

fusion!

one membership, three clubhouses, four distinct experiences

may - june 2019 issue



School's Out Holiday Programme

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Dog-friendly
Pasar Malam
Carnival

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CSC @ Bukit
Batok
Open House

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Public Service
Month
Exclusive

Civil Service Club ORDINARY TERM MEMBERSHIP



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www.csc.sg/membership

Promotion

(FOR PUBLIC SERVICE OFFICERS) PROMOTION ENDS 30 JUNE 2019

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

5 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



4 Year Membership
\$288



AZTECH OVEN
ACO6626RRP
\$ 149

Promo Code: ACO

3 Year Membership
\$216

MORRIES HANDHELD
RECHARGEABLE VACUUM
RRP \$119

Promo Code: MHV



2 Year Membership
\$144



COFFEE TAKE-AWAY
- SET OF 2
RRP \$118

Promo Code: PCM

OR



AIR FRYER
RRP \$59.90

Promo Code: FRYER

1 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.

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May – Jun 2019

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tessensohn@csc.sg

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T: 6709 4709
changi@csc.sg | rooms@csc.sg

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T: 6545 2343 / 6545 6373
changi2@csc.sg

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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)
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T: 6391 5641 (Vanessa Choo)
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,



The Club has wasted no time in rolling out the CAPEX for FY 19/20 that will enhance the members' experience. Tender has been called for projects such as the gallery stand for the multi-purpose badminton hall at CSC @ Tessensohn, the upgrading of the fruit machine room and the construction of another function room, adjacent to the fruit machine room at CSC @ Bukit Batok. At CSC @ Changi I, all the instant water heaters in the chalets and villas will be upgraded to heat pump systems. Not only does this reduce electricity consumption, it enhances the bathing experience with a new complementary shower rose. Over the next 2 months, CSC @ Loyang will see upgrades to the children's indoor playroom cum party room and the function rooms. Lighted signage, both directional and to light up the chalet units, will be progressively installed in CSC @ Changi II. While completing these upgrades, the Club will do our best to minimise any inconveniences or disruptions.

ACTIVITIES OVER THE PAST 2 MONTHS

SOCIAL ACTIVITIES

Children's Easter Party. This event was held at CSC @ Bukit Batok on the morning of 21st Apr 2019. We were delighted to see the huge turnout of parents with their excited children. The children had a wonderful time enjoying the goodies, arts and crafts workshop, searching for the Easter eggs, performing dances in front of their parents and tucking in to pancake dessert.



SPORTS ACTIVITIES

Healthy Lifestyle Walk. The March 2019 Healthy Lifestyle Walk was held at Labrador Park. The clear skies saw more than 200 members and public service officers turn up for the walk. This is one of a series of healthy lifestyle walks that the Club organises annually. More than 20 public service officers from Ministry of Communications and Information (MCI) participated for the first

time. They were there to support Ms Ratna Sari, CSC Executive Committee member, who flagged off the walk. We look forward to welcoming more MCI staff at our upcoming activities.

Sports Seminar. The Club organised the 2nd Annual Sports Seminar at CSC @ Tessensohn on 28th March 2019. The objective is for the Management to have an annual dialogue with the Sports Liaison Officers (SLOs) of the Public Service Agencies and to understand their needs and expectations. Constructive feedback was received during the dialogue. Many of them will be implemented and the SLOs will be updated as they are rolled out. An award presentation ceremony was held after the seminar over a sumptuous eight-course sit-down dinner, while 50 SLOs from 20 Agencies received their recognition awards. More details can be found on pages 22 & 23.

RENOVATION & UPGRADING

CSC @ Tessensohn. The ongoing upgrades of the corridors at levels 2 and 3 of the main building are slated for completion in June 2019.

CSC @ Bukit Batok. The upgrading of the waterfall and the repainting of the rock features at the wave pool were completed in April 2019. This provides a new experience for those using the wave pool, especially at night, when the waterfall is illuminated with different hue of colour.

CSC @ Changi I. The swimming pool deck chairs and umbrellas were replaced with more vibrant coloured ones. This enhances the overall aesthetics of the pool area and offers better comfort to the sunbathers.

ACTIVITIES OVER THE NEXT 2 MONTHS

SOCIAL ACTIVITIES

Mother's Day. A gentle reminder that the Club is organising a Mother's Day at CSC @ Tessensohn, Qian Xi Restaurant on 12th May 2019. More than 20 tables have been booked by our members and public service officers. This event is very competitively-priced, with pre-event activities, sumptuous food, entertainment, lucky draws and a special gift for the mothers.

Father's Day. This event will also be held at CSC @ Tessensohn, Qian Xi Restaurant on 16th June 2019. All fathers, attending the lunch, will be gifted with a complimentary bottle of wine per table. Both the Mother's Day and Father's Day events are partially sponsored by the Club. We believe in honouring the invaluable roles that our parents play in shaping our lives.

Dog-Friendly Bazaar. CSC @ Changi I will be hosting a dog-friendly bazaar on 1st June 2019. There will be bazaar stalls that cater to dogs as well as their owners. A host of activities will be organised for the dogs to compete and socialise. Free goodie bags will be given to all our members, with the kind compliments from KohePets. At 7pm, a lucky draw will be held and the first prize winner stands to enjoy a free night's stay at one of the dog-friendly chalets at CSC @ Loyang. If there is adequate interest on that day, dog owners can be ferried to CSC @ Loyang to view our dog-friendly chalets and schedule their next staycation with their furry friends. Please see details on page 4.

International Day of Yoga. In conjunction with the International Day of Yoga, the Club is partnering Vyasa Yoga to conduct free yoga sessions at our Clubhouses. Please see details on page 10.

June School Holidays. There are 5 pages of June school holiday activities lined up for the children to have fun. The programmes are diverse; ranging from holiday camp and sports activities to arts and crafts and meal etiquette. There are also parent-child bonding activities. Please see details on pages 5 to 9.

Midnight Movie Marathon. We are doing something different this time round for the movie buffs. A movie marathon for all the fans of *Iron Man* will be held at CSC @ Tessensohn, Auditorium, 26th July 2019 from 10.30pm to 27th July 2019, 6am. We will be featuring all 3 *Iron Man* movies. Entry is free for all CSC main card holders. It is only \$2 for CSC supplementary members and \$5 for public service officers. Complimentary supper and breakfast are provided. For more details, please see page 11.

Open House at CSC @ Bukit Batok on 29th June 2019. CSC @ Bukit Batok will be celebrating her 12th Anniversary with an Open-House. This also coincides with the commemoration of Singapore Bicentennial. There will be free goodie bags for members, snacks and free balloon sculpting workshops. Even the swimming pool entry for member's guests will be free. There will be bazaar stalls selling food and knick-knacks and a cooking demonstration by Lisa Leong. There will be a beer party at the poolside between 6pm to 8pm. In short, it will be a carnival for both the young and old alike to relax and have a good time! Please see the details on pages 12 & 13. Besides the Open House, the Clubhouse is also offering special discounts from 15th June to 30th September 2019 for the use of their facilities. Details are on page 32.

SPORTS ACTIVITIES

CSC Cycling Interest Group. Our Cycling Interest Group has been very active organising cycling activities and charity events in Singapore and the region. They frequently organise cycling trips in Singapore to places that are off the beaten track and organised overseas cycling trips to Bhutan and Taiwan. This year, they plan to make their annual trip to Taiwan between 26th November and 4th December. In preparation for this trip, a presentation will be held at CSC @ Changi I, Boardroom on 25th May 2019, 10.30am. For all those who are interested, whether you are a member or non-member, you are most welcome to attend the briefing. This trip caters to all categories of cyclists, from the leisure cyclist to the competitive cyclist. The details of some of their recent activities can be found on pages 24 & 25.

International Floorball Open. CSC is proud to be the partnering venue for the Singapore Floorball Open 2019 to be held at Temasek Polytechnic from 20th to 23rd June 2019. In addition, either CSC @ Loyang or Changi I will be the venue for the Floorball Summer Camp between 7th and 14th June 2019. The international teams and coaches will be housed in CSC @ Changi I and II. The organiser is bringing in world-renowned coaches together with a top team from Sweden, to conduct clinics and share their knowledge on the finer techniques of playing floorball. This will be held from 28th to 30th May 2019 for track 1 and 5th to 7th June 2019 for track 2. A sports conference will be held at CSC @ Tessensohn from 31st May to 2nd June 2019. Details of the Floorball events and conference will be highlighted in the Sports Website. Please visit: <https://docs.google.com/forms/d/e/1FAIpQLSdLuJjXaFiPz8nT39YSJ6SGhUz7b1EW5KA1tOWhsDT0F14qHw/viewform>



PUBLIC SERVICE MONTH

The Club will be supporting the Public Service Month in July 2019, with a series of discounts and promotions for all public service officers. This is in recognition of the tremendous support that public service agencies and public service officers have given to the Club in both management guidance, organising public service activities and participating in the social activities

organised by the Club. The Club is proud to be associated with the public service and will endeavour to continually create better experiences for public service officers so that more of them will join the Club as members. All public service officers will enjoy members' rate when they use the Club facilities or participate in the Public Service Month activities organised by the Club.

MEMBER'S SATISFACTION SURVEY

Every year the Club conducts a member's satisfaction survey. Last year, we engaged a research company to conduct an external survey for us. This year, we conduct an in-house e-survey. The objective of this survey is to solicit members satisfaction level with the Club's services, activities organised and facilities. Through this survey, we hope to better understand the needs and expectations of our members. We look forward to your active participation. As a token of our appreciation, all participants will be eligible to participate in a lucky draw with prizes given to 3 lucky participants.

I would like to once again wish all the mothers and fathers "A Happy Mother's and Father's Day" and to all the readers, a wonderful June holidays with your family and to all our Muslim members Selamat Hari Raya Aidilfitri!



DID YOU KNOW

GYM at CSC @ Changi I. The gym commenced operations on 1st April 2019. It is located behind the 8 Degrees Lounge, facing the open carpark. The gym is compact with a good range of modern fitness equipment and shower facilities. It has a small annex for hosting classes such

as Pilates, Zumba or Yoga. Members who are working or residing in the East will find this cosy gym an affordable and convenient option for them to keep fit and improve their physique. All members will enjoy a special discount when they sign up.

Muslim Delights. The new Muslim F&B Restaurant, located on level 4 of the Sports Complex of CSC @ Changi I will commence operation from May 2019. The restaurant is tastefully renovated and will be a very popular venue for Malay Weddings. It serves tasty nasi padang for both lunch and dinner.

Year End Dinner & Dance. This year's dinner and dance will not be held on New Year's Eve. We listened to your feedback and understand that many of you would love to attend, however, the 31st is often at home with close families. As such, we decided that this year's event will be held at Orchard Hotel on 28th December 2019. So, keep the 28th night free to attend this highly-anticipated year-end extravaganza!

Inter-Clubhouse Festive Decoration Competition. The two-year reign by CSC @ Tessensohn has officially come to an end when CSC @ Bukit Batok recently won the Lunar New Year Inter-Clubhouse Festive Decoration Competition. CSC @ Bukit Batok emerged a clear overall winner with its imaginative decorations. Kudos to all the staff of CSC @ Bukit Batok for their dedication, creativity and hard work. The winning decorations and the winning team can be found on page 33.





DOG-FRIENDLY

Pasar Malam Carnival

SATURDAY, 1 JUNE '19
3PM ONWARDS (LUCKY DRAW AT 7PM)
VENUE: CSC @ CHANGI I

Join us for a day of nostalgic fun at this dog and family friendly kampung-themed event. Calling all dog owners, your furry friends and the entire family. All are welcome and admission is free.

Programme Highlights

- 🐾 Games booths and foodstalls for all, humans and pets
- 🐾 Dog competitions such as "Fastest Eater", "Best Dressed", and "Temptation Race"
- 🐾 Finger food and beer available at the Beer Garden
- 🐾 Win a stay at CSC @ Loyang Dog Chalet at our Lucky Draw
- 🐾 FREE goodie bags exclusive for CSC Members. Pre-registration required at csc.sg/event



Games booths
& foodstalls



Dog
Competitions



Finger Food
& Beer



FREE
goodie bags
(for CSC members only.
Pre-registration required)

Win a Stay
(CSC @ Loyang
Dog Chalet)

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



FUN WITH SCIENCE & LOGIC

A+



Build-IT Engineering Science

Ages 8 to 10 yrs

Participants will get to:

- Explore concepts of energy and electricity
- Nurture interest in science through hands-on experiments and activities
- Develop problem solving and innovation skills
- Analyse, design and build science projects to bring home

Min 5 to start a class.

Date: Fri, 7 Jun '19

Time: 10am – 1pm

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

Venue: CSC @ Bukit Batok

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

Register by: 31 May '19

It's Slime Time – Magnetic Slime

Ages 5 yrs and above

Children will be “attracted” to this magnetic slime and enjoy using a super-strong neodymium magnet to form a miniature Devil's Tower in the polymer! Unleash their creative energy as they apply important principles related to magnetism. All campers get to bring home their magnetic slime. Min 6 to start a class.

Date: Mon, 24 Jun '19

Time: 9am – 12pm

Fees: Supplementary Member \$30, Guest \$40
(Morning snacks will be provided)

Venue: CSC @ Tessensohn

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

Register by: 17 Jun '19

Discovery on Light & Shadow

Ages 5 to 6 yrs

Young participants will:

- Discover the science behind light and shadow
- Be encouraged to learn through inquiry and exploration
- Have fun with hands-on experiments and interactive story telling
- Get to bring home personalised science crafts

Min 5 to start a class.

Date: Wed, 12 Jun '19

Time: 10am – 1pm

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

Venue: CSC @ Tessensohn

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

Register by: 5 Jun '19

Mathgical Math Magic & Logic

Ages 8 to 10 yrs

Participants will get to:

- Learn the logic behind numbers, patterns and other magical math principles
- Engage in math magic games, puzzles and challenges
- Develop critical thinking, logic, visualising and arithmetic skills

• Bring home own set of Math magic props

Min 5 to start a class.

Date: Fri, 7 Jun '19

Time: 3pm – 6pm

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

Venue: CSC @ Bukit Batok

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

Register by: 31 May '19

Little STEM Engineer

Ages 7 to 9 yrs

Participants will be geared up:

- For introduction to basic science concepts on forces and energy
- To learn through engaging experiments and interactive activities
- To nurture analytical thinking skills and creativity
- To analyse, design and build science projects to bring home

Min 5 to start a class.

Date: Wed, 12 Jun '19

Time: 3pm – 6pm

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

Venue: CSC @ Tessensohn

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

Register by: 5 Jun '19

FUN WITH SCIENCE & LOGIC

A+ 

The Power of Food

Ages 5 to 10 yrs

Do you know that foods have superpowers – some can change their looks while others have the superpower to float. This course will inspire children to investigate the science concepts behind these powers and more. Min 5 to start a class.



Date: Fri, 7 Jun '19

Time: 2.30pm – 5.30pm

Fees: Supplementary Member \$65, Guest \$80

Venue: CSC @ Tessensohn

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

Register by: 1 Jun '19

LEGO® Mindstorm Advanced Robotic Camp

Ages 6 yrs and above

LEGO® Mindstorm enhances classic LEGO® building with robotics capabilities, using motors, sensors and software. Get to design and program your LEGO® bots that can perform all kinds of tasks! It's easy to learn and teaches basic programming logic. A fun and challenging introduction to the world of robotics for the advanced LEGO® enthusiast! Participants get to take home a polaroid photo. Min 6 to start a class.



Power of Airplanes & Wind

Ages 5 to 10 yrs

Get airborne with the fabulous ring plane, super glider etc. These are just some of the wild and wonderful projects in this course to design your very own aircraft. Make one for duration, distance or even speed. Share your new inventions! This course provides an excellent introduction to practical applications and experimenting – a vital and exciting part of the work of scientists. Min 5 to start a class.



Date: Wed, 12 Jun '19

Time: 2.30pm – 5.30pm

Fees: Supplementary Member \$65, Guest \$80

Venue: CSC @ Tessensohn

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

Register by: 7 Jun '19

Hovercraft Workshop

Ages 6 yrs and above

Participants will learn practical aspects of science concepts by assembling a hovercraft. They will be guided in the testing of the hovercrafts and learn how a hovercraft works.

