unique two-piece bifold wallet that balances both traditional and contemporary designs and techniques.

Date : Sat, 21 Jul '18
Time : 2.30pm - 5.30pm
Fees : Member/Public Officer \$60, Guest \$75
(inclusive of material fees)
Venue : CSC @ Tessensohn
Contact : Vanessa at 6391 5641
or vanessachoo@csc.sg
Register by: 18 Jul '18

Grooming and Makeup Talk



SAT. 28 JUL

A talk that provides useful tips on dressing up according to your body build. Also covered will be the importance of skincare, including basic care routine and preparing the skin for applying makeup that lasts - from foundation, eyebrow shaping, choosing eye colours, skin toning and blushing techniques.

Date : Sat, 28 Jul '18
Time : 10am - 11.30am
Fees : Member/Public Officer \$5, Guest \$12
Venue : CSC @ Tessensohn
Contact : Serene Cho at 6391 5620
or serenecho@csc.sg
Register by: 15 Jul '18

BUBBLE SOCCER



ARCHERY TAG



AEROBICS & HEALTHY LIFESTYLE WALK



AMAZING RACE



HUMAN FOOSBALL



DRAGON BOAT RACE



PUBLIC SERVICE SPORTS AND FAMILY DAY

GARDENS BY THE BAY (BAY EAST) | SAT, 14 JULY 2018 | 8AM-1PM

PUBLIC SERVICE ACTIVITIES

- Healthy Lifestyle Walk
- Ride Against Cancer
- Interactive Games
- Amazing Race
- Dragon Boat Race
- Steps Challenge

FAMILY ACTIVITIES

- Sports Try-Out
- Family Treasure Hunt
- Kayaking Try-Out
- Children Drawing & Colouring Competitions
- Bell-Boating Try-Out

AND MORE..

- Stage Performances
- Mediacorp Artiste Appearance
- Photo Booths
- Free Pop Corn, Candy Floss, Ice-Cream
- Game Stalls
- Fun Pack and Lucky Draw (Top Prize: \$500)

INFLATABLE BOUNCERS



SPORTS TRY-OUT



FRINGE ACTIVITIES



PHOTO BOOTHS



PARTICIPATION IS FREE!

Open to Public Service Officers, CSC Members and Families.
For more information, visit www.csc.sg/sportsday/

Organised By



In Celebration of

PUBLIC SERVICE WEEK
Serving the nation and proud of it • 2-8 JULY '18

In Support of Sports Promotion



Event Partner



Event Partner



Venue Partner





20 OCTOBER, SATURDAY
SUNSET RUN Gardens by the Bay East

www.cscrunchbythebay.com



A spectacular sunset run around the scenic Marina Reservoir

21.1 KM 
Individual or Ekiden

12.8 KM 
Individual or Team of 4

6 KM 
Non-competitive



Celebrate your achievement with family and friends, with music, food and fun activities while watching the illuminated skyline.



CSC members enjoy an exclusive 10% discount on top of the 20% Public Officer discount. Use code '**RBB18CSCMEMBER**' at checkout.

EVENT OWNER



EVENT ORGANISER



VENUE PARTNER



OFFICIAL PARTNERS





MINDEF are champions in the pool once again

21 April 2018



Undoubtedly an event to showcase the prowess of the best swimmers in the public service, the Swimming Meet 2018 saw teams from 16 government agencies competing. The event was held at the Tessensohn Clubhouse on 21 April '18.

Once again, arch rivals Ministry of Defence (MINDEF) and Ministry of Education (MOE) vied for the coveted overall championship title. With a top placing in the in the Men's Category and a second-place finish in the Women's Category, MINDEF edged out MOE to clinch the championship. MOE was top in the Women's Category but could only manage third placing in the Men's Category.

2WO Sia Yew Boon, MINDEF team manager, spoke of the success that Mindef has had in swimming over the past two decades. "I've been with the team since 1996," he said. "MINDEF has clinched the overall championship title in the Public Service Swimming Meet quite a number of

times since it started."

Due to their varied responsibilities, "own time, own target" is very much the order of the day for the MINDEF swimmers for most of the year. "We usually train in our own free time as most of us come from different forces and formations of the SAF with vastly different working and operational commitments and regimes," 2WO Sia said. However, the commitment of the team members – and their motivation to uphold the MINDEF flag – ensures that they find a way to come together as meets approach.

2WO Sia said that his team's victory was by no means easy; nor was it a matter of chance. "I think having the proven track record over the years – and being one of the biggest organisations in the competition – naturally makes us the team to look out for," he said. "However, all is not a bed of roses throughout these periods as we have also lost a few rounds to stronger and better-prepared opponents. Our results thus far are not by sheer luck, but through commitment, hard work, team cohesion and true sportsmanship."

A little star power did not hurt either. "The team was honoured to have our former Chief of Defence Force LG Perry Lim Cheng Yew join us in this year's event, not as guest-of-honour, but as a team mate!" 2WO Sia said. "Many requested to take photos and selfies with him throughout the event."

In celebrating MINDEF's victory, 2WO Sia shared his hopes that their success would encourage more people to swim – not just for the opportunity to compete, but for the many benefits that come with swimming.

Guest-of-Honour Mr Ho Chee Pong, CSC Executive Committee member, presented prizes to the winning teams.

RESULTS

POSITION	WOMEN'S	MEN'S	OVERALL
Champion	Ministry of Education	Ministry of Defence	Ministry of Defence
1st Runner-Up	Ministry of Defence	Sport Singapore	Ministry of Education
2nd Runner-Up	Joint 2nd Runners-Up Sport Singapore and Ministry of Home Affairs	Ministry of Education	Sport Singapore
3rd Runner-Up	Ministry of Home Affairs	Ministry of Home Affairs	Ministry of Home Affairs



Kids Rule the Pool at Children's Meet 2018



This year's CSC Children Swimming Meet saw the introduction of the Record Holder's Board, with names of record-holding swimmers displayed on the board until their timings are bettered at subsequent annual meets. The father-child relay event – another first in 2018 – also offered a unique opportunity for family bonding through sports.



Record Holders 2018

The Record Holder's Board is located at the entrance of the swimming pool

Breaststroke Girls
7-9 yrs - Goh Yu Xin
10-12 yrs - Sherlyn Tan

Breaststroke Boys
7-9 yrs - Ethan Yeo
10-12 yrs - Cayden Chia

Freestyle Girls
7-9 yrs - Goh Yu Xin
10-12 yrs - Sherlyn Tan

Freestyle Boys
7-9 yrs - Ethan Yeo
10-12 yrs - Cayden Chia

Father-child relay winners
Teo Yat Hwei and Teo Jia Fan

LTA has all the right words at Scrabble Competition 2018

28 April 2018



On 28 Apr '18, twenty-eight teams from 14 government agencies converged at the Tessensohn Clubhouse for the Public Service Scrabble Competition 2018. The public service's top wordsmiths were there to outwit one another for honours. In what was a surprise upset, the Land Transport Authority (LTA) team topped the podium, a position dominated by Ministry of Education in the past.

Lim Sun Kiat, LTA's Scrabble convener, revealed that their win was a long time coming. "The last time we clinched the championship was some five years ago," he said. "In 2011 and 2014, we were the first runners-up."

While the LTA team has no coach, they have plenty of experience and a keen interest in learning – and sharing of – new words. "Many of our players have been playing Scrabble for about 20 years; our players range in age from 29 to 60 years old," Lim said. "We have regular practice after work in our Staff Club. Some of us play Scrabble online. Even though we are experienced players, we continue to practise and upgrade ourselves by learning new words."

Guest-of-Honour Mr Charlie Ng, CSC Chief Executive, presented prizes to the winning teams.



RESULTS

Champion	Land Transport Authority
1st Runner-Up	Housing and Development Board (1)
2nd Runner-Up	Ministry of Education
3rd Runner-Up	Housing and Development Board (4)

MOE chalks up second consecutive title at Pool Competition 2018

2 May 2018

The Public Service Pool Competition 2018 was fought tooth and nail by some 30 teams from 15 organisations at the Snooker Zone Toa Payoh on 2 May '18. In a thrilling repeat of the 2017 final, Ministry of Education (2) faced off against Ministry of Defence (2). With the score tying at 2-2, the decider was placed on the women's match which MOE pulled off a come-from-behind victory to repeat their 2017 success as champion.

Audrey Chua, Captain of MOE (2), was in the thick of the action. "It was a tough game. The team score was 2-2 and I was trailing in the deciding game with a score of 2-0. Pressure was immense," she said. "Fortunately, I managed to stay calm and focused – and caught up by winning three games in a row to win the match with a scoreline of 3-2 after a gruelling two and a half hours. That helped to give us the win over the MINDEF by 3-2."

Comprising teachers from different schools, MOE (2) faced several challenges on the way to their victory. "Due to our work schedules and commitments, it was difficult to find a common time to train on weekdays. So, we had to train on our own on precious weekends," Audrey said. "However, during the month of the competition, we squeezed in time to train even on weekday evenings."

Audrey also shared that this year's competition provided a new opportunity for cooperation across different government agencies. "In support of this initiative, I invited two friends: one from the Ministry of Health and another from MINDEF," she said. "I hope this initiative stays and I hope to play alongside other public servants in the years to come."

Guest-of-Honour Mr Jackson Koh, CSC Executive Committee member, presented prizes to the winning teams.



RESULTS

Champion	Ministry of Education
1st Runner-Up	Ministry of Defence
2nd Runner-Up	Ministry of Manpower
3rd Runner-Up	Ministry of Home Affairs



SportSG serves up surprise victory in Tennis Tournament 2018

7 May 2018



RESULTS

Champion	Sport Singapore
1st Runner-Up	Ministry of Education
2nd Runner-Up	Monetary Authority of Singapore
3rd Runner-Up	National University of Singapore



Kallang Tennis Centre hosted the Public Service Tennis Tournament 2018 from 9 April to 7 May '18, with 19 teams from 17 organisations competing for honours. After many rigorous rounds, Sport Singapore (SportSG) and Ministry of Education, the defending champion, finally met in the finals. Adopting a “never-say-die” spirit, SportSG battled hard to emerge as champions – an unexpected result that surprised even the winning team.

According to Joshua Chua, convenor, SportSG had a lengthy road to glory. “First, I had to recruit more players – hidden talents and gems – as we usually had issues with even finding sufficient players to fill a full team of 12 players, with eight to play,” Chua said. “At times in the past, we have had to give walkovers when our players couldn’t play due to last-minute commitments. More importantly, I had to find an able assistant convenor/captain to handle training sessions when I couldn’t be around.”

As it turned out, new faces were key to building this team. “Most of the team members in this year’s winning squad are new to SportSG, so it’s a pretty major overhaul,” Chua said. “Self-coached, we tried to train at least once a week about two months before the tournament. Thankfully, a number of the team members are self-driven – *jio-ing* one another to hit during lunchtime.” That commitment and cohesion, together with supportive and understanding bosses, were instrumental in their triumph.

In celebrating SportSG’s title, Chua had warm words for his teammates past and present: “From day one, as much as I have personal goals for my team, my main intent was to build a team that is supportive and caring towards each other, as well as to live better through sports – the SportSG Vision 2030 tagline. The enjoyment of the sport is most important, and the journey thus far supersedes the outcome we got. We have created a legacy together, and I am so proud of each one of them!”

Guest-of-Honour Mr Addy Suhairi Selamat, CSC Executive Committee Member, presented prizes to the winning teams.

CSC HEALTHY LIFESTYLE WALK @ Pasir Ris Park

Held on 11 May '18, the latest edition of the CSC Healthy Lifestyle Walk saw participants from several government agencies heading east to Pasir Ris Park. An ongoing programme designed to keep public officers active and healthy, the walk had previously taken place in locations such as Labrador Park and the Singapore Botanic Gardens.

After a mass warm-up led by zealous staff of Pasir Ris Sports Centre, participants set off for the 5km walk. With sea and greenery flanking both sides, the scenic route made the walk a very pleasant one. As a bonus, some participants even got to see some colourful roosters along the way.

Ms Giam Kah Kim from the Central Provident Fund Board, is no stranger to CSC activities. She had an extra incentive to participate in the walk this time around. "One compelling push for me this time was that I live in Pasir Ris," she said. Giam also got some of her fellow east-siders to join in. "I rallied some of my colleagues, especially fellow residents of Pasir Ris, to join me for the walk," she said. "It's definitely relaxing and enjoyable to be able to do such walks with colleagues-cum-friends, to catch up with them outside of work."

To top it off, Ms Giam won the top prize in the lucky draw. "This totally unexpected win really made my day," she said. "I couldn't help grinning from ear to ear all evening."

