

fusion!

one membership, three clubhouses, four distinct experiences

march – april 2019 issue



SPOTTED! At CSC Sports

Pg. 4
CSC Sake
Nite

Pg. 7
Mother's Day
Lunch



Pg. 9
Public Service
Sports &
Family Day

Civil Service Club

ASSOCIATE MEMBERSHIP

FOR NON-PUBLIC SERVICE OFFICERS (SINGAPOREANS & PR)



APPLY NOW

www.csc.sg/membership

Promotion

PROMOTION ENDS
30 APRIL 2019

3 Year Membership
\$900

2 NIGHTS CHALET
STAY @ CSC CHANGI
1 (OFF-PEAK)*
RRP \$296

Promo Code: **CRN2N**

OR

FITBIT VERSA
RRP \$318

Promo Code: **FBV**

Terms and conditions apply

All promotion gifts are subject to 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.

<https://www.csc.sg>

6391 5604 / 6514 6396

membership@csc.sg

2 Year Membership
\$600

GRUNN I1-ECOBOT RED
RRP \$239

Promo Code: **ROBOT**



1 Year Membership
\$300

(BUNDLE SET) DESKTOP GRILL
+ ELECTRIC KETTLE

RRP \$148

Promo Code: **BSGK**



Bicentennial Associate Membership Promotion 1 Mar 2019 - 30 Apr 2019

CSC COMMEMORATES
**Singapore
BICENTENNIAL 2019**



**3-Year Associate Membership
Promotion @ \$600 (Usual Price: \$900)
Limited to the 1st 200 sign-ups only**

Sign up for our 2-Year Associate Membership now
and enjoy 3 years of membership at the price of 2!
SAVE \$300 + Receive FREE membership gift!



GRUNN I1-ECOBOT RED
RRP \$239

Promo Code: **ROBOT**

Terms and Conditions:

- Promotion is only valid for New Associate Membership Sign-up and Renewal of Membership.
- All membership gifts are valid for Associate Membership and while stocks last.
- Membership is non-transferable and cannot be refunded.
- All privileges, discounts, promotions, terms and conditions may be amended or withdrawn at the discretion of the Management.

<https://www.csc.sg>

6391 5604 / 6514 6396

membership@csc.sg

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tessensohn@csc.sg

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Singapore 659206
T: 6513 7480
bukitbatok@csc.sg

CSC @ Changi I

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)
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membership@csc.sg

Sports Activities

T: 6391 5619 (Samantha Fok)

Social Activities

T: 6391 5607 (Onn Hai Ming)
T: 6391 5624 (Kua Gek Cheng)
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T: 6391 5620 (Serene Cho)
events@csc.sg

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

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

Civil Service Club

feedback@csc.sg

Dear Members,



Once again, at the end of our financial year (FY) of 2018/19, we are taking stock of what we wanted to do for the Club and for its members. Despite all the challenges, we are happy to report that all the initiatives and CAPEX that we wanted to roll out have been done, except for the Tessensohn Façade Upgrading, which will be rescheduled for completion by the end of the new FY.

EXPECTATIONS OF THE CLUB IN FY 19/20

CAPEX – Moving forward, we will continue to improve on the facilities that we are offering so that members using the Club's facilities will enjoy a better experience.

CSC @ Tessensohn: For the new FY, the tennis courts will be sheltered so that the courts are all-weather courts, so no need to cancel another game because of rainy weather! The badminton cum Multi-Purpose Hall will have sliding seats, 3 to 5 tiers, on both sides of the hall to enable more supporters to view the events. The sound system at the auditorium and the function rooms will be upgraded to provide better sound quality for the users. The repainting of the Clubhouse will be done in tandem with the façade upgrading.

CSC @ Bukit Batok: The walkway linking Blocks A to B, at level 3, will be sheltered. The Fruit machine (FM) room will be renovated to enhance the ambience for members. A new function room beside the FM room will be created to either serve as a café or as a seminar room.

CSC @ Changi: The Club will continue to upgrade the furnishings and functionality of the chalets at Changi and Loyang so that over time, the chalets will satisfy the needs and expectations of chalet users. We plan to have thematic chalets for the row of Fairy Point chalets so that each will provide a different experience to chalet users. An indoor children's playground cum party room will be built at Aloha Loyang. To enhance navigation within Aloha Loyang, lighted signage will be installed to facilitate way-finding. We will continue to introduce better connectivity and conveniences for chalet users by leveraging IT to enable seamless bookings, payments and check-ins.

These improvements are what members can look forward to for 2019. However, if members have any suggestions on what other CAPEX the Club should focus on, we would be most pleased to consider them.

Sports Activities – The Club will continue to partner major event organisers to facilitate our members and public service officers to participate under the public service category and at a discount. We will explore new sporting events and enable more of our Merdeka public service officers to participate. For floorball enthusiasts, CSC @ Changi will be used as a games village for the coming International Floorball Competition to be held in Jun/Jul 2019.

As a heads-up, some of the major events planned for this FY include the Public Service Sports and Family Day on 20 Jul 2019, Run By the Bay on 12 Oct 2019 and City 60 Bike Run Challenge on 3 Nov 2019. For details of some of these events, please refer to pages 8 and 9.

Social Activities – The Club will continue to explore new social activities, organise new tour destinations and enhance popular social activities. With the new online events booking linked to our Club Management System, the Club will be able to better understand our members' interest, organise social events based on their needs and conduct members' loyalty programmes and promotions.

ACTIVITIES OVER THE NEXT 2 MONTHS

SOCIAL ACTIVITIES

Over the next few months, we have lined up many interesting and exciting activities for our members and public service officers. They range from health and fitness, children's events to family bonding. We even have an event where dog lovers can bond with their dogs. Some of the highlights are shown below.

Children's Easter Party – 21 Apr 2019. It will be held at CSC @ Bukit Batok. Bring your children for a fun-filled morning with snacks, arts and crafts, and an Easter Egg Hunt between 10am and 12 pm. Every child gets to enjoy a McDonald's Happy Meal and the chance to win prizes during the egg hunt. Besides that, our life-size bunny mascot will be welcoming and ushering all the children to the party. For more details, please refer to page 4.

Sake Nite – 26 Apr 2019. It will be held at CSC @ Tessensohn's Qian Xi Restaurant, and for a change, will be Japanese-themed! Instead of wine, the drink offered will be Sake. Each table comes with an 8-course Asian-Japanese Dinner and 2 bottles of 1.8litre Sake. This is a refreshing change to our usual wine and dine menu. In addition, there will be stage entertainment and lucky draw prizes. This is being offered at great value for money so do check it out on page 4.

Mother's Day Lunch – 12 May 2019. Mother's Day lunch is one of our most popular events and is usually fully booked. This year the theme will be Mums in Cheong Sams. All mothers, regardless of race, are encouraged to come in cheong sams and the best dressed mother will win an attractive prize! Besides the fringe activities to pamper the mothers, all mothers will receive a special gift from us. So, book a table with your family to pamper your mother on this very special occasion. For more details, please refer to page 7.

Movie Treats – Do check out our Movie treats at Lido Cinema on 11 Apr (Shazam!) and 2 May (Avengers: Endgame) respectively. As part of the bicentennial commemoration, we are offering a special discount for members at \$20 for 4 tickets. For booking details, please refer to page 29.

SPORTS ACTIVITIES

CSC Children Swimming Meet / Public Service Swimming Meet

This event will be held at CSC @ Tessensohn on 27 Apr 2019 from 7am, starting with the children's event and followed by the Public Service Swimming Competition. For the children's event we have a swimming record board for the various age groups, placed near the entrance of the pool. We are looking forward to seeing all the records set last year being rewritten. A separate prize presentation will be organised immediately after the children's event. As for the Public Service competition, we are wondering if the defending champion ministry, MINDEF will continue its reign this year or if another ministry will make its mark! For more details on the CSC Children and Public Service Swimming Meet, please refer to pages 5 and 9 respectively.



RENOVATION & UPGRADING

CSC @ Tessensohn – The corridors of the main building at levels 1 to 3 and the bowling centre side walls will be renovated over the next few months to enhance the ambience and to modernise the Clubhouse. It may cause some inconveniences to our members but we will try our best to minimise it.

CSC @ Bukit Batok – The FM room will be renovated to include other conveniences for members. Concurrently, a new function room will be built between the open space of the swimming pool and the FM room. The smoking room will be demolished to make way for the function room. The toilets outside the FM room will be renovated, too. The upgrading works will probably commence in early Apr 2019.

CSC @ Changi – The instant water heater at each unit of the chalet block in Changi 1 will be replaced with a heat pump water storage tank. This will not only save energy consumption, but will also increase the water pressure for guests when showering. The replacement works will commence in late Apr 2019.

GYM

All the 3 Clubhouses have gyms that are tailored to different needs of the members and public service officers. These gyms are operated by commercial operators and members of the Club are given discounts when joining the gym.

At **CSC @ Tessensohn**, the gym not only caters to users who want to keep fit and physically muscular, it also provides rehab facilities. The Rehab Lab has a physiotherapy clinic which emphasises not only a reactive model of care but also proactive model of care. This means that the clinic specialises in both the treatment and prevention of injuries.

At **CSC @ Bukit Batok**, the gym is run by a franchisee of Anytime Fitness. The gym is ultra-modern with creative space organisation for other sporting activities. The gym operates round the clock, typical of the Anytime Fitness chain. The Clubhouse has made special arrangements for the convenience of gym goers to use the gym even after the Club's official opening hours.

At **CSC @ Changi**, while the gym is the smallest among the 3 Clubhouses, it is also the newest, and provides the latest gym equipment for gym users. The gym is located behind the restaurant and karaoke Lounge and will be in operation from Mar 2019.

BICENTENNIAL COMMEMORATION

Social – There are 3 initiatives that the Club have rolled out to commemorate the bicentennial commemoration.

In the **CSC Dessert Recipes competition**, we hope to collate well-kept local dessert recipes from our members and public service officers that have been tried and tested over the years by their family and friends. We will compile all these recipes into a CSC Recipes E-book, which will be available for all members to download. Prizes will be awarded to the selected winners. More details of this competition are on page 29.

The **1000 Wishes for Singapore** is another event that we hope members and public service officers will actively participate in. We hope to collect 1000 paper cranes, with well wishes written on the folded crane, to wish Singapore continued peace, progress prosperity, unity and other well wishes. More details are on page 30.

The third initiative is **CSC Bicentennial Upcycling Competition**. Members and public service officers can submit any creative and novel creation that epitomise the use of upcycled materials into practical useable items. For more details, please refer to page 31.

Membership – As part of the commemoration, membership will offer existing members and public service officers an offer whereby for every 2 years of membership application or renewal, there will be an additional complementary year of free membership. Likewise, for the Membership Bulk Purchase

Scheme, for every year of bulk purchase membership sign-up, the Club will offer another year of free membership. The offer is only valid for calendar year 2019.

Public Service Sports and Family Day – The theme for this event will be the Bicentennial Commemoration and will be woven throughout all the activities of the day, including the fringe activities of cycling and the amazing race. It will certainly be a day to look forward to!



IT ENHANCEMENT

Room Booking System – From mid Apr 2019, members and public service officers who want to book the chalets can indicate the specific unit that they want to book, if available. This is one of the enhancements that we have made to eventually work towards a seamless booking, payment and stay process that uses keyless door entry.

Virtual Membership Card – The Club has introduced a virtual membership card to facilitate members' use when they forget to bring their card with them. This will enable members to still use the Club facilities such as the swimming pool and facilities booking authentication. The virtual card can be downloaded from the CSC App.

Bowling – As for the bowling websites, the Club has upgraded the websites to provide bowlers with the convenience to use any mobile platforms to book the bowling lanes.

CHANGE OF F&B VENDOR

Please be informed that Pondok Gurame Restaurant has decided to terminate their outlet at CSC @ Changi effective 20 Feb 2019. The premise is taken over by Muslim Delights. We take this opportunity to thank Pondok Gurame for the excellent dining experience that it has provided over the past 2 years and wish them well in their next business venture.

We welcome Muslim Delights to CSC @ Changi and look forward to a close partnership to enhance their business expansion. Muslim Delights is an established Muslim Restaurant that serves good Muslim food and specialises in big Muslim weddings. It has outlets at Concorde Hotel and Grassroots Club.

I would like to wish our members good health and a happy Easter! To all the Mothers, a Happy Mother's Day!



Children's Easter Party

Aged 5-10 years

Here's a Easter party that will get your kids excited and hoppin' happy! Sign them up for a treat and watch them dance and have fun with egg-hunting and bunny making.

Date: Sun, 21 Apr '19

10am-12pm, CSC @ Bukit Batok

Fees: Member \$15, Guest \$20

Pre-registration required by 10 Apr '19

easter egg Hunt
Stand to win prizes worth up to \$50!

easter bunny Pencil Holder Making
Proudly sponsored by ARTZONE

ART ZONE
www.artzone.sg

HAPPY MEAL

Photo taking with bunny mascot

candy FLOSS
Fun easter dance

Programme

9.50AM	REGISTRATION & PHOTO TAKING WITH BUNNY MASCOT
10AM	FUN EASTER DANCE
10.15AM	FUN GAMES
10.30AM	EASTER BUNNY PENCIL HOLDER MAKING
11.15AM	MCDONALD'S HAPPY MEAL TIME
11.45AM	EASTER EGG HUNT
11.55AM	FINALE DANCE
12:00PM	HOME SWEET HOME

*SUBJECT TO CHANGE



contact >> Serene Cho at 63915620 or serenecho@csc.sg

CSC SAKÉ NITE

Friday, 26 Apr '19

7pm - 9.30pm

Qian Xi (Farrer Park) Restaurant,
CSC @ Tessensohn

Fee per table: (inclusive 2 bottles of 1.8l sake per table)
Member **\$380** | Public Service Officer **\$430** | Guest **\$450**

8-course Dinner

- 5 Kind Cold Dish Combination
- Seafood Fish Maw Soup • Crispy Roasted Chicken
- Fried Wasabi Prawn • Fried Seabass with Garlic
- Braised Japanese Mushroom with Broccoli
- Fried Udon • Green Tea Ice Cream with Red Bean



BEST DRESSED AWARD!

Come dressed in your Japanese costume and win prizes!



CONTACT: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg **REGISTER BY:** 15 Apr '19

CSC CHILDREN SWIMMING MEET 2019

SATURDAY, 27 APR '19
7AM TO 10AM

Fee Per Category

MEMBER \$8 | PUBLIC SERVICE OFFICER \$10 | GUEST \$12

Fee is applicable to each participating category

TO REGISTER

Kindly make payment via our online events portal (for members only) or at any 3 clubhouses. All registrations to be accompanied by the completed application form below. If payment is made online, a scanned copy of the form may be email to onnhaiming@csc.sg

CLOSING DATE

13 Apr '19

FOR MORE INFORMATION

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



SET A NEW RECORD

Challenge the current records and have your name immortalised.

BREASTSTROKE 50-Metre		
EVENT NO	CATEGORIES	AGE
B1	GIRLS	7 - 9 years
B2	GIRLS	10 - 12 years
B3	BOYS	7 - 9 years
B4	BOYS	10 - 12 years
FREESTYLE 50-Metre		
EVENT NO	CATEGORIES	AGE
F1	GIRLS	7 - 9 years
F2	GIRLS	10 - 12 years
F3	BOYS	7 - 9 years
F4	BOYS	10 - 12 years
FREESTYLE 50-Metre X 2 Parent-Child Relay		
EVENT NO	CATEGORIES	AGE
R1	FATHER-CHILD	CHILD AGE (7-12 years)
R2	MOTHER-CHILD	CHILD AGE (7-12 years)

Results of Parent-Child Categories are not included on the CSC Children Swimming Meet Challenge Board.

RULES AND REGULATIONS

- The registered age for Participants will be deemed to be his/her age on 27 Apr '19.
- Participants to report on 27 Apr '19, at 7am at Tessensohn Clubhouse Pool.
- Participants are to bring along their Student EZ-Link card for identification purposes.
- Medal will be awarded only to the top 3 of each event.
- Minimum 5 participants for each event.
- Participants are to obey all the rules and regulations set by the Organiser.