Learning Outcomes:

- Science principles and aerodynamics
- Basic drone concepts
- Craftwork techniques
- Hand-eye coordination and motor skills
- Experience steering a hovercraft

Date: Mon, 17 Jun '19

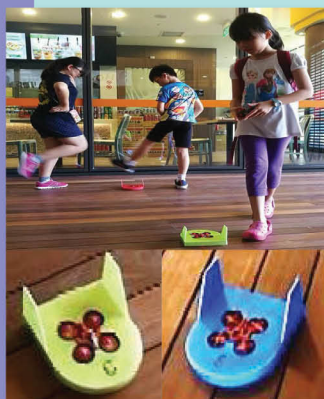
Time: 9am – 12pm

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

Venue: CSC @ Tessensohn

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

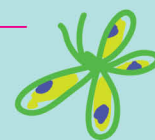
Register by: 10 Jun '19



Space Adventure (Junior Robotic)

Ages 5 yrs and above

If your child is into space exploration, he or she will love this Space Adventure workshop. Participants will learn the science behind the launching of spacecraft, be taught the most-distant man-made object in the universe, and get to discuss what it is like to be an astronaut. They will also get hands-on to build space models such as a satellite and a space robot. Participants get to take home a polaroid photo. Min 6 to start a class.



Date: Thu, 20 Jun '19

Time: 9.30am – 12.30pm

Fees: Supplementary Member \$70, Guest \$80

(Morning snacks included)

Venue: CSC @ Tessensohn

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

Register by: 13 Jun '19



Little Meteorologist

Ages 5 to 10 yrs

Create a thunderstorm, generate wind and make it rain... all within the confines of the class! Participants will also learn why the sky cries and discover the magic in paper umbrellas. This course will pique their curiosity, enabling them to appreciate nature's beauty and learn how unpredictable the weather is as they discover meteorology fun. Min 5 to start a class.

Date: Tue, 25 Jun '19

Time: 2.30pm – 5.30pm

Fees: Supplementary Member \$65, Guest \$80

Venue: CSC @ Tessensohn

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

Register by: 17 Jun '19

WORKSHOPS & LIFE SKILLS

Micro: Bit Coding Workshop

Ages 6 yrs and above

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

Learning Outcomes:

- Structure of coding
- Understanding of commands and logic
- Automation applications
- Basics of electronics

Date: Fri, 28 Jun '19

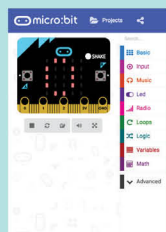
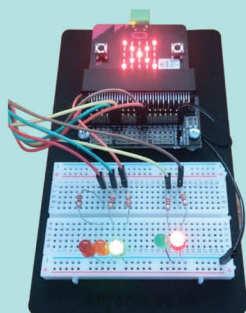
Time: 9am - 12pm

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

Venue: CSC @ Tessensohn

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

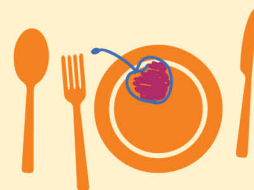
Register by: 21 Jun '19



Meal Etiquette for Kids

Ages 6 to 12 yrs

A practical workshop to start young children on the importance of meal etiquette, it is never too early to inculcate in them good table manners – from right placement of cutlery, napkins to handling of foods such as spaghetti and hot soups.



Date: Mon, 10 Jun '19

Time: 10am - 1pm

Fees: Supplementary Member \$30, Guest \$40 (excl \$10 material fees to be paid direct to the trainer)

Venue: CSC @ Tessensohn

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

Register by: 3 Jun '19

Little Fingers Fun Ukulele

Ages 5 to 9 yrs

Learning music at a young age helps to enhance brain development in areas such as language, cognitive thinking, creativity and social EQ. At this workshop, children will learn how to read music through fun activities and games, express themselves through the ukulele and play favourite tunes such as Yankee Doodle, Twinkle Twinkle Little Stars, Old McDonald Had A Farm.



Date: Thu, 13 Jun '19

Time: 9am - 12pm

Fees: Supplementary Member \$70, Guest \$80

Venue: CSC @ Tessensohn

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

Register by: 7 Jun '19

Improving Social Skills in Kids

Ages 5 to 9 yrs

This workshop builds confidence in participants as it helps to identify positive attributes, raise awareness on people around, and teach them to deal with bullying and other social manners.



Date: Wed, 19 Jun '19

Time: 10am - 12pm

Fees: Supplementary Member \$30, Guest \$40

Venue: CSC @ Tessensohn

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

Register by: 12 Jun '19

Kids Ballet

Participants will be taught from the Royal Academy of Dance (RAD) syllabus which is one of the world's most renowned dance education organisations.



Dates: 4 Sundays, 2 - 23 Jun '19

Time: 9am - 10am

Fees: Supplementary Member \$100, Guest \$120

Venue: CSC @ Tessensohn

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

Register by: 27 May '19

Chuck Glider Workshop (Parent and Child)

Ages 6 yrs and above

A workshop that instils young beginners to gain interest in aviation through interactive building and flying activities. They will get to test flight their planes outdoors. (Participants aged 10 and above will get to build the glider using penknives under the supervision of a first-aid trained instructor.)

Learning Outcomes:

- Science Principles and Aerodynamics
- Craftwork techniques
- Balancing and trimming a glider
- Proper throwing techniques



Date: Sat, 29 Jun '19

Time: 9am - 12pm

Fees (per parent-child pair): Member \$45, Public Service Office \$52, Guest \$58

Venue: CSC @ Tessensohn

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

Register by: 22 Jun '19

WORKSHOPS & LIFE SKILLS

Yakult & Organic Farm Tour

Embark on an educational tour around Singapore:

- **Banyi Marketing:** To make selection from a wide range of 100% natural beverage mix under brand names such as Purigene, Miracle and EL.
- **Yakult factory:** To understand the process of culturing the beneficial probiotic bacteria in drinks.
- **Kin Yan Agrotech:** To see the production and juicing of wheatgrass known for its antioxidant and anti-inflammatory properties.

Date: Wed, 12 Jun '19

Time: 9am – 4.30pm

Fees: Member \$17, Public Service Officer \$23, Guest \$29

Venue: Assemble 9am at CSC @ Tessensohn

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

Register by: 5 Jun '19

June Holiday Camp

Ages 5 to 9 yrs

Participants can expect an exciting lineup of activities:

- **Ukulele Fun.** Learn to play the ukulele through activities and games, and make music in a mini ensemble setting.
- **Sustainable Art for Children.** Learn sustainable art by using environmentally friendly and upcycled mediums and different art techniques such as painting, stamping, sculpting etc.
- **CreArTech.** Learn through play.

Date: Tue, 18 Jun '19

Time: 9am – 4pm (incl 1-hour lunch break)

Fees (excl lunch): Supplementary Member \$220, Guest \$240
Lunch will be at the cafe on Level 1 (own expense)

Venue: CSC @ Tessensohn

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

Register by: 11 Jun '19

Bowling for Kids

Ages 8 to 12 yrs

Resort Bowl @ Changi

Dates: Thu & Fri, 20 & 21 Jun '19

Westwood Bowl @ Bukit Batok

Dates: Mon & Tue, 24 & 25 Jun '19

Planet Bowl @ Tessensohn

Dates: Wed & Thu, 26 & 27 Jun '19

Time: 10am – 12pm

Fees: Member \$65, Public Service Officer \$70, Guest \$75
(Fee includes use of house balls, lane fees and shoes rental)

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

Register by: 14 Jun '19

1D Holiday Craft Activities

Ages 6 to 12 yrs

If your kid loves digging into art and craft projects, this programme is for them. Develop his creative craftsmanship, self-expression and motor skills in a fun way. Have fun with tile painting, lava lamp making and slime making. Fee includes 1 lunch, 1 snack time and all required craft materials.

Date: Fri, 28 Jun '19

Time: 10am – 12pm

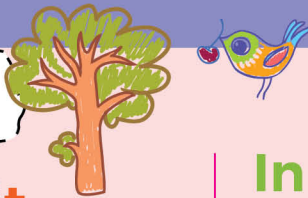
Fees: Member \$85, Public Service Officer \$90, Guest \$95

Venue: CSC @ Bukit Batok

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

Register by: 20 Jun '19

PARENT-CHILD BONDING



Fitness Fun Play (Parent and Child)

Ages 5 to 10 yrs

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 strength and motor skills of both adults and kids.

Dates: 4 Saturdays, 6 – 27 Jun '19

Time: 3pm – 4pm

Fees (per parent-child pair):

Member \$100, Public Service

Officer \$110, Guest \$120

Each additional parent/child:

Member \$45, Public Service Officer

\$50, Guest \$55

Venue: CSC @ Tessensohn

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

Register by: 29 Jun '19



Tinker Kit

(Parent and Child)

Ages 4 to 8 yrs

Tinker Kit is developed with play as a means to learning and parent-child bonding. Each participant will receive a Tinker Kit containing materials and an activity booklet that will keep both parent and child busy tinkering together to achieve their desired creations.



Date: Sat, 15 Jun '19

Time: 9am – 11am

Fees (per parent-child pair):

Member \$50, Public Service Officer

\$60, Guest \$70

Venue: CSC @ Tessensohn

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

Register by: 8 Jun '19

Inline Skating Camp

(Parent and Child)

Ages 5 to 12 yrs

Three days of 2-hour skating fun and learning. Both beginners and experienced skaters are welcomed. Free Equipment Rental. Make-up lessons due to rain or other reasons can be done at any of the group lesson location. Limited to 16 pax only, register early to avoid disappointment! Parents are welcome to sign up the class with your child.



Dates: Wed – Fri, 19 – 21 Jun '19 or

26 – 28 Jun '19

Time: 2.30pm – 4.30pm

Fees (per pax): Member \$128, Public

Service Officer \$135, Guest \$148

Venue: East Coast Park, Car Park F1

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

Register by: 30 May '19

Kids Can Bake

(Parent and Child)

*Ages 3 to 11 yrs

Rainbow Cheesy Bread

Dates: Sat, 25 May '19

Time: 1.30pm – 3.30pm

Register by: 17 May '19

Sat, 8 Jun '19

10.30am – 12.30pm

31 May '19

***Fees per Course:**

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*

Whimsical Unicorn Cookies

Dates: Sat, 26 May '19

Time: 4pm – 6pm

Register by: 20 May '19

Sun, 9 Jun '19

1.30pm – 3.30pm

3 Jun '19

Unicorn Ombre Cake

Dates: Sat, 15 Jun '19

Time: 1.30pm – 3.30pm

Register by: 6 Jun '19

Sun, 23 Jun '19

10.30am – 12.30pm

17 Jun '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*

LOVE Mom/ Pop Push Pop Bouquet

Date: Sat, 22 Jun '19

Time: 1.30pm – 3.30pm

Register by: 14 Jun '19



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

Jann Phonics Parents Workshop

For parents with kids above 4 yrs

Parents will learn how to carry out activities and fun play at home without the need to spend on expensive resources. They will learn how to spur their kids' interest in writing through imaginative story-writing.



Date: Sat, 29 Jun '19

Time: 1pm – 3.30pm

Fees: Member \$40, Public Service Officer \$50, Guest \$60

Venue: CSC @ Tessensohn

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

Register by: 22 Jun '19

Bounce & Bond Experience

(Parent and Child)

Ages 5 to 12 yrs

Boogie Bounce Xtreme is a fun exercise programme on a mini trampoline, fixed with a safety bar, to minimise any strain on your knees. Bounce with your kids to chart topping music and enjoy fun fitness and bonding session together. Each participant will have a trampoline. Max 7 pairs per class.

Date: Sat, 6 Jul '19

Time: 4pm – 5pm

Fees per parent-child: Member \$36, Public Service Officer \$45, Guest \$48

Venue: CSC @ Tessensohn

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

Register by: 29 Jun '19



Sunday 16 Jun '19
12pm - 3pm



Best Dad Ever!

Father's Day Lunch

Qian Xi (Farrer Park) Restaurant, CSC @ Tessensohn

Fees (per table):

Member **\$300** | Public Service Officer **\$320** | Guest **\$340**

Being the pillar of the family, your daddy definitely deserves a treat to recognise his hard work and devotion to the family.

The best way to express your appreciation is to spend quality time together as a family with a heart-warming 8-course lunch treat.

ATTRACTIVE
PRIZES TO BE
WON!

Come dressed in
your most creative
outfits to
win prizes!

A SPECIAL
GIFT FOR ALL
FATHERS

FUN GAMES
AND
ENTERTAINMENT

MOST
SENIOR PAPA



A free
bottle of wine
per table

Menu

- 5 Kind Cold Dish Combination
- Fish Maw Soup with Crab Meat
- Crispy Roasted Chicken
- Fried Prawn with Cereal
- Thai Style Fried Red Snapper
- Braised Mushroom with Chinese Cabbage
- Fried Rice with Dried Scallop in Lotus Leaf
- Longan Lemon Grass Jelly

International Day of Yoga

In conjunction with the International Day of Yoga this June, join us for a free yoga session conducted by professional yoga masters from Vyasa Yoga to rejuvenate your body and mind.



Date: Saturday, 22 Jun '19
Time: 10am - 11:30am
Venue: CSC @ Bukit Batok



Date: Fri, 21 Jun '19
Time: 7pm - 8:30pm
Venue: CSC @ Tessensohn



Date: Sunday, 30 Jun '19
Time: 5pm - 6:30pm
Venue: CSC @ Changi

FREE
Yoga Sessions at
Civil Service Club



Participants to
bring own yoga mats.

Jointly organised by:



Vyasa YOGA
Singapore

Free for all, pre-registration required. By 3 Jun '19.
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Midnight Movie MARATHON

CSC @ Tessensohn, Auditorium
Friday, 26 Jul '19 | 10.30pm – 6am

Screening:

- ▶ IRON MAN 1
- ▶ IRON MAN 2
- ▶ IRON MAN 3

Register by:
12 Jul '19

Fees:

Main Card Holders FREE,
Supplementary members \$2
Public Service Officers & Guests \$5
Supper and breakfast will be provided

Contact:

Hai Ming at 6391 5607 or
onnhaiming@csc.sg



Midnight
FUN

MAHJONG MARATHON CHALLENGE

@ CSC TESSENSOHN

Are you up for a mahjong marathon challenge?

Relish the prospect of going head-to-head against the best players in the Club?

Sign up for this MidnightMahjong Marathon Challenge.

Play two rounds of mahjong and accumulate your maximum points.

Player with the highest overall points will be the champion and win attractive prizes!

JULY 26 2019 (Friday)

11pm to 6am

FEES
(inclusive of
light
refreshments)

Member
\$20

Public Service
Officer
\$25



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

Register by:
12 Jul '19



CSC at
Bukit Batok

OPEN HOUSE

All Are Welcome

SAT, 29 JUN '19
12PM - 7PM

FREE

ENTRY TO SWIMMING POOL
12PM - 6PM



FREE

HOTDOG BUNS
FOR CSC MEMBERS!

Present your CSC membership card
for redemption*

*1 redemption per member

While stocks last



FREE

GOODIE BAG

Exclusive to CSC Main Card Holders



Limited edition
CSC Foldable Umbrella
(1 of the goodie bag item)

- For CSC main card holders only
- Present your CSC membership card for redemption
- Strictly 1 redemption per member with valid CSC membership card
- Member must be present in person to redeem the goodie bag
- The goodie bag redemption is only available on 29 Jun '19
- First-come-first-served basis, while stocks last
- Other terms and conditions apply

FREE

BALLOON SCULPTING WORKSHOP
2PM-4PM (1 HOUR PER SESSION)

Come catch the skilful balloon sculptor at work and create your own beautiful balloon sculpture.
(Pre-registration required)

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



FREE

CANDY FLOSS



FREE

POTONG ICE-CREAM



FREE

CHILDREN'S ACITIVITY: CLAY ART PASTRIES
FOR AGES 6 AND ABOVE
11.30AM-4.30PM (1 HOUR PER CHILD)

ART ZONE STUDIO, CSC @ BUKIT BATOK

Children will be taught on using modelling clay to mould pastries such as Hamburger, Cake, Hot dog, Ramen, French fries, Croissant, Pizza, etc.