The Club would like to thank ActiveSG Pasir Ris Sports Centre for supporting the event.



city60
SINGAPORE
BIKE-RUN CHALLENGE

**A PREMIER
BIKE-RUN CHALLENGE
IN THE HEART
OF THE CITY**

CSC members enjoy an exclusive 10% discount on top of the 20% Public Officer discount. Use code 'CITY60CSCMEMBER' at checkout

7 OCTOBER 2018



REGISTER NOW:
www.city60bikerun.com

METASPORT



Sport SINGAPORE



ZXU



CSC CYCLING CLUB GOES PLACES

CLUB ANNIVERSARY RIDE TO JOHOR BAHRU

www.facebook.com/CSCcycling/posts/1635684293213693

What better way to celebrate the anniversary of CSC Cycling Club than for the group to head across the Causeway on our trusted two-wheelers for a leisurely ride and in search of good Malaysian food.

From a hearty breakfast of yong tau foo (亚坤西刀鱼丸酿豆腐) and in-between snacks of street-side crispy roast pork (叉烧烧肉) to a sumptuous seafood lunch all too soon! Succulent slices of lobster, pepper crab and live grouper were our catch of the day. We'll never forget this anniversary treat! Sedap bagus!



Food off-the-street



Lobster delight!



My Reflections... *Kevan Lee*

Many of my cycling "firsts" were experienced when I joined the CSC Cycling Club. This included my first round-island and first overseas cycling trip, which was an experience I hold close to my heart.

14 April 2018 came my first opportunity to cross the Causeway on my road bike. Setting out at 4.40am from home, I pedalled to our meeting point at Lorong Halus Wetlands, from where we cycled up to Woodlands Checkpoint. Immigration clearance was a rather interesting – but also daunting – experience.

But great meals and even greater company was part of the trip. I found myself fitting right into the group despite being the second youngest – the jokes and conversation were ageless!

The journey back to Singapore wasn't all smooth but for the cycling enthusiasts, it was all in a day's ride! From my encounter with a flat tyre – the group simply rolled up their sleeves and got it fixed in no time – to the heavy downpour which merely gave us another reason to chill out at the Marsiling Hawker Centre while we wait out the rain. After which, it was a pleasant ride home.

If you are looking to join a cycling group, look no further. The CSC Cycling Club welcomes all – we are a diverse group including quite a few "fatherly" and "motherly" figures but hey, don't be fooled by their age; they are one powerhouse when it comes to blazing the trail. For me personally, I look forward to more "first-time" ahead!



A puncture fixed in a few minutes



Exploring Johor



CAR-FREE SUNDAY AT ONE NORTH

www.facebook.com/CSCcycling/videos/1649509435164512/

Launching from Sports Hub, the CSC Cycling Club embarked on a leisurely ride along the Singapore River through Dawson and Portsdown to arrive at One North on Car-free Sunday on 29 April 2018. Thank you, Robin, for taking the lead.

A welcome change from the well-established Car-free Sunday at Civic District, this One North event was definitely worth a check-out. We set our bikes aside to browse car-free related merchandise such as the fuel cell vehicle that's powered by solar cell and fuel cells, as well as to try out the Jumping Fitness trampolines while dancing to Asian beats.

The event was a tad too crowded for our usual ride but it was great fun for all of us nonetheless.



A solar power and fuel cell vehicle... what a ride!



TAIWAN 9D-888 KM ROUND ISLAND TOUR 24 NOV – 2 DEC 2018

REGISTRATION CLOSES 25 SEP 2018

To register and for more details, contact Paul Chan

91457388



Enjoy a stay over at 虎爺溫泉會館 Hoya Spa Hotel to relax at the communal hot spring



We're on Facebook

<https://www.facebook.com/pg/CSCcycling/about/>

Be a member of Cycling Club to join our regular rides.



CSC RUNNING CLUB MEMBERS AT KLUANG, AN IDYLIC GETAWAY

by Tan Kay Teck

On the early morning of 5 May '18, some 13 members of CSC Running Club – joined by their family – headed north for Kluang, Johor for a short weekend getaway from busy Singapore.

First stop was Gelang Patah for a hearty breakfast of local fare like wanton noodles, *you tiao*, nasi lemak and fried carrot cakes, just to name a few. This was followed by a pit-stop at the famous art street in downtown Kluang – this time we feasted visually on some two dozens colourful murals by local artists that formed a rich backdrop for many of our selfies and wifies.

Next stop was the renowned Kluang Railway coffee café at Johor Bahru (JB)

Central station for some nostalgia that dates back to 1938 when the café was first established.

Soon it was lunchtime – and another excuse for us to eat again! After which we indulged in retail therapy at a souvenir stall and a shopping mall. Then it was time to check into our homestay accommodation for the night. Some of us spent the rest of the lazy afternoon singing karaoke and just enjoying the facilities of the beautiful homestay.

Meanwhile, the rest of our more energetic members took the arduous climb up the nearby Gunung Lambak (510m), where at certain points, it was a steep slope up with ropes providing the only support. Paul Chan, Vice Chairman of the CSC

Running Club, said, "I am happy that at my age, I managed to reach the summit within 45 minutes."

The next day, our members part-jogged and part-climbed up a mountain facing our homestay. Time passed quickly when you are having fun and at about 11 am, we set off for last-minute shopping before lunch at one of the popular local Chinese restaurants, Star Restaurant. After lunch, those of us who came prepared with coolant bags stopped by the **On The Road Café** to pack its popular cheese cakes back to Singapore.

Overall, it was an enjoyable getaway. Kudos to our organisers, Stella Tay and Hwee Ngo, for facilitating and looking into the details of the trip.



Jogging must be a part of a running club event!



Stopover at the art street in Kluang

The CSC Running Club is open to CSC members only. To join, please visit www.csc.sg/stargames/ (go to Running Club's webpage) and pay the annual subscription fee of \$12.

For more information about our CSC Running Club, please contact our Chairman, Abraham at 9663 7837.



experience

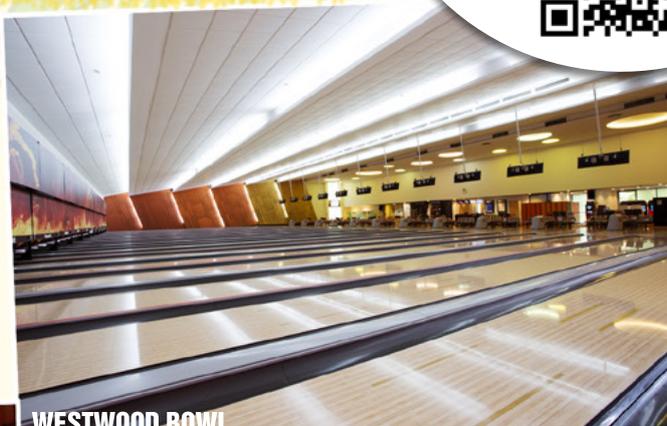
CSC@BUKIT BATOK

and rejuvenate with nature's music



Nestled in the west of Singapore amidst lush surroundings, CSC @ Bukit Batok invites you to enjoy its full range of recreational facilities.

Come away from the city hustle-bustle and pamper yourself at a hilltop haven where the convenience of modern facilities combines seamlessly with the ambience of a tropical resort.



WESTWOOD BOWL



SWIMMING POOL



TREEHOUSE



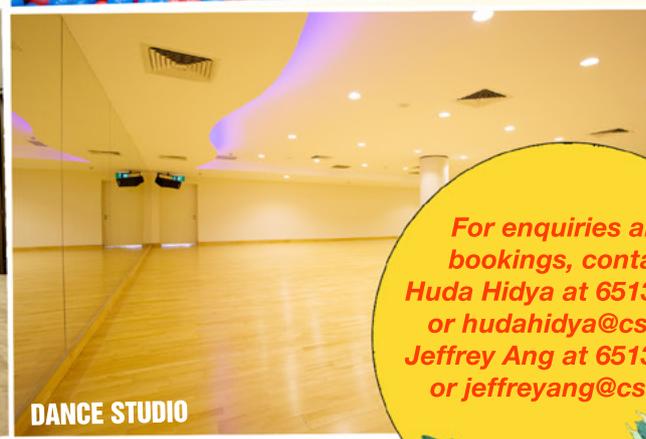
CHILDREN'S PARTY ROOM



CHILDREN'S PLAYROOM



SEMINAR ROOM



DANCE STUDIO

*For enquiries and bookings, contact
Huda Hida at 6513 7484
or hudahida@csc.sg
Jeffrey Ang at 6513 7492
or jeffreyang@csc.sg*

Rollin' Good Times at Planet Bowl

FROM JUST **\$2.60** PER GAME

Enjoy an affordable game at the 20-lane Planet Bowl with your family and friends! For the kids, try our bumper lanes for play free of gutter balls.

Planet Bowl is also powered with SPECTO technology, an advanced ball tracking system. Using a high-powered sensor, it captures information of bowlers' shots on the easy-to-use Specto app to allow you to view stats of your play and practise drills on your own.

And if all these aren't enough, join in the various events and competitions we have all year round and take advantage of our ongoing promotions to ensure the best value for your bowling money.

Rates:

Walk-in promotion: \$2.60 – \$3 per game

Normal: \$3 - \$4.50 per game

Party and Corporate Bookings: \$30 - \$40 per hour per lane

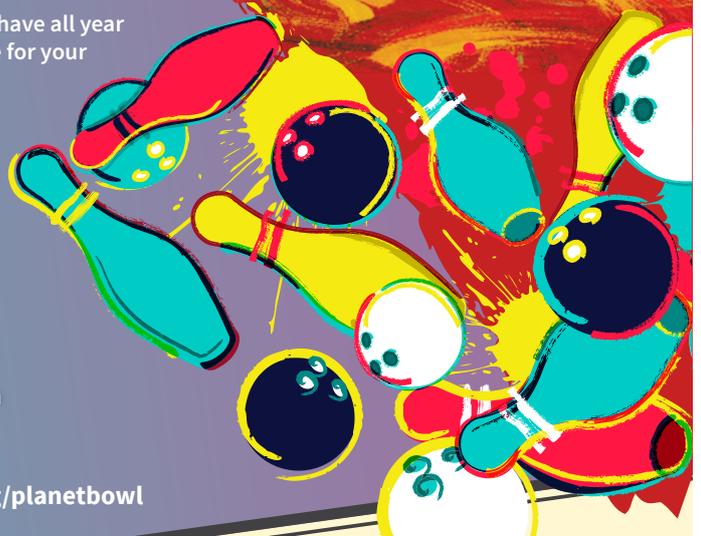
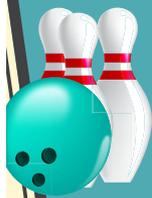
Opening hours:

Monday – Thursday 10am – 1am | Friday 10am – 2am |

Saturday & Eve of PH 9am – 3am | Sunday & PH 10am – 1am

60 Tessensohn Road, Singapore 217664

T: 6391 5693 / 63915695 | E: planetbowl@csc.sg | W: www.csc.sg/planetbowl



Gym Training Centre and Physiotherapy Clinic

Get to a healthier place at **ProGym!** Our friendly, professional staff are trained to help you along your fitness journey. Shape up with an elevated experience and discover fitness to transform your body and mind.

Mon – Fri: 7am – 10.30pm
Sat & Sun: 8am – 8pm
Public Holidays: Closed

Contact: 8711 2180 or
Vana 9721 8030

**Now
Open at**
CSC @ Tessensohn

FysioTouch provides sports injury management, enhancement therapy for injured athletes as well as weight management. A total service concept from assessment and diagnosis to treatment and rehabilitation offering high-quality service treatment.

Specialist Therapy Rooms are furnished with state-of-the-art equipment and recovery/rehabilitation programmes supported by a team of certified and leading Specialist Physiotherapists.

Mon – Fri: 9am – 9pm
Sat: 8.30am – 4.30pm
Sun: By Appointment Only

Contact:
Nurhafizah Abu Sujad
9239 4230

FYSIO TOUCH
REHAB IN MOTION

For more information, call us or drop by during our open hours.

Tri-Agency Games 2018 at CSC @ Tessensohn



MINISTRY OF
MANPOWER

WSG Workforce
Singapore



Staff of CPF Board, Ministry of Manpower and Workforce Singapore came together to represent their respective agencies at the Tri Agency Games held on 25th May at CSC @ Tessensohn. The Games promotes camaraderie and interaction between the agencies.

This year's Games was hosted by Workforce Singapore and the Games was flagged off by the Chief Executive, Mr Tan Choon Shian. The participants had an adrenaline-fuelled afternoon competing in three sports - futsal, bowling and captain's ball. There were also exciting games stations for other participants.

The highlight of the day was the land telematches where representatives from the agencies battled it out in a series of team challenges, such as racing on an inflatable dragon and rowing a ball along a track. Mr Ng Chee Peng (CE, CPF) and Mr Poon Hong Yuen (DS, MOM) were also present to join in the fun to support their staff in the respective events.

The planning and organisation of the Games by CSC and assortment of facilities at Tessensohn clubhouse was something that the organising committee from WSG truly appreciated as it was evident that every one who participated enjoyed themselves.