I wish to register my child for the following swimming event/s: (Please Circle)

BREASTSTROKE EVENTS: B1 B2 B3 B4 | FREESTYLE EVENTS: F1 F2 F3 F4

FREESTYLE RELAY EVENTS: R1 R2

Name of Child: _____ Gender: *Male/Female

Date of Birth: _____ Age: _____

Name of Parent: _____ (*Member/Public Service Officer/Guest) NRIC/Membership No: _____

Address: _____ S (_____)

Contact: _____ Email Address: _____

INDEMNITY

I agree that I will not hold the Civil Service Club (CSC) and their appointed staff or officials responsible for any mishaps, injuries or loss of life that may occur in the course of, or as a result of participating in the above activity; and I will indemnify the CSC and their staff or officials against any actions, proceedings, liabilities, claims, damages and expenses by any party howsoever arising out of or in connection with the above.

Name & Signature of Parent of Participant

*Delete as appropriate.

Date



Fun Fitness Party

(ALL ARE WELCOME!)

ANYONE FOR A GREAT WORKOUT AND LOSE SOME WEIGHT?

Join our 3-hour trendy fitness programme and get to move to the beat K-Kardio, Latin Cardio and Yoga.

Let our fun and energetic CSC instructor take you on an exciting workout routine. Each participant will receive a fruit and a bottle of water.

Date: SAT, 18 MAY '19 **Time:** 4PM - 5PM

Fees: MEMBER \$10, PUBLIC SERVICE OFFICER \$12, GUEST \$15

Venue: CSC @ TESSENSOHN **Register:** 11 MAY '19

Contact
SERENE CHO AT 6391 5620 OR SERENECHO@CSC.SG

FUN Mahjong Challenge

@ CSC Tessensohn

Consider yourself a Mahjong Master? Sign up for this Fun Mahjong Challenge to demonstrate your skills. Play two rounds of mahjong and accumulate as many points as possible. Player with the highest overall points will be the champion and win attractive prizes!

SUNDAY, 28 APR 2019
9.30AM TO 5PM

FEES (LUNCH INCLUDED)
MEMBER \$20
PUBLIC SERVICE OFFICER \$25

Contact Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Registration by 15 Apr '19



CSC Mother's Day Lunch

Come dressed stylishly in cheong sams to celebrate Mother's Day.
Every Mum will receive a goodie bag from us!

WHEN:

Sunday, 12 May '19
12pm – 3pm

WHERE:

Qian Xi (Farrer Park) Restaurant
CSC @ Tessensohn

MENU:

- 5-Kind Cold Dish Combination • Double Boiled 4-Treasure Chicken Soup
- Herbal Roasted Duck • Fried Prawn with Salted Egg Yolk
- Nonya Style Steam SeaBass • Broccoli with Mushroom
- Seafood Fried Fine Noodle • Mango Sago Pomelo

BRING: You, Your Lovely Mum and Family

FEES (PER TABLE):

Member \$348, Public Service Officer \$368, Guest \$388



Pamper Mum

with a Head & Shoulders massage (10min)
and/or Express Eye Makeup (15mins)

Available on event day from 11am to 2pm

Pre-registration required. Email to kuagekcheng@csc.sg with your mum's name and phone number. Limited slots only, strictly first-come-first-served.

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

Register by: 2 May '19

Best Dressed
Mum in
Cheong Sam will
win a **table-for-10**
at our **CSC**
Father's Day
Lunch





DOG-FRIENDLY

Pasar Malam Carnival

SATURDAY, 1 JUNE 2019,
3PM TO 9PM • CSC @ CHANGI I

Join us at this dog- and family-friendly kampung-themed event for a day of nostalgic fun for owners, their furry friends, and the entire family.

A wide choice of activities for owners and their dogs, for dog lovers and families, young and old. Stop by the many booths to enjoy food, games, prizes for adults, children and dogs of course. More details to come!

For more details, contact
Hai Ming at 6391 5607
or onnhaiming@csc.sg

In collaboration with









**COMING ON
SATURDAY,
27 APRIL
2019**

PUBLIC SERVICE SWIMMING MEET 2019



THE COMPETITION IS ON!

An intense battle for the championship is expected at this year's Public Service Swimming Meet, especially between agencies such as the Ministry of Defence, Ministry of Education and Sport Singapore. More than 20 teams from various governmental agencies are expected to take part in the event, which will be held at Tessensohn Clubhouse on Saturday, 27 April 2019 starting at 8am. The event is open to Public Service officers only. If you are working in a government agency and wish to compete in the event, do contact your sports liaison officers.

For list of sports liaison officers, visit
www.csc.sg/stargames/ or email sports@csc.sg.

**CSC RUN
BY THE BAY**



**12 OCTOBER, SATURDAY
SUNSET RUN** GARDENS BY THE BAY EAST

www.cscrunbythebay.com



21.1 KM Individual

12.8 KM Individual or Team of 4

6 KM Non-competitive



REGISTRATION OPENS ON 17 APRIL

FOLLOW @CSCRUN LIKE @METASPORT.SINGAPORE @CSCRUN

PUBLIC SERVICE SPORTS AND FAMILY DAY

THE ANNUAL PUBLIC SERVICE SPORTS AND FAMILY DAY, ALSO CSC'S BIGGEST SPORTS EVENT, RETURNS ON 20 JULY 2019 (SAT) AT THE GARDENS BY THE BAY (BAY EAST)!

In celebration of Public Service Week and in commemoration of the Singapore Bicentennial 2019, the Sports and Family Day will feature a wide array of sporting and family activities for public service officers and their family members.

In the Interactive telematch, Dragon Boat Race and Amazing Race, teams from different agencies compete against one another for honours. Besides these competitive events, there are sport try-out, water sports try-out, treasure hunt and exciting fringe activities for public officers and their family members to spend a wonderful morning at the venue. Do note that you have to register to obtain the free tickets.

Come and take part in any of the four thematic activities!

**Gardens By
The Bay
(Bay East Park)**

20 JULY 2019
(SATURDAY)
8AM TO 1PM



1

INTER-AGENCY TEAM COMPETITIONS

- Interactive Telematch
- Dragon Boat Race
- Amazing Race



2

HEALTHY LIFESTYLE ACTIVITIES

- Healthy Lifestyle Walk
- CSC Bike Ride (Starting at Changi Clubhouse)
 - Sports Try-out
 - Kayaking Try-out
 - Bell Boating Try-out



3

FAMILY ACTIVITIES

- Family Treasure Hunt
- Children's Colouring & Art Competitions



4

FRINGE ACTIVITIES

- Photo Booths
- Inflatable Bouncers
- Roving Performers
- Games Stalls
- Fun Pack Redemption
- Popcorn, ice - cream and Cotton Candy Floss Redemption

**VISIT <https://www.csc.sg/sportsday/>
IN MID-MARCH FOR REGISTRATION DETAILS!**





2019 Unmasked!

CSC Dinner & Dance 2018

It's theatre. It's carnival. It's a night of illusion.

The CSC "Masquerade" annual countdown party held on 31 December 2018 dazzled with theatre as 400 guests comprising valued members, family, friends and associates converged to unveil a brand new 2019.

The carnival began well before dinner proper. Seven booths lined the lobby of the Pan Pacific Ballroom beckoning the early flock with good pre-dinner fun.

Many of the guests headed straight for the Hair Extension Booth, and came out sporting

an electrifying new look with extensions in zany shades ranging from neon green, electric blue, to shocking pink and every colour in between.

"This is exciting. My first hair extension and I love it!" gushed Jacky Kuah. "A great way to start the new year. The atmosphere's great and everyone is getting into the mood."

Meanwhile, the Photo Booth was drawing its own crowds as guests stood in line for fun shots of themselves as they futzed around with the photo props.

The most popular booth, however, has to be the Rhinestone Booth, where guests got to complete

their party look with customised bling-bling accessories of bracelets and pendants.

And in keeping with the Masquerade theme, each guest got to pick their favourite mask – glittery owl, Phantom of the Opera, Batman, medieval metallic, sexy lace, gold sequinned ones, LED glowing ones... you name it.

Everyone was also all smiles to receive a potpourri bag and a pair of chopsticks with personalised calligraphy art, to pose for their silhouette cutouts, and to sport glitter tattoos.

Party Hearty

All that was just a taste of what was to come. More treats were in store including a sumptuous eight-course dinner spread and a full lineup of dinner entertainment.

Besides the gravity-defying act of illusionist Alex T. as he levitated his assistant, there was the feet-thumping Elvis Showtime by the impersonator artiste who captivated all with the sounds and moves of the King of Rock and Roll.

The biggest mystery of the night, however, was how the Sichuan mask-change artiste pulled off her series of instant identity swops. With a quick flick of her cloak, or a subtle hand gesture, she would become an elderly man, a demon warrior, even a king. And she did her transformation not away from prying eyes but right there among the audience, leaving them gasping in astonishment at each new persona.



Sufficiently warmed up, the guests themselves got into their own act. One uproariously funny moment came when 10 guests were formed into two teams for a dance battle. Every member of both teams gamely battled it out in pairs to dance numbers from different eras, sending the audience into helpless laughter and admiration for the contestants' spirited performance.

Another unforgettable moment was the battle between four couples for the winning pair with the "Best Chemistry". Eventually the award went to Kenji Tan and Zainon Bte Yahaya who won the hearts of the audience by busting out their best dance moves.

Time flies when you are having a good time. Soon it was minutes to midnight and time to usher in 2019.

The exuberant guests spontaneously formed a long conga line that weaved and gyrated across the entire ballroom. They also managed to squeeze in time for a mass wefie!

At the stroke of midnight, guests together with the CSC Executive Committee members discharged their confetti cannons. The ballroom quickly transformed into a sea of spectacular colours and laser fireworks. This was followed by the popping of champagne and toasts were raised to a new year of happiness and good fortune.

Good fortune greeted lucky draw winners Mr Toh Choong Hohn and his wife who won two return SQ tickets to Paris. "My wife and I have been to Paris but that was more than 20 years ago. So we are very excited to get this chance to revisit the country. It's like a dream come true."

***What a way to unmask 2019!
May all your wishes come true!***

Special Thanks to Our Sponsors

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STARS

in the Spotlight

Public Service STAR Games Awards Presentation

Stealing the spotlight from the CSC Dinner & Dance party for about half an hour at the Pan Pacific Hotel on 31 December 2018 was the Award Presentation Ceremony for the Public Service STAR Games 2018.

It was a highly anticipated ceremony held annually to honour the sports achievements of the participating government agencies. Presenting the prestigious awards to the top four finishers in the Division I and II categories was CSC Vice-President and Guest-of-Honour, Mr Chew Hock Yong.

The STAR Games – short for “Staff Team up for Active Sports and Recreation” – is organised by CSC to promote a healthy lifestyle in the public service and to foster camaraderie among officers in the public service. In 2018, a total of 37 ministries and statutory boards battled it out across a wide spectrum of sports, 22 STAR games to be exact, for championship points.

Team Sports

Division I was a very tight race. Ministry of Home Affairs (MHA) came in champion with Ministry of Defence at a very close second. In fact, MHA and MINDEF were tied on championship points and the top spot had to be decided by tie-breaker which put MHA a nose ahead. In third place was the Ministry of Education with 79 points, just one point behind the two agencies, followed by third runner-up Ministry of Health.

A delighted MHA celebrated their win by booking four tables for its Home Team officers at the CSC Dinner & Dance. “We felt it is important that the team celebrates the win together,” said Benjamin Chia, Vice-Chairman of the Home Team Sports and Recreation Association. He added, “The win is a strong affirmation that our philosophy of working in unity and playing together brings results.”



The Division II Challenge Trophy, meanwhile, remained with the defending champion team at JTC Corporation (JTC). For JTC, the philosophy is the same yet different. “The end game was not about winning. The main objective of participation in STAR Games is inclusiveness,” said Glory Wee, Chairperson of the Sports Committee at JTC Corporation. “So the champion trophy is less about winning and more about celebrating a balanced lifestyle and inclusivity.”

Each year about 400 JTC staff take part in STAR Games. “Our biggest takeaway from STAR Games is that our people get better as a team through sports, because sports really does bring people together,” added Glory.



2018 STAR GAMES TOP 10 AGENCIES

DIVISION I

- 1 Ministry of Home Affairs
- 2 Ministry of Defence
- 3 Ministry of Education
- 4 Ministry of Health
- 5 Housing & Development Board
- 6 Sport Singapore
- 7 Ministry of the Environment and Water Resources
- 8 Land Transport Authority
- 9 Ministry of Communications and Information
- 10 Ministry of National Development

DIVISION II

- 1 JTC Corporation
- 2 Republic Polytechnic
- 3 Temasek Polytechnic
- 4 Ministry of Manpower
- 5 Ministry of Culture, Community and Youth
- 6 Central Provident Fund Board
- 7 Maritime and Port Authority of Singapore
- 8 Judiciary
- 9 Ministry of Social and Family Development
- 10 Building and Construction Authority



HUAT'S HAPPENING

CSC LUNAR NEW YEAR BAZAAR

Lunar New Year came early to CSC this year. On Saturday, 19 January, the Diamond Ballroom at Tessensohn Clubhouse was transformed into one ginormous Bazaar.

By the end of five hours starting from 10am, the Bazaar has hosted close to 800 members and guests. Some came in search of new year goodies, some to win prizes at the hourly lucky draws, others to give a ear to the fengshui master on what the Lunar New Year holds for them. Still others came to simply soak in the festive mood and join in the fun. No one was disappointed.

We got close to the action to check out *huat's* happening around the Clubhouse.

SHOPPING SPREE, ROAMING FREE

With the Ballroom lined end to end with more than 30 stalls, the Bazaar was a lively marketplace of bargains, tastes and sounds.

Shoppers looking to start the year on a healthy note had plenty of options. A dizzying array of health food booths offered cordyceps, herbal teas, lingzhi, Jeju wild abalone and more.

The Honeywood stall nearby presented products made from Australian wild honey, including pineapple tarts in the shape of piglets. Wherever one roamed, festive goodies beckoned, from Bee Cheng Hiang and Mdm Ling Bakery to homemade cookies and premium crackers.

Meanwhile, the house-proud looking to make over their homes headed for stalls offering pretty paper lanterns, Chunlian couplets, humidifiers, LED lights and more.

FREE FOR ALL, ALL FOR FREE

The freebies started right at the door with each member receiving a goodie bag containing mandarin oranges, brown rice vermicelli pack, selfie stick and toiletry set. Free corn cups, candy floss, ice cream and muah chee kept visitors munching happily away.

Another popular freebie was the Chunlian or the spring couplets to usher in good fortune to the year.





WORKSHOPS AND OTHER STOPS

Over Level 3 at the Auditorium, the Feng Shui talk by Master Ang of New Trend Lifestyle armed the audience with tips to ensure a prosperous year.

As always, Chef Lisa was a crowd-puller as she held her class captivated with her cooking demo on Lunar New Year dishes.

Another draw was the Aura Reading booth, where shoppers had questions about their future answered simply by drawing a series of crystals.

A free movie screening and colouring competition kept the little ones happy. Popular too was the free craft workshop, where kids laboured over their cute pigs made from clay.

HUAT AH!

The hourly *huat-ah* lucky draws did a lot to keep the atmosphere thick with expectant joy. Three lucky winners took home Mandarin oranges, *bakkwa* barbequed pork, and a hamper of bird's nest, ginseng and other tonics, respectively.

Also delighting shoppers were the lucky dips with every \$20 spent at the Bazaar as they won prizes like computer mice, *bakkwa*, mandarin oranges, cookies and a massager.

But the greatest excitement was reserved for the Members' Festive Draw which gave away cash prizes totalling \$23,880, consisting of 10 prizes ranging from \$888 to \$6,888.

The draw was heralded by two lions in a dance, leaping high and batting their eyelids. The lively duo flirted at length with the audience before deciding to show some love to the audience by showering them with lettuces and mandarin slices.

Then came time for Lady Luck to pick the first prize winner. The whopping cash prize of \$6,888 went to Mr Lim Chor Hong. He said: "I was ecstatic that my name was drawn. This is the first time I have ever won anything. I think my luck will be good this year!"

Luck is here for sure. CSC wishes every member good fortune and great prosperity this Lunar New Year. *Huat ah!*



CSC Lunar New Year Lohei

A Toss to Good Fortune and Prosperity

The CSC Lunar New Year Lohei Dinner 2019 was held at the Tessensohn Clubhouse's Diamond Ballroom on 11 February to mark *Ren Ri* 人日 – the seventh day of the Lunar New Year, widely commemorated among the Chinese as everyone's birthday.

