

Apr • May • Jun
2020



fusion

one membership, three clubhouses, four distinct experiences

MCI (P)051/11/2019



School's Out Fun's In!

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CSC @ Changi I
Chalet Promotions

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School Holiday
Programme

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Free Supplementary
Membership & Lucky Draw

ORDINARY TERM MEMBERSHIP *Promotion*

(FOR PUBLIC SERVICE OFFICERS)

Promotion ends 30 June 2020

The Club for Public Service Officers. With one membership you will have access to three Clubhouses at Bukit Batok, Changi and Tessensohn and enjoy four distinct experiences. Offering you a wide range of recreational facilities and social activities to meet your lifestyle needs and more. 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.

You can now apply for Free Virtual Supplementary Membership card for your spouse, children (below 21 years old) and immediate parents. We will waive off the one-time admin fee of \$10 for each virtual supplementary card application. It is mandatory to provide your photograph to process the membership application. Supplementary member will need to access their member portal to download the virtual card to use the clubhouse facilities. If you require a physical membership card, please visit the front office of any clubhouse to process the card. An admin fee of \$10 is applicable for each card. To apply for Free Virtual Supplementary Membership, please email to membership@csc.sg

**5 Year
Membership
\$360**



**\$200 CHALET
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Promo Code:
V200

OR

**NOVITA
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SPEAKER



Terms and conditions apply.

All promotion gifts are valid for Ordinary Term Membership only, while stocks last.

Pictures shown are for illustration purposes only. Colours may vary due to stock availability.

* Chalet E-Voucher is valid for 6 months from Date of Issue. **Strictly no extension allowed.** Can be used for all chalet types, at all 3 locations and for all periods.



APPLY NOW

<https://www.csc.sg>

6391 5604 / 6514 6396

membership@csc.sg

Highlights

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What's Next?



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Club Buzz



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Hey Members!

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Get Social



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Singapore 217664
T: 6294 8933
tessensohn@csc.sg

CSC @ Bukit Batok
91 Bukit Batok West
Ave 2
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bukitbatok@csc.sg

CSC @ Changi I
2 Netheravon Road
Singapore 508503
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changi@csc.sg /
rooms@csc.sg

CSC @ Changi II
(former Aloha Changi)
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CSC @ Loyang
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For latest happenings and promotions at CSC, please visit:

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

[f](#) [@](#) Civil Service Club

<http://t.me/civilserviceclub>

feedback@csc.sg



Scan this to view the e-copy of Fusion

Hello from the CE

Dear Members,

By now, everyone is familiar with COVID-19. This pandemic has affected us socially, economically and psychologically. The number of people infected by the COVID-19 is not abating but increasing. Travel plans for the coming school holidays are held in abeyance and perhaps all of us are unsure when this pandemic will be over.

The Club is also affected by the COVID-19. Our two clusters of chalets at Loyang and Aloha Changi were consecutively activated as Government Quarantine Facility (GQF), during the Lunar New Year. Many members' bookings were affected by this activation. We thank our members for their patience with the inconvenience to support the broader national needs. We unfortunately needed to give short notice to vacate chalets or cancel bookings, as we were only given 48 hours to turn around the chalets to receive the incoming people under quarantine (PUQ).

We took in two flights of Singaporeans and permanent residents from the epicentre, Wuhan and housed them in our chalets. We are indeed proud to be part of the national effort to contain the spread of COVID-19. The operation was smooth and out of the more than 200 PUQs, who stayed for 14 days, only one had shown positive symptoms of COVID-19. They have all since gone home and the chalets have undergone thorough cleaning, sanitisation and airing. While we are still prepared for a new batch of PUQs to be housed in our chalets if need be, I would like to reassure all members that our involvement as a GQF has not compromised the general safety of members. Our frontline staff and the management staff of CSC @ Changi had done a great job in operating and servicing the PUQs. Most of the PUQs were very happy with their stay.

For the Club, we have stepped up our measures of temperature screening and contact tracing at entry points. These cause inconvenience to our members and patrons visiting the Club. However, these measures have been well received by our members and patrons of the Club who are glad that we stepped up such proactive measures to enhance their well-being when they visit the Club.

We have also increased the frequency of environmental cleaning in the Club especially at all the likely touchpoints. Staff are also on the lookout for any member/patron who shows sign of any flu symptoms by offering a face mask and advice to see a doctor immediately.

All staff are required to do temperature screening twice a day. We have drawn out a clear SOP to manage COVID-19 and a Business Continuity Plan. All our social and sporting activities have been scrutinised and reviewed, with a number of these activities either cancelled or postponed. For members who were inconvenienced due to the cancellation of either the Social or Sport activities/events, please accept our apologies. We have also allowed civil service agencies and corporates to cancel or postpone their planned events, with no penalties. All these will have a knock-on impact on our bottomline and we can only hope that when the pandemic is over, the pent-up demand will pick up and minimise our loss in income, due to COVID-19.

As a Club, how did we perform in FY19/20? Despite the reduction of another 15 fruit machines in Nov '19 and the financial impact of COVID-19 over the last two months (Feb and Mar '20), the Club performed better than what was budgeted. We trimmed our operation cost and improved on the KPIs of a number of business units. Our membership is increasing with our membership bulk purchase initiatives. The slew of promotions and upgrading to our chalets has also resulted in a better return of the chalet operations. All the CAPEX planned for this FY, except for the sheltered tennis court, were executed as planned. The sheltered tennis court was too costly to build and with a hefty monthly recurring cost, has made it non-viable. The roof top solar panel at CSC @ Tessensohn will be built in conjunction with the façade upgrading which will be delayed by three months due to COVID-19 i.e. by end of Dec '20. Likewise, the repainting of the Clubhouse will be done in tandem with the façade upgrading. So, by the end of this year, we will have a revitalised and modern CSC @ Tessensohn.



SOCIAL ACTIVITIES OVER THE NEXT FEW MONTHS.

The Club is mindful of the measures to minimise the spread of COVID-19. As such, the social events we will be conducting over the next few months will take them into consideration, such as hygiene factors, temperature screening, contact tracing and social distancing. As an illustration, the Mother's Day lunch Celebration will be held at CSC @ Tessensohn, Diamond Ballroom on 10 May '20, with a maximum of 40 tables of 6 pax per table and all the pre-event and stage games will be organised with social distancing being considered. The serving staff will be wearing face masks when they serve the food. The food will either be individually served or with common cutlery to dish out the food. Likewise, for Father's Day, the same proactive measures will be taken. It will be held at the Diamond Ballroom on 21 Jun '20 between 12pm and 2pm pm. (Please refer to page 5 for the detailed highlights of both activities).

Social activities for the June Holiday:

With COVID-19, many families are putting their travelling plan on hold in the June Holiday. The Club has lined up many social activities to enable the family to bond together. The activities range from baking, learning journey, to science and math busters, outdoor physical activities and bowling. There are also culinary, health and wellbeing activities for the adults. (Do check out the myriad of activities from pages 35 to 64. I am sure you will be able to sign up a couple of activities either for yourself or with your family).

International Yoga Day: The Club is partnering Vyasa Yoga to celebrate the International Day of Yoga at all our Clubhouses on 21 Jun '20. Attendance is free and again the same hygiene measures and social distancing of the participants will be taken into consideration. (Please see detail on page 6).



SPORTS ACTIVITIES

STAR Games Awards:

Congratulations to the winning Ministries for the annual STAR Games Competition for 2019. Ministry of Defence, MINDEF, emerged as the champion for Division 1. This is the first time that MINDEF has won the title, since the inauguration of the STAR Games series. Singapore Republic Polytechnic edged out JTC Corporation to emerge as the champion for the Division 2.

The Public Service Beach Games

will be postponed to Oct '20 due to COVID-19.

Public Service Sports & Family Day:

This event will be postponed to Oct '20 due to COVID-19. Once we have firmed up on the date, venue and programme, we will update members in the next issue of Fusion magazine.

RENOVATION & UPGRADING

Over the next three months, all three Clubhouses will be undergoing some renovation and upgrading.

CSC @ Tessensohn: The façade upgrading of the pool alfresco dining area, above the pump room will be completed by May '20. It will be mobility-friendly with a lift installed and the area sheltered. A new sound system will be installed. The pool sheltered area with a retractable awning will be replaced with a permanent awning that will provide more shade and enhance the look and feel of the swimming pool. These are part of the plans to modernise and convert the pool area to one that is more family-themed.

Members visiting the Clubhouse will soon experience information mainly displayed on TV monitors. The Clubhouse will digitise all the information of the events and activities in the Clubhouse through a digital network using TV monitors to display the information. This will be more effective, economical and man-hour saving. Also, we are installing advertisement and information display monitors in the changing room to reach out to our members and patrons.

CSC @ Bukit Batok: In the repainting of the Clubhouse in FY19/20, the carpark flooring was omitted. It will be repainted over the next few months with accident prone junctions given a different

shade of colour. The repainting work may inconvenience the motorists using the carpark facilities, so please bear with us when the repainting work starts.

The swimming pool complex has some new additions to provide convenience to the swimmers and to improve the look and feel of the pool. There will be progressively five daybeds added to the pool furniture. From the swimmers' feedback, the daybeds are very popular with swimmers, that come with their family. We have also introduced some squirrels among the many trees around the swimming pool, do look out for them. Do note that these movable properties belong to the Clubhouse and cannot be moved or taken home.

CSC @ Changi: A new extension to the main office at Block E will be built to house more administrative staff. Once completed, the current reception office will be shifted to the new extension. The chalet reception office and the main reception office will be integrated to form a clubhouse reception area. This will result in manpower savings and yet provide greater efficiency to service both the chalet guests and members. The new extension will be built by Jul '20.

Due to COVID-19, the Keyless Entry to Changi II has been delayed as Changi II is being used as a GQF. During the lull period when there is no PUQ, ground work such as the laying of cables will be done and we hope to complete the installation of the Keyless Entry, once the GQF is lifted. In the meantime, the lighted signage at Changi II and Loyang will be completed by mid-Apr '20.

The refurbishing of the Loyang cluster of chalets is delayed due to COVID-19. The plan is to refurbish the seven seaview bungalows first then followed by the other bungalows. The new furniture will be shipped in once the GQF is lifted. We have good reviews of the first set of seaview bungalow furnishing that we installed, prior to the GQF.

Upgrading of Changi I: As part of the continual rejuvenation of Changi I, we will be reviewing the furnishing of the chalets and villas. For a start, Changi I will be launching its own line of room amenities in June, that is specially designed for Changi I cluster of chalets. The function room will also be renovated and upgraded with new AV equipment, digital flip charts and interactive screens.



MESSAGE

Did you know

Inter-Clubhouse Decoration

Challenge: Congratulations to CSC @ Tessensohn for emerging as the overall champion for the Inter-Clubhouse Decoration Challenge with CSC @ Bukit Batok and CSC @ Changi as joint second.

INTERNET ENHANCEMENT

Clubhouse Website: The revamped website is mobile-responsive and will have the latest news and happenings on the homepage. The refreshed design is more user friendly for members to check the various facilities of the clubhouse.

Membership Portal: The Club is also revamping the Membership Portal. It will be integrating all the membership application, renewal and replacement in the portal. Members can use this portal to book facilities, events and rooms and make payments online. Members do not have to logout and login again to access the various modules. Other features include special promotions for members and is integrated with the CSC App. This project will be completed by end May '20.

Cashless Payment: In Apr '20, the Club will be implementing the SGQR as another cashless payment option at all our Clubhouses. Members will only need to scan the QR code within the SGQR label and make payment using their mobile smart phone.

I would like to wish our members Happy Easter, and do maintain good health, practise good personal hygiene and stay active. To all the mamas and papas, a Happy Mother's and Father's Day, wishing you a great bonding time with your loved ones, family and friends over the holidays!



Civil Service Club
MOVIE TREATS
Shaw@Lido

Wonder Women 1984
Thursday, 11 Jun '20
6.30pm (TBC)
Register by 28 May '20

Wonder Woman squares off against the Cheetah, a villainess who possesses superhuman strength and agility.

Disney's Jungle Cruise
Wednesday, 29 Jul '20
6.30pm (TBC)
Register by 15 Jul '20

Film based on Disneyland's theme park ride where a small riverboat takes a group of travelers through a jungle filled with dangerous animals and reptiles, but with a supernatural element.

Members Only
4 for \$22 OR 2 for \$11

Public Service Officer & Guest
1 for \$9

BOOKING INFORMATION

- Each main card holder may only purchase either a set of 4 tickets or a pair of 2 tickets. Additional tickets will have to be purchased individually.
- Seats assigned are fixed and on a first-come first-served basis at time of payment. Members are not allowed to pick their own seats.
- Tickets purchased are not exchangeable or refundable.
- Cost of tickets are subsidised by Civil Service Club. While stocks last.
- For full list of T&Cs, please visit www.csc.sg/events/

In view of the COVID-19 situation, event may be subjected to changes or cancellation.

Contact Bryan at 6391 5607 or bryanlee@csc.sg



Cathay Cineplexes
EduTour
Our Story

Wednesday, 3 Jun '20 | 10.15am – 2.30pm
@ The Cathay Cineplex

Fees:
Member \$25 | Public Service Officer \$30 | Guest \$35
*refreshments and light meals provided

Includes Movie Screening of an upcoming fantasy film



- 1 Tour The Cathay Gallery to witness the unforgettable journey of cinematography across the years.
- 2 Visit the projector room to uncover the secrets behind the high-quality screenings in the present-day cinema.
- 3 Drop by the popcorn station to observe how everybody's favorite caramel popcorn is made.
- 4 Experience the luxury of choosing your own seats as you lay back and catch a new release of a fantasy movie hit.