Create your own corporate retreat with us.
Contact us for a no-obligation discussion and viewing of our facilities:
Jacqueline Tang at 6391 5605 or jacquelinetang@csc.sg
Eve Zhuang at 6391 5623 or evezhuang@csc.sg



TELEMATCHES AND TOURNAMENTS

1. Dragon Inflatable Challenge | 2. Rollin' Good Times | 3. Unity Walk | 4. Bowling | 5. Futsal



GAME STATIONS

6. Soccer Dart Challenge | 7. Sharp Shooter Challenge | 8. Electronic Basketball Challenge (Xbox Kinect) | 9. Golf Putting Challenge | 10. Archery Challenge



Early Bird Special of up to 20%

On CSC Changi II and CSC Loyang Chalets



CSC @ Loyang

CSC @ Changi II

CSC @ Changi II

☀️ Enjoy 20% (off-peak) and 10% (peak & super peak).

☀️ Period of stay 15 August to 30 November 2018.

☀️ Applicable to all room types and for all guests.

☀️ Key in **EB2018** at the voucher/code box to enjoy the promotion.

From August 2018

Faster WIFI Bandwidth

COMPLIMENTARY
Coffee During Your Stay

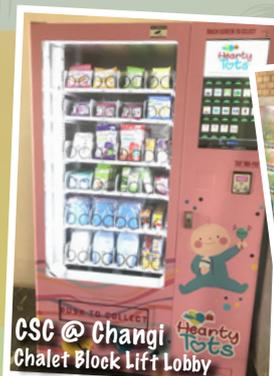


EXCITING Channels for Your Viewing Pleasure



KID ESSENTIALS VENDING MACHINES

Dispenses drinks & healthy snacks, diapers, insect repellants, wet wipes, hand sanitisers, sunscreens or whatever your little ones need... and want!



CSC @ Changi
Chalet Block Lift Lobby



CSC @ Loyang
Outside Reception



BBQ AT THE SHELTERED PITS AT CSC @ CHANGI!

Don't we all love a good barbecue. For a fuss-free evening by the grill, opt for a sheltered BBQ Pit at CSC @ Changi!

Period	Members	Public Officers / Public
Off-Peak Mon - Thurs 0800 - 1200 hr 1300 - 1700 hr	\$30 (Block of 4hrs)	\$45 (Block of 4hrs)
Peak Mon - Thurs 1800 - 2200 hr Fri - Sun 0800 - 2200 hr	\$50 (Block of 4hrs)	\$75 (Block of 4hrs)

Booking Information:

- **To book:** Members - Online Booking (<https://gateway.csc.sg/webclub/facilities/>)
For Public Officers/Public* - Email to Changi@csc.sg
- **To confirm booking:** Payment must be made within 7 days upon receiving our confirmation email. No cancellation or postponement allowed for confirmed booking.



Asian Detours Comes to CSC @ Changi

CSC @ Changi welcomes onboard our newest tenant, Asian Detours who is an Integrated Employee Engagement & Experience Specialist.

It works with clients to activate the potential in teams and employees through well designed experiences that are sustainable for culture and leadership development within the organisation.

Corporate Retreats with Asian Detours

With Asian Detours, participants can expect a memorable, exciting and inspirational experience in a safe environment. Among their well-designed program concepts are:

Mangrove Kayaking/Round Ketam Kayaking

Experience a full open sea kayaking on this expedition starting from Pulau Ubin to Ketam Island, highlight of the tour. Enroute, catch natural sightings like flocks of grey herons, families of otters and schools of fishes. No special prerequisites as tour may be tailored to suit teams.

Duration: 4 hours | **Group size:** 10-30 pax, 31-50 pax, 51-80 pax

Bubble Soccer

With its bouncy protection, bubble suits is a fun and safe way to engage in combat with friends and colleagues, be it a game of bulldog, soccer or sumo.

Duration: 2 to 2.5 hours | **Group size:** 31-50 pax, 51-70 pax, 71-100 pax

To engage your team and equip them for leadership development, contact us for a Needs-Analysis Session and Employee Engagement Assessment.

To plan a unique staff retreat or teambuilding experience, also contact us for a customised program that meets your objectives.

T: 6733 2282 | E: engage@asiandetours.com



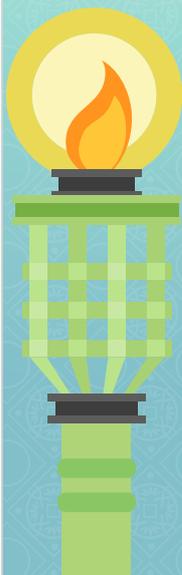
Decor Challenge Hari Raya

In true kampung spirit, from layang-layang (kites) to bunga-bunga (flowers) all three CSC clubhouses dazzled members and guests with their beautiful Hari Raya décor befitting of the season.

It was the CSC Décor Challenge season again! Clubhouse staff were all hands on deck pitching creative juices together to bring to the fore the spirit of gotong-royong (community) associated with this festive celebration.

Although it was CSC @ Bukit Batok who was voted the winner, everyone took pride in having put their best foot forward to recreate traditional elements of the Malay culture to give members and guests of all races a greater appreciation of authentic Raya festivities.

Kudos to the décor teams behind each clubhouse!



CSC @ Bukit Batok
Theme: Bunga (flowers)



CSC @ Changi
Theme: kampung spirit



CSC @ Tessensohn
Theme: Layang-layang (kites)



It is important for lifeguards to stay physically fit for the job and meet the relevant basic standards set out for Pool Lifeguards by Singapore Life Saving Society and International Life Saving Federation.

The Lifeguards (LGs) at CSC are no exception. Since June 2016, the Club started a half-yearly test to ensure that our LGs are capable of rendering timely aid to distressed parties at all times, especially during emergencies.

In addition, they are given ample opportunities to train regularly. To motivate our LGs to do Fitness swimming in the pool, we have been running a Weekly Incentive Scheme since August 2016. LGs who complete their 2000m swimming each week are rewarded with a \$10 voucher. The Club is happy to report that all our LGs are training actively and are physically fit for their job!



SAF DAY PROMOTION 2018

Sign-up period: 1 July to 31 August 2018



✓ APPLICABLE TO ALL SAF REGULARS AND DXOS

Sign-up 2-Year Ordinary Membership @ \$144

& Receive \$100 Chalet Voucher!

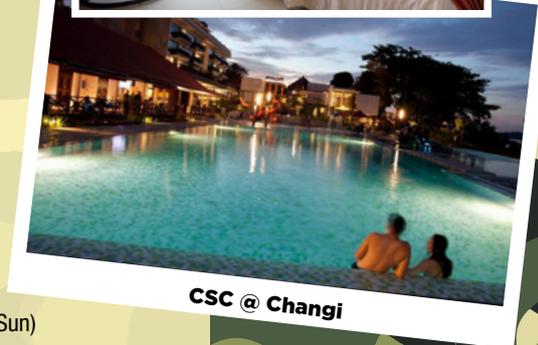
Promo Code **NS510**

✓ EXCLUSIVELY FOR NSMEN

Sign-up 1-Year Associate Membership @ \$300

& Receive \$100 Chalet Voucher!

Promo Code **NS51A**



Terms & Conditions:

- Promotion sign-up period: 1 July – 31 August 2018
- Voucher can be used for all chalets locations, for more info visit www.cscchalets.sg
- Applicable for NEW SIGN-UPS and RENEWALS of membership application
- Voucher can be used for bookings of all types of rooms
- Voucher not applicable for bookings on Super Peak (i.e. Eve of PH, PH, School holiday Fri/Sat and Sun)
- Voucher validity: Strictly 6 months upon date of Issue, no extension allowed
- Voucher only for room charges and cannot be used to offset other charges. Any balance amount unused is not refundable or exchangeable for cash
- Not valid in conjunction with any promotions, discounts, vouchers or privileges
- Promotion is strictly non-refundable upon sign-up
- Top up fees payable at Check-in counter
- Please present original voucher upon check-in
- Strictly no refunds allowed
- The Club reserves the right to amend the terms and conditions without prior notice

Apply now at www.csc.sg/Membership



Civil Service Club
MEMBERS' PRIVILEGES



* Please visit www.csc.sg/membersperks for the full listing, details and terms.

Check out these members' perks in store for you! More exciting offers coming your way soon.

HEALTH, BEAUTY & WELLNESS

<p>*\$88 NETT on selected services</p>	<p>*\$65 Wellness Trial worth up to \$275.25</p> <p>NEW</p>	<p>*30% OFF via International eShop</p>	<p>GLOW WELLNESS</p> <p>*20% OFF selected services</p>	<p>*15% OFF regular-priced items</p>	<p>LEEKAJA SALON</p> <p>*15% OFF Hair, Nails and Eyelash services</p> <p>NEW</p>
<p>*Dental Packages - Basic @ \$65 - Enhanced @ \$100 - Kiddy @ \$50</p>	<p>*10% OFF for Tooth Fillings, Tooth Extractions, Dentures, Teeth Whitening</p>	<p>*40% OFF à la carte Spa Services</p>	<p>*Couple Fertility Screening from \$540.80</p>	<p>VYASA YOGA</p> <p>*20% OFF all yoga packages *10% OFF Yoga Instructor Certification Course</p>	

EDUCATION & SERVICES

<p>*10% OFF selected art packages</p>	<p>*50% OFF HD Prints (no min quantity)</p>	<p>*20% OFF programs and courses</p>	<p>*FOOD: 12% OFF Min. spend of \$24 *GROCERIES: 10% OFF Min. spend of \$40 with free delivery *LAUNDRY: \$15 OFF Min. spend of \$25 *First-time users only</p>	<p>SPH magazines</p> <p>*20% OFF on 'Shape' or 'Men's Health' subscription & GET FREE 1-year digital edition to one other SPH Magazine**</p> <p>**Female, Her World, Home&Decor, HWM, Men's Health, Nuyou, Shape, Torque, Young Parents</p>	<p>*10% OFF all course fees</p>
--	--	---	--	---	--

SHOPPING

<p>Caring since 1879</p> <p>*FREE 2-YEAR Rewards Membership (worth S\$15)</p> <p>NEW</p>	<p>*10% OFF with min spend of \$50 in single receipt (excl customised items)</p>	<p>*10% OFF regular priced footwear & additional 5% OFF on sales footwear</p>
--	---	---



TRAVEL & LEISURE

AVIS

***25% OFF**
Local Car Rental Rates

BOUNCE
FREE-JUMPING REVOLUTION

***10% OFF**
General Admission

CHUBB

***35% OFF**
all travel insurance plans

DYNASTY TRAVEL
华宫旅游
SINCE 1978

***UP TO 50% OFF**
on selected travel packages



PORORO PARK
***PARTNER**
ADMISSION RATES
for CSC members



***10% OFF**
Sunset Sail, Bar &
Restaurant



***50% OFF**
travel products in
SEA region, including
staycations and
admission to local
attractions.



***CSC Members**
10% OFF Peak & 20% OFF
Off-Peak Day Passes
Public Service Officers
10% OFF Peak & Off-Peak
Day Passes



FOOD, WINE & DINE



***10% OFF**
total bill (except beer,
paus and titbits)



CHICKEN UP

***15% OFF**
Total Bill



***10% OFF**
Total Bill



DON'T TELL MAMA

***15% OFF**
Food Items



DREAMWORKS
KOUKOU.

1-FOR-1 MAINS



Promotion A:
Receive \$30 Cash
Reward from catering
orders of minimum \$300
(code: CSCFL30); and
Promotion B:
Receive \$10 Cash
Rewards from cake
orders of minimum of
\$50, code: CSCFLC10



FOUNDER BAK KUT TEH

***10% OFF**
on weekdays



***10% OFF**
Detox Workshop
& Dine In



***10% OFF**
Total Bill



***10% OFF**
on Cake Products



KOPI & TARTS

5% OFF
Total Bill



***5% OFF**
Total Bill



***10% OFF**
Total Bill



***10% OFF**
with minimum
spend of \$15



***10% OFF**
with min spend of
\$10



***10% OFF**
Total Bill



***CSC members**
earn double
Souperholic points



***10% OFF**
ice cream cakes during
birthday month



***10% OFF**
with min spend of \$10



SOCIAL ACTIVITIES

ARTS



Acrylic Pour Discovery Workshop



Pour, swipe and tilt to create stunning abstract art – discover the expressive art of acrylic pouring at this workshop where you get to create your own masterpiece within hours.

A therapeutic art activity that is great for stress relief and team bonding. No prior art experience required and suitable for all ages although it is most enjoyable for adults and children of 13 and above. All materials and tools provided.