First-come-first-served basis!



Register by:
20 Jun '19



FUN LEGO CHALLENGE (THEME: BICENTENNIAL SINGAPORE), 2PM-4PM

Get family and friends together and create your beautiful masterpiece! Attractive prizes to be won!

Fees (per team): FREE for Member,
Public Service Officer \$10*, Guest \$20*

*Maximum 4 pax per team
Contact: Haiming @ 6391 5607 or onnhaiming@csc.sg

INTERACTIVE GPS RACE, 3PM-5PM

Stand to win attractive prizes at this
Amazing Race Challenge: Bicentennial Edition!
Embark on an exploratory journey of the area
with our APP, answer the trivia questions and
complete the team challenges. Each team requires
one mobile device to participate in the challenge.

Fees (per team): FREE for Member,
Public Service Officer \$10*, Guest \$20

**Form a group of 3 to 5 persons
(Children must be 6 and above)
Contact: Haiming @ 6391 5607 or onnhaiming@csc.sg

Register by:
20 Jun '19



OPEN HOUSE FUN BOWL, 2PM

Get your kakis together for a
bowlin' good time and
stand to win cash prizes and a
bowling ball!

Check-in: 1:30pm

Roll-Off: 2pm sharp

Format: 9 Pin Tap (6 Games Series)

Venue: Westwood Bowl

Fees: Member \$25, Public Service Officer \$30, Guest \$35
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

COOKING WITH CHEF LISA LEONG 2PM-5PM

Let Chef Lisa Leong share with you
the secret to healthy cooking
with herbs and spices.



Menu of the day

- Cravins Jacuzzi Chic Kut Teh
- Pepper Cravins Shrimps Pasta
- Black Forest Muachi

Fees: FREE for member,
Public Service Officer
\$10, Guest \$12

Contact Gek Cheng @ 63915624 or kuagekcheng@csc.sg

Visit the Pop-up market for range of interesting goodies.



AYAM BRAND
Any 5 for \$10



UNCLE SABA'S POPPADOMS
4 tins for \$7 + Free 50g pkt



MY REAL CRACKERS
\$10 for 4 + 1 Free



KIN YAN ORGANIC CHIA SEEDS
\$12



KIN YAN MUSHROOM
FARMER KIT
Special offer \$8



COCOBURI
\$3



BEIJING SMOKE DUCK
6pcs for \$5



TEOCHEW OYSTER PUFF
2 for \$5



ROMAN DOUBLE VACUUM
PORCELAIN AND OILPOT
2pcs for \$16 (UP \$32)



EFEV HANDMADE
ACCESSORIES
Any 2 for \$10

FREE-FLOW BEER

\$28
PER PAX

\$112
PER 4 PAX PACKAGE
with complimentary food platter



FOOD PLATTER CONSISTS OF:

Deep Fried Chicken Wings • Chicken Hotdog • Thai Grilled Chicken
• Wrapped Beijing Roasted Duck with Crepes • Chicken Ngoh Hiang • French Fries

*Fees: Member **\$28**, Public Service Officer **\$35**, Guest **\$40**
(Incl 2 hours free-flow beer & live entertainment)

Package for 4 pax: Member **\$112**, Public Service Officer **\$140**, Guest **\$160**
(Incl 1 complimentary food platter, 2 hours free-flow beer & live entertainment)

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

Supported By:



Prawning Competition

Take part in this competition and get hooked in no time! Plus stand a chance to win attractive prizes.

6 July 2019 (Saturday)
8.30am - 12pm

Briefing 8.30am | Prawning 9am to 12pm

Register by:
22 Jun '19



Heaviest Catch

Prize for the heaviest catch of a single prawn



Lightest Catch

Prize for the lightest prawn



Colour Tagged Prawns

A prize for each tagged prawn caught



Participants may bring their own rods, only baits provided by the organiser may be used.

Fees: Member **\$28**, Public Service Officer **\$33**, Guest **\$36**

Venue: 6 Tebing Lane, Singapore 828835

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

*Fees will include:

- A demo on prawning and a briefing on basic prawning skills at 8.30am before event starts.
- Prawning and BBQ equipment (rods, baits, charcoal, BBQ pits/grill etc.)



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**
1 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.



MEMBERSHIP VIRTUAL CARD



Please follow the following steps to gain access to your Virtual Card :

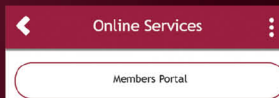
1

Download our CSC Mobile App
via Play Store or App Store



2

Select Members Portal
under Online Services



3

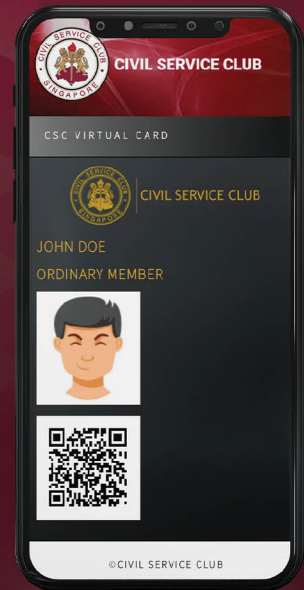
Enter your Member
Login ID & Password

MEMBER ID:
PASSWORD:

4

Select Virtual Card

Virtual
Card



How does it work?

Present your Virtual Card to our CSC staff to verify and scan.

What will you be able to do with it?

You will be able to use our facilities (excluding Jackpot), make bookings, access amenities and much more.



CIVIL SERVICE CLUB MOBILE APP

VISIT WWW.CSC.SG/MOBILEAPP



Available on the
App Store



Get it on
Google play

DO ONLINE
BOOKINGS!

TAKE A PEEK AT
OUR CLUBHOUSES!

AND MORE VALUE
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 May 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!

Public Service Month

EXCLUSIVE

Public Service Officers can enjoy
FREE pool access and **MEMBERS' RATE** for
booking of all BBQ pits*, chalets**
and bowling lanes during
the month of July!



Experience
the town
clubhouse
experience
at CSC @
TESSENSOHN



Have a fun and
relaxing time
at the seaside
resort at
CSC @
LOYANG

Enjoy the
perfect
staycation
getaway at
CSC @
CHANGI I and II



Enjoy the
lush greenery
and water-park
features at
CSC @
BUKIT BATOK



PLUS ENJOY
50% OFF
a second night stay

when you book the
superior suite at
CSC @ Changi I

Eligibility: For bookings made in
July [stay period July to Nov]



TO ENJOY THE PRIVILEGES:

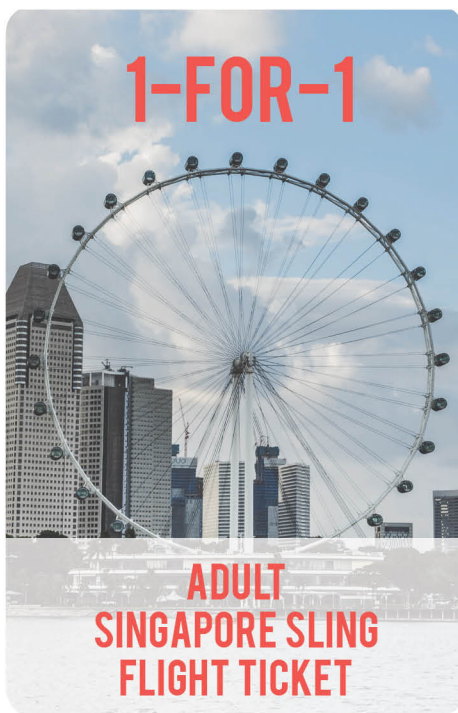
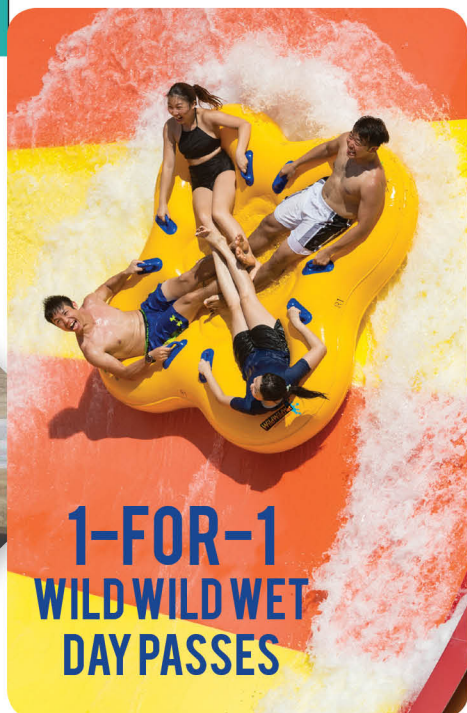
- For booking of bowling lanes, Public Service Officers must present their staff pass in person at the bowling counter.
- Public Service Officers can sign in up to 2 guests to the swimming pools. Officers must present their staff pass in person upon entry to pool.
- For booking or enquiry of BBQ pits* or chalets**, Public Service Officers must write in to the respective emails:
CSC @ Changi I, II & Loyang: rooms@csc.sg
CSC @ Bukit Batok: bukitbatok@csc.sg

* Bookings for BBQ pits must be made in July. Applicable for use from July to November.

** Bookings for chalets must be made from May to July. Applicable for stay period in July only.

Find out more at www.csc.sg/psmonth

**PUBLIC SERVICE MONTH SPECIAL
FOR MEMBERS AND PUBLIC SERVICE OFFICERS!**



**MORE EXCITING
DEALS COMING
YOUR WAY**

Find out more at:
www.csc.sg/psmonth

**Love Literate Parent-Child Workshop
with A Baking Class**

REGISTER BY:
10 JUL '19

Sat, 27 Jul '19

FOR CHILDREN
AGES 7 TO 12

Time:

Love Literate Workshop, 1pm – 3pm
Hands-On Baking Class, 3pm – 5pm

Fee (Per parent-child pair):

Member / Public Service Officer \$55, Guest \$60

Venue: CSC @ Tessensohn

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

Love Literate Workshop

Based on Dr Gary Chapman's international bestseller, "The Five Love Languages", Love Literate aims to help both the parent and child discover and express their primary or preferred communication style for receiving and expressing love.

Parent & Child will be able to:

- Value the need to fill up each other's emotional love tank
- Effectively communicate each other's primary love language

Hands-on Parent-Child Baking Class

Have fun at this interactive hands-on baking session with your child.

Learn to make:

**DROOLING
BANANA
CHOCOLATE
CAKE**

**PEEPING
APRICOT
PUDDING**



Singapore BICENTENNIAL 2019

**A BICENTENNIAL SPECIAL
CIVIC DISTRICT WALKING TOUR**

SAT 6 JUL '19 8:45 AM

Register by: 23 Jun '19

Fees:
Member / Public Service Officer \$60, Guest \$65

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

Come discover the story behind the founding of Singapore in 1819 by tracing the footsteps of Sir Stamford Raffles.

START

UOB Plaza
at the statue of Salvador Dali

Singapore River
early city planning

Cross Cavenagh Bridge

Victoria Concert Hall & Theatre

Walk along Singapore River
to Raffles statue and other pioneers

Asian Civilisation Museum

The Arts House

The National Gallery
refreshment break / visit viewing deck

Padang

END

St Andrew Cathedral Cafe
next to City Hall Mrt

St Andrew Cathedral
stain glass windows dedicated to Raffles and Crawford





1st-in- 200

National
Bicentennial

*CSC National Day
Celebration*

Friday, 9 August '19

3pm - 8pm

Venue: CSC @ Changi 1

PROGRAMME HIGHLIGHTS

- Local food delights
- Game booths
- August birthday celebration
- Live screening of National Day Parade

★ ALL ARE WELCOME ★

National Day F&B coupons at up to \$5 OFF!

All F&B purchases are by coupons only.

Per coupon of \$15 value, Members pay **\$10** /

Public Service Officers pay **\$12**.

Discounted pricing only for pre-purchases made by 31 July 2019.

Coupons sold at the event will be at \$-to-\$ value.

'1000 Wishes for Singapore' Lucky Draw

200 lucky packs worth \$54 to be won!

Each pack includes a picnic basket, F&B coupon worth \$15, and other National Day items. To participate, please refer to page 36.

Winners will be drawn at close of competition on 31 Jul '19 who will be notified via SMS before National Day event. Winners need to collect their lucky packs personally at event on 9 Aug '19, after which all unclaimed prizes will be forfeited.

Contact Haiming @ 6391 5607 or onnhaiming@csc.sg

More details in the next FUSION issue!



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



CSC HEALTHY LIFESTYLE WALKS

@ LOWER SELETAR RESERVOIR PARK, 28 FEB '19

Lower Seletar Reservoir Park was the venue for the latest edition of the CSC Healthy Lifestyle Walk on 28 Feb '19. A regular programme designed to keep public service officers active and healthy, the CSC Healthy Lifestyle Walks have brought participants to locations such as Pasir Ris Park, Sengkang Riverside Park and Dairy Farm Nature Park in previous editions.

A bumper crowd of 431 participants from 14 organisations attended the 4.3km walk - the first one held in collaboration with Health Promotion Board's National Steps Challenge - Corporate Challenge. After a warm up session led by instructors from Health Promotion Board, participants proceeded for the 4.3km walk along the edge of the reservoir. At the end point, Corporate Challenge participants who achieved certain level of MVPA were rewarded with towel, water bottle and gym bag/shoe bag from HPB.

First-time participant Ms Tan Meo Cheng of Ngee Ann Polytechnic voiced her support for the programme. "Walking improves our health and prevents chronic diseases," she said. "It was definitely great to participate and walk together towards better health with fellow colleagues."

The camaraderie shared with colleagues as part of the Corporate Challenge was also a big plus, Ms Tan added. "We cheered each other along the walk," she said. "A few of our colleagues managed to clock 10,000 steps for the walk. It was so encouraging that we decided to take a picture of our steps clocked and share it with fellow colleagues from our office."

CSC thanks Guest-of-Honour Mr Vincent Goh, CSC Executive Committee Member, for flagging off the walk, and HPB for supporting the event.



@ LABRADOR PARK, 22 MAR '19

On 22 March, the CSC Healthy Lifestyle Walk returned to Labrador Nature Park with over 200 participants from 10 government agencies, making the trek through one of Singapore's most scenic park. Participants took the hot weather in their stride. After 20-minutes of warm-up, they were off for the walk after the flag-off by Ms Ratna Sari, CSC Executive Committee member.

About 20 officers from Ministry of Communications and Information (MCI) participated this time around, thanks to the encouragement from Ms Ratna Sari who is also from MCI. First-time participant Sandy Leong of MCI enjoyed the opportunity to spend time in the great outdoors. "It was a refreshing and energising break from work," she said. "It also felt good to get out and about on a Friday afternoon."

Everyone headed home with something on top of the usual fun pack. "I liked that there was a tie-in with the Health Promotion Board (HPB), and we received a gym bag on top of a goodie bag for completing the walk," she said. Looking forward to the next Healthy Lifestyle Walk, Sandy hopes to see an even stronger turnout from her ministry. "I would encourage more of my colleagues from my department to join," she said.

CSC thanks Guest-of-Honour Ms Ratna Sari, CSC Executive Committee member, for flagging off the walk.

Sport Singapore wins inaugural CSC Mixed Lawn Bowl Competition

23 FEB '19

Mixed lawn bowls was contested for the first time as a friendly CSC competition between Sport Singapore (SportSG) and People's Association (PA) at the Kallang Green on 23 Feb '19. Five teams from the two organisations battled it out for the inaugural title. An accessible sport that can be played by people of all ages and fitness levels, lawn bowling involves rolling a ball (or bowl) as close as possible to a smaller ball known as a "jack".

SportSG triumphed over People's Association PA in the end. SportSG lead Michael Joseph played an important part in his team's success. "It was an exciting and demanding role, having to be able to tactically place the jack in a favourable position that was in the 'good' range of my players," he said.

Most important though it was about teamwork. "It was the camaraderie and belief in each other that kept the team together," said Joseph. "My mates were relaxed and jovial, and took things in their stride. That was an important ingredient in keeping our game together. Also, the listening and quick discussions on the next shot."