CATHAY CINEPLEXES



In view of the COVID-19 situation, event may be subjected to changes or cancellation.
Contact Bryan at 6391 5607 or bryanlee@csc.sg | Register by 4 May '20

Gorgeous and Glamorous

CSC

Mother's Day Lunch

@ Tessensohn



Sunday, 10 May '20 | 12pm - 2pm

Complementing the scrumptious meal is of course a flurry of entertainment activities. Talented artists will take the stage and put up dazzling performances. There will also be a lucky draw, so may Lady Luck smile upon your mother. So, make a date with us!

SPECIAL HIGHLIGHTS

- Gift for the most senior mother
- Goodie bag for all mothers
- Best dressed mom
- Photo print for every mother

FRINGE ACTIVITIES for Mothers only (11am - 12pm)

- Real flower keychain (while stocks last)
- Mini flower potpourri bag (while stocks last)

Fees per table
(Strictly 6 pax per table)

Member	Public Service Officer	Guest
\$228	\$248	\$268

Menu

4-kind Cold Dish Combination

Fish Maw Soup with Crab Meat

Crispy Roasted Chicken

Steamed Sea Bass with Minced Meat Preserved Vegetable

Braised Mushroom with Broccoli

Fried Rice with Dried Scallop in Lotus Leaf

Yam Paste

* For event to run as above, minimum of 20 tables is required.
* In view of the COVID-19 situation, event may be subjected to changes or cancellation.
Contact **Vanessa** at 6391 5641 or vanessachoo@csc.sg | Register by **25 Apr '20**



DINE WITH DAD

Our Dads Our SUPER STARS

Sunday, 21 Jun '20 | 12pm - 2pm
Qian Xi (Farrer Park) Restaurant
CSC @ Tessensohn

Dads provide their unconditional love and support for their loved ones regardless of the challenges that they face. This Father's Day, show your appreciation for your unsung superstars with a heartwarming 7 course meal.

Fees per table (Strictly 6 pax per table)

Member	Public Service Officer	Guest
\$228	\$248	\$268

Highlights:

- Beer Drinking Contest
- Daddy Diaper Changing Competition
- Prizes for the Youngest and the Most Senior Dads
- Head and Shoulder Massage for all Dads
- A Perfect Gift for all Dads!

Menu

4-Kind Cold Dish Combination

Seafood Bamboo Shoot Soup

Crispy Roasted Chicken

Steamed Sea Bass with Minced Garlic & Sauce

Braised Mushroom with Spinach

Braised Ee Fu Noodle

Red Bean Paste with Lotus Seed

* For event to run as above, minimum of 20 tables is required.
* In view of the COVID-19 situation, event may be subjected to changes or cancellation.
Contact **Bryan** at 6391 5607 or bryanlee@csc.sg | Register by **7 Jun '20**





INTERNATIONAL DAY OF Yoga

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

CSC @ Changi
10.30am – 12pm

CSC @ Bukit Batok
3.30pm – 5pm

CSC @ Tessensohn
3.30pm – 5:30pm

- Free for All, pre-registration required
- Participants to bring your own yoga mat

Jointly organised by:



VyasaYOGA
Singapore

In view of the COVID-19 situation, event may be subjected to changes or cancellation.
Contact Serene Cho at 6391 5620 or serenecho@csc.sg | Register by 7 Jun '20

FREE
Yoga Sessions
at CSC
Sunday, 21 Jun '20

PRAWNING Competition

@Tebing Lane

Saturday, 11 Jul '20 | 8.30am – 12pm

Fees	Member	Public Service Officer	Guest
	\$28	\$33	\$36

Fees Include:

- Prawning demonstration and briefing of basic prawning skills before the event starts.
- Prawning and BBQ equipment (rods, baits, charcoal, BBQ pits/grill etc).

ATTRACTIVE PRIZES TO BE WON!

HEAVIEST CATCH

The individual with the heaviest single prawn

LIGHTEST CATCH

The individual with the lightest prawn

COLOUR TAGGED PRAWNS

Each tagged prawn caught



* Participants may bring their own rods, but only baits provided by the organiser can be used.
* In view of the COVID-19 situation, event may be subjected to changes or cancellation.

Contact Bryan at 6391 5607 or bryanlee@csc.sg | Register by 29 Jun '20



FUN
MAHJONG
CHALLENGE

Sunday • 26 Jul '20
9.30am – 5pm | CSC @ Tessensohn

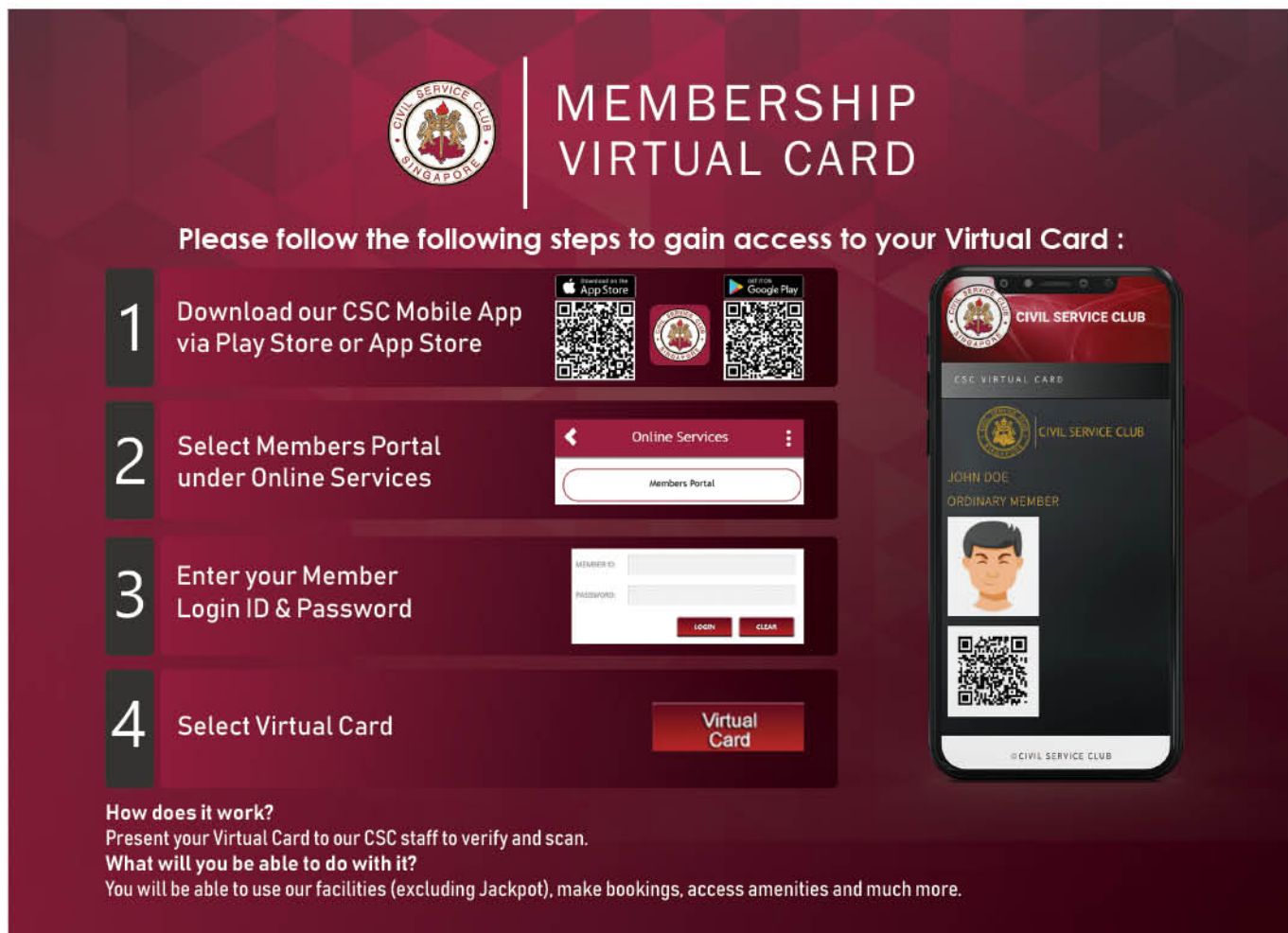
Play three rounds of mahjong to accumulate your points.
Player with the highest overall points will be the champion and win attractive prizes!

***FEES**

Member	Public Service Officer	Guest
\$20	\$25	\$28

*Breakfast & Lunch provided

Contact **Gek Cheng** at **6391 5624** or **kuagekcheng@csc.sg** | Register by **13 Jul '20**
* In view of the COVID-19 situation, event may be subjected to changes or cancellation.



CIVIL SERVICE CLUB SINGAPORE

MEMBERSHIP VIRTUAL CARD

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

- Download our CSC Mobile App via Play Store or App Store
- Select Members Portal under Online Services
- Enter your Member Login ID & Password
- Select 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.

Public Service Beach Games

***Saturday, 24 Oct '20, Sentosa**



HIGHLIGHTS! Competitions open for team participation:

- Beach Volleyball
- Beach Frisbee
- Beach Captain's Ball
- Touch Rugby

More details will follow closer to the date. Check with your agency's Sports Liaison Officers.

* In view of the COVID-19 situation, event may be subjected to changes or cancellation.

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DENTAL PACKAGES

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Inclusive of:

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- * 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

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Inclusive of:

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- * 10 packets of whitening gels

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- * Scaling & Polishing
- * Fluoride Therapy

FULLY CLAIMABLE WITH CHAS PG CARD

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

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Call us for an appointment!

Hill V2 Branch



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Marine Parade Branch Tel: 6348 0824

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

Tiong Bahru Branch Tel: 62711236

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email: smileartsbk@gmail.com
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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)



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www.smilearts.com.sg

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www.cscrunchbythebay.com

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Option for a T-shirt or Singlet

Hydration
belt



Public Service Officers save **20% on race entry**. Enter individually or as part of a STAR Games team.
CSC Members enjoy an additional **10% discount** on top of the discounted Public Service Officers rates, using the code 'RBB20CSCMKT'



STARTING FROM S\$56



STARTING FROM S\$44



STARTING FROM S\$34



STARTING FROM S\$30

EVENT OWNER



EVENT ORGANISER

METASPORT

IN SUPPORT OF
SPORTS PROMOTION



OFFICIAL PARTNER



OFFICIAL PHYSIOTHERAPY
PARTNER



OFFICIAL WATER



VENUE PARTNER





2019 PUBLIC SERVICE

STAR GAMES AWARDS

On 28 December 2019 at the CSC's Annual Dinner and Dance, the top four government agencies in Division I and II of the Public Service STAR Games, received their well-deserved trophies from Guest-of-Honour Mr Leo Yip, Head of Civil Service and President, CSC.

The annual STAR Games is a key activity organised by the Civil Service Club for all public service officers. STAR, an acronym for "Staff Team up for Active Sports and Recreation" aims to promote a healthy lifestyle in the public service as well as to foster camaraderie amongst public service officers. Agencies compete in two divisions ie Division I and Division II based on their staff strength. This year's 22 Championship STAR Games were competed by 37 ministries, departments and statutory boards representing all government agencies in Singapore.

Division I Champion Ministry of Defence

Taking the Overall Champion title in Division I was Ministry of Defence (MINDEF). The victory was exceptionally sweet and fulfilling as this is the first time the Ministry has won the title, since the start of the STAR Games series. Games which powered the agencies to the top spots are swimming, golf, darts, bowling, badminton, table-tennis and basketball.

MINDEF spokesperson for the occasion, LTC Joey Wong credited the win to its team of highly committed staff and team managers who successfully struck a balance between work and training. LTC Wong said that the agency is determined to defend the title next year by training doubly hard.

Division II Champion Republic Polytechnic

Meanwhile, the Division II Challenge Trophy went to Republic Polytechnic (RP). The agency edged out JTC Corporation, its main rival, to clinch the top spot. Receiving the award from the Guest-of-Honour, was Ms Tan Geok Hui, Director of HR Department.

"The strategy was to get more staff to be more active in more events, such as the Step Challenge, to gain participation points" Ms. Tan said. This had contributed to the total number of points which helped the agency to win the title.

Ms Tan noted that the STAR Games is a good platform for staff to interact and foster teambuilding, while promoting a healthier lifestyle. She, herself, had participated in the CSC Run By the Bay and found it to be very fun. She reiterated that the agency would want to keep the number one spot next year and hopefully, keep the Challenge trophy by winning the title 3 years in a row.



DIVISION I

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

DIVISION II

- 1 Republic Polytechnic
- 2 JTC Corporation
- 3 Ministry of Manpower
- 4 Temasek Polytechnic
- 5 Attorney-General's Chamber
- 6 Central Provident Fund Board
- 7 Civil Service College
- 8 Ministry of Culture, Community and Youth
- 9 Judiciary
- 10 Ministry of Finance

Public Service STAR Games

MIXED NETBALL | 18 JAN '20

Pasir Ris Sports Hall

This year's Public Service Mixed Netball Tournament held at the Pasir Ris Sports Centre on 18 Jan '20, saw 20 teams from 11 government agencies vying for the championship title. After several rounds of matches, the contention for the top spot was between Sports Singapore and Ministry of Defence. The match was fast and furious as both teams were equally determined to claim the title. In the end, it was a last-minute decider score from Sport Singapore's team, just before the final whistle, to win their maiden championship.