A total of 460 guests huddled over dinner, the evening's most poignant moment being that when the emcee and a guest performed the Cantonese classic, *朋友* (*Friend*). Spontaneously, guests at every table stood up to link hands and belted out passionately the song while swaying in unison.

Certainly for guest Ivy Wee, the evening is about celebrating the bonds of friendship. Her line dance group has been dancing at CSC @ Tessensohn for many years now and participating at the annual gathering at the CSC Lohei. Said Ivy, "CSC Lohei Dinner is a chance for us to get together and have a good meal and a good time."

The good time started early, with pre-dinner treats and games that kept the energy high and the mood light. Guests had fun placing bets at the roulette and the zodiac table, and were thrilled to redeem their chips for prizes. Others enjoyed pre-dinner refreshments such as steamed corn, fortune cookies, *cheng teng* and *niangao*.

All ingredients for a prosperous year ahead

The evening had all the ingredients to usher in a year of prosperity and good fortune. From the thunderous shouts of auspicious phrases during the tossing of the *yu sheng* at every table, to the patting of the pig mascot, Fu Lu Shou and God of Fortune as they paraded the room, to the lively lion dance and the cutting of the longevity peach cake.

The guests threw themselves wholeheartedly into the spirit of things, singing and dancing along with the emcee and sportingly taking part in stage games.

The audience at the Lohei is always a spontaneous one, commented dinner guest Ida Chong. "The humour and the spontaneity makes for a fun evening. My in-laws book a table every year for the good food, good company and good fun."

What a beautiful memory to carry into the new year! We wish all members a prosperous 2019. May you sow abundance in this year of the pig.





MEWR AND MHA SPLIT THE TITLES AT SEPAKTAKRAW TOURNAMENTS 20 AND 26 JAN '19

The public service's best sepaktakraw players met at the PERSES Centre of Excellence in Jan '19 to compete in two tournaments: the Inter-Team Tournament on 20 Jan '19 featuring six teams from four agencies; and the Inter-Regu Tournament on 26 Jan '19, which saw 30 teams from eight agencies battled for honours.

The Ministry of The Environment and Water Resources (MEWR) team created an upset by defeating Ministry of Home Affairs (MHA), the defending champions, in the finals of the Inter-Team event. MEWR team manager Jumain Suaip revealed that their victory was the culmination of years of hard work. "MEWR was always beaten by MHA teams in previous tournaments. We either placed first, second or third runner-up," he said. "Each year we do our utmost to play well and win the cup. This year is not exceptional. The only team to beat is MHA because the team plays in the league and comprises a vast pool of young players."

And what were the keys to turning the tables on their old rivals? "Strategy, players' guts and determination to win with strong moral support among the players, especially from the senior players," Jumain said. Thanking his teammates, Jumain shared how much the win meant to everyone involved. "Being champion is a dream come true for all the players," he said. "We'll cherish this wonderful excitement and glory."

MHA's Inter-Team reign may have ended, but they were not going to relinquish the Inter-Regu title without a fight – not with their experience and passion. "We were aiming to repeat the outstanding performances in 2017 and 2018, clinching the championship and first runners-up places in the Inter-Team and Inter-Regu events," said MHA's CPT Saifulbahri bin Mohd Idris. "Unfortunately, in the Inter-Team, we lost the championship to our nemesis, Ministry of the Environment and Water Resources and only managed to finish as first and second runners-up."

"The disappointment of losing the Inter-Team event spurred the men on and not come home empty-handed," said CPT Saifulbahri. "Therefore, in the Inter-Regu, we had five regus in the quarter-finals and eventually finished with three regus in the top four positions: champions, second runners-up and third runners-up."

CPT Saifulbahri described how the tournament had values at three levels. "By participating in the tournament, they do their part in keeping alive the traditional game of sepaktakraw," he said. "Secondly, it was a good opportunity to forge new relationship with other Home Team departments in honing working relationships. Additionally, it was a good form of recreation after a long day at work, and to maintain their fitness, physical and mental well-being."

We thank Guest-of-Honour Mr Charlie Ng, CSC Chief Executive, for presenting the prizes to the winning teams.



RESULTS

SEPAK TAKRAW (INTER-TEAM)

Champion	Ministry of The Environment & Water Resources (1)
1st Runner-Up	Ministry of Home Affairs (2)
2nd Runner-Up	Ministry of Home Affairs (1)
3rd Runner-Up	Ministry of Education (1)

SEPAK TAKRAW (INTER-REGU)

Champion	Ministry of Home Affairs (7)
1st Runner-Up	Ministry of The Environment & Water Resources (4)
2nd Runner-Up	Ministry of Home Affairs (1)
3rd Runner-Up	Ministry of Home Affairs (5)

MINDEF RULES THE LANES IN 3-6-9 BOWLING COMPETITION

12 TO 26 JAN '19



A whopping 104 teams from 19 agencies gathered at Changi Resort Bowl, CSC @ Changi, from 12 to 26 Jan '19 to participate in the Public Service 3-6-9 Bowling Competition 2019. In the fun yet competitive event, each of the four categories was won by a different agency. However, the Ministry of Defence (MINDEF), with podium finishes in all the four categories, emerged as the overall champion.

According to team captain Ong Jun Kai, the result is part of MINDEF's continued improvement at the games. "In recent years since 2017, MINDEF has put in improved performances in the Public Service STAR Games," he said. "We have won the STAR Game 10-pin bowling tournament for three consecutive years, but for 3-6-9, this is probably the first as far as I can remember."

While they do not have a coach, many of MINDEF's bowlers compete in leagues together. "That's how we train and understand each other's playing styles," Ong said. "MINDEF also went in with a clear strategy that is based on maximising our chances of finishing within the top four in all categories," he said. "Placing the right players together is another contributing factor for success."

In celebrating the win, Ong had words of thanks for his teammates and the event organisers. "To the MINDEF bowlers, a job well done, regardless of where you finished. Continue to keep the spirit high; the hard work and effort will pay off someday," he said. "And to the organisers, thank you for organising the event and providing us with a platform to create and renew friendships through sports."

We thank Guest-of-Honour Mr Jerry Lim, CSC Executive Member, for presenting the prizes to the winning teams.

RESULTS

CATEGORIES	WOMEN'S	MEN'S	MEN'S ACTIVE AGERS	MIXED
Champion	Ministry of Education (2)	Ministry of Defence (2)	Ministry of The Environment & Water Resources (4)	Ministry of Home Affairs (1)
1st Runner-Up	Ministry of Health (1)	Ministry of Defence (1)	Ministry of Defence (2)	Ministry of Defence (3)
2nd Runner-Up	Ministry of Defence (1)	Ministry of Defence (5)	Ministry of Health (1)	Ministry of Education (6)
3rd Runner-Up	National University of Singapore	People's Association (1)	Ministry of The Environment & Water Resources (1)	Ministry of Health (5)

OVERALL POSITION

Champion	Ministry of Defence
1st Runner-Up	Ministry of Education
2nd Runner-Up	Ministry of Health
3rd Runner-Up	Ministry of The Environment & Water Resources (1)



CSC Healthy Lifestyle Walk @ Dairy Farm Nature Park

25 Jan '19

The 1st edition of the CSC Healthy Lifestyle Walk in 2019 took place on 25 Jan '19, with 356 participants from 11 organisations making the trek to the Dairy Farm Nature Park. A regular programme designed to keep public service officers active and healthy, the walk has brought participants to locations such as Labrador Park, Pasir Ris Park and Sengkang Riverside Park last year.

At the end of the walk, participants received fun packs and participated in a lucky draw. The top prize went to Chung Wei Leng, a first-time participant from the Ministry of Education (MOE). "The walk was fun; I was excited to discover 'Little Guilin,'" she said, referring to the old Singapore Quarry, which is now a picturesque wetland habitat.

Wei Leng, who went to the walk with colleagues, looks forward to attending the next edition with even more fellow MOE staff. "I will encourage my colleagues to join the walk," she said.

We thank Guest-of-Honour Mr Michael Lee, CSC Executive Committee Member, for flagging off the walk and officiated the lucky draw.



Fun Fact | The historic 63-hectare park just north of Bukit Timah Nature Reserve traces its roots back to the 1930s, when Fred Heron – Managing Director of Cold Storage at the time – set up the world's first tropical dairy farm in the area. While the farm no longer exists, its former cowsheds now house the Wallace Education Centre, named for iconic naturalist Alfred Russel Wallace, who visited Singapore in 1854.

IN THE LONG RUN...



CSC Running Club members with other volunteers at the flag off point



6 October 2018 was an eventful day for members of the CSC Running Club.

It started with the “Walk for Rice” event organised by Bethel Community Services (BCS). For every 200m walked, a bowl each of brown rice and white rice was to be donated to needy families in the Aljunied–Macpherson area.

It was a bright lovely morning that Saturday at Punggol Park Connector which was the startpoint of the 2.4km journey – a distance some of us covered by walking while others ran. Those with even more leg power did the 10km route. Regardless, everyone who participated was happy as it was a worthy cause that resonated with us all. Some of us also brought like-minded family and friends who wanted to do their part for the community.

BCS is a non-governmental organisation with an Institutions of a Public Character (IPCs) status that serves the needs of residents in Aljunied/Macpherson. Sponsored by the South East Community Development Council, the “Walk For Rice” event was conceptualised in 2009 under an approach known as 5E, which stands for Easy, Enjoyable, Encourage, Earns, Enlarge and Enhance. This approach serves to encourage individuals, organisations or the community to participate in simple activity such as walking to raise rice for the needy families in the South East district.

Following the “Walk for Rice” event, we gathered in the late afternoon at one of the CSC Changi villas for our annual members’ gathering. It was a free and relaxing time for us as we mingled and got to know one another better. The day ended with a treat to a sumptuous buffet dinner.

As can be seen from these two activities, the CSC Running Club is not just about running. In the long run, it’s a social group where we build friendships for mutual encouragement to live a healthily as well as to return to society through worthy causes.



Come join the CSC Running Club to participate together with our members in such activities as the ones featured here. The Running Club is opened to all CSC members with an annual subscription fee of only \$12.

To register, go to www.csc.sg/stargames/Sports-Interest-Running-Civil-Service-Club (click “Payment of Annual Subscription/Renewal Fee”). Our Running Club also holds running sessions every first and third Saturdays of the month.

For more information, contact our Running Club President, **Abraham Chan 9663 7837**.

9D 888K TAIWAN ROUND ISLAND

THE 6TH EDITION
OF CSC TAIWAN
CYCLING TOUR BY PAUL CHAN



First day of the trip, raring to go!



A pit stop at the disused train track built during the Japanese occupation

Twenty-two cyclists from the CSC Cycling Club participated in a nine-day round-island tour to Taiwan from 24 Nov to 2 Dec 2018. The original 888km route was extended to 928km with a total of near 4000 metres elevation. We engaged the Formosa Lohas Cycling Association (FLCA) to organise this trip.

Eighteen of us completed the full distance; the other four succumbed to the steep slopes and had to take the support vehicle for part of the hilly terrain. Congratulations nonetheless to all cyclists for the courage and the never-say-die attitude. No journey is too difficult to complete if one has the will.

Sau Mei said, "We really had a good time and together we conquered the round island challenge. Do remember to give yourself a pat on the back."

Esther and Celestina: "A thank-you to the FLCA leading cyclists, Jet, Jack and Jim for the care and guidance, special thanks to 小戴 for the wonderful logistic support, especially the freshly cut fruits and all the energy bites."

Our strongest cyclist, Shihua said: "Grateful to the FLCA leading cyclists and their support to enable me to complete the round-island that I have been dreaming to accomplish since 2012."

From one dream to another. Already planning for the 2019 7th edition tour, Cycling Club Chairman and the tour organiser Paul Chan, has provided some preliminary information.

✈ BOARDING PASS

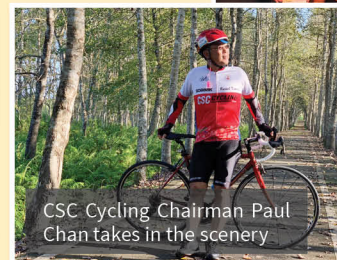
Destination
Taiwan 9D S Challenge

Tentative Date
23 Nov to 1 Dec 2019

Tentative Route
**Arrival Taoyuan Airport > Hsinchu > Miaoli > Changhua
> Nantou > Wuling (3,257m) > Hualien > Taitung >
Pingtung > Final stop at Kaohsiung**

STAY TUNED

For more details, look
out for the presentation
in May 2019!



CSC Cycling Chairman Paul Chan takes in the scenery

TANGKAK, MOUNT OPHIR

13 – 14 OCT 2018

A GOOD RIDE DESPITE THE DOUBLE WHAMMY BY OEI SU CHEOK



Following close on the bicycle lane



Accomplished! A nine-day round-island tour of Taiwan



Upon arrival at Gunung Ledang National Park

Cycling to nearby Johor sounds easy enough. A two-day biking tour from Pontian Kechil, stop over in Muar, followed by a ride to Tangkak and finally heading for Mt Ophir (Gunung Ledang). This northbound ride on the Route 5 in Johor was also reminiscent of CSC Cycling's successful journey to Melaka in 2017.

But things didn't turn out as planned. As we rode from Tangkak towards Mt Ophir, the tarmac road soon turned into earth and gravel path as we headed into the oil palm plantation, without a good path in sight. Local wardens passing by confirmed there was no way to proceed ahead on our bikes, via the so-called TV station route.

Another whammy awaited us. Noting our disappointment, our ride leader Robin offered us the bonus to visit a hot spring attraction at Sungai Gersik, near Muar on our return journey. Alas, we got there only to find out that the facility was under renovation!

Notwithstanding this and that Mount Ophir remained elusive, especially to those who have never been there and who had joined this trip for that sole purpose, we did make the best of the trip and thoroughly enjoyed the great company and good food – Tangkak beef noodles, Muar's mutton soup, otak-otak shopping and seafood in Pontian Kechil. Well, we also learnt that cycling is not the way to go to Mount Ophir!



Regrouping and taking a rest at Batu Pahat

JOIN US

We conduct local rides on the 2nd and 4th Saturdays of each month, as well as overseas rides. Be connected with our programme. Membership forms may be obtained at any of the CSC Clubhouses or online at www.csc.sg/stargames/Sports-Interest-Cycling-Civil-Service-Club



Otak-otak shopping stop at Muar

Civil Service Club
MEMBERS' PRIVILEGES



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

Check out these new members' perks in store for you till 31 December 2019!



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20% OFF
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20% OFF total bill
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10% OFF first order &
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Sky Pass (Round Trip)



10% OFF
Singapore membership



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(Standard Seat)





CIVIL SERVICE CLUB MOBILE APP

VISIT WWW.CSC.SG/MOBILEAPP



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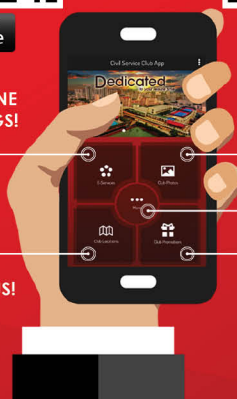
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ADDED SERVICES!

LOCATE US!

GET THE LATEST
CSC PROMOS!



CSC Members' Satisfaction Survey 2019

Civil Service Club conducts a membership survey annually to understand the views of members and their level of satisfaction towards the Club.

This year, the survey will be conducted online from April 2019. Please look out for our e-invite for your participation. We earnestly look forward to your input.

For any query or verification of the authenticity of the survey, please email to marcomms@csc.sg



We would
love to hear
from you!

Challenge Décor



WINNER
Bukit Batok

1st runner up
Changi

2nd runner up
Tessensohn

CSC COMMEMORATES
Singapore
BICENTENNIAL 2019

To ring in the Year of the Boar, all three clubhouses faced off in a friendly competition of the Lunar New Year Décor Challenge.

Bukit Batok's winning décor evidently drew inspiration from the Singapore Bicentennial commemoration. It features a bevy of samsui women whose labour was key towards Singapore's nation-building years from 1930s to 1970s.

Changi was awarded first-runner up, thanks to the *Fu Lu Shou sanxing* (福祿壽三星) who took centerstage to usher in Wealth, Status and Longevity for all. This was followed by **Tessensohn** whose imposing décor includes a pair of lions and mythical fish to bring in a year of abundance (年年有餘).

Service STAR Awards



For Quarter October to December 2018

Congratulations to our Service Star Award winners (Oct-Dec '18) for having garnered the most nominations in their respective clubhouse/division categories. Each of the 12 winners receives a \$100 voucher and a Service Star Certificate.