While this was their debut, Joseph shared that his team wasn't lacking self-belief. "We went into the championship with confidence, though we were not aware of the playing field," he said. "Our opponent PA was very good in their game as well. There



were a couple of close games with a one-point difference. Overall, I believe my teams were satisfied with our performance, though we believe we can do better with more regular training."

With this success, SportSG's teams are already looking to add to their trophy cabinet. "We will continue to pursue this and prepare ourselves for higher competitions and friendly games," said Joseph. "Together as one!"

RESULTS

Champion	Sport Singapore (1)
1st Runner-Up	People's Association (1)
2nd Runner-Up	Sport Singapore (2)
3rd Runner-Up	People's Association (2)

MOE the dominant force at the Mixed Netball Tournament

2 MAR '19



Twenty teams from 14 organisations gathered at the Jurong West Sports Hall on 2 Mar '19 for the Public Service Mixed Netball Tournament 2019. It would prove to be a near-sweep for the Ministry of Education (MOE) as their teams finished as champions, first runners-up and third runners-up, leaving the Ministry of Defence (MINDEF) as the only other organisation with a podium spot as second runner-up.

MOE team captain Wendy Tan shared that teamwork and experience were key to her ministry's impressive showing, along with opportunities to play together. "Our players undergo separate training but had the opportunity to work together at times because of other competitions," she said. "We have been together for some time but there have also been changes to the team line-up over the years. We have a number of experienced veteran players; some of us are qualified coaches, so we work together as a team to make our play work."

Rather than focusing on winning the title, MOE's teams simply wanted to do their best together. "We strived to play to our best as a team, so we focused on the process and were not overly concerned about the outcome," said Wendy.

Despite their dominance, MOE's netballers did face their share of challenges. "Some of us just returned from serious injuries and fitness is also a concern for some of the senior players," Wendy said. "However, the mental strength helped them to persevere. Supportive spouses willing to take care of the kids enabled many of us to participate!"

As her team looks forward to next year's competition, Wendy shared that their mindset will not change. "We will continue with the same spirit of excellence," she said. "We will focus on the process and let the outcome take care of itself."

CSC thanks Guest-of-Honour Ms Alexis Lee, CSC Executive Committee Member for presenting the prizes to the winning teams.

RESULTS

Champion	Ministry of Education (3)
1st Runner-Up	Ministry of Education (2)
2nd Runner-Up	Ministry of Defence (2)
3rd Runner-Up	Ministry of Education (1)

MOE wins 3-on-3 Basketball Tournament title

9 Mar '19



RESULTS - WOMEN'S OPEN

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

RESULTS - MEN'S OPEN

Champion	Ministry of Defence (4)
1st Runner-Up	Ministry of Education (5)
2nd Runner-Up	Ministry of Home Affairs (2)
3rd Runner-Up	Ministry of Home Affairs (1)

OVERALL PLACING

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

The public service's best basketball players gathered at Temasek Polytechnic's Sports Hall on 9 Mar '19 to battle it out at the Public Service 3-on-3 Basketball Tournament. A total of 45 teams from 14 organisations competed across two categories – Women and Men – which saw the Ministry of Education (MOE) locked in a close contest with the Ministry of Defence (MINDEF) for the overall championship.

While MOE topped the Women's category and finished second in the Men's while MINDEF won the Men's tournament and picked up second place in the Women's. A fourth place finish from a second MOE team in the Women's Category was enough to net the overall victory for the ministry.

MINDEF Team 4 captain Mr Tan Jun Wei shared that his side's victory in the Men's Category – the ministry's first – came about as a result of team chemistry and consistent hard work. "Training and consistent performance are our team's priority. Players are engaged in matches and/or training on a weekly basis," he said. "The players have known each other for three years, hence, the chemistry showed. Knowing our roles in the team very well, we covered each other's weaknesses and augmented our strengths."

This team spirit was key to seeing MINDEF Team 4 through, as they had no reserve players. "We played with only three members while other teams had five. This posed a huge disadvantage in a drawn-out game, as fatigue levels increase after every game," said Mr Tan.

Mr Tan also described the value of the tournament and gave a shout out to his teammates. "It was a well-thought-out event that allowed different ministries to come together and enjoy friendly competition, promoting camaraderie and a healthy lifestyle," he said. "I would like to thank my teammates. 'We, not me'."

CSC thanks Guest-of-Honour Mr Wee Tee Heng, CSC Honorary Treasurer, for giving out the prizes to the winning teams.

MOE dethrones MINDEF in dramatic Badminton Tournament

15 MAR '19

The Multi-Purpose Hall at CSC @ Tessensohn was the venue for the Public Service Badminton Tournament 2019 held from 30 Jan to 15 Mar '19. A record number of 60 teams from 21 organisations took part in the event.

For almost a decade, the Ministry of Defence (MINDEF) had stood atop the podium at this annual tournament. After nine years, however, a new champion was crowned by the narrowest of margins. While MINDEF won two of the three championship categories – Men's Open and Men's Senior – the Ministry of Education (MOE) showed strength in numbers with a 1-2 finish in the Women's Open, second place in the Men's Open and third place in the Men's Senior to win the overall title by one point. The Ministry of Home Affairs (MHA) and Ministry of Health (MOH) rounded out the overall positions in third and fourth place respectively.

Interestingly, MOE's Ms Lim Tien Juan shared that winning was secondary. "We participated without winning in mind. It was purely participation for fun. We sent in as many teams as there was a demand for."

The Ministry didn't have a special training regime either – again, fun was key here too.



"We all have varying hectic work schedules, and getting together to train was almost impossible," said Ms Lim. "We have got together 'play sessions' only a few times a year, just to get together, play and laugh together. Nothing too serious."

Not surprisingly, Ms Lim cited teamwork and camaraderie as being instrumental in MOE's success. "All of us turned up for the games together knowing some will not be playing that day. It's the once-a-year catch-up that we enjoyed, among friends," she said.

And as for MOE's plan to defend their title in 2020? Ms Lim shared that their victory won't change their approach. "No plan at all. Just do what we do best – play."

We thank Guest-of-Honour Mr Teo Tze Fang, CSC Executive Committee Member for giving out the prizes to the winning teams.

RESULTS - WOMEN'S OPEN

Champion	Ministry of Education (1)
1st Runner-Up	Ministry of Education (2)
2nd Runner-Up	Ministry of Health
3rd Runner-Up	Housing & Development Board

RESULTS - MEN'S ACTIVE AGERS

Champion	Ministry of Defence
1st Runner-Up	Housing & Development Board
2nd Runner-Up	Ministry of the Environment and Water Resources
3rd Runner-Up	SP Group

RESULTS - MEN'S SENIOR

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

RESULTS - MEN'S OPEN

Champion	Ministry of Defence (1)
1st Runner-Up	Ministry of Education (1)
2nd Runner-Up	Ministry of Home Affairs (1)
3rd Runner-Up	National University of Singapore

OVERALL PLACING

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



A Celebration of Sports

STAR Games Seminar and Awards Presentation Ceremony

The Public Service STAR Games scored big in 2018. A total of 43 sporting events took place, and were played by 24,047 participants representing some 41 agencies. These statistics speak well for the effectiveness of the STAR Games platform, which is aimed at encouraging a healthy and active lifestyle among public service officers.

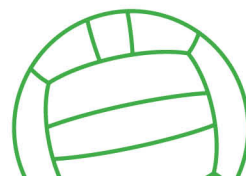
Kudos goes to the Sports Liaison Officers (SLOs), the CSC Games Convenors and all participating agencies. To recognise their support, CSC hosted the Presentation Ceremony on 28 March 2019 at the Tessensohn Clubhouse. Attended by SLOs and sports activists from participating ministries and statutory boards, it was a gathering of sports lovers of both types – the sporting and the sporty!

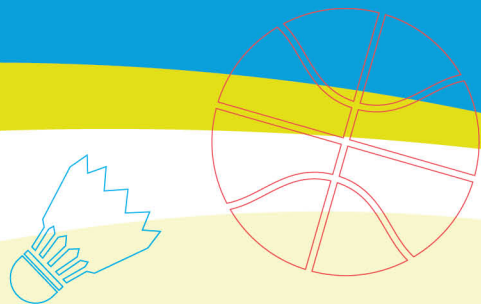
STAR Games Seminar

The Presentation Ceremony was preceded by the STAR Games Seminar, which took place at 2pm. It was the second of such a seminar, with the first one held in 2017. It was at the 2017 event that a slew of new initiatives were mooted. These included the introduction of:

- Cross-agency teams in non-championship STAR Games to facilitate the participation of smaller agencies
- Twitch in scoring system for 9-pin, 10-pin and 3-6-9 bowling events to encourage the participation of top management
- Resource sharing whereby agencies with sports facilities could offer use of venues while visiting participants contribute refreshments, equipment etc.

Since then, such initiatives have taken off positively according to Mr Tan Boon Huat, Chairman Board of Games, in his opening address at this year's Seminar.





The good run continues. An inaugural game of Mixed Lawn Bowl was hosted on 23 February 2019 which attracted the participation of five teams from two agencies – not a bad showing for an inaugural game.

Next to address the audience was Guest Speaker, Mr Lai Chin Kwang, Chief ActiveSG of Sport Singapore, who shared on “Inspiring Better Life Through Sports”. Mr Lai reiterated the agency’s continuous support for CSC’s sports programmes through a three-step approach: Awareness, Adoption and Advocacy.

More good news was in store for sports enthusiasts by the time the third speaker Mr Stefan Dahlgren, Founder of Valhall.Asia, took the stage. CSC will be the partnering venue for the Singapore Floorball Open 2019 in June. In addition, CSC @ Loyang will be offering its accommodation for the Floorball Summer Camp, where CSC @ Changi 1 and 2 chalets will serve as the official accommodation for the international teams and coaches. These regional speakers and subject matter experts will share their knowledge at the Sports Conference to be held at CSC @ Tessensohn’s MICE facilities. More info can be found <https://www.sgfloorballopen.com>

The seminar proper followed and saw participants immersed in animated discussions in two breakout groups. Three main proposals emerged from the breakout sessions:

- To introduce two tiers of competition: a top league for highly competitive teams and a lower one for those less competitive.
- To offer more learn-to-play leisure activities, instead of the current focus on competitive events.
- To create a sports portal for agencies to share advice and tips and pool resources and facilities.

Opined Mr Loh Tian Wei of Sport Singapore, “The engagement level was good. The session addressed concerns among sports-loving public service officers. The panel showed a willingness to listen to agencies and address difficulties. We have something to look forward to in terms of better game format, higher rate of participation and higher level of wellness among public servants.”

Awards Presentation Ceremony

The best was saved to the last with the event ending on a high note with the presentation ceremony where 50 SLOs from 20 agencies received their Recognition Awards. A sumptuous 10-course dinner was also served at the Qian Xi Restaurant.

SLOs and CSC Games Convenors received their well-deserved recognition awards from Guest-of-Honour Mr Tan Boon Huat at the ceremony. Cash awards to the agencies that clinched the 5th to 10th placings in Division I and II were also given out at the event. Our heartiest congratulations to these agencies.





Japanese Cemetery Park

Routes Less Travelled

RIDE TO JAPANESE CEMETERY PARK (2018 RIDE)

By Oei Su Cheok

There wasn't a tinge of eeriness when we rode into the cemetery park. It was well kept and evoked a sense of peace. It was a setting we have not seen elsewhere in Singapore.

The park was not too far from our usual meeting point at Lorong Halus Wetlands. Being out for our weekend ride, we did not head directly to our destination. Instead, CSC cyclists covered the distance around Seletar Aerospace circuit and toured Kampung Buangkok before arriving at our checkpoint for the day.

This checkpoint was the Japanese Cemetery Park at Yio Chu Kang. The uninitiated may only associate the imperial Japanese with atrocities of war. However, the establishment of the Japanese Cemetery Park was not to do with the war.

Instead, it was established in 1891 (before the war) by 3 brothel keepers for destitute Japanese prostitutes who breathed their last in Singapore but had no final resting place. The cemetery subsequently served the needs for a wider community of Japanese.

The Park at Yio Chu Kang is the largest and most well-preserved Japanese cemetery in Southeast Asia, with around 1000 graves. Nested within a residential area, the Park is not evident to people not seeking a visit. Nevertheless, it is open to all visitors and is a pleasant discovery for many of us on this ride.

Join our rides to learn about destinations in Singapore.



Riding through Kampung Buangkok



SILKPAIR MI 185 MEMORIAL (2018 RIDE)

By Oei Su Cheok

Alas, more than 20 years have passed since the crash of Silkair MI 185 into Musi River in Palembang. Memories of the tragedy have since faded, save this memorial which the airline erected in the Choa Chu Kang Cemetery in memory of 104 people who perished, considering that little of the victims' remains were recovered.

Our cyclists took this route-less-travelled to visit this simple memorial amidst the serene environment of the cemetery. It was a moment to reflect on the anguish of all affected parties as the investigation into the disaster could not find sufficient evidence to nail the cause of the crash.

Back on the cemetery paths, Richard applied his skill to fix a broken bike-chain. Surprisingly, we managed to ride home together! Fixing punctured tyres is no big deal but broken bike chain on the go is a new challenge. Camaraderie and fellowship was the spirit of the moment. Awesome! Grab-taxi might not answer a call from within the cemetery!

Further down the road, we touched base with National Shooting Centre, home ground to Singapore's gold medallists in international shooting competitions over the years, latest being the Commonwealth Games 2018. Security restrictions were tight. Regardless, we were within earshot of the winning shots (maybe).

Ride to discover!

NATIONAL
SHOOTING CENTRE

SINGAPORE SHOOTING ASSOCIATION

MI 185 Memorial



Join us for the 9 Days Taiwan S Challenge

A multi-media presentation will be held on Sat, 25 May 2019, 10.30am at CSC Changi Clubhouse Boardroom for those who are interested to challenge the highest road in Taiwan – Wuling (altitude: 3257m) and cycle round Taiwan island (about 900km) from 26 Nov to 4 Dec 2019.

The tour leader will brief you on the cycling route, what to expect, and answer your queries. All are welcome. Free coffee and tea.



JOIN OUR RUNNING CLUB TODAY!



Nearly half of year 2019 has come and gone, thus it may be a good time to take stock of the year. When the year started, some of us could have set out to keep fit and have a healthier lifestyle. Has there been progress on this and if not, why hesitate further? Join the CSC Running Club today to start keeping fit. The Running Club conducts regular running sessions (or you can walk if you prefer) every month on the 1st and 3rd Saturday mornings. We meet at CSC @ Changi 1 at 7.45 am unless otherwise stated.

The imperative becomes greater to keep fit as our society advances and we tend to lean towards a sedentary lifestyle with all the modern conveniences. In this regard, many initiatives have been rolled out to encourage a healthier lifestyle for Singaporeans such as the National Steps Challenge series, ActiveSG and "war on diabetes". These efforts are worth every cent spent as the statistics are alarming – one in three Singaporeans is likely to get diabetes in his or her lifetime and the disease has cost S\$1 billion collectively to all working-age adults here. The statistics were from three years ago but they are unlikely to be lower now as the trend is an increasing one. (source: <https://www.todayonline.com/singapore/i-am-declaring-war-diabetes-gan>). Amidst such alarming statistics, our Running Club can play an important role in supporting fellow public service officers in their journey to become healthier and fitter. With a group of like-minded individuals, this journey becomes easier. Join us in one of our regular sessions to discover the beauty of running and become fitter.

Why running?

Christopher McDougall, the American author and journalist wrote: "You ran to eat and to avoid being eaten; you ran to find a mate and impress her, and with her you ran off to start a new life together. You had to love running, or you wouldn't live to love anything else....We were born to run; we were born *because we run*". (Born to run, 2010, Profile Books).

McDougall has built a convincing case for running; however, joining the CSC Running Club is not just about running. If you cannot run, just walk, the club aims to build a cohesive group of civil service officers who besides enjoy running, want to keep fit and have fun together. Through this, we can do our little in promoting a healthy lifestyle among Singaporeans. Refer to our 2019 schedule and join us today!