"There were several nerve-wracking moments where we were down by a point or two, but every team member held their cool, gave their 110% and turned the tables around," said Sport Singapore's netball convenor Gina Tan. "The most memorable moment during the tournament would be in the final: Our shooter puts up the shot, the whistle goes and we are announced the winner!"

And what was the secret to their success? "We managed to find the sweet spot by playing every individual player to their strength. Besides the competitive element, participating in tournaments allows us to stay fit and healthy, bond with colleagues and make new friends from other agencies through a social setting," said Gina. Not resting on their laurels, Sport Singapore's netballers are already looking ahead to their title defence – their prize money will be going towards court bookings.

Guest-of-Honour Ms Ratna Sari, CSC Executive Committee member, presented the prizes to the winning teams.



RESULTS

Champion	➤ Sport Singapore
1st Runner-Up	➤ Ministry of Defence
2nd Runner-Up	➤ Ministry of Education
3rd Runner-Up	➤ Land Transport Authority



BADMINTON | 3 FEB – 10 MAR '20

CSC @ Tessensohn Clubhouse

This year's Public Service Badminton Tournament saw a record 68 teams from 23 government agencies vying for the top spots in four categories; Men, Women, Men's Senior and Men's Active Agers. The growing competitiveness of the event was evident as heavyweights like Ministry of Education and Ministry of Defence, could only managed to take one top spot each.

After winning the Men's title, Ministry of Home Affairs (MHA) was proclaimed the Overall Champion. The agency had earlier won the second and third placings in the Women's and Men's Senior categories respectively. The aggregated points put the agency just one point ahead of arch-rival Ministry of Defence.

MHA's convenor Cheng Yi shared how thrilling the competition was. "The Men's doubles final was the most memorable," she said. "MHA players won many nail-biting rallies which got the crowd really ecstatic. It was amazing how they fought till the last point to clinch the title."

Guest-of-Honour Mr Jerry Lim, CSC Executive Committee Member, presented prizes to the winning teams.



RESULTS

Women's Category

Champion	➤ Ministry of Education
1st Runner-Up	➤ Ministry of Home Affairs
2nd Runner-Up	➤ Ministry of Defence
3rd Runner-Up	➤ Housing & Development Board

Men's Senior Category

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

Men's Active Agers Category

Champion	➤ Land Transport Authority
1st Runner-Up	➤ Ministry Of Defence
2nd Runner-Up	➤ Housing & Development Board
3rd Runner-Up	➤ Ministry Of Education

Men's Category

Champion	➤ Ministry of Home Affairs
1st Runner-Up	➤ Ministry of Defence
2nd Runner-Up	➤ Ministry Of Education
3rd Runner-Up	➤ Land Transport Authority

Overall Placing

Champion	➤ Ministry of Home Affairs
1st Runner-Up	➤ Ministry of Defence
2nd Runner-Up	➤ Ministry of Education
Joint 3rd Runners-Up	➤ Housing & Development Board
	➤ Land Transport Authority



3-6-9 BOWLING | 8 – 22 FEB '20 Changi Resort Bowl, CSC @ Changi

With 16 podium places across four categories up for grabs, the Public Service 3-6-9 Bowling Competition provided plenty of opportunities for the public service's top bowlers to shine. Eight different agencies were podium winners after the final scores were tallied but one team, Ministry of Defence (MINDEF), topped them all. Participated by 119 teams from 25 government agencies, the event was held at the Resort Bowl, Changi Clubhouse.

It was second year running that MINDEF won the overall championship, after a clinching the top spots in the Men's and Women's categories, along with top-four finishes in Men's Active Agers and Mixed categories.

MINDEF player-manager Ong Jun Kai shared that momentum from their victory in 2019 and the team's constant quest to raise their game helped propel them to this year's success. "As usual, the ball is round, and the other teams are also getting better by the year, competition after competition," he said. "But we took this competition as a push for improvement and to be better each time we compete."



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



RESULTS

Women's Category

Champion	▶ Ministry of Defence
1 st Runner-Up	▶ Ministry of Education
2 nd Runner-Up	▶ Nanyang Technological University
3 rd Runner-Up	▶ Ministry of Health

Men's Category

Champion	▶ Ministry of Defence (2)
1 st Runner-Up	▶ Ministry of Defence (5)
2 nd Runner-Up	▶ Ministry of Education
3 rd Runner-Up	▶ Land Transport Authority

Mixed Category

Champion	▶ Ministry of Home Affairs (3)
1 st Runner-Up	▶ Ministry of Defence
2 nd Runner-Up	▶ Ministry of Health
3 rd Runner-Up	▶ Ministry of Home Affairs (8)

Men's Active Agers Category

Champion	▶ Ministry of Education
1 st Runner-Up	▶ People's Association
2 nd Runner-Up	▶ Ministry of the Environment and Water Resources (5)
3 rd Runner-Up	▶ Ministry of Defence

Overall Placing

Champion	▶ Ministry of Defence
1 st Runner-Up	▶ Ministry of Education
2 nd Runner-Up	▶ Ministry of Home Affairs
3 rd Runner-Up	▶ People's Association



SEPAKTAKRAW (INTER-TEAM & INTER-REGU) 16 & 22 FEB '20

PERSES Centre Of Excellence

Ministry of Home Affairs (MHA), once again, showed that it is a dominant force in the sport by claiming the top and second spots in the Public Service Sepaktakraw (Inter-Team) Tournament held on 16 Feb '20.

However, a lone team from the Ministry of Health (MOH) caused a ripple in the Inter-Regu tournament held on 22 Feb. To the surprise of everyone, the team rose to the occasion to win the Inter-Regu title, finishing ahead of a trio of teams from the defending champion MHA which had maintained a grip on the title over the past few years. A total of 34 teams from nine organisations participated in the tournament.

MOH team manager Effy Bin Abdul Hadee was delighted with the victory. "This is the first time my team is participating in the tournament. We took part to gain experience, friends, skills and techniques of playing better sepaktakraw and didn't think we could win the event," he said.

Guest-of-Honour Mr Teo Tze Fang, CSC Executive Committee Member, presented the prizes to the winning teams.





3-ON-3 BASKETBALL | 8 MAR '20

HeartBeat @ Bedok

A total of 52 teams from 15 organisations participated in the Public Service 3-on-3 Basketball Tournament held at the Heartbeat @ Bedok on 8 Mar '20. Ministry of Home Affairs (MHA) won the coveted overall championship title by clinching the top spots in both the Men and Women's categories.

MHA team manager Lee Chee Chien shared "The players came from different units across the ministry. It was a challenge to de-conflict their schedules and co-ordinate their training, but we managed to do it. The wins were very rewarding and we could use the prize monies to organise an appreciation lunch or dinner to thank them for the hard work and effort they had put in."

Guest-of-Honour Mr Wee Tee Heng, CSC Executive Committee Member, presented prizes to the winning teams.



RESULTS

Inter-Regu Tournament

Champion	► Ministry of Health
1st Runner-Up	► Ministry of Home Affairs (3)
2nd Runner-Up	► Ministry of Home Affairs (1)
3rd Runner-Up	► Ministry of Home Affairs (9)

Inter-Team Tournament

Champion	► Ministry of Home Affairs (2)
1st Runner-Up	► Ministry of Home Affairs (1)
Joint 2nd Runners-Up	► Ministry of the Environment and Water Resources
3rd Runner-Up	► Ministry of Education (3)

RESULTS

Women's Category

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

Men's Category

Champion	► Ministry of Home Affairs (5)
1st Runner-Up	► Ministry of Defence (5)
2nd Runner-Up	► Ministry of Education (5)
3rd Runner-Up	► Ministry of Defence (6)



Overall Placing

Champion	► Ministry of Home Affairs
1st Runner-Up	► Ministry Of Defence
Joint 2nd Runners-Up	► Ministry Of Health and Ministry of Education

CSC Healthy Lifestyle Walk @ Lower Seletar Reservoir Park




There are many reasons to visit Lower Seletar Reservoir Park – in addition to the serene setting and the gentle breezes, there's also the Family Bay, which features a performance stage, a water play area and a rain garden. Close to 100 officers from seven agencies organisations got to take it all in as part of the latest healthy lifestyle walk, which took place on 10 Jan '20.

Ms Deepa Senthilkumar from Central Provident Fund, is a regular participant in the walks organised

by CSC. "As the name suggests, it's a healthy lifestyle walk, so I would like to participate whenever our work schedule allows," she said. Deepa hopes to see even more participants the next time around. "I always encourage everyone to join," she said, adding that she hopes aerobic warm-up could be included whenever possible. At the end of the event, participants were rewarded with fun packs and three winners in a lucky draw took home a waterproof dry bag each.

Our Running Club's Home Base

at Changi Clubhouse

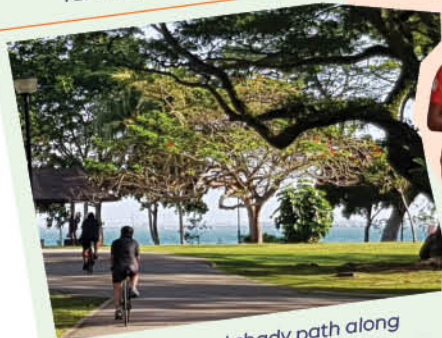


▲ Our active agers at Changi beach before starting their run or brisk walk



▼ An inviting club pool beckons our tired bodies for a dip after our exercise

▼ Our veteran runners: Stella and Paul



▲ A serene and shady path along our running route



On the first and third Saturday mornings of each month, a group of like-minded individuals gather at CSC @ Changi for a run towards a healthier body. Besides running, some may brisk walk instead. This ritual started in 2012 after our Running Club was formed and we have been gathering at our home base, CSC @ Changi I, a stone's throw away from the popular Changi Village Hawker Centre regularly since. After our workout, members will have a hearty breakfast at the hawker centre or a dip back in the club pool to ease tired muscles.

Mr Paul Chan, current Vice Chairman of the Running Club said, "I always look forward to our run on a route that is

serene and shady. This calms and relaxes me after a hectic week in office." Our regular running route from our home base towards the beach, then along the coast to the Changi Ferry Terminal and back provided an uninterrupted run along a tranquil route of about 7.4 km. For those walking, they will usually turn back before the SAF Ferry Terminal chalking up a distance of about four km. "The Saturday morning runs with fellow runners are always refreshing. Coupled with a nice breeze and beautiful flowers along the coastal route, it is very enjoyable," said Ms Stella Tay, another veteran runner.

**With effect from 1 Apr '20, the CSC Running Club will be amalgamated with the CSC Cycling Club. For details, please contact:
Mr Paul Chan @ 9145 7388 or
Mr Abe Chan @ 9663 7837**

Spectacular Taiwan Cycling Tour: now in its 7th year

By Paul Chan

Chairman, CSC Cycling Club,

Taiwan Cycling Trip Leader

Seventeen CSC Cycling Club members participated in the spectacular yet challenging cycling tour in Taiwan, covering a total of 800km over nine days from 26 Nov to 4 Dec 2019.

We embarked on the most challenging part of this tour on the 3rd and 4th days of this programme, cycling upslope to *Qingjing Farm* (清境农场) and the highest metal road in Taiwan – *Wuling* (武岭) at an altitude of 3275m above sea level.

We were fortunate to have clear weather – allowing us to stop to take in the mountain scenery, while catching our breath. The view from above cloud level was absolutely stunning. Inevitably, many of us had to push our bikes on the steepest gradients on this mountain road. Regardless, we were rewarded with the spectacular view of the *Hehuanshan* (合欢山) at the summit.

Many of us are keen to return to Taiwan for another ride after enjoying this spectacular nine-day trip. The CSC Cycling Club will surely continue to organise Taiwan rides and other regional rides.

Look out for our announcements on upcoming overseas trips.



▼ Stretching exercise before the journey



▼ Getting ready to commence the 9-day tour



▲ Tackling the gradient together

ANNOUNCEMENT:

The next Taiwan trip will be held from 28 Nov to 6 Dec 2020. If you are interested, please attend a presentation on Sat, 23 May at Changi Clubhouse Boardroom at 10.30am.



See more at our Facebook page:

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

▼ Happy faces after conquering Wuling



▲ In high spirit before cycling up Wuling

BICENTENNIAL GALA NIGHT

@ORCHARD HOTEL GRAND BALLROOM

CSC Dinner & Dance 2019



On Saturday 28 December 2019, some 400 members, public service officers from different government agencies, friends and families came together at the CSC Dinner & Dance Bicentennial Gala Night to send 2019 off in style.

A pre-dinner mini arts and crafts bazaar kept guests busy with booths offering caricature drawings, personalised passport covers, wire name gifts, feather calligraphy, colourful sand bottles, real flower keychains, sparkly bling blings and photo taking.

By 7pm, the celebrations were well underway. A momentary hush followed as lights in the dining hall were dimmed before they erupted into a light-and-sound show as water drummers adorned in LED suits, lit up the stage with their vigorous percussions!

With that rousing start, Emcee Edmund led a toast to the New Year and without giving pause, gathered everyone in the room for an impromptu Bollywood dance lesson complete with upbeat tunes and much jiving and bopping.

This was followed by a Public Service STAR Games Prize Presentation Ceremony graced by CSC Club President and Guest-of-Honour, Mr. Leo Yip who

presented the awards to winning agencies – Republic Polytechnic (Division II) and Ministry of Defence (Division I). For the full report, refer to page 10.