Not in photowall: Akhlis, Shana

BUKIT BATOK CLUBHOUSE

Huda (11)
Wendy (8)
Ishaak (4)

CHANGI CLUBHOUSE

Aqi'sah (57)
Shana (51)
Suhana (46)

TESSENSOHN CLUBHOUSE

Akhlis (12)
Jacqueline (6)
Diana (5)

CORPORATE SERVICES

Gek Cheng (29)
Hai Ming (25)
Vanessa (21)

Healthy Lifestyle Scheme

CSC runs a supportive environment through the Healthy Lifestyle Scheme to encourage staff and management to pursue a healthy lifestyle.

First established in 2016, the Healthy Lifestyle Scheme has three tiers of reward recognition.

Tier 1 Weekly

\$10 shopping voucher each for all participants who achieve 55K steps per week.

Total no. of awardees: All participants

Tier 2 Monthly (Every Four Weeks)

\$10 shopping voucher each for Top 3 participants at the 3 clubhouses and at the CS Office.

Total no. of awardees: 12

Tier 3 Yearly

A Step Tracker and a Certificate for the Top 3 participants with the highest number of steps over 52 weeks, and who consistently achieves min of 55K per week for all 52 weeks.

Total no. of awardees: 3

Congratulations

to the 3 Top Winners for Year 2018 (Jan to Dec).

TOH GEOK SUAN (Tessensohn Jackpot)

8,904,611 steps



HUANG SUZHEN (Bukit Batok Jackpot)

7,191,123 steps



DAVID FONG WEI SHUM (Tessensohn Jackpot)

7,130,707 steps



Each Winner will be awarded with a Fitbit Charge 3



OPEN TO PUBLIC

Planet Bowl



If you're searching for a more intimate bowling centre for a party, our cosy 20-lane bowling centre will give you all the privacy you need. Apart from the per-game rates, Planet Bowl also offers party and corporate bookings at \$30 - \$40 per hour per lane!

OPENING HOURS

Monday To Thursday	10am to 1am
Friday	10am to 2am
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ADDRESS

60 Tessensohn Rd, Singapore 217664

For reservations and party/corporate events, call 6391 5693/695 or email us planetbowl@csc.sg

Leisure bowling activity for as low as **\$2.00** PER GAME!



TheRehabLab
SPORTS & SPINE PHYSIOTHERAPY CLINIC

Level 2 @ Tessensohn Clubhouse

10% discount for CSC members

Contact : 9229 1337 / 9735 6703



The Rehab Lab at Tessensohn Clubhouse was officially launched earlier this year in Jan 2019 by two senior physiotherapists, Ms Mok Ying Rong and Mr Muhd Fadhli.

Mr Oon Jin Teik, a former national swimmer and former CEO of Singapore Sports Hub was also present to grace the occasion as their Guest of Honour.

The physiotherapy clinic emphasizes not only on a reactive model of care but also a proactive model of care. This means the clinic specializes in both treatment and also prevention of injuries.

Whether you are a desk-bound office worker, an Ah-Ma going to the market or an elite sports athlete, The Rehab Lab seeks to improve your performance in your activities of daily living so you can live a stronger, pain-free life through an individualized exercise program.

For more information, reach them at: www.therehablabsg.com • admin@therehablabsg.com



Youth Challenge Funbowl 2019

CHANGI RESORT BOWL AT CSC CHANGI CLUBHOUSE
SATURDAY, 23 MAR '19

Singles event, 6-game series, with a multi-tier handicap system for 2 categories.

PRIMARY CATEGORY 10AM – 1PM

P5: 3 Pins per game
P4: 6 Pins per game
P3: 9 Pins per game
P2: 12 Pins per game
P1: 15 Pins per game
Girls, additional 5 pins per game

SECONDARY CATEGORY 2PM – 5PM

S3: 3 Pins per game
S2: 6 Pins per game
S1: 9 Pins per game
Girls, additional 5 pins per game

Eligibility

- Open to all Singapore citizens and Permanent residents who are not members of the National Youth or Youth Development Squad
- Primary School Category: Students studying in a primary school in Singapore in year 2019
- Secondary School Category: Students studying in a secondary school in Singapore in year 2019

ENTRY FEE

6-game series
 at **\$50**
 per participant

SINGLES EVENT

**10 Pin Bowling,
 6 Game Series**

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 TO BE WON**

Limited slots
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MARCH TO JUNE 2019 ONLY

Small Room Package (50 pax)

Off-Peak		Peak	
Half-day	Full-day	Half-day	Full-day
\$642	\$782	\$670	\$838

Logistics:

- 5 round tables
- 50 chairs
- 1 GS Table
- 2 Flip Chart Stands (Papers + Markers)
- Projector
- 2 Parking Coupons (Single Exit Use only)

Bowling: 10 lanes for 1 hour

Big Room Package (100 pax)

Off-Peak		Peak	
Half-day	Full-day	Half-day	Full-day
\$1,163	\$1,443	\$1,219	\$1,555

Logistics:

- 10 round tables
- 100 chairs
- 2 GS Tables
- 2 Flip Chart Stands (Papers + Markers)
- Projector w Screen
- 4 Parking Coupons (Single Exit Use only)

Bowling: 20 lanes for 1 hour

**Subject to room & lanes availability. Games complete at 6pm*

FOR MORE INFORMATION:
 AHMADFIRDAUS@CSC.SG / CHIAMAYCHEN@CSC.SG

**BOOK
 NOW!**

MARCH HOLIDAY

Weekend Programmes

22 TO 24 MAR '19

FRIDAY TO SUNDAY



Stand Up Paddling with Doggie @ Loyang

Duration: 2 hours per session

Fees: Member \$59.50,
Public Service Officer \$63,
Guest \$70

Criteria: Must have a dog to go with

Parent-Child Kayaking @ Loyang

Duration: 2 hours per session

Fees: Member \$59.50,
Public Service Officer \$63,
Guest \$70

Criteria: Child must be above 3 years old



Origami Workshop @ Changi 1

Duration: 30 minutes per session

FREE!

FOR INFORMATION, CONTACT
AHMADFIRDAUS@CSC.SG OR CALL 6709 4709.

FREE PARTICIPATION



easter hunt @ CSC Changi

19 TO 21 APR' 19, FRI TO SUN

Join us for an exciting Easter Hunt!

How to play:

Find Easter Eggs hidden around the premises at the three different CSC Chalet locations. Successful finders may redeem attractive prizes at our Check-In office.

Parents are welcome to participate with children. Participation is free for all CSC members and guests!

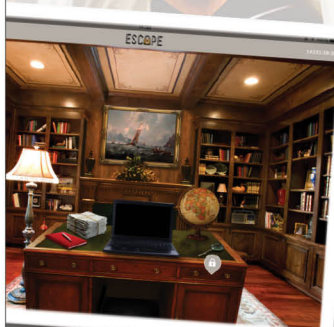


CIVIL SERVICE CLUB ESCAPE HEIST

**GREAT WAY TO
ENGAGE & ENERGISE
YOUR TEAM** during your
meeting events.

This challenge and fun team
experience is designed as an
indoor program in our function
rooms.

NEW
TEAM BASED
EXPERIENCES



MYSTERY OF NETHERAVON TERRACE

EXPLORE AND DISCOVER
*the present and perhaps the past of
NETHERAVON TERRACE
through this gamified experience*

Ideal for teambonding, cohesion, team
building or just a fun time with your team.

CONTACT US FOR MORE DETAILS
SET UP YOUR NEXT EXPERIENCE WITH US TO ENGAGE YOUR TEAM

EMAIL: ahmadfirdaus@csc.sg
TEL: 67094709



Work Smart Play Hard

@ BUKIT BATOK CLUBHOUSE

The Great
BBQ
Cookout

Tennis,
Anyone?

Seminar
Room

Get
bowled
over!

Happy
Tunes

**OUR CORPORATE
PACKAGES RANK HIGH
ON FLEXIBILITY AS
THEY CAN BE UNIQUELY
CUSTOMISED TO SUIT
ALL SEMINAR NEEDS.**

Each package includes
a seminar session at our
Function/Seminar Room and
a suitable fun activity to be
held at any of our venues of
your choice.

Take a
Dip

**CONTACT
US**

MOVIE TREATS @SHAW LIDO

SHAZAM!

Date: 11 Apr '19
Time: 6.30pm (TBC)
Register by: 28 Mar '19

We all have a superhero inside us, it just takes a bit of magic to bring it out. In Billy Batson's case, by shouting out one word - SHAZAM! - this streetwise 14-year-old foster kid can turn into the adult superhero Shazam.

AVENGERS: ENDGAME

Date: 2 May '19
Time: 6.30pm (TBC)
Register by: 18 Apr '19

After the devastating events of Avengers: Infinity War (2018), the universe is in ruins due to the efforts of the Mad Titan, Thanos. With the help of remaining allies, the Avengers must assemble once more to undo Thanos' actions and restore order to the universe once and for all, no matter what consequences may be in store.

CSC COMMEMORATES
Singapore
BICENTENNIAL 2019

Members
\$20 for 4 tickets

Public Service
Officer & Guest
\$8.50 per ticket

06758494



BOOKING INFORMATION

- To reserve tickets, payment must be made in advance online via <https://gateway.csc.sg/webclub/events/> or at any CSC clubhouses between 9am - 8.30pm.
- Tickets will be issued by CSC staff on event day at cinema.
- Seat allocation is on a first-come-first-served basis based on time of payment received.
- Tickets purchased are not exchangeable or refundable.
- Screening time is subject to confirmation, timing will be confirmed within 1 week before the screening date.
- Cost of tickets are subsidised by Civil Service Club. Tickets are available while stocks last.

CSC Dessert eRecipes

CELEBRATING LOCAL
FLAVOURS SINCE 1819

Have a traditional sweet dish recipe that you have perfected and taste-tested by family and friends?
Submit it to us today and stand a chance to win attractive prizes.

Top Prize

**PREMIUM COOKWARE SET (WMF OR CORNELL) &
\$100 SHOPPING VOUCHER**
(total prize worth \$400)

9 Consolation Prizes

Plus! All 10 winning Recipes will be showcased at a special culinary segment of the CSC National Day Celebration 2019

Participation Fees (inclusive of a lunch box worth \$15)

Member \$5 | Public Service Officer \$10 | Guest \$15

Terms & Conditions

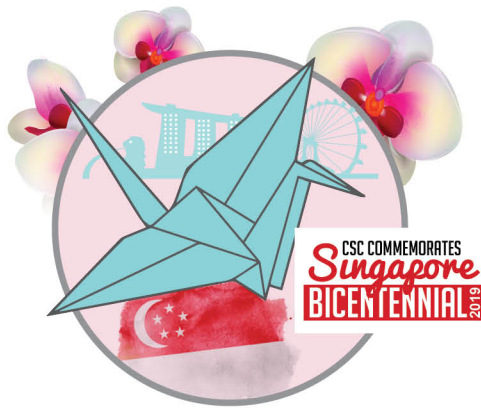
- To participate, submit your recipe with a good quality photo, and accompanied by your online payment.
- All submissions will be compiled into the CSC eRecipes with full contributor acknowledgement and published on www.csc.sg.
- Contest opens from 15 Jan to 15 Jun 2019.

All selections at the sole discretion of our panel of judges.



CSC COMMEMORATES
Singapore
BICENTENNIAL 2019

FOR MORE INFORMATION, CONTACT:
GEK CHENG AT 6391 5624 OR KUAGEKCHENG@CSC.SG



1000 WISHES for SINGAPORE

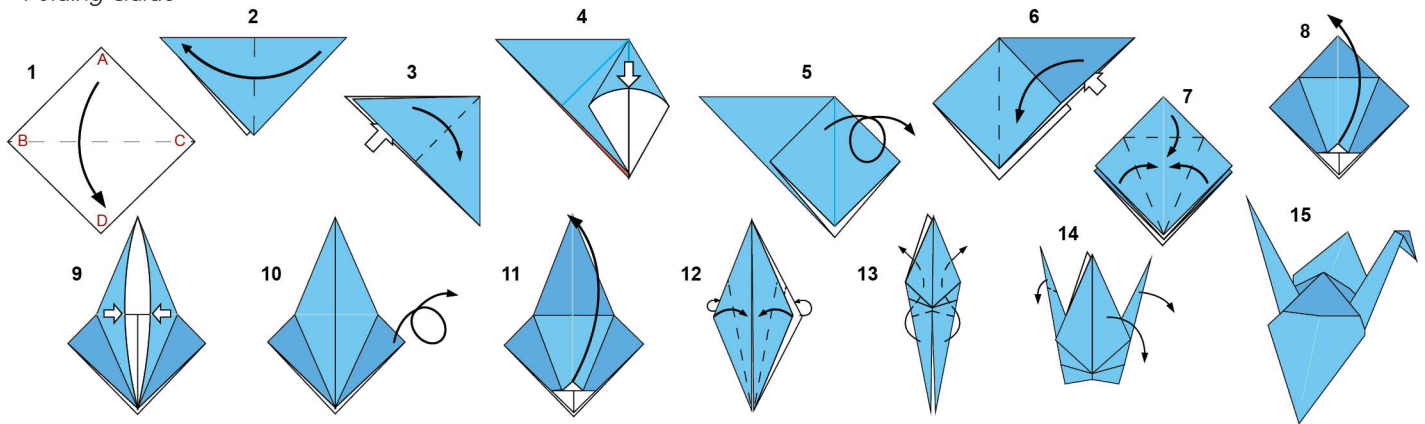


It's widely believed that folding 1000 cranes makes wishes come true. Join us in folding thousands of cranes to wish Singapore well. Peace, prosperity, progress, happiness, unity... all this and more.

Lucky Draw on 9 August 2019: The first *200 cranes to be drawn will receive a special National Day gift pack worth \$54.

For more information, contact Hai Ming at 6391 5607 or onnhaiming@csc.sg

Folding Guide



Name: _____

Contact: _____

FOLD A CRANE FOR SINGAPORE IN 3 EASY STEPS

1. Cut out the patterned paper provided (left) along the white dotted line.
Complete the spaces with your Name, Contact no. and 'Your Wish for Singapore'.
2. Refer to the "Folding Guide" above to fold your crane. (Take note of the folding orientation indicated with A/B/C/D.)
3. Drop your crane/s into any of the three "1000 Wishes for Singapore" boxes at CSC clubhouses: Tessensohn, Changi and Bukit Batok.

Terms & Conditions apply



My wish for Singapore is _____

*Terms & Conditions:

- There is no limit to the number of cranes per participant but each participant can only win one prize.
- Cranes can be folded with any paper with similar dimensions. Please write your name and contact number on the wings of your crane.
- Closing Date: 31 July 2019

CSC Bicentennial Upcycling Competition

Transform your lifestyle waste into practical items in fun
and creative ways with the theme: The Founding of Singapore!

**REGISTRATION
FEE PER TEAM**

**MEMBER
\$5**

**PUBLIC SERVICE
OFFICER \$10**



**1ST PRIZE
\$500**

**2ND PRIZE
\$300**

**3RD PRIZE
\$200**

- Eligible for Members and Public Service Officers.
- Form teams of 3 to 5. Use your creativity and submit an upcycling item with the theme, The Founding of Singapore.
- Minimum 10 teams to run.
- Register your interest by 15 Jun '19.
- Please submit your completed project to CSC @ Tessensohn, Level 3 Corporate Services Office by 21 Jul '19.
- Each entry is eligible for 1 project submission.
- Completed project must be labelled with Group Name, Contact Person and Contact Number.
- All submitted entries will be kept by CSC and selected projects will be showcased at CSC National Day Celebration 2019.
- All submissions must include a description (max 100 words) of the upcycled entry and the materials used, as well as a photo of the raw materials (format: JPEG, PNG or GIF in at least 300dpi resolution).
- All eligible entries will be evaluated by a judging panel to select the top 3 winners. The judging of the entries will be based on the following 4 components: Creative use of materials 40%; Practicality/Sustainability 30%; Originality 20%; Aesthetics & Design 10%.
- All decisions made by the judging panel is final and no appeal will be accepted or entertained.



Supported By:



For enquiries and registration, please contact Serene Cho at 6391 5620

Bicentennial Ordinary Membership Promotion 1 Jan 2019 – 30 Apr 2019

3-Year Membership Promotion @ \$144 (Usual Price: \$216)

Sign up for our 2-Year Civil Service Club Membership now and enjoy
3 years of membership at the price of 2! Enjoy Savings of \$72 + Free
membership gift!