Date: Fri, 20 Jul '18

Time: 7pm – 9pm

Fees: Member \$90, Public Officer \$95, Guest \$100

Venue: Hougang (10 mins from Kovan MRT)

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

Register by: 12 Jul '18

Leather Crafting Workshop

Learn to make your personalised namecard holder, key fob and luggage tag from cutting out the leather, punching of holes to final stitching. You will also learn to handle full grain vegetable tanned buffalo leather with solid brass hardware. (Note: Name stamping is handled by instructors.)



Date: Sat, 28 Jul '18

Time: 10am – 12.30pm

Fees: Member \$59, Public Officer \$69, Guest \$79

Venue: CSC @ Tessensohn

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

Register by: 20 Jul '18

Chinese Calligraphy Class

If you appreciate the aesthetics of Chinese Calligraphy, here's the opportunity to learn this unique art form from Instructor Xu Li Ya who will demonstrate fine stroke execution, brush movements as well as correct sitting posture.



Dates: 10 Thursdays, 6 Sep – 8 Nov '18

Time: 7pm – 8.30pm

Fees: Member \$160*

Public Officer \$170*, Guest \$180*

(*Fee excludes \$25 materials cost to be paid to Instructor which is optional)

Venue: CSC @ Tessensohn

Contact: Vanessa at 6391 5641

or vanessachoo@csc.sg

Register by: 1 Sep '18

SOCIAL ACTIVITIES

BEAUTY



Beauty Essentials, DIY style

Creating your own scrubs and oils allows you to design custom scents, save money and ensure the oils' purity and the quality of all other ingredients that go into your concoctions.

Scents To Senses Massage Oils

A fun and creative way of mixing essential and carrier oils to create your perfect massage oil blend to bring release to those tired and aching body muscles on your feet or your back. Light refreshments will be provided.

Date: Sat, 28 Jul '18

Time: 10am – 11.30am

Fees: Member \$12, Public Officer \$18, Guest \$25

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620

or serenecho@csc.sg

Register by: 23 Jul '18

Shine Bright Body Scrub

Make your own scrub using quality essential and carrier oils of your choice for that shine-bright scrub your body so deserves. It's fuss-free and easy on the pocket.

Date: Sat, 4 Aug '18

Time: 10am – 11.30am

Fees: Member \$12, Public Officer \$18, Guest \$25

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620

or serenecho@csc.sg

Register by: 30 Jul '18

Korean Dewy Hands-On Makeup

Learn easy steps to achieve the Korean dewy natural look:

- Your skintype and skincare
- Preparing your skin before makeup
- A natural-looking base to even your skin tone
- A non-drying coverage for your skin
- The dewy glow without looking oily
- Eyebrow based on individual face contours
- Application of natural eye makeup, blusher and lips

Experienced beauty consultants will be on hand to provide personalised consultation. What's more, lucky participants will get a chance to win gifts worth \$26!

Date: Sat, 11 Aug '18

Time: 10am – 12pm

Fees: Member \$3, Public Officer \$9, Guest \$15

Venue: CSC @ Tessensohn

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg

Register by: 4 Aug '18

SOCIAL ACTIVITIES

FINANCE



Investing for Starters

Interested in buying into stocks but not sure how to start? Come join this enriching seminar where a team of UOB Kay Hian Investor Centre dealers will share the benefits of share investments and a portfolio to meet your investment objectives. You will also receive an introductory on basic technical analysis, using a charting tool to identify your trade entry and exit points.

Date: Sat, 11 Aug '18

Time: 1pm - 3pm

Fees: Member \$5, Public Officer \$9, Guest \$12

Venue: CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624

or kuagekcheng@csc.sg

Register by: 3 Aug '18

Will Planning & Lasting Power of Attorney Talk

A Will is a legal document that directs the administration and distribution of one's estate among surviving beneficiaries. Meanwhile, an LPA (Lasting Power of Attorney) allows one to appoint one or more 'donees' to act and make decisions on his behalf in the event of a loss of his mental capacity.

So how is each important? Are they documents only for the rich? Can I do it myself? How do I start? To find out, join us at this upcoming talk.

(Participants will enjoy a special rate for drafting/certification of a WILL/LPA, and a complimentary WILL/LPA planning session.)



Date: Sat, 1 Sep '18

Time: 11am - 12.30pm

Fees: Member \$5, Public Officer \$9, Guest \$12

Venue: CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Register by: 22 Aug '18

Retire Successfully

Retiring successfully may not be rocket science but it does require advance planning and knowledge building. Learn to leverage on effective Retirement Planning strategies, including Supplementary Retirement Scheme (SRS), CPF Minimum Sum Scheme, Annuities and Wealth Protection.

The course will also cover practical wealth accumulation tips and techniques such as maximisation of returns from strategic asset allocation and dollar cost averaging, and pitfalls to avoid when growing your Retirement Nest Egg.

Date: Sat, 22 Sep '18

Time: 2pm - 4pm

Fees: Member \$3, Public Officer \$9, Guest \$12

Venue: CSC @ Tessensohn

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg

Register by: 15 Sep '18



SOCIAL ACTIVITIES

FOOD



FEES PER COURSE

Member \$20,

Public Officer \$25,

Guest \$28

Venue: CSC @ Tessensohn

Contact: Gek Cheng

at 6391 5624 or

kuagekcheng@csc.sg

Food Gathering Cooking Workshops 美食聚汇

WORKSHOP ENTRÉES

- Macau Banana Butter Sponge
- Nam Yue Beancurd Wings
- Seafood Chowder

Date: Sat, 7 Jul '18

Time: 2pm - 5pm

Register by: 2 Jul '18

- Lisa's Marshmallow Chocolate Cake
- Shoyu Konbu Tofu 酱油豆腐
- Today Day's Special Menu

Date: Sat, 25 Aug '18

Time: 2pm - 5pm

Register by: 17 Aug '18

- Crystal Mangosteen Bean Cake
- My Soup Pot 平秋燥的老火靚汤
- My Bread Machine Demo

Date: Sun, 2 Sep '18

Time: 2pm - 5pm

Register by: 27 Aug '18

Partners



A Moment with Chef Lisa Gourmet Workshops

WORKSHOP ENTRÉES

- Honey Custard Gai Daan Jai 雞蛋仔
- Funky Kelp Salad 怪味海帶 (治療貧血)
- Regiliat Thai Coffee Jello 3-in-1 果冻

Date: Fri, 20 Jul '18

Time: 7pm - 9.30pm

Register by: 13 Jul '18

- Spareribs with Hairy Gourd 節瓜炆排骨
- Lisa's Maurchi Mooncake Special 月餅
- Dancing Gourmet Delights

Date: Fri, 31 Aug '18

Time: 7pm - 9.30pm

Register by: 24 Aug '18

- Thai Noodle Special 泰北风味辣面
- Chiang Mai Pork Curry 泰北风味咖喱肉
- My Thai Crusty Kaya Milk Sponge 鲜奶蛋糕

Date: Sun, 23 Sep '18

Time: 2pm - 5pm

Register by: 17 Sep '18

Partners



FEES PER COURSE

Member \$20,

Public Officer \$25,

Guest \$28

Venue: CSC @ Tessensohn

Contact: Gek Cheng

at 6391 5624 or

kuagekcheng@csc.sg

Foundation Cake Baking Workshop by Stephanie

Now you can have your cake and eat it too. Learn the foundations of cake baking from veteran baker Stephanie.

Old School Butter Cake with Italian Meringue Buttercream (Creaming Method)

Date: Sun, 22 Jul '18

Register by: 16 Jul '18

Victorian Sponge with Raspberry Jam and whipped cream (All in one in method)

Date: Sun, 29 Jul '18

Register by: 22 Jul '18

Orange Chiffon Cake (Conventional Method)

Date: Sun, 5 Aug '18

Register by: 30 Jul '18

Chocolate Cupcakes with Chocolate Buttercream

Date: Sun, 12 Aug '18

Register by: 6 Aug '18



FEES PER COURSE

Member \$65,

Public Officer \$72,

Guest \$75

Venue: CSC @ Tessensohn

Time: 9am - 12pm

Contact: Gek Cheng

at 6391 5624 or

kuagekcheng@csc.sg

Kids Can Bake (Parent-child pair)

(For children aged 3 to 11)

Pandan Salted Egg Yolk Cupcakes
Dates: Sat, 21 Jul '18 or Sun, 19 Aug '18
Time: 10.30am - 12.30pm or 4pm - 6pm
Register by: 13 Jul '18 or 13 Aug '18

Cheesy Chicken Pot Pie
Date: Sun, 12 Aug '18
Time: 10.30am - 12.30pm
Register by: 6 Aug '18



Fees (inclusive of all workshop materials and ingredients):
Each parent-child pair: Member \$68, Public Officer \$78, Guest \$80
For additional child: Member \$40, Guest \$45



Sweetie Doll Cake
Dates: Sun, 22 Jul '18 or 26 Aug '18
Time: 10.30am - 12.30pm or 4pm - 6pm
Register by: 17 Jul '18 or 20 Aug '18

Teh-Sui-Dai Flavour Cake
Dates: Sat, 28 Jul '18 or 18 Aug '18
Time: 10.30am - 12.30pm or 4pm - 6pm
Register by: 21 Jul '18 or 12 Aug '18

Fees (inclusive of all workshop materials and ingredients):
Each parent-child pair: Member \$85, Public Officer \$95, Guest \$98
Each additional child: Member \$43, Public Officer/Guest \$48



Venue: City Square Mall #07-08
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

A Unique Dining Experience Onboard The Riverboat

If you are into dine and wine places with character and charm, the Stewards Riverboat floating restaurant would be your kind of place.

CSC Whiskey & Food Pairing @ Riverboat

As diners and whiskey drinkers today get more adventurous, there is a growing list of inspired pairings:

- Glengoyne 12 YO Scotland Highland single malt with smoked salmon scotch quail egg
- Teacher's Scotland blended with duck rillettes crostini
- Fuji-Sanroku Japanese non-chilled filtered whisky with chuka idako croquettes
- Chateau D'arche Scotland single malt with assorted cheese

Date: Fri, 31 Aug '18
Time: 7pm - 9pm
Fees: Member \$55, Public officer \$62, Guest \$68
Venue: Riverboat at 31 Marina Coastal Drive, Berth 1
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 17 Aug '18



CSC Wine Dinner @ Riverboat

Enjoy a 6-course set dinner with free flow quality reds/whites:

- Santa Rita Gran Hacienda Sauvignon Blanc 2014 (White/Chile)
- De Bortoli Family Selection Semillon Chardonnay 2013 (White/Australia)
- Santa Rita Gran Hacienda Merlot 2013 (Red/Chile)
- De Bortoli Family Selection Shiraz Cabernet 2015 (Red/Australia)

Date: Fri, 14 Sep '18
Time: 7pm - 9pm
Fees: Member \$65, Public officer \$72, Guest \$78
Venue: Riverboat at 31 Marina Coastal Drive, Berth 1
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 31 Aug '18

SOCIAL ACTIVITIES

FUN



DIY Healthy Hearty Breakfast

A hands-on workshop to learn to create and design a truly healthy breakfast using nutrient-rich, unprocessed ingredients with the right balance of complex, slow-absorbing carbs. So good you get to enjoy the freshly prepared breakfast right away!

Date: Fri, 27 Jul '18
Time: 9.30am - 10.30am
Fees: Member \$3, Public Officer \$9, Guest \$15
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 20 Jul '18



Make Your Own Fruity Enzymes Drinks & Herbal Tonic

This workshop demonstrates practical fermentation steps to make your own Fruity Enzyme Tonics and Herbal Tonic, including safety do's & don'ts as well as correct intake of these enzymes and herbal tonic for optimum benefits.

Date: Fri, 27 Jul '18
Time: 7pm - 9.30pm
Fees: Member \$50, Public Officer \$56, Guest \$60
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 23 Jul '18



Make Your Own Fruity Wine

Workshop covers a range of topics including how fruit wine is made, ingredients and suitable fruits that go into its making, benefits of yeast, and the do's and don'ts of fermentation.

Date: Fri, 17 Aug '18
Time: 7pm - 9.30pm
Fees: Member \$48, Public Officer \$55, Guest \$58
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 10 Aug '18

The Chek Jawa Adventure

Sign up for an adventure to discover Chek Jawa's six ecosystems and its diverse array of unique habitats. Get up close with fiddler crabs, monitor lizards and other rare faunas and floras. Suitable for children aged 3 and above

Dates: Sun, 29 Jul or 12 Aug or 9 Sep '18
Sat, 11 Aug or 22 Sep '18
Time: 8am - 11.15am
Fees: Member \$20, Public Officer \$25, Guest \$30
(Fee includes a licensed nature guide and land transport to and from Chek Jawa. Participants have to prepare \$6 for the 2-way boat ride.)
Meeting point: 8am at Changi Point Ferry Terminal
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 1 week before event date
(Pre-registration is required. Limited seats per departure)

In-House Movie Treat

Enjoy FREE in-house movie screening at our newly renovated auditorium complete with quality acoustics and great seating.