With energy at a high, the dinner proceeded with more exciting performances, games and lots of lucky draws! With alluring prizes like return trips for 2 to London and Osaka, or Samsung Galaxy Note 10s, everyone was kept on the edge of their seats throughout the evening.

More treats were in place including a magic performance, aerial acrobatics, as well as a special guest appearance by Cola Lau, a Mediacorp artiste.

Games opportunities abound for guests to strut their stuff. Ten best-dressed men and women were selected for a dance contest.

With all the right moves and good chemistry with his stage partner, Melvin Hee, 27, from Singapore Civil Defence Force (SCDF) managed to pull it off best and emerged one of the top favourite contestants.

Meanwhile, Jimmy Tan, 41, a pharmacist who came with his family, wowed the audience with his raw energy and was voted the top favourite in the dance contest.

Looking forward doesn't mean that the past is forgotten, as local general knowledge was tested in a game of trivia. The winner, Mohd Salleh Bmg, 69, a Land Transport Authority (LTA) retiree, got most of the answers correct.

As midnight drew near, and at the count to zero, giant confetti poppers were set off with a blast. Cheers reverberated throughout the hall. This was followed by a special commemorative moment as everyone joined voices to sing "Home" in a moving tribute to Singapore.

So did the guests enjoy themselves? Many certainly did. Benjamin Teo, 34, from Mindef who was attending the gala for the first time, loved the experience. "It was exciting, with lots of engagement. This feels like a family event, where everyone clearly enjoyed themselves. The organising team did a great job – great event, very good entertainment, and attractive lucky draw prizes." Similar sentiments were expressed by Kenny Sim, 35, also from Mindef who won the 4th prize in the lucky draw: "Enjoyable, fun, engaging and nice!"





Thank you to our Dinner & Dance 2019 sponsors for their generous support!

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 Pisces KTV Lounge
 Firetech Services Pte Ltd
 CSP Maintenance Services Pte Ltd
 Image Creative Design Pte Ltd
 Fourways Pte Ltd
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 Kumpulan Development Pte Ltd

A RAT-tastic CSC Lunar New Year Bazaar

Far from quiet as a mouse, it was a lively rat-tastic scene on Saturday, 11 January at the CSC Lunar New Year 2020 Bazaar as more than 500 members with family and guests in tow came together to celebrate the arrival of the Year of the Metal Rat. Held at Tessensohn Clubhouse, they revelled in a host of free activities including talks, workshops, massages and movie screening.

Fun for the whole family

There was something for everyone at the bazaar.

Said Fiona Pak, "I appreciate this event because there's something for everyone in the family. My 10-year-old is doing the Clay Art Pastries and the Create Your Own Treasure Box workshops. My older daughter is at the Korean Makeup Workshop. My husband and I came for the bargains at the Bazaar. It's a great day out for the whole family!"

The makeup workshops, in particular, received high praises. Sophia Sng loved the Korean Dewy Hands-On Makeup class. "It was great to have an expert conducting it. She knows her stuff!"

Meanwhile Chris Chua gave the Make Your Own Lip Balm workshop the thumbs up. "It's one of the best hobby classes I have attended."

The astrology fans were also pleased with the feng shui talk and the aura reading for free booth.

Said Mah Shoo Min, "I learnt more about myself with the aura reading. I also enjoyed the feng shui talk because it helps me to prepare for the year ahead."

The cooking class was also a hit. The participants loved Chef KC Tan's tri-special: Drunken Prawns, Fish Maw Stirfried with Leeks and Wine, and Mee Goreng. Commented Jane Koh, "Delicious yet simple enough to whip up."

The Jigsaw Puzzle Challenge saw some intense competition among families who raced to be the first to complete their puzzles. The winning team walked away with shopping vouchers but the joy of all participating teams were made complete as they all got to take home their completed puzzles.





LNy Bazaar

For many, the bazaar proper remains the star of the afternoon. Diamond Ballroom was a hive of frenzy with shoppers scampering through the 32 stalls to buy new year yummys and goodies.

Indeed the most popular stalls were those selling homemade cookies and Lunar New Year décor items. Others included unique offerings such as a chemical-free fruit-based makeup range, fresh fruits and healthy nuts, breads, seeds, teas and more.

Throughout, the free flow of complimentary snacks such as *muh chee*, candy floss, popcorn, traditional

biscuits and *potong* ice cream, kept the shoppers' energy level up.

A happy Jasmine Neo gushed, "You can get everything here for the Lunar New Year. It is comfy shopping in an aircon bazaar and not too crowded, so there's no need for much jostling. I got most of what I needed in 30 minutes!"

But without a doubt, the happiest person at the bazaar was Serene Teoh who walked away with the top draw prize of \$6,888 in cash. "The win was totally unexpected because it is my first time attending the bazaar and taking part in the draw. It's a great start to the new year."

CSC Lunar New Year Lohei Dinner

The CSC Lunar New Year Lohei Dinner was held on Friday, 31 January 2020, on the seventh day of the first lunar month. It's a day also known as *Ren-Ri* (人日) or the day human beings were created, according to a Chinese legend. Many Chinese today still observe it as the birthday of mankind.

Fittingly, a total of 440 diners came together at the Diamond Ballroom, CSC @ Tessensohn to celebrate with a mass birthday feast.

The evening started off with a swing as guests tried their hands at the roulette, blackjack and tai sai tables. The pre-dinner snacks were also a hit.

Said Doreen Cady, "The drinks and traditional desserts like *nian gao* (sticky rice cake) and *tang yuan* (glutinous rice balls) are such a treat for me. I haven't had them for 40 years because I have been away from Singapore all this time. This is a great warmup to the main event."

Dinner, song and dance

While enjoying the sumptuous eight-course spread, diners were also being treated to an

entertainment programme lineup complete with lots of laughter and excitement.

The evening opened with the auspicious entry of two prancing lions and Fu Lu Shou, the Three Star Gods who symbolise happiness, prosperity and longevity.

They were followed by two quick-change artistes who wowed the audience with their ability to change multiple outfits in a split second. The rousing performance of three drummers further lifted the energy level in the ballroom.

The luckiest guest was engineer Aaron How who walked away with the top lucky draw prize of a sunset dinner cruise for two. Exclaimed Aaron, "This has been an exceptional lohei dinner. It has been an evening of great company and good fun."





up to 15% OFF VENUE RENTAL

* Terms & conditions apply



ROOMS

T: 63915605 / 63915623
E: jacquelinetang@csc.sg /
evezhuang@csc.sg

BOWLING

T: 63915693
E: planetbowl@csc.sg



Ballroom / Function Room



Auditorium



Cookery Studio



Planet Bowl



EARLY BIRD

Mon - Fri | 10am to 12noon @ \$2/game

BOWL 10

Mon - Thu | 12pm to 6pm @ \$25
6pm to 10pm @ \$35

NIGHT OWL SPECIAL

Sun - Thu | 10pm to 1am @ \$2.50/game
Sat | 12am to 3am @ \$3/game

LADIES DAY OUT

Every Mon | 10am to 1am @ \$10/hour, per lane
*Open to all Lady Bowler aged 13 years old and above

SENIOR SPECIAL

Mon - Thu | 10am to 5pm @ \$10/hour, per lane
*Open to all Senior Bowler aged 50 years old and above

CSC MEMBERS / LEAGUE BOWLERS SPECIAL

Sat, Sun & Public Holiday | 9am to 6pm
@ \$18/ 5 games or \$34/10 games

* Terms & Conditions Apply.

PROMOTIONS
From just
\$2
per game

For reservation, call 63915693 or email planetbowl@csc.sg



BOWLING PROMOTIONS



Member **\$2.20** per game* | Public Service Officer/Guest **\$2.50** per game*

*Min 5 games

- Mon – Fri, 9.30am – 3pm
- Exclude school holidays, eve of/and PH. Exclude shoe rental. Game to be completed before 4pm
- Promotion not valid in conjunction with other discounts, promotions or vouchers



Member **\$3** per game* | Public Service Officer/Guest **\$3.80** per game*

*Min 5 games

- Mon/Wed/Sun only from 8pm – close
- Exclude school holidays, eve of/and PH. Exclude shoe rental. Game to be completed before 1am
- Promotion not valid in conjunction with other discounts, promotions or vouchers

SG55 (Best of the Best 2020)

- Qualifying Challenge 1 Jun – 30 Jun '20
 - Centre Final Challenge 5 Jul '20
 - Fees: Registration \$10 / In-House Bowling League Entries \$10 / Master's Qualifying: (Off Peak) \$20 (Peak): \$25
- For more information, visit <https://www.csc.sg/resortbowl/Default.aspx>.

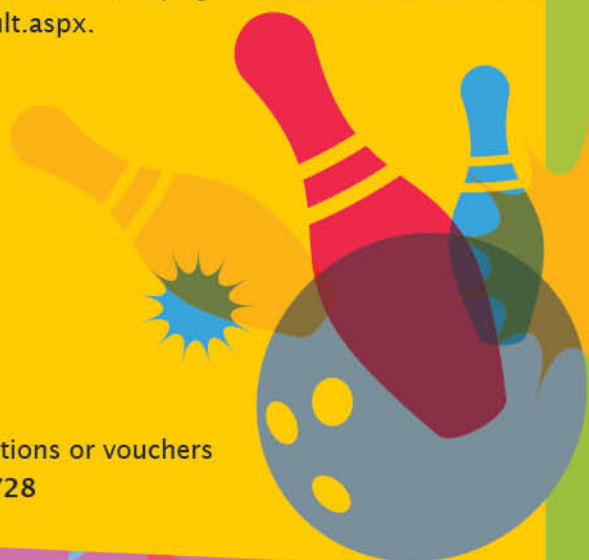
Festive Funbowl

- 10 April '20 (Good Friday)
- 1 May '20 (Labour Day)
- 7 May '20 (Vesak Day)
- 31 May '20 (Hari Raya)

Pavilion BBQ Pit X Bowling

- Book the Pavilion BBQ and get free bowling games!
- Each booking is entitled to 4 bowling games.
- Valid for Off Peak & Peak. Excludes shoe rental.
- Promotion not valid in conjunction with other discounts, promotions or vouchers

For booking/enquiries, email resortbowl@csc.sg or call 6709 4728



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Promotion not valid in conjunction with other discounts, promotions or vouchers

Bowling

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Member / Public Service Officer **\$20/hour/lane**
Public **\$30/hour/lane**

Function Room

Book a 4-hour Birthday Package and receive 10 Bowling Games & 10 Swimming Pool Passes

Terms & conditions apply

For booking/enquiries, email changi@csc.sg

For booking/enquiries, email resortbowl@csc.sg or call 6709 4728



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Wonderful Wednesday* Promotion

Last minute stay?
Enjoy up to

30% OFF

- Room subjected to availability
- Available for all room types
- Available for Off Peak, Peak, Super Peak
- Booking via walk-in or email only

For more information, visit
www.csc.sg/promotions/www.jpg

Enjoy up to 70% OFF when you extend your Check-Out until 6pm

- Room subjected to availability
- Available for all room types
- Available for Off Peak, Peak, Super Peak
- Booking via walk-in or email only

Function Room + Chalet Bundle Package

- Book 1 Function Room and top up \$88 (Off peak) / \$148 (Peak) to enjoy a one-night stay in the Deluxe Suite
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- Plus 4 complimentary Bowling Games!

Terms & conditions apply. For booking/enquiries, email rooms@csc.sg



Chalet

Get Kids Passes* when you stay with us this school holiday!

Kids Pass entitles each child to:

- Free entry to the swimming pool
- Waiver of Bowling shoe rental @ Resort Bowl
- Complimentary scoop of ice cream daily
- Special Kids Goodie Bag**

*Kids Passes are subjected to availability. Maximum 2 per stay for single suites, 4 per stay for family suites, 6 per stay for villas

**Kids Goodie Bag is subjected to availability. Maximum 1 per stay for Single Suites, 2 per stay for Family Suites, 3 per stay for Villas

JUNE SCHOOL HOLIDAY SPECIAL!

Promotion not valid in conjunction with other discounts, promotions or vouchers

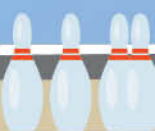
Unlimited Bowling

Monday - Friday before 8pm

Member	\$20/hour/lane
Public Service Officer / Guest	\$15/hour/lane

Monday - Friday after 8pm
Sat, Sun, eve of PH and PH

Member	\$18/hour/lane
Public Service Officer / Guest	\$22/hour/lane



IRRESISTIBLE PROMOTIONS

at Bukit Batok



FOYER

FOR 6-HOUR BOOKING*

Members

\$181.90 (usual \$240)

Non-Members

\$200 (Usual \$288)

Valid for bookings made from Apr – Jun 2020

DANCE STUDIO

FOR 5-HOUR BOOKING*

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\$181.90 (usual: \$250)

Non-Members

\$200 (Usual: \$375)

Valid for bookings made from Apr – Jun 2020



TREEHOUSE

FOR 4-HOUR BOOKING*

Members

\$15 (usual: \$30)

Non-Members

\$25 (Usual: \$50)

Valid for bookings made from Apr – Sep 2020
(This special rate applies for the small treehouse only.)

*OFF-PEAK PERIOD: MON TO FRI FROM 8AM TO 6PM

FOR MORE INFORMATION, CALL JEFFREY ANG AT 6513 7492 OR EMAIL JEFFREYANG@CSC.SG

CSC Precautionary Measures Against COVID-19

Due to the COVID-19 situation, Civil Service Club (CSC) has implemented the below preventive measures. **Anyone with fever (37.5 degrees and above) or display other symptoms such as runny nose, sore throat, cough or shortness of breath will not be allowed entry.**

.....
Mandatory
temperature
screening
.....