**INFRARED
COOKER
RRP \$85**

Promo Code: IFC

OR

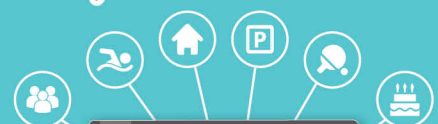


**MORRIES MULTI-CYCLONE
VACUUM CLEANER*
RRP \$89**

Promo Code: VC

Terms and Conditions:

- Promotion is only valid for New Ordinary Term Membership Sign-up and Renewal of Membership.
- All membership gifts are valid for Ordinary Term Membership and while stocks last.
- Membership is non-transferable and cannot be refunded.
- All privileges, discounts, promotions, terms and conditions may be amended or withdrawn at the discretion of the Management.



Members Benefits

- Free supplementary membership for parents, spouse and children 5 – 21 years. (One-time admin fee of \$10 per card is applicable)
- Free Swimming pool access to all 3 Clubhouses.
- Members' rates for the chalets and 120 days advance booking.
- Members' rates parking at all 3 Clubhouses.
- Members' rates for club facilities, social, sporting and recreation activities.
- 20% Members' discount for booking of CSC@ Changi I Chalets during Birthday Month.



SOCIAL ACTIVITIES BEAUTY



Hair & Health

Learn how our lifestyle and good blood nutrition can improve the overall wellness of our scalp and hair. Also pick up tips on hair brushing techniques to stimulate blood circulation and learn how to choose the right hair brush.

The workshop also includes:

- Complimentary Hair & Scalp Analysis
- Lucky Draw for prizes worth up to \$140
- Prizes for Q&A Session
- Exclusive Deals



Date: Sat, 13 Apr '19

Time: 10am - 12pm

Fees: Member \$8,
Public Service Officer \$12,
Guest \$15

Venue: CSC @ Tessensohn

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

Register by: 7 Apr '19

Korean Dewy Hands-On Makeup



The Korean glass-skin dewy pore-less translucent look continues to be all the rage. Come and pick up some first steps and basic knowledge on the right skincare products and makeup techniques.

Also learn about:

- Suitable skincare for your skintype
- Preparing your skin before makeup
- A non-drying base covering to even up skin tone
- The dewy-not-oily makeup
- Shaping your eyebrows to suit your face shape
- Simple, natural eye makeup, blusher and lips

This workshop includes a hands-on session with personalised consultation so you can ask all the beauty questions you wanted to!

Lucky
participants
stand to win
gifts worth
\$26!

Date: Sat, 25 May '19

Time: 10am - 12pm

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

Venue: CSC @ Tessensohn

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

Register by: 18 May '19



Civil Service Club EVENTS

MEMBERS' LOYALTY REWARDS



1 Participate in four paid Social programmes/activities within three consecutive months (from 1 Mar '19).

2 Fill in the Loyalty Rewards Form. Provide us the four Document Numbers indicated on your receipts/email confirmation and select your choice of reward.



3 Submit your completed form to the Front Office.

4 We will contact you to collect your reward after verification.



MEMBERS' LOYALTY REWARDS FORM

NAME: _____ CONTACT NO: _____

NRIC NO: _____ EMAIL: _____

DOCUMENT NO. (As indicated on your receipt/email confirmation, no attachments required)

Receipt 1: _____ Receipt 3: _____

Receipt 2: _____ Receipt 4: _____

**PLEASE SELECT
YOUR PREFERRED
CHOICE OF REWARD
(TICK ONE ONLY)**

☐ **OPTION 1**
**2 Movie tickets
worth \$17**

☐ **OPTION 2**
**CSC Club Vouchers
worth \$20 (redeemable
for social activities)**

☐ **OPTION 3**
**CSC Corporate
Gift worth \$20**

**FOR
OFFICIAL
USE ONLY**

Date Received: _____ Date of Collection: _____

Received By: _____ Member's Signature: _____

For enquiries, please email to events@csc.sg

Terms & Conditions:

- This rewards programme is available for Civil Service Club Members only.
- Eligible period: Event date starting from 1 Mar '19
- Members must participate in 4 programmes in-person, for 3 consecutive months to be eligible for the Loyalty Rewards.
- Your reward will be issued based on your selection indicated in the form. No changes allowed. The rewards are not exchangeable for cash.
- We will notify you within 7 working days (from the date received) on your reward redemption after verification.
- Civil Service Club reserves the right to amend the rewards and terms and conditions at any time without prior notice.

SOCIAL ACTIVITIES

KIDS



Kids Can Bake (Parent and Child)

*Ages 3 to 11 years

Chocolate Barnyard Cake

Dates: Sat, 16 Mar '19 | Sun, 28 Apr '19
Time: 10.30am – 12.30pm | 4pm – 6pm
Register by: 11 Mar '19 | 22 Apr '19

Kawaii Sponge Cheesecake

Dates: Sun, 31 Mar '19 | Sat, 20 Apr '19
Time: 10.30am – 12.30pm | 1.30pm – 3.30pm
Register by: 25 Mar '19 | 12 Apr '19

Bunny Butt Cake Cones

Dates: Sat, 30 Mar '19 | Sun, 21 Apr '19
Time: 4pm – 6pm | 10.30am – 12.30pm
Register by: 22 Mar '19 | 15 Apr '19

Chicky & Beary Tartlets

Date: Sat, 13 Apr '19
Time: 4pm – 6pm
Register by: 5 Apr '19

*Fees per Course:

Per parent-child: Member \$85, Public Service Officer/Guest \$95

Each additional child: Member \$43, Public Service Officer/Guest \$48

**Fees inclusive of all workshop materials and ingredients*

*Fees:

Per parent-child: Member \$68, Public Service Officer/Guest \$78

Each additional child: Member \$34, Public Service Officer/Guest \$39

**Fees inclusive of all workshop materials and ingredients*

Venue: City Square Mall #07-08

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

Pizza Baking with Chef Michele (Parent and Child)

Enjoy cooking fun with your child. This is a great workshop for parent-child bonding while making food that kids love:

- Pizza with assorted toppings
- Butter cookies with peanut brittle

Date: Sat, 11 May '19

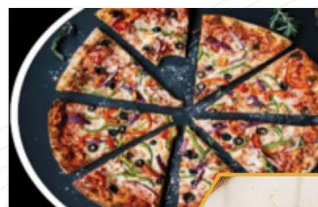
Time: 2pm – 5pm

Fees: Member \$70, Public Service Officer \$78, Guest \$85

Venue: CSC @ Tessensohn

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

Register by: 2 May '19



Kids Ballet

*Ages 3 to 4 years

Participants will be taught from the RAD syllabus – the Royal Academy of Dance is one of the world's most renowned dance education organisations. Participants will get to hone their early interest in this dance form as they pick up classical ballet techniques, musicality, performance skills, coordination, discipline, vocabulary as well as lines and movement quality.

Dates: 4 Sundays, 7 – 28 Apr '19

Time: 9am – 10am

Fees: Member \$100, Guest \$120

Venue: CSC @ Tessensohn

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

Register by: 1 Apr '19



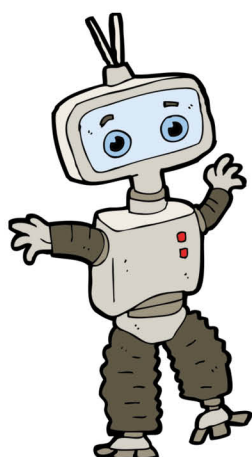
Memory Improvement Workshop

*Ages 9 years and above

This workshop helps students enhance their memory power and retain new vocabulary. Learn how to remember key words that will help them at school tests, exams and presentations. Embrace techniques that instil confidence in learning new knowledge.



Date: Sat, 13 Apr '19
Time: 9.30am - 1pm
Fees: Member \$95, Guest \$120
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 6 Apr '19



Egg Hunt with Lego Mindstorm

*Ages 6 to 9 years

Create and code robots with Lego Mindstorms! See your robots come alive before your eyes and program them to perform different tasks and missions this Easter! Such as to compete in various challenges such as the off-road bunny race and the egg hunt challenge.

Explore different designs and components to change your robot control. Use engineering experience from different activities to complete the final challenge. Learn to design, prototype and test your robots. No prior experience in programming required.

Date: Sat, 20 Apr '19
Time: 9am - 12pm
Fees: Supplementary Member \$50, Guest \$60
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 13 Apr '19

Easter Basket Challenge

*Ages 5 to 8 years

Children will explore the use of different materials to create their Easter Basket! And take part in the Challenge where they try to fit as many eggs as possible in their basket!



Date: Sat, 20 Apr '19
Time: 1pm - 2pm
Fees: Supplementary Member \$28, Guest \$38
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 13 Apr '19

3D Easter Pen Fun (Parent and child)

*Ages 6 years and above

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

Learning outcomes:

- 2D and 3D space awareness
- A craft skill of using a 3D pen
- Combine aesthetics with craft skills
- Hand-eye coordination
- Applications of 3D printing

Date: Sun, 21 Apr '19
Time: 10am - 12pm
Fees per parent-child: Member \$80, Public Service Officer \$86, Guest \$92
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 14 Apr '19



Fitness Fun Play (Parent and Child)

*Ages 5 to 10 years

Enjoy an hour of fun and play bonding session with your kids, and have a great workout at the same time! Using the most organic forms of development – natural movement and play – the sessions will help improve the strength and motor skills of both adults and kids. Conducted by a certified personal trainer, parents will get a good workout while bonding with your children through fun games at the same time. Children and parents must participate together.



Trial Class (1 lesson)

Date: Sat, 27 Apr '19
Fees per parent-child pair:
Member \$10, Public Service Officer \$15, Guest \$18
Each additional parent-child:
Member \$3, Public Service Officer \$4, Guest \$5
Register by: 20 Apr '19

Full Session (4 lessons)

Dates: 4 Saturdays, 4 – 25 May '19
Fees: Member \$100, Public Service Officer \$110, Guest \$120
Each additional parent-child:
Member \$45, Public Service Officer \$50, Guest \$55
Register by: 27 Apr '19

Time: 3pm – 4pm
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

SOCIAL ACTIVITIES

FITNESS



Shallow Aqua Aerobics

Guided by a trained instructor, each water aerobics class includes a warm-up, cardio and strength-training exercises, and a cooldown. Expect exercises like water walking, bicep curls, leg lifts and kickboard moves done in rhythm of workout music to help you keep pace. No swimming experience is required and most water workouts are done at the shallow end of the pool.

Trial Class

Date: Mon, 22 Apr '19
Fees: Member \$5, Public Service Officer \$8, Guest \$12
Register by: 17 Apr '19

Full Session (No lessons on PH)

Dates: 10 Mondays, 29 Apr – 1 Jul '19
Fees: Member \$80, Public Service Officer \$90, Guest \$100
Register by: 25 Apr '19



Time: 7pm – 8pm
Venue: CSC @ Tessensohn
Contact: Vanessa Choo at 6391 5641 or vanessachoo@csc.sg

Aqua Fitness for Ladies (Expectant mothers are welcome)



Experience resistance training and aerobics movement in water. At the Grundy Transform Aqua Fitness sessions, you get to burn calories while still feeling cool. We improvise the movements according to different fitness levels with a mix of workout movements, games and activities.

Also an effective maternity workout to help expectant mothers strengthen heart and lungs, tone muscles up, ease pregnancy aches and pains, and sleep well.



Dates: 10 Fridays, 22 Mar – 26 Apr '19

Time: 8pm – 9pm

Fees:

Package price (10 sessions): Member \$85, Public Service Officer \$95, Guest \$110

Adhoc price (Per session): Member \$9, Public Service Officer \$12, Guest \$15

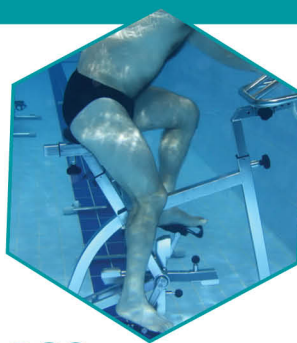
Venue: CSC @ Changi I

Contact: Ahmad Firdaus at 6709 4709/1 or ahmadfirdaus@csc.sg

Register by: 27 Mar '19

SOCIAL ACTIVITIES

FITNESS



Participants to bring own aqua shoes.

Hydrorider AquaBike Fitness

Pedalling while immersed in water creates a water density, buoyancy and hydrostatic pressure that will help shape your legs, lose weight and get rid of cellulite. Aquabike Fitness also helps to improve your cardiovascular system and blood circulation.

Tuesday evening (Min 4 pax, Max 5 pax)

Dates: 4 Tuesdays, 2 – 23 Apr '19 or 4 Tuesdays, 7 – 28 May '19

Time: 6.30pm – 7.30pm or 7.30pm – 8.30pm

Thursday evening (Min 4 pax, Max 5 pax)

Dates: 4 Thursdays, 4 – 25 Apr '19 or 4 Thursdays, 2 – 23 May '19

Time: 7.30pm – 8.30pm

Fees: Member \$100, Public Service Officer \$110, Guest \$120

Venue: CSC @ Tessensohn

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

Register by: 1 week before class

Deep Aqua Aerobics

Enjoy an exercise that is gentle on your joints and great for toning up. Deep Aqua is a cardio and conditioning, pool-based workout that works muscles against the resistance of the water. It increases the heart rate and burns calories.



CSC @ Bukit Batok

Dates: 10 Saturdays, 13 Apr – 15 Jun '19

Time: 8.30am – 9.30am

Dates: 10 Tuesdays, 30 Apr – 2 Jul '19

Time: 7pm – 8pm

Fees: Member \$85, Public Service Officer \$95, Guest \$110

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

Register by: 1 week before class



Swimming for Ladies

Learn to swim with veteran Coach Ms Thipa who has been training adults and young learners for more than 10 years. In particular, she is able to help new swimmers overcome any fear of water in a short time.

For beginners, she offers a 10-lesson programme that covers: Confidence building, Introducing the front paddle and the back paddle, and the breaststroke. (No lessons on public holidays)

CSC @ Bukit Batok (Beginners)

Dates: 10 Thursdays, 9 May – 11 Jul '19

Time: 7.30pm – 8.30pm

Register by: 5 May '19

CSC @ Tessensohn (Beginners)

Dates: 10 Sundays, 12 May – 14 Jul '19

Time: 10am – 11am

Register by: 9 May '19

Fees: Member \$210, Public Service Officer \$220, Guest \$230

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

Belly Dance Cardio

A calorie burner, this dance features swanky moves for a trimmer you. It challenges the cores while working on the muscles simultaneously – so it's fun while beneficial for your body. Suitable for all ages.



Dates: 4 Sundays, 7 – 28 Apr '19
Time: 11.30am – 12.30pm
Fees: Member \$80, Public Service Officer \$86, Guest \$92
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 31 Mar '19



Latin Cardio

Latin Cardio is a calorie-blasting dance that is fun, easy to learn and so uplifting. It works your oblique by exploring a wide range of motions with arms, hips and legs. Beginning with a slow warm-up, it quickly works into shakes and shimmies before ending with a cool-down.

Dates: 4 Sundays, 7 – 28 Apr '19
Time: 12.30pm – 1.30pm
Fees: Member \$80, Public Service Officer \$86, Guest \$92
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 31 Mar '19

K-Kardio Dance

A one-hour non-stop contemporary aerobic and heart-pumping exercise routine that is paired with simplified K-pop dance moves and K-pop beat. In short, Hip-hop, Pilates, Kickboxing and Aerobics all packed in an exercise to increase heart and metabolic rate, promote fat loss and muscle toning. No prior dance experience is required.



Date: 4 Mondays per session, 8 – 29 Apr '19, 6 – 27 May '19 (No lessons on PH)
Time: 8pm – 9pm
Fees: Member \$50, Public Service Officer \$55, Guest \$60
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 1 week before class



Yoga

Relax and rejuvenate your body through the slow-paced simple breathing exercises and meditation of yoga with Instructor Rita. Let her show you how to harmonise your body, mind and soul into tranquility.

Dates: 10 Tuesdays, 26 Mar – 28 May '19
Time: 8pm – 9pm
Fees: Member \$75, Public Service Officer \$82, Guest \$89
Venue: CSC @ Bukit Batok
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 20 Mar '19

SOCIAL ACTIVITIES

FITNESS



Cross Training



Club B3east specialises in Fitness Boot Camp Programmes conducted by qualified Physical Trainers. These programmes are designed to build strength and fitness through a variety of intense group intervals over a one-hour period of time.