Title*: Justice League
Date: Fri, 7 Sep '18
Time: 7pm
Venue: CSC @ Tessensohn

*Screening is subject to change. Please visit www.csc.sg/events for updates.



Inline Skating for Beginners

A sport that boosts your health and mental fitness, besides providing hours of fun with friends and family. Classes are suitable for both adults and children aged 4 and above. Participants may re-arrange class schedule in consultation with the instructor.

For the above classes:

Fees for 4 lessons: Member \$85, Public Officer \$90, Guest \$95
(Fee includes rental of skating gear, elbow, wrist and knee shields for first timers)

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

(Participants are recommended to arrive at the lesson venue 15 minutes prior the lesson time to gear up. Participants are required to bring your own socks, water and insect repellent.)

WEEKDAY GROUP CLASS

Dates: 4 Mondays, 6 - 27 Aug '18 or 3 - 24 Sep '18
Time: 6.30pm - 7.30pm
Venue: Sengkang Basketball Court

Dates: 4 Thursdays, 2 - 30 Aug '18 (No lesson on PH) or 6 - 27 Sep '18
Time: 6.30pm - 7.30pm
Venue: Choa Chu Kang Park

Dates: 4 Fridays, 3 - 24 Aug '18 or 7 - 28 Sep '18
Time: 6.30pm - 7.30pm or 8pm - 9pm
Venue: Pinnacle @ Duxton

WEEKEND GROUP CLASS

Dates: 4 Saturdays, 4 - 25 Aug '18 or 8 - 29 Sep '18
Time: 3.30pm - 4.30pm or 5pm - 6pm
Venue: East Coast Park Car Park F1

Animal Resort and Farm Tour

Embark on a local tour comprising three stops:

- **Kin Yan Agrotech** to see how wheatgrass is produced
- **Highlanders the Brown Rice Specialists** to be introduced to the staple and related health products
- **Animal Resort** to get up close with a dozen different types of birds including the exotic Marabou Stork and the Cassowary.

Date: Sat, 1 Sep '18
Time: 9am - 4.30pm
Fees: Member \$20, Public Officer \$26, Guest \$32
Venue: Assemble 9am at the lobby of CSC @Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 25 Aug '18



Angler Course for Beginners

This is a one-day trip out to scenic Lazarus Island for those interested in trying out fishing or searching for a new hobby. Participants will be taught both basic theory and practical aspects of the sport.

COURSE INCLUDES:

- Ferry transfer to and from Lazarus Island
- Beginner Angler's course handbook and starter kit
- Fishing equipment and accessories
- Light refreshments (lunch not provided)

Dates: Sat, 4 Aug '18 and/or 1 Sep '18

Time: 8.30am - 5.30pm

(Ferry departs at 9am sharp.

Please arrive 30 minutes before boat departure time.)

Fees: Member \$82, Public Officer \$88, Guest \$90

(Min age, 5 years*)

Venue: Place of embarkation is Marina South Pier, course will be at Lazarus Island

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg

Register by: 1 week before course

*5 to 12-year-olds must be accompanied by an adult who is also taking the course.



WHAT TO BRING:

- Drinking water (about 1.5l per person)
- Sunblock
- Sunglasses
- Small pouch or bag to keep your starter kit
- Raincoat
- Insect repellent
- Swimwear
- Packed lunch

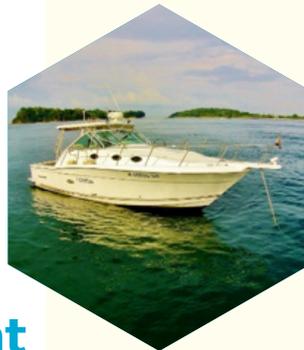
How to Grow Giant Sunflowers

Jumpstart your green journey at this hands-on workshop. Learn:

- Different species - miniature and giant, rare and common
- Ideal soil mixture and organic fertilisers
- Common problems
- Harvesting and sprouting seeds
- Displaying your sunflowers

Each participant will receive one starter kit comprising two types of Sunflower seeds, Leafy & Flowering fertiliser and soil.

Date: Fri, 7 Sep '18
Time: 7pm - 9.30pm
Fees: Member \$50, Public Officer \$56, Guest \$60
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 31 Aug '18



Yacht Fishing Trip

Waters at the southern islands is home to Singapore's largest reef eco-system. Many fish species dwell in this region especially when the seabed is littered with shipwrecks, which provide the perfect environment for snappers and giant groupers to thrive. If you are looking to break your personal Singapore's heaviest catch record, fishing at the southern island waters is your best bet.

Experience Required Able to tie your own fishing rigs

No. of Anglers Maximum 8

Trip Includes

- Guidance from our friendly and experienced fishing master
- Mineral water onboard
- Fresh catch of your own from the sea to bring back
- Ice for storage of catch

Bait Bait (live prawns) is included.

Dates: Sun, 5 Aug '18 and/or Wed, 19 Sep '18

Time: 8am - 5pm

Fees: Member \$110, Public Officer \$115, Guest \$120 (Min age, 5 years*)

Venue: Place of embarkation is Republic of Singapore Yacht Club

Contact: Hai Ming at 6391 5607

or onnhaiming@csc.sg

Register by: 1 week before each session

*5-12 year olds must be accompanied by at least an adult who is also taking the course.

*No lunch is provided, please prepare lunch before leaving.

SOCIAL ACTIVITIES

KIDS



Kids Ballet

Aged 3 to 4 years

Adopting the syllabus of the renowned Royal Academy of Dance (RAD), participants will be able to pick up classical ballet techniques, musicality, performance skills, coordination, discipline, vocabulary as well as lines and movement quality.



TRIAL CLASS

Date: Tue, 31 Jul '18
Time: 3.30pm - 4pm
Fees: Supplementary Member \$5, Guest \$12

Dates: 4 Tuesdays, 7 - 28 Aug '18

Time: 3.30pm - 4.15pm

Fees: Supplementary Member \$85, Guest \$95

Venue: CSC @ Bukit Batok

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register by: 31 Jul '18

Kids Hip Hop

Aged 7 to 12 years

A great way for your child to learn coordination, movement skills, teamwork and musicality. It's also a great way for your child to stay healthy and have fun away from the computer!



TRIAL CLASS

Date: Tue, 31 Jul '18
Time: 2.30pm - 3pm
Fees: Supplementary Member \$5, Guest \$12

Dates: 4 Tuesdays, 7 - 28 Aug '18

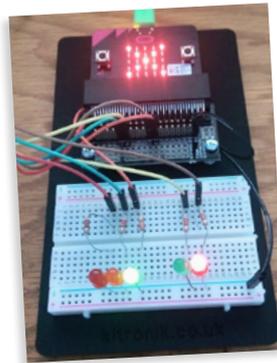
Time: 2.30pm - 3.15pm

Fees: Supplementary Member \$85, Guest \$95

Venue: CSC @ Bukit Batok

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register by: 31 Jul '18



Micro:Bit Code

Aged 6 years and above

This workshop aims to guide participants into the fundamentals of programming using Drag and Drop Command techniques. Participants will get to code for LED lights flashing, music buzzer, and text display. Through this activity, they will appreciate further applications of programming in our everyday lives.

Date: Mon, 3 Sep '18

Time: 9am - 12pm

Fees: Supplementary Member \$80, Guest \$90

Venue: CSC @ Tessensohn

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg

Register by: 27 Aug '18

Aeronautics Science

Aged 7 years and above

Ever wondered how an aeroplane weighing 450,000 kg (equivalent to weight of 90 adult elephants) is able to take off and fly in the sky? Welcome onboard to an exciting study of aeronautics and take your learning to new heights as we explore the science behind the design and operation of aircrafts, as well as modern application of aerodynamics.



Date: Tue, 4 Sep '18

Time: 10am - 12pm

Fees: Supplementary Member \$45, Guest \$55

Venue: CSC @ Tessensohn

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

Register by: 28 Aug '18

Science with Lego

Aged 5 years and above

A fun-filled interactive Science workshop using Lego blocks to explain how parachutes work and why windmills spin. Learning outcomes will provide young children with a headstart on primary science concepts of Forces and Energy.



Date: Thu, 6 Sep '18

Time: 10am - 12pm

Fees: Supplementary Member \$45, Guest \$55

Venue: CSC @ Tessensohn

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

Register by: 30 Aug '18

Cookie Deco - The Singapore Flag

Aged 4 to 12 years

Learning objectives:

- Participants learn about the flags of Singapore and other countries
- Decorate cookies with national flags of their favourite countries

Date: Sat, 18 Aug '18

Time: 10am - 12pm

Fees: Supplementary Member \$44, Guest \$55

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register by: 10 Aug '18



Creative Arts – Junk Modelling

Aged 4 to 12 years

For participants to understand the importance of recycling.



Date: Sat, 8 Sep '18
Time: 10am – 12pm
Fees: Supplementary Member \$44, Guest \$55
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 1 Sep '18

3D Pen Fun (Parent-child)

Aged 6 years and above

This workshop aims to create an interactive environment for the learning of the basics of 3D printing. Participants will have fun combining aesthetics with craft skills to create an object using a 3D pen.



Date: Sat, 8 Sep '18
Time: 10am – 12pm
Fees per pair: Member \$80, Public Officer \$86, Guest \$92
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 1 Sep '18

Terrarium Building for Kids

Aged 4 to 12 years

Learning objectives:

- Promote an appeal for and an interest in living things around us
- Appreciate nature, and the importance of other living organisms



Date: Sat, 28 Jul '18
Time: 10am – 12pm
Fees: Supplementary Member \$44, Guest \$55
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 22 Jul '18

Design a Car!

Aged 6 years and above

Workshop aims to create a fun hands-on environment for participants to learn about how a car is assembled and how changing its gear ratios affect the car's movements. A mini racing competition will be conducted to raise the excitement of the workshop.



Date: Sat, 15 Sep '18
Time: 9am – 12pm
Fees: Supplementary Member \$70, Guest \$80
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 8 Sep '18

SOCIAL ACTIVITIES

HEALTH



Table Tennis

Suitable for any age, table tennis helps stimulate one's mental alertness and concentration; while improving body coordination, mental fortitude and reflexes.

Dates: 4 Wednesdays, 25 Jul – 15 Aug '18
Time: 7.30pm – 9.30pm
Fees: Member \$95, Public Officer \$110, Guest \$120
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 27 Jun '18

Tennis by Singapore Tennis School



Learn this sport with the Singapore Tennis School whose lessons cater to a range of ages and abilities, and whose coaches are certified Australian tennis instructors. Refer to weekly group class scheduling below.

Adult Programme – CSC @ Tessensohn

Beginner 8am – 9am Every Sun

Intermediate 9am – 10am Every Sun

Cardio Tennis Programme – CSC @ Tessensohn

Cardio 10am – 11am Every Sun

Fees for 4 lessons: Member \$110, Public Officer \$115, Guest \$120
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 10 days before lesson begins

Anti-Stress Management

This highly interactive workshop encourages participation in DIY self-assessment techniques for stress management. A real must for today's working adults! Learn how to assess both environmental stress factors and personal mood swings, and gain valuable tips for diet and lifestyle habits.



Date: Fri, 27 Jul '18
Time: 5pm – 6pm
Fees: Member \$3, Public Officer \$9, Guest \$12
Venue: CSC @ Tessensohn
Contact: Serene Cho at 63915620 or serenecho@csc.sg
Register by: 20 Jul '18

SOCIAL ACTIVITIES

HEALTH



Integrative Solution for Backache

Backache is a common health issue which can lead to other conditions including headache, stiff shoulders, knee pain and more. Tackle it with integrative solutions – the best practice of meridian self-therapy and modern health science.

Date: Fri, 27 Jul '18
Time: 7pm – 9pm
Fees: Member \$38, Public Officer \$44, Guest \$48
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 22 Jul '18



Stronger Knees & Joints Programme

Learn this important four-step framework to strengthen your knees and joints, comprising meridian flexercise and therapy techniques that will enhance your body functions, flow of *qi* and blood circulation to also help alleviate aches, stress and insomnia, digestive issues, even cough and flu.

Dates: 4 Fridays, 17 Aug – 7 Sep '18
Time: 7pm – 8.30pm
Fees: Member \$70, Public Officer \$76, Guest \$82
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 10 Aug '18



LOHAS Meridian Self-Therapy Programme (LOHAS-MSP)

Four practical sessions to relieve nagging health issues such as headache and migraine, lethargy, sensitive nose and skin, sciatica pain, weight and digestion issues, insomnia and many more. (Be our graduate and attend lifetime refresher training and update for free.)

Dates: 4 Saturdays, 25 Aug – 15 Sep '18
Time: 2pm – 6pm
Fees: Member \$340, Public Officer \$360, Guest \$370
Venue: Success Trees Training Room, 12 Arumugam Road #02-11
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 17 Aug '18

Improving Computer Posture

Many of us suffer from poor computer posture which can lead to other chronic conditions such as back, neck and shoulder pain, as well as overuse injuries of the hands and wrists. This talk offers useful training and tips on desk exercises, proper workstation arrangements and good working habits to help you maintain body balance and harmony to eradicate work-related strains and pains.