.....
Collection of contact
details for purpose
of contact tracing
.....



Wash hands
regularly with soap
and water



Stay home and
avoid social gatherings
or crowded places if
you are unwell

**Be socially
responsible
and practise good
personal hygiene**

as advised by the Ministry Of
Health (MOH). For the details,
please visit www.moh.gov.sg.



Avoid touching
your face with
your hands



Wear a mask
if you are feeling
unwell, and see
a doctor promptly



The Club will continue to monitor the situation and update members and guests through www.csc.sg, Civil Service Club Mobile app and Facebook.

The Management of
Civil Service Club





The safety of members and guests in our swimming pools is of utmost importance. The Club conducts regular Lifeguard Refresher training courses for our team of lifeguards to keep them capable and responsive in rendering timely aid in times of emergencies.

On 7 November 2019, nine of our Clubhouse Lifeguards attended a half-day LG Refresher Training which ended in a test. All Lifeguards who took the test, passed.

LG Refresher Training Curriculum

The typical curriculum includes both theory and practical sessions:

- ✓ Case studies and sharing of recent incidents
- ✓ Silent drownings - Sudden collapse while swimming due to hypoglycaemia (low sugar), epileptic seizure, shallow water black-outs
- ✓ Wet drowning? What is secondary or dry drowning?

The Practical session requires each clubhouse to present and/or conduct training on a given topic. At the 7 November training, these topics were covered:

- Rescue tube techniques (by Tessensohn - Derick)
- Recovery and landing of casualty (by Changi - Chang)
- 2 men - Spinal board procedures (by Changi - Chang)
- 2 men LG pit-crew rescue - CPR / airbag / oxygen / AED (by Bukit Batok - Vishnu)
- In-water resuscitation before landing or while waiting for assistance to land casualty (by Changi - Chang)
- Fitness test (by Tessensohn - Seng Yung)



Other Fitness & Test Requirements for Our Lifeguards



Lifeguard Fitness Tests: Lifeguards, who did not pass the fitness test, are required to retake the test monthly until they pass both items of the fitness test. Lifeguards need to re-do the monthly test until they pass to remain relevant for the job.

Rescue EAP simulation: The respective Clubhouse are required to conduct their own in-house Lifeguard Pit Crew Rescue training weekly on the co-ordination and use of rescue equipment - Air-Bag / Oxygen / AED / Casualty Recovery. This training record will be recorded and kept by Admin.



Weekly 2km swim: All Lifeguards are required to clock minimum distance of 2km swim weekly, to maintain their fitness.

SERVICE STAR AWARDS

FOR 3RD QUARTER OCTOBER TO DECEMBER 2019

Congratulations to our Service Star Award winners (Oct-Dec '19) for having garnered the most nominations in their respective clubhouse/division categories. Each of the 13 winners receives a \$100 voucher and a Service Star Certificate.

Bukit Batok Clubhouse

Bobby (9)
Huda (3)
Wendy (3)

Changi Clubhouse

Margina (191)
Syafiqah (113)
Aqisah (57)

Tessensohn Clubhouse

Jacqueline (24)
Akhlis (15)
Diana (5)*
Suhaimi (5)*

Corporate Services

Gek Cheng (53)
Bryan (41)
Vanessa (37)



Bobby



Margina



Jacqueline



Gek Cheng



Huda



Syafiqah



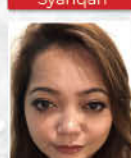
Akhlis



Bryan



Wendy



Aqisah



Diana



Vanessa



Suhaimi

* Diana and Suhaimi receives \$50 each.



“ I would like to compliment **Jacqueline** for her prompt response and answering our queries at any point of time that I message her. Appreciate the help. I would also like to thank the AV guy (**Akhlis**) for the help rendered to us during the concert day. ”

– Star Learners at Ubi Pte Ltd on Jacqueline & Akhlis, CSC @ Tessensohn

“ Nice and pleasant place for a short break. We enjoyed the sea breeze. I was attended by **Shana**. She has a very pleasant smile. Very friendly and efficient. ”

– Sankaralingam on Shana, CSC @ Changi II

“ Very very good view! Stay was comfortable. Guests love the environment. We had a superb time! **Aqisah** ensured that all was going well for us even on her days off or during her lunch time. She and her team were extremely helpful and made facilitation for guests very convenient. We appreciate all the help rendered to us from the beginning. Thanks a million! ”

– Teo Troy Casey on Aqisah, CSC @ Changi II

STAFF SHOUT OUTS

We thank members and all club patrons for taking the time to acknowledge our staff for good service enjoyed. This will help us to serve you better.

“ The place is very well maintained and clean. Staff were friendly and efficient upon requests. **Radmil** was friendly and welcoming during check-in and check-out of inventory. ”

– Heng Lek Thian Grace on Radmil, CSC @ Loyang

“ My booking experience was great and smooth thanks to **Margaret** and **Doris** who provide excellent service and are super helpful in accommodating my needs. They are patient and went extra length to ensure I will have a great stay. What a great kickstart to my first day in Changi Chalet! ”

– Zoie Lim on Margaret and Doris, CSC @ Changi II

“ I made a function room reservation few weeks ago. A staff named **Huda** helped me and my organisation to secure a room even at a short period time frame. She is very efficient and helpful. I will look forward to make more room reservations in the near future. ”

– Ramli on Huda, CSC @ Bukit Batok

Decor Challenge Lunar New Year



WINNER
Tessensohn

We may be past the first quarter of 2020 but members and guests might still remember the stunning Lunar New Year (LNY) décor installations at all three clubhouses during the turn of the new year.

In line with the LNY theme, the decor was a sea of red comprising red lanterns, red draperies with gold trimmings, peonies and cherry blossoms. Particularly impressive was the gold backdrop at Tessensohn engraved with the zodiac animals, which won them the winning votes for this round of the competition.

Congratulations, Tessensohn!



Changi



Bukit Batok

CONGRATULATIONS TO CSC @ TESSENSOHN! OVERALL CHAMPION DECOR CHALLENGE FY19/20

Tessensohn won four of the six editions of the annual Décor Challenge series to emerge the overall winner of our friendly inter-clubhouse festive Decor Challenge FY19/20. Here is a recap of their winning works.

Team CSC @ Tessensohn wins \$1,000 and a challenge trophy. Also congratulations to joint first-runners up Bukit Batok and Changi who each receives \$250.



Deepavali



Hari Raya



National Day



Chinese New Year

ADVERTISE WITH US!

Media Rates



Fusion is the official quarterly newsletter of the Civil Service Club (CSC).

With a growing membership of 65,000 in 2019, three clubhouses with an array of modern facilities and the widest range of social and sports activities offered by a social club, CSC is the preferred Club not just for public service officers but also the general public.

Fusion has a print run of 29,000, with circulation to member's residential address, public service offices, clubhouse front offices and all 110 CSC chalets.

Majority of readers are below 49 years old and married. If you would like to reach out to them, don't miss this chance to advertise with us today!



ADVERTISING RATES

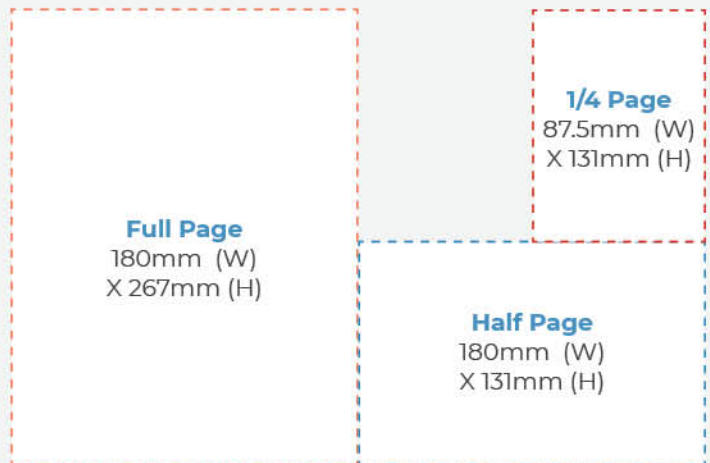
Back Cover (Full Page)	\$2,400
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Full Page*	\$1,800
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Quarter Page*	\$500

* Any standard page other than the cover and centre or double page spread

Terms and Conditions

- The management reserves the right to reject any advertisement with content that is deemed unsuitable or inappropriate for publication.
- The decision of the management shall be final.
- Artwork fee will be charged separately depending on size of artwork.

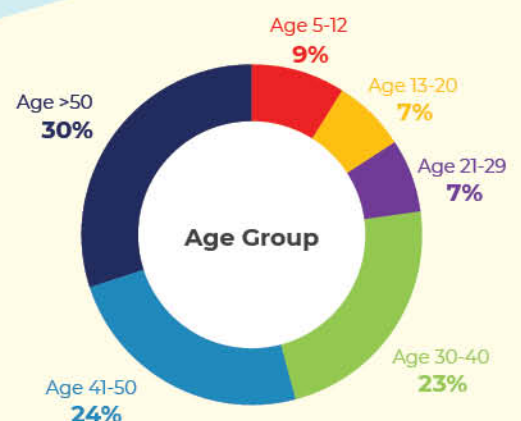
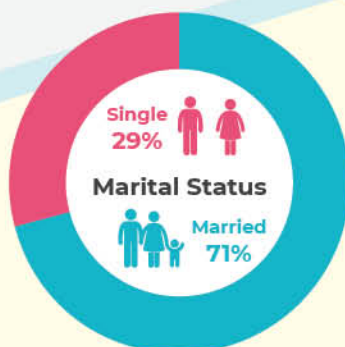
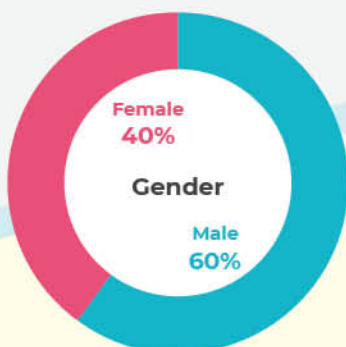
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- Artwork submitted must be in jpeg or pdf format.
- Image resolution should be 300dpi minimum with bleeding of 3mm throughout.

For Special Package Rates and more details, contact Doris at 6514 3630 or email marcomms@csc.sg

MEMBER DEMOGRAPHICS



For latest happenings and promotions at CSC, please visit:

[f](https://www.facebook.com/civilserviceclub) [i](https://www.instagram.com/civilserviceclub) Civil Service Club

<http://t.me/civilserviceclub>

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

feedback@csc.sg



HealthCare Promotion 2020

1 April 2020 - 31 May 2020

(Applicable to All Nurses and staff of SingHealth, NHG and NUHS)



ENJOY
2-YEAR
ORDINARY TERM MEMBERSHIP

FOR THE PRICE OF 1

@\$72

PROMO CODE: HCP

A heartfelt
thanks to all of you for
keeping our country safe

Almond Plus set of 3
(RRP \$23.70)
Gift Code: AlmondPlus



OR

Bird's Nest set of 3
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Gift Code: BirdNest

SPECIALLY FOR YOU
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3 bottles Almond Plus OR
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Terms & Conditions

- Only applicable to **Nurses, Doctors, AHP and Ancillary staff from SingHealth Group, NHG and NUHS.**
- Applicable for NEW SIGN-UPS and RENEWALS of membership application who sign up or renew a 1-year Ordinary Term membership at the regular price of one membership between 1 April 2020 and 31 May 2020
- Valid for both walk-in and online applications. For online application at www.csc.sg/membership, enter the promo code HCP at the payment page to enjoy the 50% discount.
- Not valid in conjunction with other membership promotions and discounts.
- CSC reserves the right to change or amend the terms and conditions of this promotion at any time without prior notice.

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Enjoy
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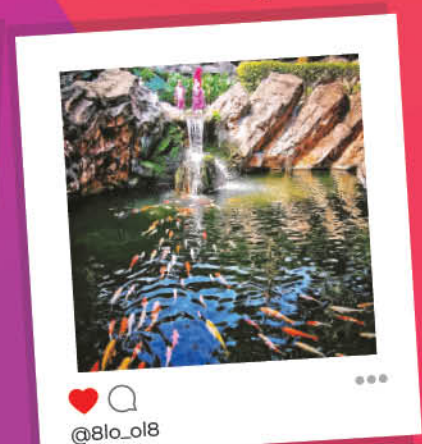
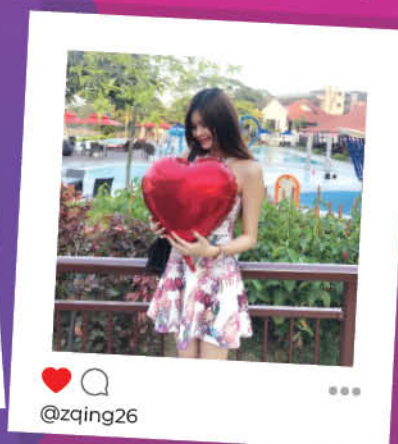
1 - 30 APRIL 2020

Scan QR code
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products**Flash your CSC membership card or virtual card at store to enjoy member privileges in Sony Store**

Terms and condition apply. Promotion is available in all Sony Store (except Sony Store, Changi T3). Present either your CSC card or CSC virtual card to enjoy these exclusive promotions. Not valid in conjunction with other promotions, discounts or privileges. All prices, free gifts, stock availability and published features are correct at the time of printing and are subject to change without prior notice. Sony Singapore reserves the right to revise any content stated in this visual as it deems fit without prior notice. 4K Ultra HD availability subject to your Netflix subscription plan, Internet service, device capabilities, & content availability. www.netflix.com/TermsOfUse.