Boot Camp Training often commences with dynamic stretching and running, followed by a wide variety of interval training, weight lifting and various types of intense explosive routines. Sessions will end with yoga stretching.

Dates: 4 Sundays, 24 Mar - 14 Apr '19
(No lessons on PH)

Time: 10am - 11am

Fees:

Trial price: Member \$12, Public Service Officer \$17, Guest \$19

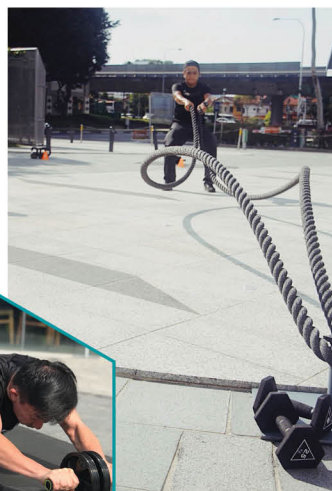
Package price (4 sessions): Member \$70, Public Service Officer \$90, Guest \$110

Adhoc price (Per session): Member \$20, Public Service Officer \$25, Guest \$30

Venue: CSC @ Changi I

Contact: Ahmad Firdaus at 6709 4709/1 or ahmadfirdaus@csc.sg

Register by: 17 Mar '19



Keeping Fit the Muay Thai Way

Looking to learn self-defense moves 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!



	Adult Beginner		Adult Intermediate
Dates	10 Saturdays, 30 Mar - 1 Jun '19	10 Sundays, 7 Apr - 16 Jun '19	10 Saturdays, 30 Mar - 1 Jun '19
Venue	CSC @ Bukit Batok	CSC @ Tessensohn	CSC @ Bukit Batok
Time	11am - 12pm	10am - 11am	9am - 10am

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

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

Register by: 1 week before class

Shinkyokushin Karate

ShinKyokushin Karate is well-known for the full-contact, bare knuckle training with emphasis on actual combat (sparring). A high degree of achievement and improvement can be attained within a relatively short period of time.

Karate is loved by the world as a noble Budō (Japanese martial art), for it is a lifelong sport as it seeks to strengthen one's mind and soul. It is a disciplined sport where the student will not only learn about self-defence, but also about courtesy and respect for others.



Dates: 4 Tuesdays, 9 - 30 Apr '19 & 7 - 28 May '19

Time: 7.30pm - 9pm

Fees: Member \$50, Public Service Officer \$55, Guest \$60

Venue: CSC @ Bukit Batok

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

Register by: 1 week before term starts



Freestyler Fitness

The Freestyler is a toning system that utilises resistance tubes to provide you with an effective functional movement workout. It is a fully body toning workout that is suitable for beginners.

NEW

Trial Class

Date: Fri, 29 Mar '19
Fees: Member \$12, Public Service Officer \$18, Guest \$25
Register by: 22 Mar '19

Full Session (No lessons on PH)

Dates: 4 Fridays, 5 Apr – 3 May '19
Fees: Member \$70, Public Service Officer \$76, Guest \$80
Register by: 29 Mar '19

Time: 7pm – 8pm

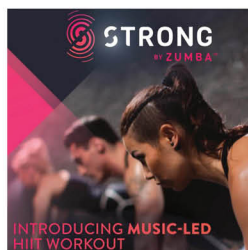
Venue: CSC @ Bukit Batok

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 – great fun while burning calories!



STRONG by Zumba®

STRONG by Zumba® is a high-intensity full-body, bodyweight workout that conditions your muscles with a combination of cardio and plyometric exercises. Unlike traditional boot camp classes, the music is the heart of the workout, and every movement is made to the beat of the music.

CSC @ Tessensohn 4 Thursdays, 4 – 25 Apr '19 or 9 – 30 May '19
4 Tuesdays, 9 – 30 Apr '19 or 7 – 28 May '19

CSC @ Bukit Batok 4 Tuesdays, 9 – 30 Apr '19 or 7 – 28 May '19

Time: 7pm – 8pm

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

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

Register by: 26 Mar '19 or 30 Apr '19

Dates: 4 Wednesdays, 3 – 24 Apr '19 or 8 – 29 May '19

Time: 8pm – 9pm

Venue: CSC @ Bukit Batok

Fees: Member \$60, Public Service Officer \$66, Guest \$70

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

Register by: 27 Mar '19

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

SOCIAL ACTIVITIES

FITNESS



Ripstix® will be provided for class use.

POUND® Fitness

At POUND® Fitness, you learn to use a specially designed lightweight drumstick called Ripstix® for a jamming session that doubles up as an effective workout.

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.

Dates: 4 Thursdays, 4 – 25 Apr '19

Fees: Member \$68, Public Service Officer \$75, Guest \$80

Dates: 5 Thursdays, 2 – 30 May '19

Fees: Member \$85, Public Service Officer \$93.75, Guest \$100

Time: 7pm – 7.45pm

Venue: CSC @ Tessensohn

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

Register by: 28 Mar '19 or 2 Mar '19

Pilates for Beginners

Pilates is a great way to improve your strength, flexibility and posture. It is also a safe and effective method to focus on exercises for muscular balance. Working in a group environment, our instructor Mabeline will take you through a series of exercises to work on different muscle groups.



Dates: 10 Saturdays, 13 Apr – 22 Jun '19
(No lessons on 20 Apr '19)

Time: 2pm – 3pm

Fees: Member \$85, Public Service Officer \$95, Guest \$100

Venue: CSC @ Tessensohn

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

Register by: 8 Apr '19

Boogie Bounce Xtreme Fitness

Bounce to fitness on a mini trampoline to the tune of chart topping music and you will feel every muscle on overdrive! Be assured, any knee strain will be at minimum due to a safety bar fixed to the trampoline. Suitable for all ages.

Venue	CSC @ Bukit Batok	CSC @ Tessensohn
Dates	8 Thursdays, 4 Apr – 23 May '19 or 8 Mondays, 6 May – 1 Jul '19 (No lessons on PH)	8 Wednesdays, 17 Apr – 26 Jun '19 or 8 Fridays, 10 May – 5 Jul '19 (no lessons on 24 Apr, 24 May and PH)
Time	8pm – 9pm	7pm – 8pm



Fees: Member \$140,

Public Service Officer \$150, Guest \$160

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

Register by: 1 week before class

Inline Skating for Beginners

A sport that boosts your health and mental fitness, while providing hours of fun. Suitable for adults and children aged 4 and above. Participants may re-arrange class schedule with the instructor.

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



Fees for 4 lessons:

Member \$85, Public Service 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

WEEKDAY GROUP CLASS

Dates: 4 Wednesdays, 3 – 24 Apr '19 or 8 – 29 May '19
(No lessons on PH)

Time: 6pm – 7pm / 8pm – 9pm

Venue: Sengkang Basketball Court / Punggol

Dates: 4 Thursdays, 4 – 25 Apr '19 or 9 – 30 May '19

Time: 6.30pm – 7.30pm

Venue: Choa Chu Kang Park

Dates: 4 Fridays, 5 Apr – 3 May '19 or 10 – 31 May '19
(No lessons on PH)

Time: 6.30pm – 7.30pm / 8pm – 9pm

Venue: Pinnacle @ Duxton

WEEKEND GROUP CLASS

Dates: 4 Saturdays, 6 – 27 Apr '19 or 4 – 25 May '19

Time: 11.30am – 12.30pm / 3.30pm – 4.30pm / 5pm – 6pm

Venue: East Coast Park Car Park F1



Tennis by Singapore Tennis School

The Singapore Tennis School conducts a wide range of lessons to cater to a range of ages and abilities. All coaches are certified Australian tennis instructors. Refer to weekly group class scheduling below.

Adult Programme

9am – 10am Every Sun

Cardio Tennis Programme

10am – 11am Every Sun

Fees for 4 lessons: Member \$110,

Public Service Officer \$115, Guest \$120

Venue: CSC @ Tessensohn

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

Register by: 10 days before lesson begins

Table Tennis

Play table tennis to build physical strength, improve body coordination, mental fortitude and reflexes. The sport is also known to stimulate one's mental alertness and concentration.

Dates: 4 Wednesdays, 10 Apr – 8 May '19 (No lessons on PH)

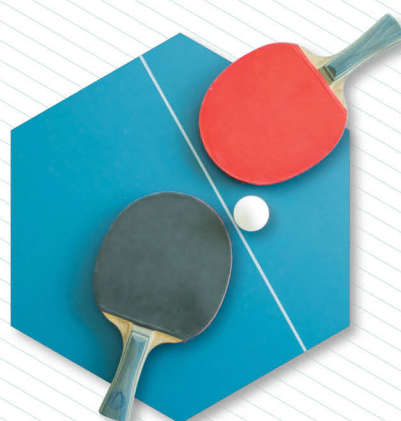
Time: 7.30pm – 9.30pm

Fees: Member \$95, Public Service Officer \$110, Guest \$120

Venue: CSC @ Tessensohn

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

Register by: 3 Apr '19



SOCIAL ACTIVITIES

FINANCE



Will Planning & Lasting Power of Attorney (LPA) Talk

A properly executed Will facilitates the smooth distribution of estate among beneficiaries; while a Lasting Power of Attorney (LPA) empowers your trusted donees to act on your behalf in the event of a loss of mental capacity. The main difference between the two: A Will kicks in upon the death while the LPA operates after the loss of mental capacity.

Come and learn why they are essential legal tools. Participants enjoy a special rate for execution of a Will and an LPA, plus a complimentary planning session by a professional estate planner.



Date: Sat, 20 Apr '19

Time: 11am - 12.30pm

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

Venue: CSC @ Tessensohn

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

Register by: 12 Apr '19



Enhance Your Retirement with Latest CPF Schemes

CPF Life Escalating Plan, CPF Careshield Life, Inflation, CPF Retirement Schemes are terms being bandied about everyday and everywhere you go. To understand what each means and how they can be put to work for an enhanced retirement, don't miss this talk.

Date: 11 May '19

Time: 2pm - 4pm

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

Venue: CSC @ Tessensohn

Contact: Hai Ming at 63915607 or onnhaiming@csc.sg

Register by: 4 May '19

SOCIAL ACTIVITIES

FOOD



Cooking with Chef Michele



Michele has loved food her entire life. She started baking and cooking at age of 14 years old when she moved to Australia.

When she returned to Singapore at 24, she worked for the F&B Industry for 8 years and had the wonderful chance to entertain at many exquisite restaurants around Asia, thereby further enhancing her palate.



Italian Meal

- Tomato Caprese
- Gnocchi from scratch
- Osso Buco

Date: Sat, 20 Apr '19

Fees: Member \$95, Public Service Officer \$102, Guest \$108

Register by: 12 Apr '19



MACARON

- Chocolate Ganache

Date: Sat, 27 Apr '19

Fees: Member \$80, Public Service Officer \$88, Guest \$95

Register by: 18 Apr '19



EGG TARTS (2-way)

- Traditional and short crust Egg Tarts
- Chinese puff pastry from scratch
- Short crust pastry
- Egg filling

Date: Sat, 25 May '19

Fees: Member \$80, Public Service Officer \$88, Guest \$95

Register by: 16 May '19

Time: 2pm - 5pm

Venue: CSC @ Tessensohn

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



Baking with Stephanie

First watch a demo on Italian Meringue Buttercream, then get hands-on to bake some lovely Victoria Sponge Cupcakes from scratch including decorating techniques using a piping tip.

Baking Instructor Stephanie has been teaching for more than 10 years and her students range from beginners to industry professionals working with wedding and tiered cakes.

Each student goes back with 1 recipe sheet, 6 Cupcakes and a Certificate of Participation.

Date: Sat, 6 Apr '19

Time: 9am – 1pm

Fees: Member \$65, Public Service Officer \$72, Guest \$75

Venue: CSC @ Tessensohn

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

Register by: 28 Mar '19



FEES PER COURSE
Member \$20,
Public Service Officer \$24,
Guest \$28
Venue: CSC @ Tessensohn
Contact: Gek Cheng
at 6391 5624 or
kuagekcheng@csc.sg

Food Gathering Cooking Workshops 美食聚汇

Funky Cook Menu

- Mushi Pan Japanese Corn Cake 日本玉糕
- SHOYU Ramen 豉油皇炒麵
- Egg white Almond Portage 蛋清杏仁

Date: Sun, 7 Apr '19

Time: 2pm – 5pm

Register by: 1 Apr '19

Hawkering Special Menu

- Halogen AYAM Pepes 蕉叶鸡
- TARO Pumpkin Portage 南瓜芋头羹
- Banana Crisps 炸香蕉

Date: Fri, 17 May '19

Time: 7pm – 9.30pm

Register by: 10 May '19

- Kuih Keria (Doughnuts) 油炸圈饼
- Loin Pork Seafood Juan 烤猪里脊卷
- SOUP Classic of the DAY 今天的汤单

Date: Sat, 15 Jun '19

Time: 2pm – 5pm

Register by: 7 Jun '19

Partners



McCormick Food Solutions Workshops

Homecooked Specialty

- Kueh Dadar Special 椰子卷
- Black Forest Chicken 黑森林鸡
- Recipe of the Day 今日特别食谱

Date: Sun, 21 Apr '19

Time: 2pm – 5pm

Register by: 15 Apr '19

Meals & Bake Menu 暖心食谱

- Bake Maple Pork Roll 烘焙枫糖猪肉卷
- Yang Chou Fried Rice 扬州炒饭
- Soup of the Day 今日特别食谱

Date: Sun, 26 May '19

Time: 2pm – 5pm

Register by: 13 May '19

French Collection Menu

- Chicken Liver Pâté 鸡肝酱
- Seafood Chowder 海鲜杂烩
- Soufflé Bake 烤蛋奶酥

Date: Sun, 23 Jun '19

Time: 2pm – 5pm

Register by: 17 Jun '19

FEES PER COURSE
Member \$20,
Public Service Officer \$24,
Guest \$28
Venue: CSC @ Tessensohn
Contact: Gek Cheng
at 6391 5624 or
kuagekcheng@csc.sg



Partners



SOCIAL ACTIVITIES

FUN



Lino Art

Here's your chance to get 'carve-ty'! Learn to work with the carving tool to create a range of unique animal designs, on rubber first and then print them on cards. No experience required as close guidance will be provided by an instructor from Art Pazonate.

Participants will:

- Get to work with Lino tool, rubbers, ink and brayer
- Learn to carve out simple strokes and animal designs
- Explore printing the carved rubber with coloured inks on cards

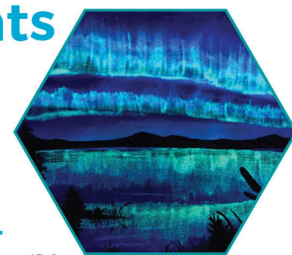
Also get to bring home one-of-a-kind carved rubber and your unique self-made card.

Glowing Art – Northern lights

Using Acrylic paints as well as Phosphorescent paints to create both day and night scene on 1 canvas 12x16in, participants will:

- Learn to compose a landscape scene
- Get to work with Acrylic paints and Phosphorescent paints
- Pick up painting techniques such as blending, layering and texturing for a more realistic look
- Create Northern Lights with Phosphorescent paints

All participants also get to bring home a unique canvas painting.



Date: Sat, 13 Apr '19

Time: 4.30pm – 6.30pm

Fees (all materials inclusive):

Member \$70, Public Service Officer \$80, Guest \$85

Venue: River Valley Road

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

Register by: 9 Apr '19

Date: Sat, 20 Apr '19

Time: 4.30pm – 6.30pm

Fees (all materials inclusive): Member \$70, Public Service Officer \$80, Guest \$85

Venue: River Valley Road

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

Register by: 16 Apr '19

3D Fashion Illustration Workshop with Real Flowers

Create your own fashion illustrations with real flower petals and capture beauty on paper. Learn from an experienced Fashion Designer who will guide you into developing your own fashion collection with drawing materials, pens, markers, colouring pencils and more! Time to unleash the designer in you.



Date: Sat, 30 Mar '19

Time: 10am – 12pm

Fees (all materials inclusive): Member \$45, Public Service Officer \$48, Guest \$50

Venue: CSC @ Tessensohn

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

Register by: 21 Mar '19



Craft Your Own Resin Jewellery

Participants get to create their own artwork pieces using non-toxic UV resin that will dry using UV lamp. These can be made into any of these items: coasters, jewellery or a canvas painting. All it takes to achieve a beautiful result is a good measure of patience. This activity is suitable for participants who are keen to pick up resin art as a craft hobby.