Date: Fri, 24 Aug '18
Time: 5pm – 6pm
Fees: Member \$3, Public Officer \$9, Guest \$12
Venue: CSC @ Tessensohn
Contact: Serene Cho at 63915620 or serenecho@csc.sg
Register by: 15 Aug '18



Qigong for Lifelong Self-Efficacy Healthcare

Instructor Mdm Chan Siok Fong received her trainings on "Life-Long Self-Efficacy Healthcare Skills" in 1986 from two veteran masters from the Qigong Institute, Shanghai University of Traditional Chinese Medicine, China. She has practised this healing art for over 30 years. Today at 85, she continues to help others resolve their ailments and engage in active ageing. Mdm Chan will be conducting two courses at CSC @ Tessensohn.

Course I: Tranquil Therapeutic Meditation

Join the Course to learn techniques to clear clots and blockages, enhance breathing, reduce mental distractions and achieve tranquil meditation.

Date: Sun, 5 Aug '18
Time: 2pm – 5pm
Fees: Member \$45, Public Officer \$52, Guest \$58
Venue: CSC @ Tessensohn
Contact: Hai Ming at 63915607 or onnhaiming@csc.sg
Register by: 28 Aug '18

Course II: Lifelong Healthcare

Pick up techniques on regulating your body 'qi' for optimum body balance, toning body muscles to remove tension and relieving tensed leg muscles. Also learn three 3-minute exercises to relieve fatigue.

Date: Sun, 19 Aug '18
Time: 2pm – 4pm
Fees: Member \$35, Public Officer \$42, Guest \$48
Venue: CSC @ Tessensohn
Contact: Hai Ming at 63915607 or onnhaiming@csc.sg
Register by: 12 Aug '18



Mdm Chan Siok Fong

Boogie Bounce Xtreme Fitness

Boogie Bounce Xtreme is a workout performed on a mini trampoline fitted with a safety bar to minimise any knee strain. Bouncing to chart topping music, you will feel every muscle in your body on overdrive!



Venue	CSC @ Bukit Batok	CSC @ Tessensohn
Dates	8 Mondays, 9 Jul – 27 Aug '18 or 8 Wednesdays, 1 Aug – 26 Sep '18 (No lesson on PH)	8 Wednesdays, 15 Aug – 10 Oct '18 (No lesson on PH) or 8 Fridays, 7 Sep – 26 Oct '18
Time	8pm – 9pm	7pm – 8pm
Register by	4 Jul '18 or 20 Aug '18	10 Aug '18

Fees: Member \$140, Public Officer \$150, Guest \$160
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Muay Thai Adult Class

Want to learn self-defense while boosting your fitness? Try Muay Thai, a traditional form of boxing. Conducted by Thien Wen Han, you will learn original Muay Thai techniques and the appropriate use of Thai boxing equipment to ensure a fun and injury-free experience!



Dates: 10 Saturdays, 14 Jul – 15 Sep '18 (No lessons on PH)

Time: 11am – 12pm (Beginner)
or 9am – 10am (Intermediate)

Fees: Member \$130, Public Officer \$140, Guest \$150
Venue: CSC @ Bukit Batok
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 8 Jul '18

K-Kardio Dance (Kpop Cardio Dance)

A one hour non-stop contemporary aerobic and heart-pumping exercise routine, paired with simplified K-pop dance moves and K-pop beat. Expect a session of Hip-hop, Pilates, Kickboxing, Aerobics and more – an exercise designed to increase heart and metabolic rate to result in fat loss and tone muscles. No prior dance experience is required!

Dates: 8 Mondays, 16 Jul – 3 Sep '18
(No lesson on PH)
Time: 8pm – 9pm
Fees: Member \$100, Public Officer \$110, Guest \$120
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 12 Jul '18



NEW FloatFit HIIT & Yoga

Join the latest fitness craze and bring something new to your fitness routine with Floatfit HIIT or Floatfit Yoga by Skyline Aqua.

Each 30-minute HIIT class incorporates the use of AquaBase, a floating exercise mat for a full body workout. Meanwhile, Floatfit Yoga uses Vinayasa yoga techniques to increase flexibility, mental focus, and cardiovascular conditioning. We promise a fun, effective and addictive exercise routine.



	FloatFit HIIT	FloatFit Yoga on Water CSC
Trial Class	Date: Fri, 20 Jul '18 Time: 5.15pm – 5.45pm Fees: Member \$10, Public Officer \$15, Guest \$20	Date: Fri, 20 Jul '18 Time: 6pm – 6.30pm Fees: Member \$10, Public Officer \$15, Guest \$20
4 Classes (Min 5 pax to run)	4 Wednesdays Dates: 1 – 29 Aug '18 (exclude 22 Aug) Time: 8am – 8.30am 4 Fridays Dates: 3 – 31 Aug '18 (exclude 10 Aug) Time: 5.15pm – 5.45pm Fees: Member \$100, Public Officer \$120, Guest \$140	4 Wednesdays Dates: 1 – 29 Aug '18 (exclude 22 Aug) Time: 8.45am – 9.15am 4 Fridays Dates: 3 – 31 Aug '18 (exclude 10 Aug) Time: 6pm – 6.30pm Fees: Member \$100, Public Officer \$120, Guest \$140
3 Classes (Min 5 pax to run)	3 Sundays Dates: 12 – 26 Aug '18 Time: 7.45am – 8.15am Fees: Member \$75, Public Officer \$90, Guest \$105	3 Sundays Dates: 12 – 26 Aug '18 Time: 8.25am – 8.55am Fees: Member \$75, Public Officer \$90, Guest \$105

Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

NEW SaberFit

Calling all Star Wars fans! Try this Star Wars inspired fitness workout. Using glowing combat sabers, SaberFit intersperses



cardio exercises with saber-striking techniques, also incorporating plyometric exercises and core-training movements coupled with adrenaline-pumping music. Beginners welcomed.

Dates: 4 Wednesdays, 1 – 29 Aug '18
(No lesson on PH)
Time: 8pm – 9pm
Fees: Member \$110, Public Officer \$116, Guest \$120
(Fee includes usage of glowing combat saber in the class.)
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 25 Jul '18

SOCIAL ACTIVITIES

HEALTH



Yoga

A yoga class conducted by experienced instructor, Ms Rita who will train you how to coax your body, mind and soul to relax and be in tranquil rejuvenation through simple breathing exercises and meditation.

Dates: 10 Tuesdays, 31 Jul – 2 Oct '18

Time: 8pm – 9pm

Fees: Member \$75, Public Officer \$82, Guest \$89

Venue: CSC @ Bukit Batok

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register by: 24 Jul '18



Yoga for Runners

Yoga that is designed for the runner's body offers both strength-building and muscle-sculpting benefits to enhance one's running performance – minimise physical and mental stress, ease aches, reduce risks of injury and empower body to rejuvenate faster after each run.

Dates: 10 Fridays, 24 Aug – 26 Oct '18

Time: 8pm – 9pm

Fees: Member \$130, Public Officer \$140, Guest \$150

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register by: 19 Aug '18



POUND® Fitness

The POUND® Fitness programme transforms drumming into an effective way of working out by using a specially designed lightweight drumstick called Ripstix®.

Facilitated by instructors from the Grace Sagaya Team, this is a full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements.

Time: 7pm – 7.45pm

Fees: Member \$68,

Public Officer \$75, Guest \$80

(Ripstix® will be provided for the class)

Contact: Serene Cho at

6391 5620 or serenecho@csc.sg

Register by: 26 Jul '18 or 30 Aug '18



Venue	CSC @ Bukit Batok	CSC @ Tessensohn
Dates	4 Wednesdays, 1 – 29 Aug '18 (no lesson on PH) or 5 – 26 Sep '18	4 Thursdays, 2 – 30 Aug '18 (no lesson on PH) or 6 – 27 Sep '18

TEMPOfiit Class

TEMPOfiit is a twist of fun, interactive, intermittent training uniquely designed to target concern areas namely the abs, arms and thighs.

To the beat of workout music, participants are paired up to engage each other in a cycle of heart-pumping routine focusing on building endurance, strength and cardio.

Prepare to sweat and get into your fats burning zone in this effective 45-minute workout session!

Dates: 4 Thursdays, 2 – 30 Aug '18 (no lesson on PH) or 6 – 27 Sep '18

Time: 7pm – 7.45pm

Fees: Member \$50, Public Officer \$55, Guest \$58

Venue: CSC @ Bukit Batok

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register by: 26 Jul '18 or 31 Aug '18



Bounce Dance Fit

A total workout that combines dance, fitness, cardio, muscle conditioning, balance and flexibility to make you feel energised. The choreography is fun and easy to follow, with the latest hip-hop and chart hits.



Trial Class **Date:** Mon, 6 Aug '18
Time: 7pm – 8pm
Fees: Member \$6, Public Officer \$12, Guest \$15
Register by: 1 Aug '18

Class of 4 sessions **Dates:** 4 Mondays, 13 Aug – 3 Sep '18 or 10 Sep – 1 Oct '18
Time: 7pm – 8pm
Fees: Member \$55, Public Officer \$60, Guest \$65
Register by: 8 Aug '18 or 3 Sep '18

Venue: CSC @ Bukit Batok

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Zumba Fitness

A cardio dance programme which incorporates basic Latin zumba dance moves, floor work and a good mix of effective aerobics routine. In short, a chance to burn calories while having fun! Max. 12 participants per class.

CSC @ Bukit Batok by Instructor Haynia

Dates: 4 Tuesdays, 7 – 28 Aug '18 or 4 – 25 Sep '18

Time: 7pm – 8pm

CSC @ Tessensohn by Instructor Yumi

Dates: 4 Tuesdays, 7 – 28 Aug '18 or 4 – 25 Sep '18

Time: 7pm – 8pm or 8pm – 9pm

Fees: Member \$50, Public Officer \$55, Guest \$58

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register by: 5 Aug '18 or 1 Sep '18





Pilates for Beginners

A great exercise to improve strength, flexibility and posture, pilates is a safe and effective method that focuses on muscular balance. Instructor Ms Mabeline will take participants through a series of exercises to work on different muscle groups.

Date: 10 Saturdays, 18 Aug – 20 Oct '18
Time: 2pm – 3pm
Fees: Member \$85, Public Officer \$95, Guest \$100
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 12 Aug '18

Hydrorider AquaBike Fitness

Hydrorider AquaBike requires you to pedal while immersed in water. The water density, buoyancy and hydrostatic pressure will create new challenges to help shape your legs, get rid of cellulite, and achieve your weight loss goals as well as improve your cardiovascular system and blood circulation.

(Participants are to bring own aqua shoes.)

Thursday evening sessions

Dates: 4 Thursdays, 2 – 30 Aug '18 or 6 – 27 Sep '18
Time: 7.30pm – 8.30pm

Friday evening sessions

Dates: 4 Fridays, 3 – 31 Aug '18
Time: 7.45pm – 8.45pm

Tuesday evening sessions

Dates: 4 Tuesdays, 7 – 28 Aug '18
Time: 6.30pm – 7.30pm or 7.30pm – 8.30pm

Tuesday evening sessions

Dates: 3 Tuesdays, 11 – 25 Sep '18
Time: 6.30pm – 7.30pm or 7.30pm – 8.30pm

Fees: Member \$100, Public Officer \$110, Guest \$120 (Min 4 pax, Max 5 pax)
Venue: CSC @ Tessensohn
Contact: Vanessa Choo at 6391 5641 or vanessachoo@csc.sg
Register by: 1 week before class



Learn-to-swim with The Swim Society!

CSC has teamed up with Swim Society to run our first-ever learn-to-swim programme! With Marcus Cheah, ex-national swimmer and Founder of The Swim Society, you will gain water confidence and learn the different swimming styles in no time.



Programme Information:

- Curriculum is taught in a term of ten 30-minute sessions
- Each class needs to have a minimum of three students to commence
- A proficiency assessment will be conducted prior to the first session
- All four strokes, along with water safety, will be taught at all levels
- Equipment is provided; only goggles are required for the lesson

Dates	Timeslot*	[Children] Fees (Group Lessons @30minutes per lesson x 10 lessons)	Fees (Private Lessons @45minutes per lesson x 10 lessons)
20 Aug – 22 Oct '18 10 weekly lessons Choose from Mon, Fri or Sat	AM: 8 – 11 PM: 3 – 7 *Choose from AM/PM timeslot	Supplementary Member \$330, Guest \$450	Supplementary Member \$900, Guest \$970

Visit www.theswimsociety.com/schedule for more information on the schedule and terms and conditions.