Instagram Contest

Win a 2D1N stay at CSC @ Changi I Suite!



Contest ends 30 Jun '20.
Scan here for the full
terms and conditions.

Submit your best photos taken at CSC clubhouses or chalets, and stand to win! To enter, simply hashtag #civilserviceclub on your Instagram posts to qualify.

GOOD MORNING WORLD

Hobbiton™ Movie Set
Waikato

100% PURE
NEW ZEALAND
newzealand.com

Make 2020 the year to embark on your 100% Pure New Zealand journey. Discover some of the best spots in New Zealand below!

HOBBITON

'Lord of the Rings' fans, rejoice! Middle Earth exists – and lies just two hours south of Auckland. On a fully guided tour, journey through the **Hobbiton Movie Set** and listen to spell-binding tales about how it was all created. Finally, stop by at the **Green Dragon Inn** for a refreshing drink.

ROTORUA

From explosive geysers to authentic Māori cultural experiences, **Rotorua** simply has it all. At **Te Puia**, witness the wonders of the **Pōhutu geyser** and learn how the Māori lived amongst geothermal activity. You may also enjoy a relaxing soak in the surrounding thermal hot springs.

WELLINGTON

Named the coolest little capital in the world, **Wellington** is a mix of culture, history, cuisine and amazing nightlife. Take a ride on the iconic **Wellington Cable Car** for stunning views over the city.

QUEENSTOWN

Pure adventure awaits in beautiful **Queenstown** all year round. Take your pick from a range of thrilling activities such as bungee jumping, jet boating and water rafting. During winter, learn to ski and snowboard in **Cardrona Alpine Resort** – home to the Southern Hemisphere's most extensive terrain park.

CHRISTCHURCH

A vibrant and energetic city, **Christchurch** is the gateway through to South Island's most stunning landscapes. Visit picturesque **Lake Tekapo** and

stop by the **Church of the Good Shepherd** for magnificent views of the lake and surrounding Southern Alps.

Exclusively for CSC Members

Present your CSC membership card/virtual card to receive

FREE 1N extension
(Accommodation and Car Rental) to

13D North & South Island
Self-drive

for **\$2,248*** p.p

Book by 30 Apr 2020. Travel between 1 Apr - 31 Oct 2020.

*T&Cs apply

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For more information, visit www.pricebreaker.travel PriceBreakerSG



Make Cooking Fun!

Culinary Team Building Activities

Food has a way of bringing people together. Let us customise for you a culinary event at our state-of-the-art cooking studio at CSC @Tessensohn. We guarantee you a deliciously fun day for your team.

For more information, please contact
Kua Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

MEMBERS' PRIVILEGES

Enjoy these deals from our merchant partners by presenting your CSC membership card or virtual card.



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



FREE ICE CREAM
with promotional set
purchased at Singapore
Indoor Stadium
outlet



10% OFF
purchases



**FREE 2 MONTHS
MEMBERSHIP**
on the Basic Plan
(worth \$16)



**FREE FLOW HOUSE
CHIPS & SALSA**
with promotional
set purchased



**1 FOR 1 ON BIRTHDAY
MONTH + 20% OFF**
services and first time
visit deals



**FULLERTON
HEALTH**

**HEALTHCARE PRIVILEGES
FOR CSC MEMBERS**



ADDITIONAL 5% OFF
when you purchase online



PriceBreaker

FREE 1 NIGHT EXTENSION
(accommodation & car rental)
when booking their
New Zealand
package



**1 FOR 1 ON BIRTHDAY
MONTH + 20% OFF**
services and first time
visit deals



<http://t.me/civilserviceclub>



Get perks,
promotions and
discounts delivered
to you on telegram



25% OFF DAY PASSES
with minimum
purchase of 2 passes

HEY MEMBERS!



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- ✓ Promotions
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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!

Civil Service Club EVENTS

MEMBERS' LOYALTY REWARDS



- 1 Participate in 4 paid and confirmed Social programmes/activities within 3 consecutive months (based on month of event).
- 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.

NAME: _____ CONTACT NO: _____

MEMBERSHIP NO: _____ EMAIL: _____

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

Receipt 1: _____ Receipt 3: _____

Receipt 2: _____ Receipt 4: _____

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 confirmed 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.

FOR OFFICIAL USE ONLY

Date Received: _____ Date of Collection: _____

Received By: _____ Member's Signature: _____

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

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

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

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



For enquiries, please email to events@csc.sg



Parent-Child Bonding

Kids can Bake (Parent-Child Pairing)

Age 3 to 11 years



Bunny Cupcake

Date: Sat, 18 Apr '20
Time: 10.30am - 12.30pm
Register by: 11 Apr '20



Chocolate Pinata Cake

Date: Sun, 19 Apr '20
Time: 4pm - 6pm
Register by: 12 Apr '20



Classic Unicorn Cake

Date: Sat, 16 May '20 OR Sun, 14 Jun '20
Time: 10.30am - 12.30pm
Register by: 8 May '20 OR 7 Jun '20



Whimsical Unicorn Cookies

Date: Sun, 17 May '20 OR Sun, 21 Jun '20
Time: 10.30am - 12.30pm OR 4pm - 6pm
Register by: 10 May '20 OR 14 Jun '20

Fees for each of the above courses (inclusive of workshop materials and ingredients)

Per parent-child pair: Member \$85, Public Service Officer/Guest \$95
Each additional child: Member \$43, Public Service Officer/Guest \$48



Carrot Patch Brownies

Date: Sat, 25 Apr '20
Time: 1.30pm - 3.30pm
Register by: 17 Apr '20



Happy Chickie Cupcakes

Date: Sun, 26 Apr '20
Time: 10.30am - 12.30pm
Register by: 20 Apr '20



Tiger Cubs Bread Buns

Date: Sat, 16 May '20 OR Sun, 21 Jun '20
Time: 4pm - 6pm OR 1.30pm - 3.30pm
Register by: 7 May '20 OR 15 Jun '20



Unicorn Cupcake Cones

Date: Sat, 30 May '20 OR Sat, 20 Jun '20
Time: 10.30am - 12.30pm OR 1.30pm - 3.30pm
Register by: 22 May '20 OR 12 Jun '20

Fees for each of the above courses (inclusive of workshop materials and ingredients)

Per parent-child pair: Member \$68, Public Service Officer/Guest \$78
Each additional child: Member \$34, Public Service Officer/Guest \$39

Parent-Child Family Mini Book Making

Age 4 yrs and above

Create a beautiful scrapbook mini family book. It is a great bonding time with your kid with lots of fun time painting, cutting and pasting. Bring along four to six 3R photos to complete this beautiful mini book and share the sweet memories together. All materials and tools will be provided.

Date: Sat, 6 Jun '20
Time: 10am - 12pm
Fees (each parent-child pair): Member \$42, Public Service Officer \$46, Guest \$48
Venue: CSC @ Bukit Batok
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 30 May '20

Healthy Ice Cream/Gelato Making Workshop

Age 7 to 11 yrs

Participants will learn:

- The origin of ice cream
- Principles of how milk mixture turns into ice cream
- Tips for home-made healthy yet delicious ice-cream
- How a batch freezer (commercial ice cream maker) churns ice cream mixture into frozen ice cream

Different methods of making ice cream will be taught. Recipes will be given to participants to work on at home. They also get to bring home the ice cream/gelato (500gm) they made.

Date: Sun, 14 Jun '20
Time: 2pm - 4pm
Fees (per parent-child pair): Member \$50, Public Service Officer \$60, Guest \$65 (Fee includes all ingredients)
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 7 Jun '20



Outdoor Adventure Learning

Learn to Cycle for Kids

Age 4 to 12 yrs

A program to develop the basics of cycling in a fun environment that allows them to discover through play.

Every child is different, with varying motor skills, cognitive development, spatial awareness and fear levels. These lessons are fun-filled, adaptable to the child's needs and engaging at the same time. Your child will be in the good hands of our certified coach.

Date: 4 Saturdays, 9 – 30 May '20 OR 6 – 27 Jun '20

Time: 10am – 11am

Fees: Member \$168, Public Service Officer \$175, Guest \$178 (Plus additional \$10 per session for rental of bicycle and helmet to be paid to the service provider)

Venue: East Coast Park Cyclist Park

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

Register by: 30 Apr '20 OR 1 Jun '20



Horse Stable Management

Age 4 to 12 yrs

This comprises a stable visit where participants will learn hands-on how a horse is stabled, their bedding types, how the stables are mucked out (clean) and the type of equipment used. They will get to feed the ponies, as well as learn how they are groomed or showered. Participants will also get to go on joy rides as accompanied by a handler. Maximum weight limits per participant should not exceed 70kg.

Date: Sat, 6 Jun '20

Time: 10am – 12pm

Fees: Member \$30, Public Service Officer \$35, Guest \$40

Venue: Gallop Stable @ Horsecity, 100 Turf Club Road Singapore 287992

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

Register by: 28 May '20



Pony Riding Class

Age 5 yrs and above

Always wanted to learn how to ride a horse?
Now you can!

In five weekly lessons you will learn how to mount a horse, ride one and how to maintain a good riding posture, as well as how to steer it in the right direction. Lessons are conducted in groups of 5. Riders are advised to wear riding gear, long slacks and proper covered boots with a small heel.

Participants should not exceed a weight of 75 kg. Fees include rental of helmets.

Date: 5 Wednesdays, 3 Jun – 1 Jul '20

Time: 7.15pm – 8pm

Fees: Member \$220, Public Service Officer \$230, Guest \$240 (Fee includes rental of helmets.)

Venue: 100 Turf Club Road, #01-02, Management Office

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

Register by: 27 May '20



Learning Journey: Mr Postman

Age 5 to 9 yrs

Do you know where do our letters and postcards go after we mail them? Who collects our mail? Find out all about mail sorting and delivery at Singapore Post Centre!

Take a tour of SingPost centre to learn about how a postman delivers letters across Singapore. Write your own letters and find out more about the mail distribution process.

Date: Mon, 8 Jun '20
Time: 9.30am – 11.30am
Fees: Supp Member \$25, Guest \$35
Venue: 10 Eunos Road
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 1 Jun '20



Learning Journey: Sticky Candy

Age 5 to 9 yrs

Join us for a magical morning at the Sticky Candy Factory:

- Listen to the story of how the colours of the rainbow came about.
- Watch house candy masters make the famous rock Sticky candy.
- Participants will get the opportunity to cut and pack the candy themselves under the staff's supervision.
- Engage in colouring activity.

Participants will get to bring home their uniquely designed coloured card as well as a pack of candy.

Date: Mon, 15 Jun '20
Time: 9.30am – 11.30am
Fees: Supp Member \$35, Guest \$45
Venue: 3 Lorong Bakar Batu
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 8 Jun '20



Learning Journey: Little Ringmaster

Age 5 to 9 yrs

Join us at East Coast Park in a glamping tent for a storytelling session as well as other fun activities.

Come onboard with our professional trainers and learn the art of basic juggling and balloon sculpting and experience the great outdoors with us. A fun circus experience awaits you and your family!

Date: Fri, 12 Jun '20
Time: 9.30am – 11.30am
Fees: Supp Member \$36, Guest \$46
Venue: East Coast Park
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 5 Jun '20



Learning Journey: Edible Garden City

Age 5 to 9 yrs

Come join us on a fun-filled experience as we take you to our local farm where plants and animals live in harmony.

Visit Edible Garden City with us and learn about urban farming, sustainability and the eco system. Visit five different stations with us with an activity map that will guide us from start to end! Be ready to eat some microgreens and play with Popeye the chicken!



Date: Fri, 19 Jun '20
Time: 9.30am – 11.30am
Fees: Supp Member \$40, Guest \$50
Venue: 60 Jalan Penjara
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 10 Jun '20

Workshops & Indoor Fun

Motorised Glider Workshop

Get an insight into how a plane flies through simple electric set ups. You will learn simple circuits, and how motors, timers and batteries work while assembling a plane. You will then be guided how to adjust your plane so that it achieves flight performance.



Learning outcomes:

- Science principles and aerodynamics
- Basic flight concepts
- Craftwork techniques
- Hand eye coordination and motor skills
- Experience flying a motorised glider

Date: Wed, 10 Jun '20

Time: 9am – 11am

Fees: Supp Member \$40, Guest \$50

Venue: CSC @ Tessensohn

Contact: Bryan at 6391 5607 or bryanlee@csc.sg

Register by: 3 Jun '20

Drones Workshop

Age 6 and above

Drone flying has broad applications beyond the aviation industry such as, in surveillance, transportation and aerial filming. Participants get to bring the drone home!



Learning outcomes:

- Science principles and aerodynamics
- Drone navigation
- Drone building and assembly
- Hand-eye coordination and motor skills
- Applications of drones and UAVs

Date: Mon, 8 Jun '20

Time: 9am – 12pm

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

Venue: CSC @ Tessensohn

Contact: Bryan at 6391 5607 or bryanlee@csc.sg

Register by: 1 Jun '20

Bowling for Kids

Age 8 to 12 yrs

In addition to bowling techniques, this course also teaches the theory of bowling: from bowling terms, selection of right ball and attire, safety, lane etiquette and keeping score.