Participants will get to keep the accessories made at the workshop: a pendant and a pair of earrings.

Date: Sun, 13 Apr '19

Time: 10am – 12pm

Fees: Member \$55,

Public Service Officer \$58, Guest \$60

Venue: CSC @ Tessensohn

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

Register by: 5 Apr '19

Floral Embroidery Workshop



Welcome to this two-hour introductory workshop on floral embroidery art. Learn the different hand embroidery and stitching techniques and how to apply them for making into embellishments for clothes, bags, shoes or even your very own embroidery hoop art! This is an ideal starting place for beginners in embroidery but with a keen interest in creating your own floral designs!

All required materials are provided and participants get to bring home their own embroidery work.

Date: Sat, 13 Apr '19

Time: 10am – 12pm

Fees: Member \$50, Public Service Officer \$56, Guest \$62

Venue: CSC @ Tessensohn

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

Register by: 7 Apr '19

ZERO WASTE Workshop Series



CSC introduces its inaugural **ZERO WASTE Workshop Series**. This series of workshops is part of an initiative to spread the awareness for sustainability, promote the importance of upcycling and encourage members to repurpose their pre-loved items into new and useful products.

Participate in the monthly ZERO WASTE workshop and learn how you can creatively bring life to otherwise unwanted items.



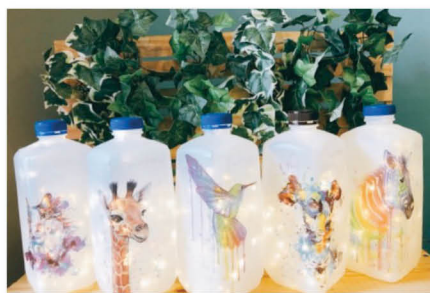
Upcycled Fabric and Plastic Bottle Holder

Participants will learn how to create a plastic holder by dressing used plastic bottles with fabric from pre-used clothings. The completed holder will make a beautiful gift or as a useful and functional pencil holder.

Date: Sat, 30 Mar '19
Time: 11am – 12.30pm
Fees: Member \$18, Public Service Officer \$24, Guest \$28
Venue: CSC @ Tessensohn
Contact: Serene Cho at 63915620 or serenecho@csc.sg
Register By: 22 Mar '19

Upcycled Plastic Carton LED Lamp

To slow down their end journey to the landfill, used milk cartons can be transformed into whimsical lamps that add vibrancy to home or work space. This workshop is a platform to spark one's innovation and creativity to fundamentally redesign the normal perception about daily wastes and their possibilities.



Date: Sat, 27 Apr '19
Time: 11am – 12.30pm
Fees: Member \$42, Public Service Officer \$46, Guest \$48
Venue: CSC @ Tessensohn
Contact: Serene Cho at 63915620 or serenecho@csc.sg
Register By: 20 Apr '19



Eco-Talk The 2035 – Out of Sight, Out of Mind?

Have you ever wondered what happens after you throw your daily wastes down the refuse chute or into the green general waste bin? Every day, we send tonnes of solid waste and all incineration ash to the only landfill in Singapore, Pulau Semakau. If we continue to live, eat, and shop like the way we currently do, something of significance is bound to happen in 2035, and it will drastically affect the quality of life for each and every one of us.

Let's huddle at this eco-talk and explore how we can show love for our Mother Earth.

Date: Sat, 27 Apr '19
Time: 11am – 12pm
Fees: Member \$5, Public Service Officer \$9, Guest \$12
Venue: CSC @ Tessensohn
Contact: Serene Cho at 63915620 or serenecho@csc.sg
Register by: 20 Apr '19



SOCIAL ACTIVITIES

FUN



Grow Your Own Microgreens

Microgreens – the shoots of salads and vegetables – are increasingly being incorporated into health diets of today. They come in a variety of flavours from sweet to savoury to earthy to spicy.

This course introduces you to their health benefits and includes a demo on how to grow your own. Participants each receives a starter kit worth \$19.90 comprising a planting tray, pesticide-free potting mix, seed pack & instructions.



Date: Sat, 30 Mar '19
Time: 10am – 11.30am
Fees: Member \$40, Public Service Officer \$45, Guest \$48
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 25 Mar '19

Grow Your Own Strawberries

Find it hard to believe that strawberries can grow in Singapore? Don't take our word, come and find out. Learn:

- How to get started and potting – Seeds or Runners
- How to propagate strawberry plants
- About rare and giant species, and organic ones
- The ideal environmental conditions for growth
- Adjustments for HDB and landed houses
- Strawberries displays in aircon environment
- Mini strawberries farms in hot climates
- Common strawberry pests and diseases
- Harvesting and storage of strawberries

FREE Starter Kit for All Participants (worth \$25)
 2x Pots of strawberry plants with suitable soil

Class limited to 40 pax only. Hurry!

Date: Fri, 12 Apr '19
Time: 7pm – 9.30pm
Fees (one starter kit inclusive): Member \$75, Public Service Officer \$80, Guest \$85
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 5 Apr '19

Yacht Fishing Trip

Singapore's largest reef eco-system is found in the waters at the southern islands where many fish species dwell especially snappers and giant groupers.

Fishing here is your best bet if you are looking to break your personal heaviest catch record in Singapore.

Experience Required	Able to tie your own fishing rigs
No. of Anglers	Maximum 8
Trip Includes	<ul style="list-style-type: none"> • Our friendly and experienced fishing master as Guide • Mineral water onboard • Fresh catch of your own to bring back • Ice for storage of catch
Fishing Equipment	Provided
Bait	Bait (live prawns) is included.

Dates: Sat, 13 Apr '19 and/or Sat, 11 May '19
Time: 8am – 5pm
Fees: Member \$110, Public Service Officer \$115, Guest \$120 (Min age, 5 years*)
Venue: Place of embarkation is at ONE°15 Marina
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 one adult who is also taking the course.
 *No lunch is provided, please bring own.

WHAT TO BRING:

- Packed lunch
- Sunblock
- Sunglasses
- Plastic bags to keep your catch
- Seasick medication
- Raincoat

Angler Course for Beginners

This one-day trip out to scenic Lazarus Island is ideal for those interested to try out fishing or for those in search of a new hobby. Participants will be taught 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)

WHAT TO BRING:

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

Dates: Sat, 20 Apr '19 and/or 18 May '19

Time: 8.30am – 5.30pm

(Ferry departs at 9am sharp. Please arrive 30 minutes before boat departure time.)

Fees: Member \$82, Public Service Officer \$88, Guest \$90 (Min age, 5 years*)

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

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

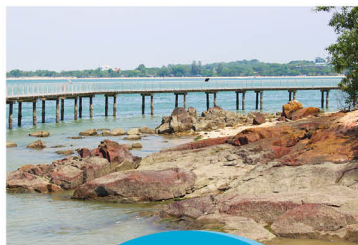
Register by: 1 week before course

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

*No lunch is provided, please bring own.

Chek Jawa Boardwalk Adventure

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



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.

Dates: Sun, 7 Apr or 26 May '19 or Sat, 13 Apr or 27 Apr or 11 May '19

Time: 8am – 11.15am

Fees: Member \$20, Public Service Officer \$25, Guest \$30

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)

SOCIAL ACTIVITIES

MUSIC



Play the Keyboard

Participants learn the basics of notes and chords reading, plus play a range of songs from classical, pop and rock. Instructor Titus Chia has been teaching the piano, keyboard and organ for about 8 years.

Beginners

***Fees:** Member \$165, Public Service Officer \$175, Guest \$185

Intermediate

***Fees:** Member \$180, Public Service Officer \$190, Guest \$200

**Fee includes materials and the keyboard for play in class*

Dates: 8 Wednesdays, 27 Mar – 22 May '19 (No lessons on 1 May '19)
Time: 7pm – 8.15pm
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 20 Mar '19

Learning the Violin

Instructor Leong Gah Chiong has more than 20 years of experience teaching and performing at numerous concerts and private events. Whether you are a beginner or wanting to improve your skills, there is a course for you.

CSC @ Tessensohn

BEGINNERS

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

INTERMEDIATE

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

ADVANCED

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

Dates:

10 Mondays,
1 Apr – 10 Jun '19
(No lessons on 20 May '19)
Time: 7pm – 8pm
Register by: 25 Mar '19



CSC @ Bukit Batok (Beginners)

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

Dates: 10 Wednesdays, 3 Apr – 19 Jun '19
(No lessons on 1 May & 5 Jun '19)
Time: 7.30pm – 8.30pm
Register by: 27 Mar '19

**Fee inclusive of materials and violin for class use*

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

SOCIAL ACTIVITIES

MUSIC



English Karaoke Singing Class

Join the ongoing English karaoke singing class and let our experienced coach Ms Ivy Wee take your singing talent to a higher level in a cosy and newly furnished training room. Understand the basic fundamentals of singing and discover more about phonetic diction, rhythm, tempo and breathing exercises/support.

Ms Ivy Wee



Dates: 10 Wednesdays, 20 Mar – 29 May '19
Time: 7.30pm – 9.30pm
Fees: Member \$150, Public Service Officer \$180, Guest \$185
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 15 Mar '19

Mandarin Karaoke Singing Class

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。

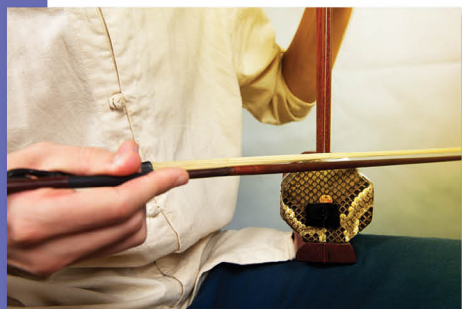


吴美香老师

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, 16 May – 17 Jul '19
Time: 7.30pm – 9.30pm
Fees: Member \$150, Public Service Officer \$180, Guest \$185
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 12 May '19



Mastering the Erhu

If you are a fan of oriental music, the erhu is a good option. One of the most popular Chinese instruments, it is not difficult to pick up especially if you learn under instructor Mr Pang Chin Soon, who has more than 25 years of experience playing this instrument.

A minimum of six participants is needed to begin the class. Participants need to bring along their own erhu.

Dates: 10 Wednesdays, 3 Apr – 19 Jun '19
(No lessons on 1 May & 5 Jun '19)
Time: 7.15pm – 8.15pm (Session 1) or 8.15pm – 9.15pm (Session 2)
Fees: Member \$175, Public Service Officer \$188, Guest \$194
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 27 Mar '19

Learning the Ukulele (Beginners)

Get acquainted with the Ukulele, the Hawaiian interpretation of a small guitar-like instrument that originated in the 19th century. Learn how to strum chords, sing and play, with a view to play solo pieces eventually. Students will also be taught note reading and tuning.

Music instructor Fahmy has been playing and performing more than 25 years.

Dates: 4 Mondays, 8 Apr – 29 Apr '19
Time: 7pm – 9pm
Fees: Member \$100, Public Service Officer \$110, Guest \$115 (Participants to bring their own ukelele)
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 1 Apr '19



SOCIAL ACTIVITIES SELF IMPROVEMENT



Jann Phonics Parents Workshop

At this workshop, parents will learn how to teach spelling and reading to their kids by using the Phonics Prompting Strategy. It is a home teaching method that is suitable for parents with knowledge of basic phonics sounds.

Parents will learn the benefits of a child-oriented teaching approach. Other topics covered will be the different learning stages in children between 2 to 6 years and the practical do's and don'ts in developing their interest in reading.



Date: Sat, 16 Mar '19
Time: 10am – 1pm
Fees: Member \$50, Public Service Officer \$60, Guest \$70
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 10 Mar '19

Teaching Toddlers Memory Learning

For Parents with Young Kids (below 3.5 years)

A workshop where parents will understand the learning progress of children below 3.5 years old and their memory learning ability. Parents will learn the difference between positive vs "kiasu" teaching and the benefits of early teaching in fun ways.

In addition, the workshop will cover memory learning, training toddlers in alphabet recognition and memory spelling, creating teachable moments and effective strategies to inculcate reading.



Date: Sat, 13 Apr '19
Time: 10am – 12.30pm
Fees: Member \$40, Public Service Officer \$50, Guest \$60
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 6 Apr '19

Basic Malay Language Course

Learn the basics of the Malay language from Instructor Ms Sharifah Narimah. To enhance learning, her newest curriculum includes a session on baking conducted in Malay of course!

Emphasis is also given to simple Malay grammar, conversation and vocabulary building. Upon completion of the course, participants will be able to converse on everyday topics in the Malay language, construct simple sentences and acquire the knowledge of language structures.

Salam

Selamat
pagi

Dates: 8 Wednesdays, 3 Apr – 29 May '19 (No lessons on PH)
Time: 7pm – 9.30pm
Fees: Member \$180, Public Service Officer \$190, Guest \$200
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 27 Mar '19



Improve Your Dialect Conversational Hokkien (For Beginners)

Learn to speak the dialect so you can connect with your grandparents and other elderly relatives. It's a good way to help preserve your culture and your roots.

Dates: 4 Tuesdays, 7 – 28 May '19
Time: 7pm – 8.30pm
Fees: Member \$45, Public Service Officer \$55, Guest \$65
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 30 Apr '19



Good News!
1-for-1 offer
for CSC Members
only

SkillsFuture Approved Courses (100% Claimable)

In partnership with Impossible Marketing, all CSC members can enjoy an exclusive 1-for-1 offer for the following Digital Marketing Courses. Conducted by expert trainers, our interactive 1-day workshops will equip you with actionable Digital Marketing strategies that can be implemented immediately after the course. *Find out more at www.impossible.sg*

Fees inclusive of teabreaks and Certificate of Attendance.

WordPress Web Design Course

Learn to create a modern-looking website all by yourself. From installing plug-ins to customising the smallest details, we will teach you everything you need to know about using WordPress.

Dates: Sat, 13 Apr or 22 Jun '19
Time: 9.30am – 5.30pm



Google Analytics

Understand the practical abilities of Google Analytics and learn how to utilise important data provided by Google to maximise your website's performance.

Dates: Sat, 20 Apr or 15 Jun '19
Time: 9.30am – 5.30pm



Google Ads

Learn how to target high-potential consumers on the most used search engine platform today. Pick up proven Pay Per Click (PPC) strategies used by an active digital marketing agency.

Dates: Sat, 27 Apr, 25 May or 29 Jun '19
Time: 9.30am – 5.30pm



Facebook Marketing

Learn to craft compelling advertisements and generate more leads on Facebook. From audience targeting to campaign management, this course will take you through the entire process of creating and optimising a Facebook marketing campaign.

Dates: Mon, 29 Apr, 27 May or 24 Jun '19
Time: 9.30am – 5.30pm



Search Engine Optimisation (SEO)

Learn proven SEO strategies from industry leaders on how to rank your website at the top of Google's Search Results page to capture leads with extremely high potential.

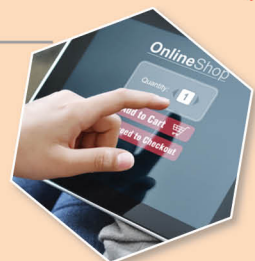
Dates: Mon, 13 May '19
Time: 9.30am – 5.30pm



E-commerce Business

Want to start an e-commerce business or expand your base? Learn from a pioneer in the e-commerce industry who has worked on multiple major e-commerce platforms and generated more than \$4million in sales.

Dates: Sat, 18 May '19
Time: 9.30am – 5.30pm



For the above courses:

Fees per course (100% SkillsFuture claimable):

Member \$500 for 1+1 offer (2 courses for same fee), Public Service Officer \$450, Guest \$500

Venue: International Plaza

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

Register by: 1 week before class

Hit It Right With IT!

Introducing our latest line-up of IT Courses for sign-ups according to your interest and your literacy level in IT matters.