Venue: CSC @ Tessensohn
For Payment: Vanessa at 6391 5641 or vanessachoo@csc.sg
For Schedule & Timeslot: Marcus at marcus@theswimsociety.com
Register by: 15 Aug '18



Swimming for Ladies

Armed with 10 years of coaching experience, Ms Thipa has taught at various clubs. She is passionate and committed to imparting good swimming foundation and skills both to adults and children alike. Particularly good with ladies, she helps them to overcome their fear of water in no time at all.

Fees: Member \$210, Public Officer \$220, Guest \$230
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

CSC @ Tessensohn

Dates: 10 Mondays, 3 Sep – 5 Nov '18 (No lesson on PH)
Time: 7pm – 8pm (Beginner's class) or 8pm – 9pm (Intermediate)
Register by: 27 Aug '18

CSC @ Bukit Batok

Dates: 10 Thursdays, 20 Sep – 22 Nov '18 (No lesson on PH)
Time: 7.30pm – 8.30pm (Beginner's Class)
Register by: 18 Sep '18

SOCIAL ACTIVITIES

MUSIC



Learning the Harmonica

Students will learn the essential basics – posture, holding the harmonica and breath control – as well as techniques to enhance sounds such as through the vibrato. Instructor Titus Chia has years of performing and teaching experiences, and is equally versatile with the tremolo, chromatic and the blues harmonica.



Dates: 6 Wednesdays, 25 Jul – 5 Sep '18
(No lesson on 22 Aug)
Time: 7pm – 8.30pm
Fees: Member \$120, Public Officer \$130, Guest \$140
(For hygiene reasons, participants have to bring their own harmonica)
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 18 Jul '18

Learning the Violin

The mental, emotional and physical benefits of playing the violin are definitely worth your time and effort to learn it. Whether you are a beginner or someone wanting to improve your skills, there is a course for you.

Instructor Leong Gah Chiong has more than 20 years of experience teaching and performing at numerous concerts and private events.



CSC @ Bukit Batok

BEGINNERS

Fee: Member \$155, Public Officer \$165, Guest \$175

INTERMEDIATE

Fee: Member \$170, Public Officer \$180, Guest \$190

*Fee inclusive of materials and violin for class use

Dates: 10 Wednesdays,
29 Aug – 31 Oct '18
Time: 7.30pm – 8.30pm
Register by: 22 Aug '18

CSC @ Tessensohn

BEGINNERS

Fee: Member \$155, Public Officer \$165, Guest \$175

INTERMEDIATE

Fee: Member \$170, Public Officer \$180, Guest \$190

ADVANCED

Fee: Member \$185, Public Officer \$195, Guest \$205

*Fee inclusive of materials and violin for class use

Dates: 10 Mondays,
3 Sep – 5 Nov '18
Time: 7pm – 8pm
Register by: 27 Aug '18

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Learning the Keyboard

Keyboards are well loved mainly for its range – you can play virtually any style of music ranging from classical, jazz, blues, and contemporary music.

In this course, you will be taught the basics of notes and chords reading to enable you to play like a one-man band in a short time.

Instructor Titus Chia has been teaching the piano, keyboard and organ for more than six years.

Dates: 6 Mondays, 30 Jul – 27 Aug '18
Time: 7pm – 8.30pm
Fees: Member \$165, Public Officer \$175, Guest \$185
(Fee includes materials and the keyboard for play in class)
Venue: CSC @ Bukit Batok
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 23 Jul '18



Mastering the Erhu

The Erhu is the most popular instrument in the Chinese orchestra. It produces a distinctive soulful tone that has been likened to that of a human voice. Learn from veteran Instructor Mr Pang Chin Soon, who will teach you the correct and proper way of playing the Erhu right from the start!

A minimum of six participants is needed to start the class. Participants also need to bring their own Erhu.

Dates: 10 Wednesdays, 1 Aug – 10 Oct '18
(No lesson on 22 Aug)
Time: 7.15pm – 8.15pm or 8.15pm – 9.15pm
Fees: Member \$175, Public Officer \$188, Guest \$194
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 25 Jul '18

Learning the Flute

Learn to play the flute with veteran instructor Mr Chye Yong Seng who has been playing and teaching the instrument for more than 20 years at concerts and music events.

Participants will be taught posture, holding and fingering, breathing, positioning of lips and correct use of the tongue.

Dates: 8 Wednesdays, 29 Aug – 17 Oct '18
Time: 7pm – 8.15pm
Fees: Member \$170, Public Officer \$180, Guest \$185
(For hygiene reasons, participants have to bring their own flute to class)
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 22 Aug '18



Karaoke On-Going Singing Classes (English & Mandarin)

English Class (Conducted By Ms Ivy Wee)

Let our instructors bring your singing talent to a higher level in our newly furnished training room! Learn to sing your vowels and discover more about phonetic dictions, tempos and breathing exercises. Ms Ivy Wee (English coach) and Ms Teriesa Goh (Mandarin coach) are qualified vocal instructors from Wu Jia Ban Vocal Training School and have a Certificate in Music and Vocal Music Theory.

Dates: 10 Wednesdays,
8 Aug - 17 Oct '18
Time: 7.30pm - 9.30pm
Register by: 6 Aug '18

华语 + 福建歌唱技巧班招生 (吴美香老师指导)

吴美香老师拥有专业声乐教育证书, 她有多年的教学经验, 目前在吴家班歌唱学院任职。

她将教导学员如何应用歌唱的 13 种基本功法和技巧及汉语拼音和福建拼音来诠释不同曲风的歌曲。

课程内容:

学唱一首歌, 歌唱基本功法练习以及一对一雕歌 (学员可自由选择歌曲)

Dates: 10 Wednesdays,
15 Aug - 24 Oct '18
Time: 7pm - 9pm
Register by: 10 Aug '18



Ms Teriesa Goh

Ms Ivy Wee

**Applies to both classes
(English or Mandarin):**
Member \$150,
Public Officer \$180, Guest \$185
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641
or vanessachoo@csc.sg

SOCIAL ACTIVITIES SELF IMPROVEMENT



English Tea Appreciation



This course introduces participants to the art of tea drinking - from appreciating health benefits, understanding the history and culture behind tea drinking to identifying the different tea types. There will also be video presentations and live demonstrations on processing and harvesting methods, as well as brewing techniques and tea pairing. Each participant receives a certificate and a small gift.

Date: Sat, 28 Jul '18
Time: 10am - 12.30pm
Fees: Member \$55, Public Officer \$65, Guest \$75
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 20 Jul '18

Coffee Appreciation

Sign up for this coffee talk to learn the origins of coffee beans, how to distinguish the different blends as well as to be able to judge their freshness. Catch demos on brewing the perfect espresso-based beverages and then have fun making your own latte and espresso.



Date: Sat, 18 Aug '18
Time: 10am - 12.30pm
Fees: Member \$55, Public Officer \$65, Guest \$75
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 11 Aug '18

Conversational Teochew for Beginners

While most of us speak English as our first language, being able to converse in a common dialect allows us to maintain a link to our roots. This course will equip participants with Teochew conversational skills in a variety of social contexts for communication with the community and relatives.



Dates: 4 Mondays, 6 - 27 Aug '18
Time: 7pm - 8.30pm
Fees: Member \$45, Public Officer \$55, Guest \$65
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 30 Jul '18

SOCIAL ACTIVITIES

TRAVEL



1D Muar River Cruise & Shopping Tour

Itinerary includes:

- Muar River cruise · Oyster tasting
- Head down Muar Street for local delicacies and street art · Shopping!



	Adult	Child (11 years & below)
Member	\$ 78	\$ 70
Public Officer	\$ 82	\$ 75
Guest	\$ 85	\$ 80

Package includes:

1-day usage of 40-seater air-con bus · Experienced Tour Guide from Malaysia · Meal & entrance fees as per itinerary · Tipping for Guide & Driver · Group Insurance Medical \$500, Accidental Death & Disability \$10,000

Date: Sat, 28 Jul '18

Meeting Time/Place: 6.30am at CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Register by: First-come-first-served

Tour by: Amazing Explorer

3D Sky Mirror, Kuala Selangor Tour

Located at Sasaran Beach, Kuala Selangor, Sky Mirror is named after the mirror reflection of the sky in its full glory above – a phenomenon that occurs only twice a month – around the 1st and 15th of the lunar month. Come dressed in bright colours to capture some of the most beautiful selfies and wifies.



STAY @ Chalet & Hotel Vivatel or similar	Adult Sharing	Child with Bed (11years & below)	Child w/out Bed (6years & below)
Member	\$ 315	\$ 285	\$ 235
Public Officer	\$ 330	\$ 295	\$ 245
Guest	\$ 340	\$ 300	\$ 250

Package includes

3-day usage of 40-seater air-con bus · 2-night stays · Tourism tax · Tipping for Guide and Driver · Entrance fees as per itinerary · Group Insurance Medical \$500, Accidental Death & Disability \$10,000

Dates: Fri to Sun, 10 – 12 Aug '18

Meeting Time/Place: 6.15am at CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Register by: First-come-first-served

Tour by: Amazing Explorer

1D Malacca Shopping Tour

Itinerary includes:

- Nyonya lunch at Atlantic restaurant
- Browse Jonker Street · Shopping at Mahkota Parade/Pahlawan Mall

Package includes:

1-day usage of 40-seater air-con bus · Experienced Tour Guide from Malaysia · Lunch & Dinner · Tipping for Guide & driver · Group Insurance Medical \$500 · Accidental Death & Disability \$10,000



	Adult	Child (11 years & below)
Member	\$ 78	\$ 70
Public Officer	\$ 82	\$ 75
Guest	\$ 85	\$ 80

Date: Sat, 11 Aug '18

Meeting Time/Place: 6.30am at CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624

or kuagekcheng@csc.sg

Register by: First-come-first-served

Tour by: Amazing Explorer

3D2N Kuantan Tour

Itinerary includes:

Visit to Lake Chini, Malaysia's second largest natural lake · Charah Cave, known for its impressive stone sculpture of the "Sleeping Buddha" · Teluk Cempedak beach and Forest Reserve and its beautiful rock formations · Cherating Turtle Sanctuary where if lucky, you might get to witness egg-laying right there by the shore! Mark your calendar now!

Package includes:

3-day usage of 40-seater air-con bus · 2 breakfasts/3 lunches/3 dinners · 2-night accommodation · Experienced Tour Guide · Entrance fees as per itinerary · Tourism Tax · Group Insurance Medical \$500, Accidental Death & Disability \$10,000



Stay @ Vistana Hotel or similar	Twin/ Triple	Single	Child w/Bed	Child w/out Bed
Member	\$ 285	\$ 370	\$ 265	\$ 200
Public Officer	\$ 300	\$ 380	\$ 280	\$ 210
Guest	\$ 310	\$ 390	\$ 285	\$ 215

Dates: Sat to Mon, 1 – 3 Sep '18

Meeting Time/Place: 6.30am at CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624 or

kuagekcheng@csc.sg

Register by: First-come-first-served

Tour by: Amazing Explorer

4D Cameron & Ipoh Special

Itinerary includes:

(Cameron) Tour of Time Tunnel Gallery for a peek into history of Cameron · Boh Tea Centre for an introduction to tea processing · Organic Vegetable Farm · Brinchang Night Market to capture the local sights and sounds

(Ipoh) Gua Tempurung, Malaysia's largest natural limestone cave · Kellie's Castle · Kek Look Tong · Old Railway Station

Package includes:

Travel in 31-seater air-con coach · 4 lunches/3 dinners · 3-night accommodation · Tour Leader & Tour Guide plus tipping · Group Travel Insurance cover of \$10,000 Personal Accident and \$500 Medical expense on accidental injuries

	Twin/ Triple	Single	Child w/Bed (4 - 11 years)	Child w/out Bed (4 - 11 years)
Member	\$ 475	\$ 645	\$ 370	\$ 298
Public Officer/Gues	\$ 480	\$ 650	\$ 375	\$ 303

Date: Sat to Tue, 1 - 4 Sep '18

Meeting Time/Place: 6.15am, Lavendar MRT or 6.30am, Jurong MRT

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Register by: First-come-first-served

Tour by: Wei Xing Travel

7D Taichung, Alisan, Kaosiung, Taipei (Tour conducted in Mandarin-commentary)

Itinerary includes:

(Alisan) Alisan National Park · Sunrise at Alisan · Fenchi Lake Old Street · Tea Centre

(Kaosiung) Liuhe Night Market · FoGuangShan Temple · Meinong Village · Pearl Culture entre · Cijin Old Street

(Taipei) Tamsui Old Street · National Palace Museum · Pineapple Tart shop · Pixiu Centre · Shifen Old Street · JiuFen Old Street or Ximending Night Market

Package includes:

Airfare & Taxes at current rates (subject to changes upon final confirmation) · 6-night accommodation, standard or similar · 6 breakfasts/4 lunches/2 dinners · Entrance Fees as per itinerary · Local Mandarin speaking Tour Guide · Tipping for Tour Guide & Driver

	Twin/ Triple	Single	Child w/Bed (11 years & below)	Child w/out Bed (11 years & below)
Member	\$ 1,372	\$ 1,670	\$ 1,199	\$ 1,026
Public Officer/Guest	\$ 1,392	\$ 1,690	\$ 1,219	\$ 1,046

SCOOT's FARE + TAXES - \$440.00

01 Nov TR996 SIN-TPE 0830/1315

07 Nov TR997 TPE-SIN 1405/1855

Above cost based on current airfares and taxes, and therefore subject to changes upon final confirmation and time of ticket issue.