Clubhouse	Dates & Times
Tessensohn (Planet Bowl)	Tue & Wed, 9 & 10 Jun '20 10am – 12pm
Bukit Batok (Westwood Bowl)	Thu & Fri, 11 & 12 Jun '20 10am – 12pm

Fees:

Supp 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: 2 Jun '20



Stone Painting

Age 5 to 12 yrs

The art of painting on stone dates back tens of thousands of years.

This workshop will help participants unleash their creativity and transform a simple stone to a beautiful art piece. Learn to transform your favourite design to a stone and create a colourful memento. All materials will be provided and participants get to take home their own beautifully painted stone.

Date: Sat, 20 Jun '20

Time: 10am – 11.30am

Fees: Member \$39, Public Service Officer \$45, Guest \$48

Venue: Yew Tee

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

Register by: 14 Jun '20

Science Busters: Environmental Science

Age 7 to 9 yrs

Calling for Junior Eco-Heroes to join us in saving Earth as we travel back in time in an engaging Science learning adventure to:

- Explore Primary Science concepts of man's impact on the environment
- Learn through engaging experiments and interactive activities
- Personalise hands-on Science projects and crafts to bring home
- Nurture interest in Science and environmental awareness
- Improve analytical thinking and creativity
- Develop problem solving and innovation skills

Date: Mon, 15 Jun '20

Time: 9am - 12pm

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

Venue: CSC @ Bukit Batok

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

Register by: 8 Jun '20



Science Busters: Chemistry Around Us

Age 8 to 10 yrs

Discover the Science behind interactive and exciting and experiments with common materials found around us. Step into this exciting adventure to:

- Learn the scientific way of experimenting
- Explore various Science concepts on Chemistry
- Learn through engaging experiments and activities
- Personalise and bring home hands-on Science projects and crafts
- Develop a stronger interest and passion in Science
- Improve creativity and analytical thinking



Date: Mon, 15 Jun '20

Time: 1pm - 4pm

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

Venue: CSC @ Bukit Batok

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

Register by: 8 Jun '20



Math Busters: Adventures with Geometry & Logic Games

Age 8 to 10 yrs

Welcome to a fun-filled brain-boggling adventure with geometry and logic games where you will:

- Discover math geometry concepts and a variety of brain teasers and logic games
- Engage in hands-on thought-provoking puzzles, team-based timed challenges and interactive activities
- Develop stronger visual-spatial awareness and perceptual reasoning skills
- Learn to think out of the box and nurture a deeper interest in Math
- Apply knowledge learnt to solve an ultimate challenge!

Date: Fri, 19 Jun '20

Time: 9am - 12pm

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

Venue: CSC @ Tessensohn

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

Register by: 12 Jun '20



Dinosaur Science in Jurassic Age

Age 7 to 9 yrs

Buckle your seatbelts for a roaring adventure!

Workshop outline:

- Explore dinosaur habitats and Earth 65 millions years ago
- Discover the different species of dinosaurs
- Fun facts about these extinct but powerful creatures and their characteristics
- Hands-on activities and personalized Jurassic crafts to bring home

Date: Fri, 19 Jun '20

Time: 1pm - 4pm

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

Venue: CSC @ Tessensohn

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

Register by: 12 Jun '20



Pressed Flower Notebook and Bookmark Workshop

Tailored for absolute beginners and kids, this unique workshop takes you through the theory of flower pressing and the basics of curating your own gorgeous pressed flowers designs onto A6 size notebook and bookmark.

Programme outline:

- Theory of flower pressing
- Practical: Learn the technique of preserving and pressing simple flowers; namely, bougainvillea and ixora
- DIY Handicraft (Bring home souvenir) with Christmas theme: Real pressed flower bookmark; and Real pressed orchid notebook (A6)

Date: Sat, 16 May '20 OR 20 Jun '20 OR 18 Jul '20

Time: 10am – 11.30am

Fees: Member \$55, Public Service Officer \$60, Guest \$65

Venue: CSC @ Tessensohn

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

Register by: 10 May '20 OR 14 Jun '20 OR 12 Jul '20



Flower Pounding on Tote Bag

Flower pounding is a fun and easy way to create botanical prints on fabric. Beautiful colours extracted from flowers create a stunning and uniquely printed fabric. You will learn how to transfer the colour and shape of local flowers onto a tote bag. Suitable for beginners. All materials and tools will be provided. Each participant will bring home your flower prints tote bag.

Programme outline:

- Theory of flower pounding
- Selection of material for pounding
- Tips and maintenance process after flower pounding

Date: Sat, 30 May '20 OR 27 Jun '20

Time: 10am – 11.30am

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

Venue: CSC @ Tessensohn

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

Register by: 23 May '20 OR 21 Jun '20



Porcelain Plate Printing Workshop

Why pay for expensive plates when you can make your own by painting original designs on your own dishes?

Besides bringing out your artistic skills, you get to enjoy a fun filled session as you transform a plain porcelain plate into a beautiful art piece by tracing, drawing and painting with porcelain paint.

Date: Sat, 30 May '20

Time: 10am – 11.30am

Fees: Member \$42, Public Service Officer \$46, Guest \$48

Venue: Yew Tee

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

Register by: 25 May '20





GET SOCIAL | BEAUTY

Tummy Trimming Workshop

Is there a dream figure you would like to achieve? Join speaker and presenter by Atos Wellness for a tummy trimming session that will enlighten you with guidelines and advice on how to have contoured waist curves, tightened midribs and a flat belly. Each participant will receive a goodie bag.



Date: Sat, 9 May '20

Time: 10am - 12pm

Fees: Member \$18, Public Service Officer \$22, Guest \$25

Venue: CSC @ Tessensohn

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

Register by: 3 May '20

Blend Your Own Perfume with Essential Oil

Aromatherapy is a powerful tool to heal the emotional blocks that we carry through our lifetime. Many a time the diseases we are struggling with are actually because of our emotions being stuck in our body. Fragrances of pure herbs not only tantalise our senses but they also calm our emotions and heal our body from many diseases.

In this workshop you will learn:

- Different grades of aromatherapy oils
- How to select aromatherapy oils
- Different distillation techniques
- Ways to use aromatherapy oils
- Support of respiratory, digestive disorders, common cold, sore throat, headache and skin



Date: Sat, 16 May '20

Time: 10am - 11.30am

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

Venue: CSC @ Tessensohn

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

Register by: 9 May '20



GET SOCIAL | FINANCE

Will Planning & Lasting Power of Attorney (LPA) Talk

Learn the importance of drawing up a Will and appointing an LPA (Lasting Power of Attorney).

Topics covered:

For Will

- Be aware of the nine rules of distribution and the price to pay when no Will is in place
- How to ensure your estate remains liquid and is easily distributed
- Understand how common disaster and joint assets can potentially affect eventual distribution
- Avoid potential family conflict and unnecessary delay due to a lack of proper planning

For LPA

- Who is eligible to make an LPA?
- Legal terms used in LPA
- The difference between a Will and an LPA
- The process of making an LPA?
- How much it cost to make one?

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, 18 Apr '20 OR 6 Jun '20

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: 11 Apr '20 OR 1 Jun '20



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, 18 Apr – 20 Jun '20

Time:

Adult Beginner: 11am – 12pm

Adult Intermediate: 10am – 11am

Fees: Member \$135, Public Service Officer \$145, Guest \$155

Venue: CSC @ Bukit Batok

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

Register by: 1 week before class



Saturday Zumba

Join us at this fun and exciting Zumba dance course! Our experienced instructor Shirley will engage you in upbeat music and fun moves to bring your fitness workout to the next level!

Dates: 4 Saturdays, 11 Apr – 2 May '20, OR 9 May – 30 May '20

Time: 9.45am – 10.45am

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

Venue: CSC @ Bukit Batok

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

Register by: 5 Apr '20 OR 4 May '20

Zumba Fitness

This cardio dance programme incorporates basic Latin dance moves with resistance exercises and zumba to let you burn calories the fun way.

Dates: 4 Tuesdays, 5 – 26 May '20,

2 – 23 Jun '20 OR 7 – 28 Jul '20

Time: 7pm – 8pm

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

Venue: CSC @ Bukit Batok and CSC @ Tessensohn

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

Register by: 28 Apr '20 OR 26 May '20 OR 30 Jun '20



Boogie Bounce Xtreme Fitness

In this cardio workout, you get to bounce to chart-topping music on a mini trampoline with a safety bar to minimise any knee strain. Feel each of your body muscles working as you jump, bounce and stomp. Suitable for all ages.



CSC @ Tessensohn
(7pm – 8pm)

4 Wednesdays,
22 Apr – 13 May '20 OR
20 May – 10 Jun '20

4 Fridays,
15 May – 5 Jun '20

CSC @ Bukit Batok
(8pm – 9pm)

4 Mondays,
4 May – 1 Jun '20, 8 – 29 Jun '20
OR 6 – 27 Jul '20

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 commencement



Yoga

Take time off to relax and rejuvenate your body. These yoga sessions are slow-paced with simple yoga posture and breathing exercises. Relax your mind and rejuvenate your body with our experienced yoga instructor.

Dates: 4 Tuesdays, 5 – 26 May '20 OR 9 – 30 Jun '20 OR 7 – 28 Jul '20

Time: 8pm – 9pm

Fees: Member \$45, Public Service Officer \$55, Guest \$60

Venue: CSC @ Bukit Batok

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

Register by: 28 Apr '20 OR 26 May '20 OR 30 Jun '20

Hatha Yoga for Beginners

Practise yoga through a combination of breathing, poses and meditation. The slower pace of this class gives students the space to explore proper body alignments for each pose. At the same time, it allows students to practise mindfully, learning to be aware of their mind, body and breathe. Participants to bring their own yoga mat and towel.

Date: 4 Saturdays, 9 – 30 May '20 OR 6 – 27 Jun '20

Time: 10am – 11am

Fees (per class): Member \$55, Public Service Officer \$65, Guest \$70

Venue: CSC @ Changi

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

Register by: 26 Apr '20 OR 30 May '20



K-Kardio Dance

This one-hour non-stop heart-pumping exercise routine packs hip-hop, pilates, kickboxing, aerobics and simplified K-pop dance moves to the beat of K-pop tune. It is aimed to increase heartbeat and metabolic rate, promote fat loss and muscle toning. No prior dance experience is required.

CSC @ Tessensohn
(8pm – 9pm)

3 Mondays, 4 – 18 May '20

Fees: Member \$37.50, Public Service Officer \$41.25, Guest \$45

4 Mondays, 8 – 29 Jun '20

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

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

Register by: 1 week before class



Belly Dance

An expressive dance originating from Egypt with emphasis on complex movements of the torso. The isolation is muscle-strengthening and increases balance to build suppleness and grace.

Dates: 4 Thursdays, 7 – 28 May '20 OR 4 – 25 Jun '20

Time: 7pm – 8pm

Fees: Member \$60, Public Service Officer \$68, Guest \$75

Venue: CSC @ Tessensohn

Contact: Bryan at 6391 5607 or bryanlee@csc.sg

Register by: 1 week before class

Pilates for Beginners

Pilates is a great way to improve strength, flexibility, posture and muscular balance. Let instructor Ms Mabeline guide you to work on different muscle groups.

Date: 8 Saturdays, 9 May – 27 Jun '20 OR 11 Jul – 29 Aug '20
Time: 2pm – 3pm
Fees: Member \$80, Public Service Officer \$90, Guest \$100
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 3 May '20 OR 5 Jul '20



Inline Skating for Beginners

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

(Participants to arrive at lesson venue 15 minutes prior to lesson time to gear up. Bring own socks, water and insect repellent.)



WEEKEND GROUP CLASS

Dates: 4 Saturdays,
 9 – 30 May '20, 6 – 27 Jun '20 OR 4 – 25 Jul '20
Time: 11.30am – 12.30pm, 3.30pm – 4.30pm OR 5pm – 6pm
Venue: East Coast Park Car Park E1

WEEKDAY GROUP CLASS

Dates: 4 Wednesdays,
 6 – 27 May '20, 3 – 24 Jun '20 OR 8 – 29 Jul '20
Time: 6pm – 7pm OR 8pm – 9pm
Venue: Sengkang Basketball Court / Punggol

Dates: 4 Thursdays,
 14 May – 4 Jun '20, 11 Jun – 2 Jul '20 OR 9 – 30 Jul '20
Time: 6.30pm – 7.30pm
Venue: Choa Chu Kang Park

Dates: 4 Fridays,
 15 May – 5 Jun '20, 12 Jun – 3 Jul '20 OR 10 Jul – 7 Aug '20
Time: 6.30pm – 7.30pm OR 8pm – 9pm
Venue: Pinnacle @ Duxton

Fees: 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
Register by: 1 week before class

Badminton

Eager to pick up badminton as a sport or merely looking to sharpen your skills? Come and join us for weekly badminton classes designed for participants of different ages and abilities.

Monthly Fees Schedule

May / Jun	4 sessions Fees per month: Member \$100, Public Service Officer \$112, Guest \$120
Jul	5 sessions Fees per month: Member \$125, Public Service Officer \$140, Guest \$150



Dates: Every Wednesday, May – Jul '20 (no class on PHs)
Time: 9am – 11am (Beginner)
 11am – 1pm (Intermediate)

Venue: CSC @ Tessensohn
Contact: Bryan at 6391 5607 or bryanlee@csc.sg
Register by: 1 week before class

Tennis by Singapore Tennis School

Choose from a wide range of classes designed for different ages and abilities. All coaches are certified Australian tennis instructors.