Microsoft Excel 2019 Advanced

Topics include:

- Create and use your own workbook template
- Consolidating data from different worksheets as well as different layout
- Using form for faster and safer data entry
- Applying basic and advanced sorting techniques
- Applying subtotals to your data for summary report
- Applying basic and advanced filtering techniques
- Using Table features to enhance your data
- Using Power View to customize the view of a huge database
- Creating drop list to speed-up data entry and improve accuracy
- Apply validation and create drop list to speed-up data entry and improve accuracy
- Using Excel auditing tools to audit worksheet formula and more

Date: Mon & Tue, 29 & 30 Apr '19
Time: 9am – 5pm
Fees: Member \$331.70, Public Service Officer \$342.40, Guest \$353.10
Venue: The Adelphi Singapore
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 20 Apr '19

Microsoft Excel 2016 Pivot Table Proficiency

Topics include:

- Introduction to Pivot Table
- Creating a Pivot Table
- Editing/Updating a Pivot Table
- Filtering Data by Creating a Page Field
- Creating a Chart from Pivot Table
- Customize a Pivot Table
- Creating a Formula in a Pivot Table Report
- Printing Pivot Table and Pivot Chart
- Import Text File
- Data Slicer
- Consolidate Multiple Worksheets in a Pivot Table Report
- Pivot Table Keyboard Shortcuts

Date: Tue, 21 May '19
Time: 9am – 5pm
Fees: Member \$246.10, Public Service Officer \$256.80, Guest \$267.80
Venue: The Adelphi Singapore
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 14 May '19

Microsoft Excel 2016 VBA Programming

Topics include:

- Introduction to Macro
- VBA Editor
- Working with Objects and Built-in Functions
- VBA Variables
- Working with Sub Procedures and Functions
- Conditions, Branches and Looping Control
- Debugging and Error Handling
- ActiveX Controls in Worksheet
- Userforms and Event Procedures

Date: Fri, Mon & Tue, 24, 27 & 28 May '19
Time: 9am – 5pm
Fees: Member \$674.10, Public Service Officer \$684.80, Guest \$695.50
Venue: The Adelphi Singapore
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 18 May '19



Microsoft PowerPoint 2019 Basic to Intermediate



Topics include:

- Introduction to PowerPoint 2016
- PowerPoint 2016 Interface
- New Feature: Do Things Quickly
- Brainstorming Techniques to Plan Directly from PowerPoint
- Understanding Essential Dos and Don'ts
- Using Different PowerPoint Views
- Working with the Master Views
- Customizing Slide Appearance
- Managing and Organizing Slides
- Usage of Different Slide Layouts
- Working with and Formatting Text
- Working with Clipart and Photos
- Working with WordArt and Pictures
- Working with SmartArt Graphics
- Working with Shapes (Objects)
- Working with Animations
- Applying Slide Transitions
- Applying Animations to enhance Presentations
- Running A PowerPoint Presentation
- Printing Presentations

Date: Thu & Fri, 9 & 10 May '19
Time: 9am – 5pm
Fees: Member \$321, Public Service Officer \$331.70, Guest \$342.40
Venue: The Adelphi Singapore
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 1 May '19



Mindfulness Foundation Course

This four-lesson Mindfulness Foundation Course will enable you to understand what is mindfulness, its benefits, the mindfulness practices and how to apply in our daily living.

You will be guided through various mindfulness practices, plus understand what scientific studies have revealed about mindfulness training. We will also explore stress triggers, and how to respond to them.

Dates: 4 Saturdays, 6 – 27 Apr '19 or 4 – 25 May '19
Time: 10am – 12pm
Fees: Member \$88, Public Service Officer \$95, Guest \$100
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 30 Mar '19

SOCIAL ACTIVITIES

HEALTH



Integrative Solution for Backache

Backache is a common health issue which if left unattended, can lead to complications including headache, stiff shoulders, knee pain and more. Learn this integrative solution that combines the best of meridian self-therapy and modern health science to eradicate pain and plan your way to recovery with practical natural remedies.



Dates: Thu, 28 Mar '19

Time: 7pm – 9pm

Fees: Member \$35, Public Service Officer \$40, Guest \$45

Venue: CSC @ Tessensohn

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

Register by: 21 Mar '19



Stronger Knees and Joints Express Class

Renew & Regrow

Learn the four-step framework to improve knee and joint functions. Participants learn meridian flexercise and therapy techniques to enhance daily routines.

Dates: 3 Fridays, 5 – 26 Apr '19 (No lessons on 19 Apr '19)

Time: 7pm – 9pm

Fees: Member \$75, Public Service Officer \$80, Guest \$85

Venue: CSC @ Tessensohn

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

Register by: 29 Mar '19

Mobile Qigong

A course conducted in two parts.

Part One (2 Sundays, 24 & 31 Mar '19)

4 regimens to harmonise and maintain:

- Yinyang qi and normalise blood pressure
- Functions of the lungs and large Intestine
- Functions of the kidneys and urinary bladder
- Functions of the lymphatic and endocrine systems

Part Two (2 Sundays, 14 & 21 Apr '19)

4 regimens to harmonise and maintain:

- Yinyang qi & normalise blood pressure
- Functions of the liver and gall bladder
- Functions of the heart and small intestine
- Functions of the spleen and stomach



Time: 1pm – 5pm

Fees Per Part (for 2 Sundays): Member \$150, Public Service Officer \$160, Guest \$170

Venue: CSC @ Tessensohn

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

Register by: 7 Apr '19

SOCIAL ACTIVITIES

TRAVEL



2D Malacca Tour

Itinerary includes

Visit to the 时光雨林隧道 · Shopping at Pahlawan Mall / Mahkota Parade · Visit to Jonker Night Market · Next day visit the Mosque at Pulau Melaka (水上清真寺) · Continue with the Heritage Tour

Package includes

2-day usage of 40-seater air-con bus · 1-night stay · 2 Lunch/1 Dinner · Tourism Tax · Tipping for Guide and Driver · Entrance fees as per itinerary · Group Insurance Medical \$500, Accidental Death & Disability \$10,000

Package excludes

Personal expenses · Every expense not specified in the itinerary

	Twin/ Triple	Single	Child w/ Bed (4 to 11 years)	Child w/ out Bed (4 to 11 years)
Member	\$ 180	\$ 220	\$ 160	\$ 130
Public Service Officer	\$ 190	\$ 230	\$ 170	\$ 140
Guest	\$ 195	\$ 225	\$ 175	\$ 145

Dates: Sat to Sun, 20 – 21 Apr '19

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 – a phenomenon that occurs only twice a month – around the 1st and 15th of the lunar month. Come dressed in bright colours to snap beautiful selfies and wefies. Pack a set of colour attire for the photo taking.

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

Package includes

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

Package excludes

Personal expenses · Every expense not specified in the itinerary

Dates: Sat to Mon, 18 – 20 May '19

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

Ensure international passport validity to be no less than six months from the date of departure.

SOCIAL ACTIVITIES

TRAVEL



3D2N Cameron Tour

Itinerary includes:

• Visit to Boh Tea Plantation and Factory • Market Square, Strawberry Farm, Vegetable Farm and Flower Export Centre • Rose Centre • Lavender Farm in Cameron

Package includes:

3D usage of 40-seater air-con coach • Experienced Tour Guide from Malaysia • 2 Breakfasts, 3 Lunches & 3 Dinners • Entrance fees as per itinerary • Tipping for Guide & driver • Group Insurance Medical \$500 • Accidental Death & Disability \$10,000

Heritage Hotel or Strawberry Park Hotel or equivalent	Twin/Triple	Child w/Bed (11 years & below)
Member	\$ 285	\$ 260
Public Service Officer	\$ 295	\$ 270
Guest	\$315	\$ 275

Dates: Sat – Mon, 8 – 10 Jun '19

Meeting Time/Place: Assemble at 6.30am CSC @ Tessensohn

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

Register by: First-come-first-served

Tour by: Amazing Explorer

4D Penang By Air

Itinerary includes:

- Visit Peranakan Museum
- Penang city tour with stops to Kapitan Kling Mosque, Old Georgetown, Chew Jetty, Sri Marianman Temple, St George Church
- Penang Hill, Kek Lok Si Temple, Cheong Fat Tze Museum

Package includes:

Return ticket via budget airline (20kg baggage) • 4-day usage of 40-seater air-con bus • Experienced tour guide • 3N stay • Tourism Tax • Meals & Entrance fees as per itinerary • Group Insurance Medical \$500 • Accidental Death & Disability \$10,000

	Twin/ Triple	Single Room	Child w/Bed (below 11year old)	Child No Bed
Member	\$ 590	\$ 685	\$ 535	\$ 515
Public Service Officer	\$ 610	\$ 700	\$ 545	\$ 525
Guest	\$ 620	\$ 710	\$ 555	\$ 535

Dates: Sat – Tue, 22 – 25 Jun '19

Meeting Time: To be advised

Assemble Point: Singapore Changi Airport

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

Register by: First-come-first-served

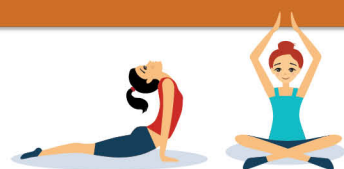
Tour by: Amazing Explorer



Ensure international passport validity to be no less than six months from the date of departure.


REGULAR ACTIVITIES

csc @Tessensohn



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

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

	Deep Aqua Aerobics	10 Tuesdays, 19 Mar – 21 May '19 (No lessons on PH)	8am – 9am	Vikki	\$85	\$95	\$110	18 Pax (Max)	16 Mar '19
		10 Fridays, 26 Apr – 28 Jun '19 (No lessons on PH)	7pm – 8pm or 8pm – 9pm	Vikki	\$85	\$95	\$110	18 Pax (Max)	20 Apr '19
		10 Thursdays, 16 May – 18 Jul '19 (No lessons on PH)	6.30pm – 7.30pm	Anthea	\$85	\$95	\$110	18 Pax (Max)	10 May '19
		10 Saturdays, 25 May – 27 Jul '19 (No lessons on PH)	8am – 9am or 9am – 10am	Anthea	\$85	\$95	\$110	18 Pax (Max)	20 May '19
		10 Wednesdays, 29 May – 7 Aug '19 (No lessons on PH)	6.15pm – 7.15pm or 7.15pm – 8.15pm	Vikki	\$80	\$90	\$105	18 Pax (Max)	23 May '19
Aqua Aerobics		12 Sundays, 5 May – 14 Jul '19 (No lessons on PH)	9am – 10am	Vikki	\$80	\$90	\$105	18 Pax (Max)	1 May '19

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

Children	4 Lessons, Mar/Apr '19 Choice of Sat/Sun	Depends on Swimming Level & Age (Instructors will advise)	Kurusamy / Seng Yung / Derick / Chang	Supp Member \$70	–	\$85	15 Pax	15 Mar/ Apr '19
Ladies (Beginner)	10 Sundays, 12 May – 14 Jul '19 (No lessons on PH)	10am – 11am	Thipa	\$210	\$220	\$230	12 Pax	9 May '19

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

Technique Ballroom Quickstep	10 Sundays, 7 Apr – 16 Jun '19	2pm – 3pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	1 Apr '19
Beginners Latin Jive and Rock & Roll	10 Sundays, 7 Apr – 16 Jun '19	3pm – 4pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	1 Apr '19
Technique Ballroom Intermediate Waltz	10 Sundays, 7 Apr – 16 Jun '19	4pm – 5pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	1 Apr '19



REGULAR ACTIVITIES

csc @Tessensohn



Activity	Date	Time	Instructor	Fees			Group Size	Register By
				Member	Public Service 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, 6 – 27 Apr '19 (No lessons on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	28 Mar '19
	4 Saturdays, 4 – 25 May '19 (No lessons on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	27 Apr '19
Wing Chun Kung Fu, "Chi Sau" (Children 6 – 12 yrs)	4 Saturdays, 6 – 27 Apr '19 (No lessons on PH)	10.30am – 11.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	28 Mar '19
	4 Saturdays, 4 – 25 May '19 (No lessons on PH)	10.30am – 11.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	27 Apr '19
Wing Chun Kung Fu, "Chi Sau" (Adult Intermediate)	4 Saturdays, 6 – 27 Apr '19 (No lessons on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	28 Mar '19
	4 Saturdays, 4 – 25 May '19 (No lessons on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	27 Apr '19
Wing Chun Kung Fu, "Chi Sau"	4 Thursdays 4 – 25 Apr '19 (No lessons on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	28 Mar '19
	5 Thursdays 2 – 30 May '19 (No lessons on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	25 Apr '19
Traditional Taekwon-Do	13 Saturdays, 6 Apr – 29 Jun '19 (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	30 Mar '19

\$100 parent & child pair
\$150 parent & 2 children
This pricing only for member



Studio Fitness | For info, contact Serene Cho @6391 5620 or serenecho@csc.sg

Pilates	10 Mondays, 6 May – 15 Jul '19 (No lessons on PH)	7pm – 8pm	Mabeline	\$85	\$95	\$100	12 Pax (Min)	1 May '19
Yoga	10 Fridays, 8 Mar – 17 May '19 (No lessons on PH)	7pm – 8pm or 8pm – 9pm	Huay Lin	\$75	\$80	\$85	8 Pax (Max) 20 Pax (Max)	1 Mar '19



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

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

Deep Aqua	10 Saturdays, 13 Apr - 15 Jun '19 (No lessons on PH)	8.30am - 9.30am	Kelvin	\$85	\$95	\$110	18 Pax (max)	9 Apr '19
	10 Tuesdays, 30 Apr - 2 Jul '19 (No lessons on PH)	7pm - 8pm	Vicsland	\$85	\$95	\$110	18 Pax (max)	25 Apr '19

Martial Arts | For info, contact Hai Ming @6391 5607 or onnhaiming@csc.sg

Traditional Taekwon-Do	13 Saturdays, 6 Apr - 29 Jun '19 (No lessons on eve of PH and PH)	4pm - 5.30pm	Singapore Taekwon-Do Academy	\$60	\$70	\$80	10 Pax	30 Mar '19
				\$100 parent & child pair \$150 parent & 2 children This pricing only for member				

Aikido (Children)	10 Sundays, 28 Apr - 7 Jul '19 (No lessons on PH)	10am - 11am	Steven Goh	\$120	\$130	\$135	20 Pax	21 Apr '19
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Aikido (Adult)	10 Sundays, 28 Apr - 7 Jul '19 (No lessons on PH)	11am - 12.30pm	Steven Goh	\$120	\$130	\$135	20 Pax	21 Apr '19
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Swimming | For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg

Children	4 Lessons, Mar/Apr '19 Choice of Sat/Sun	Depends on Swimming Level & Age (Instructors Will Advise)	Yusman / Ishaak / Paul / Vishnu	\$70	-	\$85	15 Pax	15 Mar/ Apr '19
Ladies	10 Thursdays, 9 May - 11 Jul '19 (No lessons on PH)	7.30pm - 8.30pm	Thipa	\$210	\$220	\$230	12 Pax	5 May '19

Studio Fitness | For info, contact Serene Cho @6391 5620 or serenecho@csc.sg

Pilates	10 Saturdays, 30 Mar - 1 Jun '19	11am - 12pm	Agnes	\$85	\$95	\$100	12 Pax (min)	23 Mar '19
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Swimming | For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg

Children	4 Lessons, Mar/Apr '19 Choice of Sat/Sun	Depends on Swimming Level & Age (Instructors Will Advise)	Chang Mun Chung	\$70	-	\$85	15 Pax	15 Mar/ 15 Apr '19
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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 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

ORDINARY TERM MEMBERSHIP

Promotion

(FOR PUBLIC SERVICE OFFICERS) PROMOTION ENDS 30 APRIL 2019



APPLY NOW

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 5 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

V5 Year Membership
\$360



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

Promo Code: CRN2N

OR

GRUNN I1-
ECOBOT RED
RRP \$239

Promo Code: ROBOT



IV4 Year Membership
\$288

ARBUTUS WATCH
RRP \$412

Promo Code: AR802



OR

KARCHER
ELECTRIC
BROOM
RRP \$138

Promo Code: KEB



III3 Year Membership
\$216



HITFIT
SMARTWATCH
RRP \$189

Promo Code: HFIT

OR

(BUNDLE SET)
DESKTOP GRILL +
ELECTRIC KETTLE
RRP \$148

Promo Code: BSGK



II2 Year Membership
\$144

MORRIES MULTI-CYCLONE
VACUUM CLEANER*
RRP \$89

Promo Code: VC



OR

INFRARED
COOKER
RRP \$85

Promo Code: IFC



I1 Year Membership
\$72

MORRIES MINI POT
RRP \$35.90

Promo Code: MPB



Terms and conditions apply.

All promotion gifts are valid for Ordinary Term Membership only and subject to 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.