Our members at the Finger Pointing Sculpture by local artist Lim Soo Nee on our regular Changi beach route



Members enjoying our post Annual General Meeting 2019 lunch

CSC Running Club (Changi) 2019 Schedule

Date	Running Venue and Activity for 2019
May 4	Green Corridor Meeting Point: The Rail Mall
May 18	CSC Changi
June 1	Lorong Halus Meeting Point: Lorong Halus Wetland Centre
June 15	CSC Changi
July 6	Run4Fund in JB (dates TBC) Meeting Point: TBC
July 20	CSC Changi
August 3	CSC Running Club Annual Gathering
August 17	CSC Changi

Date	Running Venue and Activity for 2019
September 7	CSC Changi
September 21	CSC Changi
October 5	CSC Changi
October 12	CSC Run by the Bay Meeting Point: Garden by the Bay East
October 19	Bedok Reservoir Meeting Point: Carpark A
November 2	CSC Changi
November 16	Sentosa Meeting Point: TBC
December 7	CSC Changi
December 21	CSC Changi

Notes:

- Meeting point for the above activities of our Running Club is at CSC @ Changi 1 unless otherwise indicated.
- Event/run location is subjected to change. Look out for our email updates or contact our Running Club President, Mr Abe Chan (mobile: 9663 7837).
- The running distance ranges from 2km to 6km or more depending on the location.



A Day of Challenges & Fun

Singtel Inter Group Games 2019



On that day, Tessensohn Clubhouse was awash in a sea of colours, thanks to the presence of a thousand of enthusiastic staff in their signature Singtel IGG colourful polo T-shirts representing their respective teams, some with their loved ones in tow.

Inside the Clubhouse was a deluge of competitive and carnival games such as bowling, badminton, table tennis, swimming, futsal, e-gaming, tribal archery, cooking, bazaar stalls such as souvenirs/ household items, snack stalls serving ice-cream, pop corns and other delicious treats, activities for kids such as balloon sculpting and photo booth for everyone to enjoy. Staff and their family members were also kept entertained with a roving magic show and a Singtel Got Talent contest where various staff members sing and performed dances.

Without a doubt, the highlight of this annual event was the tele-match flagged off by their Guest of Honour Mr Yuen Kuan Moon, Singtel's CEO, Consumer Singapore where the teams came together to pit their wits, agility and teamwork

against each other in a series of friendly matches of inflatable dragon boat, human conveyor belt and caterpillar walk challenges. Generally, the staff had commented that they all had a wonderful experience and enjoyed the day with the various activities lined up for them to share fun and engaging times together, as they grew closer to one another.

Mr Tong, Associate Director of The Singtel Recreation Club said the event successfully engaged the turnout with an excellent array of activities held in different zones of the Clubhouse. It was a memorable day which brought out the camaraderie, passion and feeling of family togetherness within the entire extended Singtel family.



It was challenges and also all fun! as Singtel staff and family gathered at CSC @ Tessensohn for their annual Inter Group Games (IGG) on Saturday 30 March 2019.



Create your own events with us. Contact us for a no-obligation discussion and viewing of our facilities.

Jacqueline Tang at 63915605 or Jacquelinetang@csc.sg

Eve Zhuang at 63915623 or evezhaung@csc.sg





ENJOY A CORPORATE COHESION EXPERIENCE THAT IS MEMORABLE AND UNIQUELY YOURS!



Distinctive Clubhouse Experiences

Beyond being a great place for family and friends to relax and have fun, CSC clubhouses are well-equipped with meeting facilities that can be hired by government agencies and private companies. Each of the CSC clubhouses has a distinct setting and personality to cater to the experience you would like for your event.

With its accessibility to Farrer Park MRT Station, CSC @ Tessensohn is a town clubhouse, perfect for events which need to be held in a central location. It has comprehensive facilities to host MICE events, including 7 function rooms, a 192-seater auditorium, 2 ballrooms, a boardroom and a multi-purpose hall, totalling more than 1,000 sqm of MICE space. It also has 2 cookery studios, a dance studio and full-size swimming pool that can be used for corporate bonding activities.

Nestled on the hill, CSC @ Bukit Batok provides a resort-feel to your corporate events, given its lush greenery and water-park features. The Clubhouse has 2 function rooms and a dance studio, with a third function room to be completed by late 2019. Despite giving the sense of being nestled amidst nature, the clubhouse is very accessible from Bukit Batok MRT Station and bus interchange, with both being just a short walk away.

CSC @ Changi I, our seaside clubhouse, is the perfect place if you are looking for somewhere away from the hustle and bustle. Located next to Changi Village and facing Changi Point, the clubhouse has 3 function rooms, 1 boardroom, and a ballroom. CSC @ Changi II and CSC @ Loyang (the former Aloha resorts), which are our resorts located a short distance away, can also be booked as they each have a meeting room.

Fully Customised Corporate Events

The Club can design team-building activities not just at our clubhouses but also at your own premises. With over 700 social activities organised for members and Public Service officers every year, we have the network and experience to deliver successful events, so you can leave all the planning and organising to us.



Besides hosting meetings, conferences, townhalls and team-building activities, the clubhouses have the capacity to host mass events of more than 1,000 people. Organising events of this scale can be logistically time-consuming, so our past corporate clients appreciate the ease of handing this over to the Club instead. For the third consecutive year, Singtel has hosted their annual Inter Group Games at Tessensohn (page 27).

Mass events such as family days and sports meets can be held at the clubhouses as they offer a one-stop solution for hosting a wide range of activities. Best of all, you can customise your activities to cater to the different interests and age groups of your staff all within the same building. The tennis courts, rock walls, futsal courts, bowling centre, dance studio, Olympic-size pool and multipurpose courts at CSC @ Tessensohn are perfect for sports events, while the kids-friendly pool facilities and bowling centre at CSC @ Bukit Batok are ideal to host family days.



Stay-Meet-Play

For a work planning session with a difference, you can twin your work planning session with a team bonding activity such as stand-up paddling at CSC @ Loyang's sea sport centre or go mangrove kayaking expedition and Chek Jawa nature trail at Pulau Ubin, and even a stayover at the CSC chalets.

The chalets at CSC @ Changi I, CSC @ Changi II and CSC @ Loyang can also be used as a venue for conducting group activities – yoga, leather crafting, tea appreciation and the likes. Our chalets have all been recently refurbished and provide a relaxed alternative to the confines of boxed-up function rooms. To end the session on a high note, BBQ Pavilions are available for team dinners under the stars.



Interactive Challenge

The CSC Interactive Challenge uses technology to foster teamwork with different teams competing against one another in a race against time. Using a mobile phone, teams solve puzzles and tasks to unlock the next location not just within the clubhouses but its surrounding neighbourhood. Drawing from the concept of the Amazing Race, team members are required to work together to win. Launched a few years ago, the game is available at all CSC Clubhouses and is very popular as it makes team bonding fun and interactive. There are different themes available for the Interactive Challenge, with the Escape Heist edition for those who do not want to run around, or even a Bicentennial edition with references to the history of Singapore.



For more info or to enquire to book, please contact any of the representatives below from our Social team or the respective Clubhouses:

CSC Social activities and team bonding – events@csc.sg
 CSC @ Tessensohn – jacquelinatang@csc.sg
 CSC @ Bukit Batok – hudahidya@csc.sg

CSC @ Changi I – changi@csc.sg
 CSC @ Changi II – changi2@csc.sg
 CSC @ Loyang – loyang@csc.sg

MAY-JULY

SOCIAL HAPPENINGS

CSC @ Changi & Loyang



Yoga By Marini

Hatta/Gentle Yoga is ideal for those new to or with basic experience with yoga. It is a good platform to yoga introduction, using easy and gentle stretches that work every part of the body. Register by 10 Jun '19

	Basic Hatta/ Gentle Yoga Class	Parent Child Yoga @ CSC Changi 1
Dates	4 Sessions 25 May, 15 Jun, 13 Jul & 3 Aug '19	
Time	8.30am - 9.30am	9.30am - 11.30am
Fees	4 Sessions (monthly sessions) Member: \$60 Public Service Officer: \$65 Guest: \$70	4 Sessions (monthly sessions) Member: \$80 Public Service Officer: \$85 Guest: \$90

OHANA Water Sports @ CSC Loyang (with Kayak Instructor)

Register by 8 Jun '19

	Stand Up Paddling with Dog	Parent Child Leisure Kayaking
Dates	15 Jun & 22 Jun '19	15 Jun & 22 Jun '19
Time	1pm - 3pm	3pm - 5pm
Fees	Member: \$59.50 Public Service Officer: \$63 Guest: \$70	Member: \$59.50 Public Service Officer: \$63 Guest: \$70

Adventures with Asian Detours @ CSC Changi 1 & Pulau Ubin

Register by 25 May '19

	Pulau Ubin Family Challenge	Parent Child Mangrove Kayaking @ Pulau Ubin	Safe Cycling @ CSC Changi 1
Dates	1 Jun & 15 Jun '19	2 Jun & 16 Jun '19	9 Jun & 23 Jun '19
Time	9am - 12pm	9am - 1pm	8am - 12pm
Fees	Member: \$80 Public Service Officer: \$90 Guest: \$100	Member: \$140 Public Service Officer: \$150 Guest: \$160	Member: \$60 Public Service Officer: \$70 Guest: \$80
	The challenge play area will be across key landmarks in Pulau Ubin to enable family teams to plan resources to maximise their points while getting to their destinations on time. This maximises bonding time among families. Cost exclude Bumboat Transfer	Criteria: Min Age 7yrs. Cost inclusive of 2 Bumboat Tickets (return), light refreshments and 1 kayak with paddles. Each kayak accommodates 3 pax (adults or children).	A half-day experience to learn the safe use of Park Connectors and pathways before we take participants out for a Cycling experiential ride to put the skills to use. Bicycles will be included. However we encourage participants to bring your own bicycle if possible for the best fit.

Equilibrium Workout @ CSC Loyang

Progressions of basic to intermediate of movement, calisthenics, athletics, stand-up paddle and yoga. Register by 5 Jun '19.

	ADULTS (13yrs to adult)		KIDS (6 to 12 yrs)	
	Urban Edition	Beach Edition	Kids Urban Edition	Kids Beach Edition
Dates	Trial: 15 Jun '19 8 Sat Sessions: Starts 22 Jun '19	Trial: 16 Jun '19 4 Sat Sessions: Starts 23 Jun '19	Trial: 15 Jun '19 8 Sat Sessions: Starts 22 Jun '19	Trial: 16 Jun '19 4 Sat Sessions: Starts 23 Jun '19
Time	9am - 10am	10.30am - 11.30am	10.30am - 11.30am	9am - 10am
Fees	Trial Session Member: \$30 Public Service Officer: \$34 Guest: \$36 8 Sessions Member: \$210 Public Service Officer: \$220 Guest: \$240	Trial Session Member: \$38 Public Service Officer: \$45 Guest: \$53 4 Sessions Member: \$145 Public Service Officer: \$170 Guest: \$200	Trial Session Member: \$30 Public Service Officer: \$34 Guest: \$36 8 Sessions Member: \$210 Public Service Officer: \$220 Guest: \$240	Trial Session Member: \$38 Public Service Officer: \$45 Guest: \$53 4 Sessions Member: \$145 Public Service Officer: \$170 Guest: \$200

To register or for more information,
contact **Firdaus** at 6709 4709 or
ahmadfirdaus@csc.sg

Fitness @ CSC Changi I

	Aqua Fitness for Ladies Register by 14 Jun '19	Cross Training Register by 20 May '19
Dates	10 Fridays 21 Jun – 6 Sep '19	4 Sundays Starts 26 May '19
Time	8am – 9am	9am – 12pm
Fees	10 Fridays Sessions Member: \$85 Public Service Officer: \$95 Guest: \$110	4 Sessions Member: \$70 Public Service Officer: \$90 Guest: \$110

Social Activities

Register by 10 Jun '19

	Paintball Fitness @ Red Dynasty Register by 10 Jun '19	Origami Workshop
Dates	10 Fridays 21 Jun – 6 Sep '19	Every Saturday in the month of June, from 1 Jun – 29 Jun '19
Time	8am – 9am	4pm – 5pm
Fees	10 Fridays Sessions Member: \$65 Public Service Officer: \$70 Guest: \$75 Promotion Package: Sign up in group of 5s Member: 5 pax \$300 Public Service Officer: 5 Pick up basic fundamentals and learn the difference between recreational vs competitive paintball. Meet like-minded players. Form teams for skirmishes and experience how the game play formats are. Min 12 pax to start.	FREE The activity will be in conjunction to Singapore Bi-centennial year. CSC commemorates Singapore Bicentennial 2019, with the folding of thousands of paper cranes. With this activity, we hope that we are able to be part of this historical year in contributing to Singapore peace, prosperity, progress, happiness and unity.

Absolute Fitness

Membership Rates:

Pioneer Generation
\$250/6mths; \$390/12mths
CSC Members
\$300/6mths; \$490/12mths
Public
\$360/6mths; \$590/12mths

Walk-in Rates:

CSC Members \$7
Public \$8

Operation hours

Mon to Fri:
6.30am – 9.30pm

Sat to Sun:
8am – 8.30pm

Public Holidays:
9am – 6pm

Email: Enquiries@AF-SG.com
www.facebook.com/AbsoluteFitnessSG/

Muslim Delights

Wedding Venue & Services



Muslim Delights at CSC @ Changi I

From 1 May 2019

**A la carte dishes at
10% discount for
CSC Members.**

**Voted as Singapore's top 5
"Nasi Padang" restaurant
& Reviewed in "Michelin
Guide Singapore 2018"**



For event planning and catering needs, please
contact Zubair: sales@muslimdelightswedding.com

12th Anniversary Promotion*



CSC COMMEMORATES
Singapore
BICENTENNIAL 2019

CSC @ Bukit Batok
from 15 Jun to 30 Sep '19

*Terms & Conditions apply.

Foyer



6-hour booking
(OFF-PEAK)

Members: **\$181.90** (usual \$240)
Non-members: \$200 (usual \$288)

Dance Studio



5-hour booking
(OFF-PEAK)

Members: **\$181.90** (usual: \$250)
Non-members: \$200 (usual \$375)

Small Treehouse



4-hour booking
(OFF-PEAK)

Members: **\$18.19** (usual: \$30)
Non-members: \$20 (Usual: \$50)

Bowling



- **\$32** for 12 prepaid games for non-peak hours (usual \$40.80)
- **\$42** for 12 prepaid games for peak hours (usual \$48)

+ 1 free bowling game voucher for every \$12 spent on swimming pool related expenses (eg. entrance fee, rental of floats, towels, paddle boats etc) in a single receipt

Tennis



FREE use from 12pm to 1pm
(subject to booking of more than 1 hour)

Improvement works @ Bukit Batok Clubhouse in May '19 to serve you better. We apologise for the inconvenience caused.

- Renovation of FM room
- Renovation of Toilets outside FM room
- New Function room
- New Shelter linking Block A to Block B at L3

BUKIT BATOK CLUBHOUSE WINS
CSC Decor Challenge
 FY18/19 Championship



Congratulations to CSC @ Bukit Batok!

As overall champion of our friendly inter-clubhouse festive Décor Challenge FY18/19, the team wins \$1000 and a trophy. A collage of their winning efforts is presented here.

Also congratulations to Tessensohn (who wins \$300) and Changi (\$200) as first and second runners-up respectively.



HARI RAYA



DEEPAVALI



CHRISTMAS



Festive Decoration Challenge
 OVERALL CHAMPION
 Year Clubhouse
 2016 Tessensohn
 2017 Tessensohn
 2018 Bukit Batok



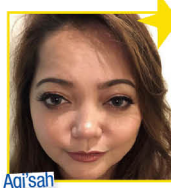
CHINESE NEW YEAR

Service STAR Awards



For Quarter January to March 2019

Congratulations to our Service Star Award winners (Jan-Mar '19) 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.



Ms Siti Nur Aqi'sah Binte Ismail also wins the Service Super Star Award (Apr '18 - Mar '19) and receives additional \$300 voucher and a Service Super Star Certificate. Congrats, Siti!