Dates: Thu to Wed, 1 - 7 Nov '18

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Register by: First-come-first-served

Tour by: Wei Xing Travel

REGULAR ACTIVITIES

csc @Tessensohn



Activity	Date	Time	Instructor	Fees			Group Size	Register By
				Member	Public Officer	Guest		

Aqua Aerobics | For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg

Aqua Aerobics	12 Sundays, 5 Aug - 21 Oct '18 (No lessons on PH)	9am - 10am	Vikki	\$80	\$90	\$105	18 Pax (Max)	25 Jul '18
Deep Aqua Aerobics 	10 Fridays, 17 Aug - 19 Oct '18 (No lessons on PH)	7pm - 8pm or 8pm - 9pm	Vikki	\$85	\$95	\$110	18 Pax (Max)	10 Aug '18
	10 Thursdays, 6 Sep - 8 Nov '18 (No lessons on PH)	6.30pm - 7.30pm	Anthea	\$85	\$95	\$110	18 Pax (Max)	1 Sep '18
	10 Tuesdays, 4 Sep - 13 Nov '18 (No lessons on PH)	8am - 9am	Vikki	\$85	\$95	\$110	18 Pax (Max)	25 Aug '18
	10 Wednesdays, 26 Sep - 28 Nov '18 (No lessons on PH)	6.15pm - 7.15pm or 7.15pm - 8.15pm	Vikki	\$80	\$90	\$105	18 Pax (Max)	20 Sep '18
	10 Saturdays, 22 Sep - 1 Dec '18 (No lessons on PH)	8am - 9am 9am - 10am	Anthea	\$85	\$95	\$110	18 Pax (Max)	18 Sep '18

Ballroom Techniques | For info, contact Gek Cheng @6391 5624 or kuagekcheng@csc.sg

Slow Foxtrot	10 Sundays, 19 Aug - 21 Oct '18	2pm - 3pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	12 Aug '18
Latin Rumba - Level 2	10 Sundays, 19 Aug - 21 Oct '18	3pm - 4pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	12 Aug '18
Ballroom Tango	10 Sundays, 19 Aug - 21 Oct '18	4pm - 5pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	12 Aug '18

Swimming | For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg

Children	4 Lessons, Jul/Aug '18 Choice of Sat/Sun	Depends on Swimming Level & Age (Instructors will advise)	Kurusamy / Seng Yung / Derick/ Chang	Supp Member \$70	-	\$85	15 Pax	15 Jul '18/ 15 Aug '18
Ladies (Beginner)	10 Mondays, 3 Sep - 5 Nov '18 (No lessons on PH)	7pm - 8pm	Thipa	\$210	\$220	\$230	12 Pax	10 Aug '18
Ladies (Intermediate)	10 Mondays, 3 Sep - 5 Nov '18 (No lessons on PH)	8pm - 9pm	Thipa	\$210	\$220	\$230	12 Pax	10 Aug '18





Activity	Date	Time	Instructor	Fees			Group Size	Register By
				Member	Public Officer	Guest		
Martial Arts For info, contact Hai Ming @6391 5607 or onnhaiming@csc.sg								
Wing Chun Kung Fu, "Chi Sau" (Adult Beginner)	4 Saturdays, 4 - 25 Aug '18 (No lessons on PH)	9am - 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	28 Jul '18
	5 Saturdays, 1 - 29 Sep '18 (No lessons on PH)	9am - 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	25 Aug '18
Wing Chun Kung Fu, "Chi Sau" (Adult Intermediate)	4 Saturdays, 4 - 25 Aug '18 (No lessons on PH)	11.30am - 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	28 Jul '18
	5 Saturdays, 1 - 29 Sep '18 (No lessons on PH)	11.30am - 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	25 Aug '18
Wing Chun Kung Fu, "Chi Sau" (Children 6 - 12 yrs)	5 Saturdays, 4 - 25 Aug '18 (No lessons on PH)	10.30am - 11.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	28 Jul '18
	5 Saturdays, 1 - 29 Sep '18 (No lessons on PH)	10.30am - 11.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	25 Aug '18
Wing Chun Kung Fu, "Chi Sau"	4 Thursdays, 2 - 30 Aug '18 (No lessons on PH)	8pm - 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	26 Jul '18
	4 Thursdays, 6 - 27 Sep '18 (No lessons on PH)	8pm - 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	30 Aug '18
Traditional Taekwon-Do	13 Saturdays, 6 Oct - 29 Dec '18 (No lessons on eve or PH)	3pm - 4.30pm (Beginner & Coloured Belt) or 4.30pm - 6pm (Red & Black Belt Only)	Singapore Taekwon-Do Academy	\$60	\$70	\$80	10 Pax	29 Sep '18
				\$100 parent & child pair \$150 parent & 2 children				



Studio Fitness For info, contact Serene Cho @6391 5620 or serenecho@csc.sg								
Yoga	10 Fridays, 3 Aug - 12 Oct '18 (No lesson on 10 Aug '18)	7pm - 8pm or 8pm - 9pm	Huay Lin	\$75	\$80	\$85	12 Pax (Min)	27 Jul '18
Pilates	10 Mondays, 27 Aug - 29 Oct '18	7pm - 8pm	Mabeline	\$85	\$95	\$100	12 Pax (Min)	20 Aug '18

REGULAR ACTIVITIES

CSC @ Bukit Batok



Activity	Date	Time	Instructor	Fees			Group Size	Register By
				Member	Public Officer	Guest		
Aqua Aerobics For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg								
Deep Aqua	10 Tuesdays, 24 Jul - 25 Sep '18 (No lessons on PH)	7pm - 8pm	Vicsland	\$85	\$95	\$110	18 Pax (max)	18 Jul '18
	10 Saturdays, 29 Sep - 1 Dec '18 (No lessons on PH)	8.30am - 9.30am	Kelvin	\$85	\$95	\$110	18 Pax (max)	10 Sep '18
Martial Arts For info, contact Hai Ming @6391 5607 or onnhaiming@csc.sg								
Aikido (Children)	10 Sundays, 22 Jul - 23 Sep '18 (No lessons on PH)	10am - 11am	Steven Goh	\$120	\$130	\$135	20 Pax	15 Jul '18
Aikido (Adult)	10 Sundays, 22 Jul - 23 Sep '18 (No lessons on PH)	11am - 12pm	Steven Goh	\$120	\$130	\$135	20 Pax	15 Jul '18
Traditional Taekwon-Do	13 Saturdays, 6 Oct - 29 Dec '18 (No lessons on Eve or PH)	4pm - 5.30pm	Singapore Taekwon-Do Academy	\$60	\$70	\$80	10 Pax	29 Sep '18
				\$100 parent & child pair \$150 parent & 2 children				
Swimming For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg								
Children	4 Lessons, Jul/Aug '18 Choice of Sat/Sun	Depends on Swimming Level & Age (Instructors Will Advise)	Yusman / Ishaak/ Paul / Vishnu	Supp Member \$70	-	\$85	15 Pax	15 Jul '18/ 15 Aug '18
Ladies	10 Thursdays, 20 Sep - 22 Nov '18 (No lessons on PH)	7.30pm - 8.30pm	Thipa	\$210	\$220	\$230	12 Pax	15 Sep '18
Studio Fitness For info, contact Serene Cho @6391 5620 or serenecho@csc.sg								
Pilates	10 Saturdays, 1 Sep - 3 Nov '18	11am - 12pm	Agnes	\$85	\$95	\$100	12 Pax (min)	25 Aug '18

CSC @ Changi

Swimming For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg								
Children	4 Lessons, Jul/Aug '18 Choice of Sat/Sun	Depends on Swimming Level & Age (Instructors Will Advise)	Chang Mun Chung	Supp Member \$70	-	\$85	10 Pax	15 Jul '18/ 15 Aug '18

APPLICATION FORM

Name (*Mr/Mrs/Mdm/Miss): _____

CSC M'ship no./NRIC No: _____ M'ship type: *Ordinary/ Supplementary/ Retiree/ Life/ Associate Gender: *Male/ Female

Address: _____ Singapore (_____)

Contact No: _____ Email: _____ Marital status: *Single/Married

I would like to participate in: _____ (Activity & Date) for _____ members including myself.

Indicate name and m'ship nos. if more than one member: _____ and (____) guests.

Indicate name(s) of guest(s): _____

*Delete as appropriate · For more than one activity and/or extended list of guests, please attach sheets separately · For swimming lessons, please contact the clubhouse at 6391 5605 · For badminton, please contact the sports section at 6391 5619.

Important notes

- Registration of activities is based on a first-come-first-served basis.
- All guests must be accompanied by members.
- All fees paid are non-refundable unless the activity is cancelled by the club.
- Please contact us if you do not hear from us one week before the activity.
- Applications must be accompanied by full payment. Please send separate cheques for different activities.

- Crossed cheques are to be made payable to "Civil Service Club" unless otherwise stated.
- Unless otherwise stated, cheques should be sent to:
Social Manager, Civil Service Club, 60 Tessensohn Road, Singapore 217664
- The Civil Service Club and its management will be kept fully indemnified against all claims, loss or damage whatsoever to participants arising from any cause in connection with activities organised or participation therein.

Civil Service Club

ASSOCIATE MEMBERSHIP

FOR NON-PUBLIC SERVICE OFFICERS
(SINGAPOREANS & PR)

Promotion



APPLY NOW
www.csc.sg/membership

PROMOTION ENDS
31 AUGUST 2018



3 Year Membership
\$900

2 NIGHTS CHALET STAY @ CSC
CHANGI I (OFF-PEAK)**

RRP \$296
Promo Code: **CRN2N**

OR

FITBIT VERSA*
RRP \$318

Promo Code: **FBV**



2 Year Membership
\$600

AZTECH
BREADMAKER*
RRP \$299

Promo Code: **ABM**



1 Year Membership
\$300

LADYSHIP
ESSENCE
EXTRACTOR*
RRP \$249

Promo Code: **LEE**



Terms and conditions apply

*While stocks last. **Chalet rooms for stay during off-peak period from Monday to Thursday during non-school holidays. Upgrade to peak period subject to approval and room availability.

Genting Dream

Enjoy a Dream escape with extraordinary GSS deals

Book by
31 July



2nd Person
Cruises at
\$8

FREE BALCONY UPGRADE
for Citibank Cardmembers



©2018 Citibank Singapore Limited. All rights reserved. Citi, Citibank, Citi and Arc Design and other marks used herein are service marks of Citigroup Inc. or its affiliates, used and registered throughout the world. Citibank Singapore Limited Co. Reg. No. 200309483K.

Genting Dream Cruises

2 Nights Cruise (Wed)
Kuala Lumpur
4 Jul – 14 Nov

1st person from
\$550

3 Nights Cruise (Sun)
Phuket
8 Jul – 21 Oct

1st person from
\$700

Penang – Langkawi
11 Nov

5 Nights Cruise (Sun)
Kuala Lumpur – Penang – Phuket
Redang – Koh Samui – Bangkok
Redang – Sihanoukville – Bangkok
Surabaya – North Bali
5 Aug – 28 Oct

1st person from
\$1,400

Enjoy our 3 Nights Phuket Theme Cruises



Cosfest SEA

16 Sep

Step into a world of fantasy as you dress up as your favourite character and rub shoulders with other cosplayers on the high seas.

- Meet & Greet • Cosplay Party
- Cosplay Workshop



Mid-Autumn Cruise with Ah Lun

23 Sep

Pamper your palate at sea this Mid-Autumn with Ah Lun with special dinner menus and cooking workshops.

- Meet & Greet • Cooking demo by Genting Dream Chefs and Ah Lun
- Exclusive Dinner



35m Over-the-sea Zipline



Live Fireworks at Sea



6-slide Waterpark

All information and fares stated are correct at time of print and subject to change without notice. Fares shown are based on twin-sharing in an Interior Stateroom and exclude gratuity fees and taxes of \$60 - \$110 per person. Other terms and conditions apply.

To start your Dream vacation, please call our booking hotline **6808 2288**

Website: dreamcruiseline.com • Email: sg.sales@gentingcruiselines.com • Facebook: [facebook.com/DreamCruisesSingapore](https://www.facebook.com/DreamCruisesSingapore)



vr.dreamcruiseline.com