BUKIT BATOK CLUBHOUSE

Wendy (7)
Jimmy (5)
Huda (4)

CHANGI CLUBHOUSE

Aqi'sah (11/3)
Margina (1/7)
Syafiqah (9/0)

TESSENHORN CLUBHOUSE

Akhlis (17)
Jacqueline (13)
Kishore (3)

CORPORATE SERVICES

Gek Cheng (52)
Hai Ming (38)
Vanessa (38)

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



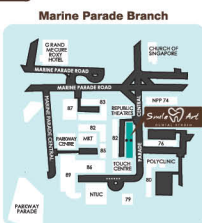
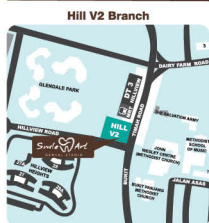
CENTER FOR BIOMIMETIC DENTISTRY

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

Tiong Bahru Branch Tel: 6271 1236
Blk 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
Blk 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

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!



ANYTIME FITNESS

20% OFF
membership fees for
12 month sign-ups*



BANGKOK JAM

10% OFF total bill
with min. spend of \$50*



EAT AT TAIPEI

10% OFF total bill
with min. spend of \$50*

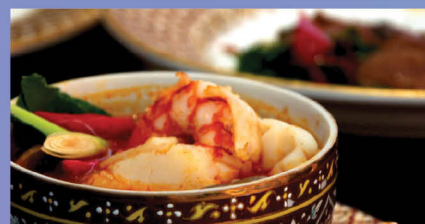


HARRY'S

15% OFF
regular priced items*



10% OFF
ala-carte menu*



PATARA FINE THAI CUISINE

\$50 OFF with min.
spend of \$120*



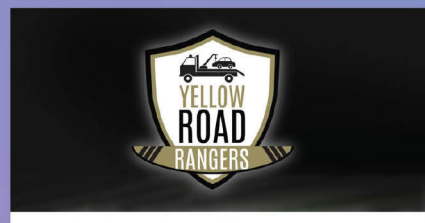
SIAM KITCHEN

10% OFF total bill
with min. spend of \$50*



SPH MAGAZINES

Redeem **FREE 3** digital issues from
selected SPH 2 titles*



FREE car towing service to
BH Auto Services or
20% OFF towing to other
auto workshops*

YUMMI HOUSE™



10% OFF A-class
natural wild honey*



Civil Service Club
ASSOCIATE MEMBERSHIP
 FOR NON-PUBLIC SERVICE OFFICERS (SINGAPOREANS & PR)

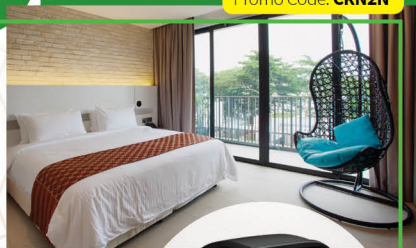
Promotion

PROMOTION ENDS
30 JUNE 2019



APPLY NOW
www.csc.sg/membership

3 Year Membership
\$900
 2 NIGHTS CHALET STAY @ CSC CHANGI I (OFF-PEAK)*
 RRP \$296
 Promo Code: **CRN2N**



OR

FITBIT VERSA
RRP \$318

Promo Code: **FBV**



2 Year Membership
\$600

GRUNN I1-ECOBOT RED
RRP \$239

Promo Code: **ROBOT**



1 Year Membership
\$300

LADYSHIP ESSENCE EXTRACTOR
RRP \$199

Promo Code: **LEE**



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

Bicentennial Associate Membership Promotion 1 May 2019 - 30 Jun 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

Bicentennial Ordinary Membership Promotion 1 May 2019 – 30 Jun 2019

CSC COMMEMORATES
Singapore
BICENTENNIAL 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!



**COFFEE TAKE-AWAY
- SET OF 2
RRP \$118**

Promo Code: PCM

OR

**AIR FRYER
RRP \$59.90**

Promo Code: FRYER



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.



<https://www.csc.sg>

☎ 6391 5604 / 6514 6396

✉ membership@csc.sg

CSC COMMEMORATES
Singapore
BICENTENNIAL 2019

**Members
\$20 for 4 tickets**

06758499

**Public Service
Officer & Guest
\$8.50 per ticket**

06758494

Movie Treats @Shaw Lido

X-Men: Dark Phoenix 13 June

Jean Grey begins to develop incredible powers that corrupt and turn her into a Dark Phoenix. Now the X-Men will have to decide if the life of a team member is worth more than all the people living in the world.

Toy Story 4 27 June

When a new toy called "Forky" joins Woody and the gang, a road trip alongside old and new friends reveals how big the world can be for a toy.

Spiderman: Far From Home 11 July

Peter Parker and his friends go on a vacation to Europe, where Peter finds himself trying to fight off a new foe, Mysterio, who as his name indicates may not be all that he appears.

Disney's The Lion King 25 July

Disney's upcoming film journey's to the African savanna where a future king is born.

Time: TBC

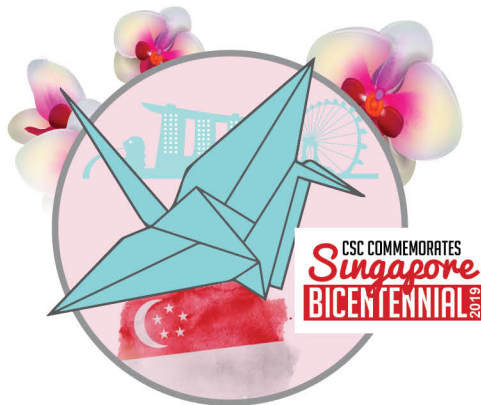
Register by: 2 weeks before respective movie screening

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

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.





1000 WISHES for SINGAPORE

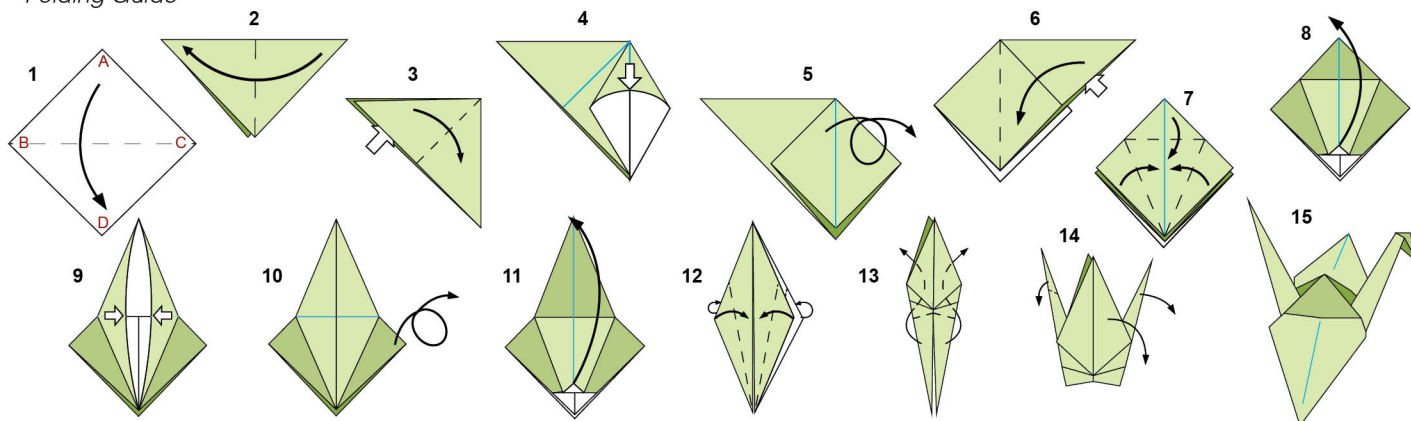


It's widely believed that folding 1000 cranes makes wishes come true. Join us in folding thousands of cranes to wish Singapore well. Peace, prosperity, progress, happiness, unity... all this and more.

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:

3 EASY STEPS TO FOLD A CRANE FOR SINGAPORE

- 1 Cut along the dotted line (left). Complete the spaces with your Name, Contact no. and 'Your Wish for Singapore'.
- 2 Fold according to the "Folding Guide" above. (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



*Terms & Conditions:

- Cranes can be folded with any paper of similar dimensions. Please write your name and contact number on the wings of your crane.
- No limit to the number of cranes per participant but each participant may only win one prize.
- Closing Date: 31 July 2019
- Winners will be picked at close of competition and notified via SMS. All prizes to be collected personally at CSC National Day event on 9 Aug '19. All unclaimed prizes will be forfeited.

My wish for Singapore is

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

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.



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

SOCIAL ACTIVITIES

FINANCE



Will Planning & Lasting Power of Attorney (LPA) Talk

A Will and an LPA (Lasting Power of Attorney) are two important legal tools that anyone can benefit from, and they are certainly not just for the rich.

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, 15 Jun '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: 7 Jun '19

What is Your Retirement Plan?

Experienced industry practitioners specialising in retirement planning will share on how to have a happy retirement. They will cover topics on:

- Common roadblocks and mistakes to avoid
- What is CPF Life and what happens after 55?
- Optimum use of CPF Medisave during retirement
- The role of SRS (Supplementary Retirement Scheme) in retirement planning
- How to secure guaranteed income for a peace of mind during retirement.



Date: Fri, 28 Jun '19

Time: 6.45pm - 8.30pm

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

(incl bento set and drinks)

Venue: CSC @ Tessensohn

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

Register by: 21 Jun '19

Leveraging Latest CPF Schemes for Your Retirement



Enhance your retirement by leveraging on the latest CPF Schemes including CPF Life, CPF CareShield Life and others. For a simple on-the-spot plan, don't miss this talk.

Date: Sat, 20 Jul '19

Time: 2pm - 4pm

Fees: Member \$3, Public Service Officer \$9, Guest \$15 (incl light refreshments)

Venue: CSC @ Tessensohn

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

Register by: 13 Jul '19

SOCIAL ACTIVITIES

FITNESS



NEW

Freestyler Fitness

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.



Dates: 4 Fridays, 31 May - 28 Jun '19

(No lesson on 7 Jun '19) or 5 - 26 Jul '19

Time: 7pm - 8pm

Fees: Member \$70, Public Service Officer \$76, Guest \$80

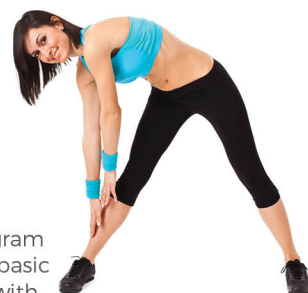
Venue: CSC @ Bukit Batok

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

Register by: 24 May '19

Zumba Fitness

A cardio dance program which incorporates basic Latin dance moves with resistance exercises and zumba. Also includes floor work, circuit training in some sessions and a mix of effective aerobics. You can burn calories while having fun exercising in the right posture.

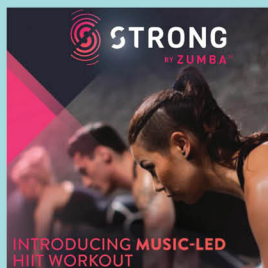


Dates	Register by
CSC @ Bukit Batok	
4 Tuesdays	
4 - 25 Jun '19 or 9 - 30 Jul '19	30 May '19 or 27 Jun '19
CSC @ Tessensohn	
4 Tuesdays	
4 - 25 Jun '19 or 9 - 30 Jul '19	30 May '19 or 27 Jun '19
4 Thursdays	
6 - 27 Jun '19 or 4 - 25 Jul '19	30 May '19 or 27 Jun '19

Time: 7pm - 8pm

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

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



STRONG by Zumba®

STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

Dates: 4 Thursdays, 6 – 27 Jun '19 or 4 – 25 Jul '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: 2 Jun '19



Yoga

Instructor Rita will coach you on how to relax and rejuvenate your body through the slow-paced breathing exercises and meditation of yoga. Plus how to harmonise your body, mind and soul into tranquility.

Dates: 4 Tuesdays, 4 – 25 Jun '19 or 9 – 30 Jul '19
Time: 8pm – 9pm
Fees: Member \$40, Public Service Officer \$55, Guest \$60
Venue: CSC @ Bukit Batok
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 28 May '19

POUND® Fitness

Using specially designed lightly weighted Ripstix® drumsticks, POUND® Fitness transforms drumming into an incredibly effective way of working out. It is a full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. The 45-minutes cardio jam session will be run by instructors from the Grace Sagaya team.

No. of classes	Dates	Register by
4 Thursdays	6 – 27 Jun '19	30 May '19
	4 – 25 Jul '19	27 Jun '19

Ripstix® will be provided for class use.



Time: 7pm – 7.45pm
Fees: Member \$68, Public Service Officer \$75, Guest \$80
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Awareness Through Movement (ATM)

Based on the Feldenkrais Method®, Awareness Through Movement® uses slow, mindful movements to achieve strength, flexibility and holistic integration of body and mind. Unique to Feldenkrais® is how the routine ties directly with functional movements of daily living, such as walking efficiently, safely lifting objects, and improving one's posture in sitting or standing. Bring a medium-sized towel and dress comfortably.

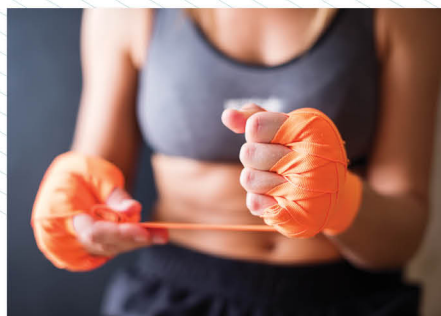


Dates	
CSC @ Bukit Batok (10am – 11am)	
4 Saturdays	Register by
8 – 29 Jun '19 or 6 – 27 Jul '19	2 Jun '19 1 Jul '19
CSC @ Tessensohn (8pm – 9pm)	
4 Wednesdays	Register by
12 Jun – 3 Jul '19	6 Jun '19

Fees: Member \$50, Public Service Officer \$55, Guest \$60
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 2 Jun '19

SOCIAL ACTIVITIES

FITNESS



Keeping Fit the Muay Thai Way

Want to pick up some 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!

Dates: 10 Saturdays, 15 Jun – 17 Aug '19

Time:

Adult Beginner: 11am – 12pm

Adult Intermediate: 9am – 10am

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

Venue: CSC @ Bukit Batok

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

Register by: 1 week before class



K-Kardio Dance

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

Dates: 4 Mondays, 3 – 24 Jun '19 or 1 – 22 Jul '19

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

Cardio Dance Workouts

Bhangraroiciz

An Indian cardio dance workout comprising high intensity energetic routines and heart-pumping beats. With emphasis on wide movements, such as leaps, lunges and turns, it's a great way to sweat it out.

Belly Dance

This dance is also referred to as the Arabic dance. It is an expressive dance that originates from Egypt emphasising complex movements of the torso. The isolation helps to strengthen the muscles and increase balance to make you more supple and graceful. This dance is for all ages, sizes and shapes.



Dates: 4 Thursdays, 4 – 25 Jul '19

Time:

Bhangraroiciz 7pm – 8pm

Belly Dance 8pm – 9pm

Fees (per type of workout): Member \$60, Public Service Officer \$68, Guest \$75

Venue: CSC @ Tessensohn

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

Register by: 27 Jun '19

Boogie Bounce Xtreme Fitness

Bounce to fitness on a mini trampoline to the tune of chart topping music to get your 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.

CSC @ Tessensohn (7pm - 8pm)	4 Wednesdays 10 - 31 Jul '19 or 7 - 28 Aug '19
	4 Fridays 12 Jul - 2 Aug '19 or 16 Aug - 6 Sep '19
CSC @ Bukit Batok (8pm - 9pm)	4 Mondays 8 - 29 Jul '19 or 5 Aug - 2 Sep '19 (No lesson on PH)



Fees: Member \$70, Public Service Officer \$75, Guest \$80
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 1 week before class

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, Instructor Mabeline will take you through a series of exercises to work on different muscle groups.



Dates: 4 Saturdays, 6 - 27 Jul '19 or 3 - 31 Aug '19 (No lesson on 10 Aug)
Time: 2pm - 3pm
Fees: Member \$34, Public Service Officer \$38, Guest \$40
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 29 Jun '19

Hydrorider AquaBike Fitness

Hydrorider Aquabike is a safe cycling exercise that does not put stress on your joints and muscles. 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.

Class Schedule (Class size: Min 4 pax, Max 5 pax)

4 Tuesdays	4 - 25 Jun '19 or 2 - 23 Jul '19 5.30pm - 6.30pm, 6.30pm - 7.30pm or 7.30pm - 8.30pm
4 Thursdays	6 - 27 Jun '19 or 4 - 25 Jul '19 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



Participants to bring own aqua shoes.

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.



Clubhouse	Dates/Time
Bukit Batok	4 Tuesdays , 4 - 25 Jun '19 7pm - 8pm
	4 Saturdays , 6 - 27 Jul '19 8.30am - 9.30am

Fees: Member \$34, Public Service Officer \$38, Guest \$44
Contact: Vanessa Choo at 6391 5641 or vanessachoo@csc.sg
Register by: 1 week before class

SOCIAL ACTIVITIES

FITNESS



Learn-to-swim with The Swim Society!

Come learn to swim with Marcus Cheah, ex-national swimmer and Founder of The Swim Society.

- Curriculum is taught in ten 30-minute sessions
- Minimum of three students to commence class
- A proficiency assessment will be conducted prior to the first session
- All four strokes, along with water safety, will be taught at all levels
- Only bring own goggles, all other equipment is provided.

Visit www.theswimsociety.com/schedule for more information



JULY TERM 2019 (13 Jul - 14 Sep '19)

Class Format	10 lessons of 30-min each per week with choice of Mon, Fri and Sat
Time (30-min per lesson)	Morning: 8am - 11am Afternoon: 3pm - 7pm Choose any preferred time from AM or PM
Fees	Group (30-min/lesson): Member \$330, Public Service Officer \$430, Guest \$450 Private (45-min/lesson): Member \$900, Public Service Officer \$950, Guest \$970
Venue	CSC @ Tessensohn
Contact	Payment: Vanessa at 6391 5641 or vanessachoo@csc.sg Schedule: Marcus at marcus@theswimsociety.com
Register by	10 Jul '19

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.)



WEEKDAY GROUP CLASS

4 Wednesdays	Dates: 12 Jun - 3 Jul '19 or 10 - 31 Jul '19 Time: 6pm - 7pm / 8pm - 9pm Venue: Sengkang Basketball Court / Punggol
4 Thursdays	Dates: 6 - 27 Jun '19 or 4 - 25 Jul '19 Time: 6.30pm - 7.30pm Venue: Choa Chu Kang Park
4 Fridays	Dates: 7 - 28 Jun '19 or 5 - 26 Jul '19 Time: 6.30pm - 7.30pm / 8pm - 9pm Venue: Pinnacle @ Duxton

WEEKEND GROUP CLASS

4 Saturdays	Dates: 8 - 29 Jun '19 or 6 - 27 Jul '19 Time: 11.30am - 12.30pm / 3.30pm - 4.30pm / 5pm - 6pm Venue: East Coast Park Car Park F1
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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

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 onnhaoming@csc.sg

Register by: 10 days before lesson begins

SOCIAL ACTIVITIES

FOOD



美食聚汇 Cooking Workshops

Hawker 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: 12 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

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



McCormick Food Solutions Workshops

Meals & Bake Menu 暖心食谱

- Baked Maple Pork Roll 烘烤枫糖猪肉卷
- Yang Zhou 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

Partners



FEES PER COURSE

Member \$18,
Public Service Officer /
Guest \$20
Venue: CSC @ Tessensohn
Contact: Gek Cheng
at 6391 5624 or
kuagekcheng@csc.sg

Baking with Stephanie Pandan Butter Cake

Nothing beats a classic butter cake made with wholesome pandan leaves and gula melaka and without any artificial flavouring. Simply a match made in heaven! Watch how the Pandan Butter Cake is infused with a light gula melaka buttercream and learn to finish off with torte, filling and piping of the lovely star tip.

Participant will bring home a 6" cake.

Date: Sat, 1 Jun '19
Time: 10am – 1pm
Fees: Member \$65, Public Service Officer \$75, Guest \$78
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 27 May '19

SOCIAL ACTIVITIES

FOOD



Bread Bonanza with Chef Harry

Chef Harry will guide you through the process of bread baking from basic to advance. Understand the fundamental principles of bread making, how each ingredient contributes to the overall texture, and experience the delight of some self-bakes.

BASIC BREAD BAKING - PART 1 & PART II

I. Heartland Design Breads

- Coffee Polo Buns
- Chicken Sausage Flower Buns
- Chicken Floss Roulade
- Cheese and Ham Buns

Date: Sun, 2 Jun '19

Time: 2pm – 5pm

***Fees:** Member \$65, Public Service Officer \$75, Guest \$80

Register by: 27 May '19

II. Loaves and Rolls

- Chocolate Spiral Loaf
- Cinnamon Breakfast Rolls
- Doughnut

Date: Sun, 16 Jun '19

Time: 2pm – 5pm

***Fees:** Member \$65, Public Service Officer \$75, Guest \$80

Register by: 10 Jun '19

**Fees for sign-ups to both workshops Parts I & II
Member \$115, Public Officer \$135, Member's Guest \$145*

FRENCH SOURDOUGH

- **Olive and Sundried Tomato:** A creative formula that uses both fresh and sundried tomato to accentuate its 'sweet and sour' tone.
- **German Dark Rye and Walnut:** A round flavourful bread that gives an aromatic flavor. Great with grated cheese and roasted garlic butter.
- **Multigrain:** Enriched with multigrain that gives a fuller sandwich meal for either breakfast or lunch.

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

Date: Sun, 7 Jul '19

Time: 2pm – 5pm

Fees: Member \$65, Public Service Officer \$75, Guest \$80

Register by: 1 Jul '19



Understanding and Tasting French Wines

Gain an overview of French wines and learn to appreciate them through a guided tasting of four wines (two whites and two reds). Host will be Mr Andreas Balemi, DipWSET and founder of Wine & Philosophy.

Format:

- Participants will be greeted upon arrival with a glass of sparkling wine.
- An overview of French wines and what makes them exceptional.
- Introduction to key regions, main grape varieties, and winemaking techniques.
- Taste and compare two white wines from different parts of France, learn more about their respective styles, appreciating them, and food pairing.
- Complimentary cheeses will be provided for pairing with the wines
- Similar introduction and comparative tasting of two red wines.
- Brief Q&A session.

All wines from the Wine & Philosophy list can be ordered by participants on the evening of the event at a discounted price.

Date: Fri, 26 Jul '19

Time: 7pm – 8pm

Fees: Member \$30, Public Service Officer \$36, Guest \$42

Venue: CSC @ Tessensohn

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

Register by: 19 Jul '19





NEW

ZERO WASTE Workshop Series

The **CSC ZERO WASTE Workshop Series** 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 Magazine Paper Wallet

Wallpaper samples are thrown away in bulk by interior design firms and wallpaper manufacturers as they update their collections. These can be used to form a beautiful and functional wallet complete with compartments for notes and cards.

Date: Sat, 25 May '19
Time: 11am – 12.30pm
Fees: Member \$12, Public Service Officer \$18, Guest \$20
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 16 May '19

Upcycled Fabric Pin Message Board

In this workshop, participants will be designing and transforming fabric wastes into message pin boards and photo frames. The end-result of a handmade pin board and photo frame will make a beautiful desk decorative, stationery, wall art or gift.



Date: Sat, 29 Jun '19
Time: 11am – 12.30pm
Fees: Member \$28, Public Service Officer \$35, Guest \$38
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 20 Jun '19

Leather Crafting Workshops: Bifold & Lanyard Cardholders

Two hands-on workshops each of 2.5 hours duration where you will learn to make your own cardholders, personalised with name debossing. Participants get to choose from a range of leather types and colours.

Instructors are in attendance throughout the workshops so no prior experience is required. Min class size 10 pax.

Bifold Cardholder

Date: Sat, 22 Jun '19
Fees: Member \$40, Public Service Officer \$48, Guest \$55

Lanyard Cardholder

Date: Sat, 6 Jul '19
Fees: Member \$30, Public Service Officer \$38, Guest \$45



Time: 10am – 12.30pm
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register By: 1 week before workshop

SOCIAL ACTIVITIES

FUN



Marbling Workshop

If you love colours, patterns and creating with your own hands, this two-hour workshop is for you! You will be provided with all materials and also get to bring home your own marbled items such as postcards, coasters, cups and bowls! Learn how to prepare a marbling bath, mix paint/ varnish, also selection of paper and material.

Date: Sat, 22 Jun '19
Time: 10am - 12pm
Fees: Member \$60, Public Service Officer \$70, Guest \$80
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 18 Jun '19



Mix & Blend Your Own Scent for Your Kids

This hands-on workshop covers Essential oil types that are safe for children, Identifying different notes in scent, the Science of blending and mixing, and art of application. Participants get to bring home their master blend in a roll-on tinted bottle.

Date: Sat, 22 Jun '19
Time: 2pm - 4pm
Fees: Member \$35, Public Service Officer \$40, Guest \$45
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 16 Jun '19

Making Potpourri

Potpourri adds beauty and fragrance to a room, eliminates odours and is able to evoke scents particular to a season, to events or special occasions. Learn to make your own and enjoy the therapeutic natural beautiful scents. Workshop covers choosing natural (botanicals) ingredients and fragrance, blending and packing your own potpourris.



Date: Sat, 6 Jul '19
Time: 2pm - 4pm
Fees: Member \$12, Public Service Officer \$17, Guest \$22
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 1 Jul '19

Basic Candle Making

A fun friendly hands-on workshop for learning the step-by-step techniques of candle-making. Participants get to take home their own candle-in-a-jar creations.



Date: Sat, 13 Jul '19
Time: 10am - 12pm
Fees: Member \$35, Public Service Officer \$45, Guest \$55 (incl all materials)
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 7 Jul '19



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.

Adventure Dates (8am - 11.15am)

Saturday	1 / 8 / 15 / 22 Jun or 6 Jul '19
Sunday	2 / 9 / 16 / 23 Jun or 21 Jul '19

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)



Succulent Terrariums

Come join us and learn how to build your own terrarium! With the guidance of our instructor, also learn all about plant care through this workshop. Create your gift of love and share this joy with your loved ones.

Airplant Greenwall Workshop

Here is your chance to learn make an airplant greenwall. Then choose to hang it up, place it beside your workdesk, or simply admire it's beauty beside your bedside table or balcony.

Course Outline:

- What is Airplant
- Types of Airplants
- Hands-on with Airplant Greenwall making
- Care for Airplants
- Photo taking
- Q&A

Succulent Terrariums

Date: Sat, 25 May '19

Fees: Member \$30, Public Service Officer \$32, Guest \$35

Airplant Greenwall

Date: Sat, 8 Jun '19

Fees:

Small: Member \$42, Public Service Officer \$48, Guest \$50

Medium: Member \$57, Public Service Officer \$63, Guest \$65

Time: 1pm – 3pm

Venue: The Green Capsule

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

Register by: 1 wk before workshop



Orchids Workshop

This two-hour workshop provides all the practical tips plus \$25 worth of orchids and fertilisers to get you started on growing healthy orchids in home environment whether landed properties or HDB flats.

Also learn basics of orchid care, types of orchids and how to choose the right ones, light and water requirements, fertilisers, potting mixtures, re-potting and cutting, orchid propagation techniques, transplanting, do's and don't when growing orchids, and managing common orchids diseases.



Date: Fri, 31 May '19

Time: 7pm – 9.30pm

Fees: Member \$48, Public Service Officer \$55, Guest \$60 (incl free orchid growing starter kit worth \$25)

Venue: CSC @ Tessensohn

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

Register by: 24 May '19

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)

Dates: Sat, 1 Jun '19 or Sun, 7 Jul '19

Time: 8.30am – 5.30pm

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

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

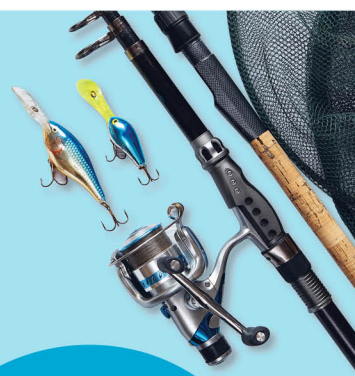
Register by: 1 week before course

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

*No lunch is provided, please bring own.

WHAT TO BRING:

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



SOCIAL ACTIVITIES

FUN



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.

WHAT TO BRING:

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

Dates: Sun, 2 Jun or Sat, 6 Jun '19

Time: 8am – 5pm

Fees: Member \$120, Public Service Officer \$130, Guest \$138 (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.

Fishing Yacht Charter with BBQ

For a day of freedom, relaxation and quality time with family and friends, charter a fishing yacht and get to BBQ your fresh catch.

Package includes:

- Usage of BBQ pit with charcoal
- Live fish (catch your own)
- Fish cleaning & preparation
- Seafood (prawns & squids) for BBQ
- Rental of fishing equipment
- Usage of fishing accessories
- Guidance from Fishing Instructors
- Bait: live prawns (2 kg)
- Mineral water on board
- Fishing setups provided (max 8 sets)



Time: 8.30am – 5pm

Fees: Member \$1,400, Public Service Officer \$1,420, Guest \$1,450 (Max number onboard 10pax)

Embarkation: ONE°15 Marina Sentosa Cove

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg to arrange charter date before making payment



SOCIAL ACTIVITIES

TRAVEL



2D Batam Tour

Itinerary includes

City tour • Shopping • 60-minute massage (adults only) • Lunch (seafood) and dinner at local restaurants

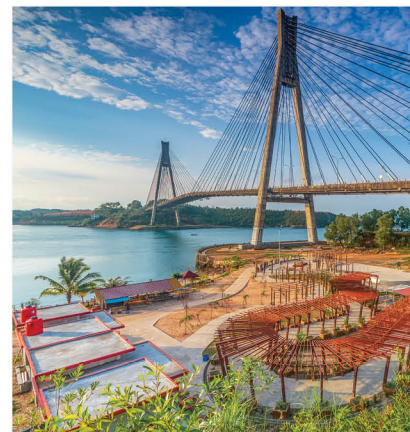
STAY @ BCC/Aston Hotel or similar	Adult Sharing	Child with Bed (11 years & below)	Child w/out Bed (6 years & below)
Member	\$ 185	\$ 165	\$ 125
Public Service Officer	\$ 200	\$ 175	\$ 135
Guest	\$ 210	\$ 185	\$ 140

Package includes

2D usage of air-con bus & ferry tickets
• Experienced tour guide • Meal & entrance fees as per itinerary • Taxes & express check-in \$29 • Tipping \$2
• Group Insurance Medical \$500, Accidental Death & Disability \$10,000

Package excludes

Personal expenses • Expense not specified in the itinerary



Dates: Sat – Sun, 6 – 7 Jul '19

Time: 7.15am assemble at Harbour Front Ferry Terminal

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.

1D Durian Tour

Itinerary includes

Durian buffet at Yong Peng durian plantation · Late lunch at Yong Peng · Visit to local produce shop · Shopping at JB Aeon/Paradigm Mall

	Adult	Child (11 years & below)
Member	\$ 74	\$ 65
Public Service Officer	\$ 78	\$ 68
Guest	\$ 80	\$ 70

Package includes

1D usage of 40-seater air-con bus
· Experienced tour guide · Meal
& entrance fees as per itinerary ·
Group Insurance Medical \$500,
Accidental Death & Disability
\$10,000

Package excludes

Personal expenses · Expense not
specified in the itinerary

Dates: Sat, 13 Jul or 20 Jul '19

Time: 6.45am at CSC @ Tessensohn

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

Register by: First-come-first-served

Tour by: Amazing Explorer



1D Ranoh Island Tour

Itinerary includes

Stop at Balerang Bridge for phototaking
· By high speed boat to Pulau Ranoh for a
perfect beach vacation of whitesand beaches and skyblue
waters · Enroute back to Singapore stop by Deer Farm, Batam
Monument, Batam Chocolate House, and shopping at Mega
Mall Batam Centre.

	Adult	Child (11 years & below)	Infant
Member	\$ 170	\$ 150	\$ 60
Public Service Officer	\$ 180	\$ 160	\$ 70
Guest	\$ 185	\$ 165	\$ 75

Package includes

Return ferry tickets · Taxes & tipping · Return land transport · Return
speed boat · Fresh coconut refreshment drink · 1 Lunch · Experienced
tour guide · Meal & entrance fees as per itinerary · Group Insurance
\$500, Accidental Death & Disability \$10,000

Package excludes

Personal expenses · Visa fee · Optional tours

Dates: Sat, 27 Jul '19

Time: 7am at Singapore Harbour Front Centre

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

Register by: First-come-first-served

Tour by: Amazing Explorer



2D Mantin Tour

Itinerary includes

Visit Kampong Mantin · Mantin Art Farmstay · Farm
visits and activities · Shopping at Malacca

Stay @ Mantin Forest Art Farmstay	Twin Sharing	Child w/bed (11 years & below)
Member	\$ 260	\$ 170
Public Service Officer	\$ 275	\$ 180
Guest	\$ 280	\$ 190

Package includes

2D usage of 40-seater air-con bus · 1N stay at Mantin
Forest Art Resort · 2 Lunch/2 Dinner · Entrance fees
as per itinerary · Group Insurance Medical \$500,
Accidental Death & Disability \$10,000

Package excludes

Personal expenses · Expense not specified in the
itinerary

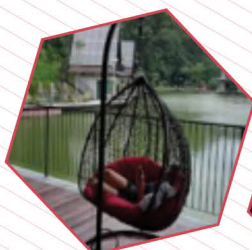
Dates: Sat – Sun, 10 – 11 Aug '19

Time: 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

Kuala Selangor · Village activities ·
Steamboat dinner with sunset view
· Catch the Blue Tear · Boat ride to Mirror Sky
(Come dressed in bright attire for beautiful selfies
and wifies. 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

3D 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, 10 – 12 Aug '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



SOCIAL ACTIVITIES

HEALTH



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, 24 May – 7 Jun '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: 17 May '19

LOHAS Meridian Self-Therapy Program

The LOHAS-MSP Programme re-energises your health to the next level with four comprehensive and practical sessions to relieve nagging health issues, such as headache and migraine, lethargy, sensitive nose and skin, sciatica pain, weight and digestion issue, insomnia and many more. (Be our graduate and get to attend lifetime refresher training and update for free.)

Dates: 4 Saturdays, 25 May – 22 Jun '19
(no class on 15 Jun)

Time: 2pm – 6pm

Fees: Member \$350, Public Service Officer \$360, Guest \$370

Venue: Success Trees Training Room, 12 Arumugam Road #02-11

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

Register by: 17 May '19

Health Talks

In today's hectic living, many of us neglect our need for exercise, sleep and good nutrition. Thankfully, also available are a wide range of natural supplements that can help enhance our health, boost immunity and improve our general well-being.

Natural Wild Honey

As one of the oldest sweeteners on earth, Natural Wild Honey is known for its many health benefits and uses.

Talk outline:

- History of honey
- Differences between Natural Wild Honey and Farm Honey
- Beneficial elements contained in honey
- How honey effectively work in our body
- FREE Tasting of the honey



Bird's Nest Health Talk

Bird's Nest is a precious supplement much revered especially among the Chinese. It is valuable, has high nutrition value and rare. Only 5-10% of the Bird's Nest in the world is safe for consumption.

In this workshop, you will learn what is Bird's Nest and analyse its components and how they benefit human health.



	All about Natural Wild Honey	Bird's Nest
Date:	Sat, 25 May '19	Sat, 22 Jun '19
Time:	10.30am – 11.30am	10.30am – 12pm
Register by:	15 May '19	12 Jun '19

Fees (per talk): Member \$5, Public Service Officer \$10, Guest \$15

Venue: CSC @ Tessensohn

Contact: Serene Cho at 63915620 or serenecho@csc.sg

Register by: 15 May '19

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 refurbished training room.

Dates: 10 Wednesdays, 12 Jun – 14 Aug '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: 8 Jun '19



Ms Ivy Wee

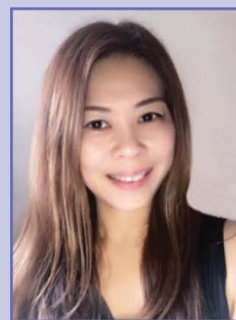
Mandarin Karaoke Singing Class

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。

她将教导学员如何应用歌唱的 13 种基本功夫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, 歌唱基本功夫练习以及一对一雕歌 (学员可自由选择歌曲)



吴美香老师

Dates: 10 Wednesdays, 15 May – 24 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

Play the Keyboard

Bring colour to your music with the keyboard. At one touch, it can give you a full ensemble of rhythm accompaniments. In this course, you will learn the basics of notes and chords reading, plus play a range of songs from classical, pop, rock and so on.

Certified instructor Titus Chia has been teaching piano, keyboard and organ for the past 7 years.



Dates: 8 Wednesdays, 29 May – 24 Jul '19
Time: 7pm – 8.15pm
Fees:
Beginners: Member \$165, Public Service Officer \$175, Guest \$185
Intermediate: Member \$180, Public Service Officer \$190, Guest \$200
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 22 May '19

Play 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.



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

CSC @ Tessensohn

Date 10 Mondays, 17 Jun – 26 Aug '19 (except 12 Aug '19)
Time 7pm – 8pm
***Fees**
Beginner: Member \$155, Public Service Officer \$165, Guest \$175
Intermediate: Member \$170, Public Service Officer \$180, Guest \$190
Advance: Member \$185, Public Service Officer \$195, Guest \$205
Register by 10 Jun '19

CSC @ Bukit Batok (Beginner)

Date 10 Wednesdays, 26 Jun – 28 Aug '19
Time 7.30pm – 8.30pm
***Fees** Member \$155, Public Service Officer \$165, Guest \$175
Register by 19 Jun '19

**incl materials and violin for use in class*

Mastering the Erhu

If you are a fan of oriental music, the erhu is a good option. Instructor Pang Chin Soon 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 their own erhu.



Dates: 10 Wednesdays, 26 Jun – 28 Aug '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: 19 Jun '19

SOCIAL ACTIVITIES SELF IMPROVEMENT



IT COURSES

Video Editing for Beginners

This one-day hands-on practical course is a must for anyone who wants to turn ordinary photos or home shot movies into an entertaining movie complete with music and effects to impress family and friends.

Date: Fri, 17 May or 14 Jun '19
Time: 9am – 5pm
Fees: Member \$310, Public Service Officer \$320, Guest \$330
Venue: The Adelphi Singapore
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 1 week before class



Photoshop CS6 Fundamentals

A 3-day hands-on foundation course to build understanding in the essential principles and concepts of PS CS6 in handling digital photos. Designed for end-users with little or no knowledge in digital editing or Adobe PS, the course has a balance of content and hands-on practice.

Date: Mon – Wed, 27 – 29 May or Wed – Fri, 17 – 19 Jul '19
Time: 9am – 5pm
Fees: Member \$630, Public Service Officer \$640, Guest \$650
Venue: The Adelphi Singapore
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 1 week before class

Mindfulness Introductory Workshop

If you would like to know what Mindfulness is, how it can help reduce stress and improve well-being, then this workshop is for you. You will learn what scientific studies have revealed about mindfulness training, and various mindfulness practices that are immediately applicable.

Dates: Sat, 1 Jun '19
Time: 10am – 12pm
Fees: Member \$15, Public Service Officer \$20, Guest \$22
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 25 May '19

Mindfulness Foundation Course

Mindfulness has been scientifically shown to reduce stress and improve well-being. It also improves one's awareness and concentration when performing work. This four-lesson course will guide you through various mindfulness practices and how to apply in daily living. Sign up to experience the benefits of mindfulness.

Dates: 4 Saturdays, 8 – 29 Jun '19
Time: 10am – 12pm
Fees: Member \$65, Public Service Officer \$70, Guest \$75
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 1 Jun '19

廣東話掂唔掂啊?



Improve Your Dialect Conversational Cantonese (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, 2 – 23 Jul '19
Time: 7pm – 8.30pm
Fees: Member \$45, Public Service Officer \$55, Guest \$65
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaoming@csc.sg
Register by: 27 Jun '19

Basic Hair Cutting Workshop

Suitable for beginners who wish to learn basic skills and techniques on hair cutting. Participants get to practise straight cut and fringe cutting, sharing hair cutting accessories in groups. You can bring your own scissors.

Dates: Sat, 13 Jul '19
Time: 10am – 12pm
Fees: Member \$35, Public Service Officer \$40, Guest \$42
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 4 Jul '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

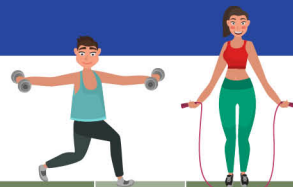
Deep Aqua Aerobics	4 Thursdays, 1 – 29 Aug '19 (No lessons on eve & PH)	6.30pm – 7.30pm	Anthea	\$34	\$38	\$44	18 Pax (Max)	25 Jul '19
	4 Fridays, 2 – 30 Aug '19 (No lessons on PH)	6.45pm – 7.45pm	Vikki	\$34	\$38	\$44	18 Pax (Max)	26 Jul '19
	4 Saturdays, 3 – 31 Aug '19 (No lessons on eve & PH)	8am – 9am or 9am – 10am	Anthea	\$34	\$38	\$44	18 Pax (Max)	27 Jul '19
	4 Tuesdays, 3 – 24 Sep '19 (No lessons on PH)	8am – 9am	Vikki	\$34	\$38	\$44	18 Pax (Max)	27 Aug '19
	4 Wednesdays, 4 – 25 Sep '19 (No lessons on PH)	6.15pm – 7.15pm or 7.15pm – 8.15pm	Vikki	\$34	\$38	\$44	18 Pax (Max)	28 Aug '19
Aqua Aerobics	3 Sundays, 4 Aug – 25 Aug '19 (No lessons on PH)	9am – 10am	Vikki	\$24	\$27	\$31.50	18 Pax (Max)	28 Jul '19

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

Wing Chun Kung Fu, "Chi Sau"	4 Thursdays 4 – 25 Jul '19	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	27 Jun '19
	5 Thursdays 1 – 29 Aug '19 (No lessons on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	25 Jul '19
Wing Chun Kung Fu, "Chi Sau" (Children 6 – 12 yrs)	4 Saturdays, 6 – 27 Jul '19	10.30am – 11.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	29 Jun '19
	5 Saturdays, 3 – 31 Aug '19 (No lessons on PH)	10.30am – 11.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	27 Jul '19
Wing Chun Kung Fu, "Chi Sau" (Adult Beginner)	4 Saturdays, 6 – 27 Jul '19	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	29 Jun '19
	5 Saturdays, 3 – 31 Aug '19 (No lessons on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	27 Jul '19
Wing Chun Kung Fu, "Chi Sau" (Adult Intermediate)	4 Saturdays, 6 – 27 Jul '19	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	29 Jun '19
	5 Saturdays, 3 – 31 Aug '19 (No lessons on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	27 Jul '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

Traditional Taekwon-Do	4 Saturdays, 6 – 27 Jul '19	3pm – 4.30pm (Beginner & Coloured Belt)	Singapore Taekwon-Do Academy	\$20	\$25	\$30	10 Pax	29 Jun '19
	5 Saturdays, 3 – 31 Aug '19 (No lessons on eve & PH)	or 4.30pm – 6pm (Red & Black Belt Only)		\$30 parent & child pair \$50 parent & 2 children			10 Pax	27 Jul '19

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

Children	4 Lessons, May/Jun '19 Choice of Sunday	Depends on Swimming Level & Age (Instructors will advise)	Kurusamy / Seng Yung / Derick / Chang	Supp Member \$70	–	\$85	10 Pax	15 May/ Jun '19
Ladies (Beginner)	10 Sundays, 12 May – 21 Jul '19 (No lessons on PH)	10am – 11am	Thipa	\$210	\$220	\$230	12 Pax	5 May '19

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

Technique Ballroom Quickstep (Intermediate)	10 Sundays, 23 Jun – 8 Sep '19 (Except 11 Aug '19)	2pm – 3pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	17 Jun '19
Ballroom Rock & Roll and Jive (Intermediate)	10 Sundays, 23 Jun – 8 Sep '19 (Except 11 Aug '19)	3pm – 4pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	17 Jun '19
Ballroom Waltz (Intermediate)	10 Sundays, 23 Jun – 8 Sep '19 (Except 11 Aug '19)	4pm – 5pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	17 Jun '19

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

Yoga	4 Fridays, 7 – 28 Jun '19 or 5 – 26 Jul '19 (No lessons on PH)	7pm – 8pm or 8pm – 9pm	Huay Lin	\$30	\$32	\$34	12 Pax (Min)	1 Jun '19
Pilates	4 Mondays, 29 Jul – 26 Aug '19 (No lessons on PH)	7pm – 8pm	Mabeline	\$85	\$95	\$100	12 Pax (Min)	22 Jul '19

APPLICATION FORM

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

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

Address: _____ Singapore (_____)

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

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

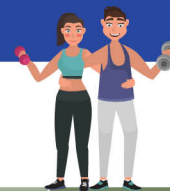
Indicate name and m'ship nos. if more than one member: _____ and (____) guests.

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

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

Important notes

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



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	4 Tuesdays, 4 – 25 Jun '19 (No lessons on PH)	7pm – 8pm	Vicsland	\$34	\$38	\$44	18 Pax (max)	28 May '19
	4 Saturdays, 6 – 27 Jul '19	8.30am – 9.30am	Kelvin	\$34	\$38	\$44	18 Pax (max)	29 Jun '19

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

Traditional Taekwon-Do	4 Saturdays, 6 – 27 Jul '19	4pm – 5.30pm	Singapore Taekwon-Do Academy	\$20	\$25	\$30	10 Pax	29 Jun '19
	5 Saturdays, 3 – 31 Aug '19 (No lessons on eve & PH)	4pm – 5.30pm		\$30 parent & child pair \$50 parent & 2 children			10 Pax	27 Jul '19

Aikido (Children)	3 Sundays, 14 – 28 Jul '19	10am – 11am	Steven Goh	Supp Member \$36	-	Child \$40.50	20 Pax	7 Jul '19
	4 Sundays, 4 – 25 Aug '19 (No lessons on PH)	10am – 11am	Steven Goh	Supp Member \$48	-	Child \$54	20 Pax	28 Jul '19

Aikido (Adult)	3 Sundays, 14 – 28 Jul '19	11am – 12.30pm	Steven Goh	\$36	\$39	\$40.50	20 Pax	7 Jul '19
	4 Sundays, 4 – 25 Aug '19 (No lessons on PH)	11am – 12.30pm	Steven Goh	\$48	\$52	\$54	20 Pax	28 Jul '19

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

Children	4 Lessons, May/Jun '19 Choice of Sunday	Depends on Swimming Level & Age (Instructors Will Advise)	Yusman / Ishaak / Paul / Vishnu	Supp Member \$70	-	Child \$85	10 Pax	15 May/ Jun '19
Ladies	10 Thursdays, 9 May – 11 Jul '19 (No lessons on PH)	7.30pm – 8.30pm	Thipa	\$210	\$220	\$230	12 Pax	2 May '19

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

Pilates	4 Saturdays, 8 – 29 Jun '19 or 6 – 27 Jul '19	11am – 12pm	Agnes	\$34	\$38	\$40	12 Pax (min)	1 Jun '19
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Activity	Date	Time	Instructor	Fees			Group Size	Register By
				Member	Public Service Officer	Guest		

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

Children	4 Lessons, May/Jun '19 Choice of Sunday	Depends on Swimming Level & Age (Instructors Will Advise)	Chang Mun Chung	Supp Member \$70	-	Child \$85	10 Pax	15 May/ 15 Jun '19
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PUBLIC SERVICE SPORTS AND FAMILY DAY 2019

GARDENS BY THE BAY (BAY EAST) | SAT, 20 JULY 2019 | 8AM-1PM

"Commemorating Singapore Bicentennial 2019"

FAMILY ACTIVITIES

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

PUBLIC SERVICE ACTIVITIES

- Interactive Telematch • Dragon Boat Race • Steps Challenge
- CSC Cycle • Amazing Race

FRINGE ACTIVITIES, PERFORMANCES AND MORE..

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

CSC COMMEMORATES
**Singapore
BICENTENNIAL**
2019



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

PARTICIPATION IS
FREE!

Organised By



In Celebration of

PUBLIC SERVICE WEEK
Serving the nation and proud of it • 15-21 JUL'19

In Support of Sports Promotion



Event Partner



Event Partner



Venue Partner