Adult	4 Sundays, 9am – 10am
Cardio Tennis	4 Sundays, 10am – 11am



Fees: Member \$110, Public Service Officer \$115, Guest \$120

Venue: CSC @ Tessensohn

Contact: Bryan at 6391 5607 or bryanlee@csc.sg

Register by: 10 days before class

** Lessons have to be cleared within 2 months*

Tennis by Cross Court Tennis Academy (CCTA)

Cross Court Tennis Academy was founded in 2015 with the goal to provide structured, progressive and professional tennis programs and services to aspiring individuals.



Its accomplished coaches, Richard Florence & Jon Jenkin have been coaching in Singapore for over 11 years now. They are able to teach participants of any age or skill levels, and have succeeded in training champions throughout the years.

Child	4 Sundays, 9am – 10am
Adult	4 Sundays, 10am – 11am
Beginner to Intermediate Children	4 Sundays, 4pm – 5pm

Fees: Member \$130, Public Service Officer \$135, Guest \$140

Venue: CSC @ Bukit Batok

Contact: Bryan at 6391 5607 or bryanlee@csc.sg

Register by: 10 days before class

** Lessons have to be cleared within 2 months*

Learn-to-swim with The Swim Society!

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

- 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
- Bring own goggles, all other equipment provided.

Venue: CSC @ Tessensohn

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

Schedule: Marcus at marcus@theswimsociety.com

Register by: 1 week before class



Apr/May/Jun 2020 Monthly Class	
Class Format	4 lessons in a month (Mon / Fri / 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 \$132, Public Service Officer \$172, Guest \$180 Private (45-min/lesson): Member \$360, Public Service Officer \$380, Guest \$388

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



Swimming for Ladies

Learn to swim with veteran Coach Ms Thipa who is able to help new swimmers overcome fear of water in a short time.

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

CSC @ Bukit Batok (Beginners)

Dates: 10 Thursdays, 23 Apr '20 – 25 Jun '20
Time: 7.30pm – 8.30pm
Register by: 18 Apr '20

CSC @ Tessensohn (Beginners)

Dates: 10 Sundays, 26 Apr '20 – 28 Jun '20
Time: 10am – 11am
Register by: 18 Apr '20

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



Hydrorider AquaBike Fitness

An exercise that allows you to pedal while immersed in water to generate a water density, buoyancy and hydrostatic pressure that will help shape your legs, lose weight and remove cellulite. Aquabike Fitness also helps improve your cardiovascular system and blood circulation.

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

Tuesdays	4 sessions: 5 – 26 May '20 OR 9 – 30 Jun '20 OR 7 – 28 Jul '20 Fees: Member \$100, Public Service Officer \$110, Guest \$120
Thursdays	3 sessions: 14 – 28 May '20 Fees: Member \$75, Public Service Officer \$82.50, Guest \$90 4 sessions: 4 – 25 Jun '20 OR 2 – 23 Jul '20 Fees: Member \$100, Public Service Officer \$110, Guest \$120 Fees: Member \$100, Public Service Officer \$110, Guest \$120

Time: 6.30pm – 7.30pm OR 7.30pm – 8.30pm

Venue: CSC @ Tessensohn

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

Register by: 1 week before class

Deep Aqua Aerobics

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 to increase the heart rate and burn calories.

Class Schedule

8 Tuesdays, 16 Jun '20 – 4 Aug '20
7pm – 8pm

8 Saturdays, 18 Jul '20 – 5 Sep '20
8.30am – 9.30am

Fees: Member \$80, Public Service Officer \$90, Guest \$100

Venue: CSC @ Bukit Batok

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

Register by: 1 week before class



Wakeboarding

The next generation of board sports wakeboarding is essentially like snowboarding/skateboarding on water. Strive to stay buoyant as you are pulled along at between 18 and 23 miles per hour behind a boat or cable!

Date: Sat, 16 May '20 OR 13 Jun '20

Time: 2pm – 5pm

Fees: Member \$75, Public Service Officer \$82, Guest \$88

Venue: Marina Country Club

Contact: Bryan at 6391 5607 or bryanlee@csc.sg

Register by: 1 week before class





Food Solutions Workshops

Meals & Bake Menu 暖心食

- **Pa Tod Grob Samunprai**
(Breaded fish & herbs)
- **Thai Fried Rice** 炒饭
- **Soup of the Day** 今日特别食谱



Date: Sun, 3 May '20
Time: 2pm - 5pm
Register by: 27 Apr '20

- **Berry Rice Fatt Kueh**
- **Okara WAFFLE Special**
- **Trotters Taucheo Bamboo Stew**

Date: Sun, 28 Jun '20
Time: 2pm - 5pm
Register by: 21 Jun '20

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

Collaboration Partners:



Time: 2pm - 5pm
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Culinary Workshops

- **Glazed Sriracha BBQ Belly Crispy**
- **Taro Pumpkin Portage**
南瓜芋头羹
- **Kueh of the Day**

Date: Sat, 23 May '20
Time: 2pm - 5pm
Register by: 15 May '20

- **Japanese Cheese Balls**
- **HK Black Sesame Rolls**
芝麻卷
- **Soup Classic of the Day**
今天的汤单

Date: Sat, 13 Jun '20
Time: 2pm - 5pm
Register by: 5 Jun '20

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



Collaboration Partners:



These workshops are conducted by resident coffee expert, roaster and pastry chef Ms Okada Yoshiko, from Okada Coffee & Sweets in Singapore. Ms Okada is also the 3rd Generation Owner cum Chef of Okada Coffee Japan - Kumamoto established for almost 80 years.

Macha Appreciation Workshop

Learn how different types of macha drinks and pastries are made.



Date: Sat, 16 May '20
Time: 10am - 12pm
Fees: Member \$70, Public Service Officer \$78, Guest \$82 (Fee includes material cost)
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 9 May '20



Art of Hand Drip Coffee & Wagashi Workshop

Learn how to make Wagashi, a traditional Japanese sweet, and enjoy it being paired with Japanese hand drip coffee.

Date: Sat, 6 Jun '20
Time: 10am - 12pm
Fees: Member \$70, Public Service Officer \$78, Guest \$82 (Fee includes material cost)
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 29 May '20

Baking by Harry

Nonya Delights

Nonya kueh have always been a delight for Singaporean palates. And many are as passionate about preserving this heritage cuisine for future generations. If you one of them, this workshop is for you:

Kueh Talam, Onde Onde and Kueh Ko Swee



Date: Sun, 19 Apr '20

Fees: Member \$60, Public Service Officer \$70, Guest \$75

Register by: 13 Apr '20



Tie Your Own Dumplings

Meat dumplings are traditionally eaten in celebration of the Dragon Boat Festival. It brings greater delight when family members come together to make their own. Come learn these two family recipes passed down from Chef Harry's grandmother.

Nonya Rice Dumplings – A family recipe that has proven to be very popular over the years. It is both fragrant, sweet and savoury at the same time, as candied winter melon is added into the filling together with the meat. The addition of pandan leaves and coriander powder makes these nyonya rice dumplings so wonderfully fragrant.

Hokkien Dumplings – another favourite family recipe, this Hokkien rice dumpling has chunks of delicious meat marinated in peppered aromatic sauce with fragrant chestnuts and mushroom enclosed in fragrant glutinous rice.

Date: Sat, 2 May '20

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

Register by: 24 Apr '20

Time: 2pm – 5pm
Venue: CSC @ Tessensohn
Contact: Gek Cheng at
 6391 5624 or
 kuagekcheng@csc.sg



Petit Dessert Cakes

Bite-sized cakes that are irresistible to the eyes and taste buds, these are decadent treats to end your meal on a high note.

Almond cake with Caramelized Banana
Banana walnut financier with sautéed pineapple

Date: Sun, 7 Jun '20

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

Register by: 1 Jun '20

Popular Local Bites

Ang Ku Kueh, Black Ku Kueh, Green Ku Kueh – a range of much-loved steamed "kueh" whose influences stretch across several communities as a shared heritage.

Teochew Png Kueh – This pink kueh is a Teochew delicacy. Beautiful pink hue rice flour skin wrapped with flavourful glutinous rice. Pressed on a nicely designed peach shaped wooden mould, and then steam the dumpling to perfection.

Soon Kueh – The dumpling-like kueh is filled with a fragrant mixture of shredded turnip, dried shrimps and other ingredients wrapped in a smooth flour skin.

Date: Sat, 20 Jun '20

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

Register by: 13 Jun '20



Afternoon Cakes Delight

Tiramisu no-bake – A favourite among many Italian desserts. It is a coffee flavoured dessert well loved by many after a hearty meal. Easy to make and pleasing to serve.

Chocolate Brownies – Fudgy, intensely chocolaty, dry on top and melty in the middle, these brownies are just about the classic that people love in a brownie.

Date: Sat, 4 Jul '20

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

Register by: 27 Jun '20

Baking by Stephanie – Cookie Biscuit

Learn to bake this yummalicious cookie biscuit complete with cream frosting and fresh fruit.

Date: Sun, 17 May '20

Time: 9am – 12pm

Fees (per workshop): Member \$55, Public Service Officer \$65, Guest \$70

Hazelnut Torte Cake

A classic hazelnut cake topped with nutella and hazelnut buttercream. Each participant gets to take home a 4" cake.

Date: Sun, 19 Jul '20

Time: 9am – 12.30pm

Fees (per workshop): Member/Public Service Officer \$60, Guest \$70

Scones For A Day

Two scones: plain topped with jam and cream, and savoury ones with cheese and herbs. Each participant will go home with 3 of each variety

Date: Sun, 26 Jul '20

Time: 9am – 12.30pm

Fees (per workshop): Member/Public Service Officer \$60, Guest \$70



Venue:
CSC @ Tessensohn
Contact: Gek Cheng
at 6391 5624 or
kuagekcheng@csc.sg
Register by:
1 week before class

Tasting and Understanding French Wine

Hosted by wine expert and founder of Wine & Philosophy Mr Andreas Balemi DipWSET, the

Programme outline:

- Begin with a glass of sparkling wine
- Overview of French wines
- White and red wines (two each) compared: Key regions, main grape varieties, winemaking techniques, tasting and food-pairing
- Brief Q&A session followed by casual mingling

All wines from the Wine & Philosophy list are for order at a discounted price at the event.

Date: Fri, 5 Jun '20

Time: 7pm – 8.30pm

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

Venue: CSC @ Tessensohn

Contact: Bryan at 6391 5607 or bryanlee@csc.sg

Register by: 1 week before class



GET SOCIAL | FUN

A Travel Guide to Sri Lanka

Rolling tea plantations, endless beaches and abundant wildlife; Sri Lanka has it all, and more to offer at affordable prices. Travel experts, PriceBreaker, will share their Sri Lankan experience, provide tips on how to navigate the country and advise on the best time to visit. The first 10 signups will receive a \$20 PriceBreaker travel voucher!

Experience the PriceBreaker difference – A team of passionate travel specialist adept at customising holidays to travellers' preferences. Aside from tours, PriceBreaker has been offering flights, hotels, rail passes and other travel products and services since 1976.

Date: Sat, 18 Jul '20

Time: 10am – 11am

Fees: Member \$5, Public Service Officer/Guest \$8

Venue: CSC @ Tessensohn

Contact: Bryan at 6391 5607 or bryanlee@csc.sg

Register by: 11 Jul '20



Cruising 101: An Introduction to Cruise Holidays

With a wide range of activities and all-inclusive dining onboard, it's no wonder cruising has become the choice hassle-free holiday. Get the lowdown on popular sailings and gain insider tips for selecting your ideal cruise vacation from cruise specialist Cruise Arena. Light refreshments will be served, and goody bags with travel essentials will be given to early signups.

Cruise Arena has over 20 years of experience in the cruise industry, and represents a portfolio of over 10 cruise lines covering destinations worldwide, including Asia, Europe, Alaska, the Caribbean and South America.

Date: Sat, 25 Jul '20

Time: 10am – 11am

Fees: Member \$5, Public Service Officer/Guest \$8

Venue: CSC @ Tessensohn

Contact: Bryan at 6391 5607 or bryanlee@csc.sg

Register by: 18 Jul '20

Hand Sanitiser Workshop Series

Why queue? Here is a series of workshops for you to learn how to make your own hand sanitisers – a good defence against harmful bacteria. Sign up for one at the clubhouse nearest you.

Practise good hygiene and keep a bottle handy at all times, each made from wholesome essential oils. Each participant gets to bring home a bottle.

DIY Alcohol-based Hand Sanitiser Workshop @ Tessensohn

Date: Sat, 25 Apr '20 OR 23 May '20 OR 25 Jul '20
Time: 10am – 11.30am
Fees: Member \$25, Public Service Officer \$30, Guest \$35
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 1 week before class



DIY Hand Sanitiser and Anti-bacterial Hand Wash @ Bukit Batok & Changi

Bukit Batok	Sat, 4 Jul '20 2pm – 3.30pm
Changi	Sat, 11 Jul '20 2pm – 3.30pm

Fees: Member \$12, Public Service Officer \$18, Guest \$25
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 1 week before class

Succulent Terrariums

Succulent, cacti, fat plant. Many terms, many varieties... How do you propagate them and how do you maintain them. Are they hard to cultivate?

For answers to all these questions, join this workshop and learn the skill of crafting a succulent terrarium! With guidance of our instructor, explore how to craft and maintain a succulent airplant terrarium. Min. 9pax to run.

Date: Sat, 9 May '20
Time: 1pm – 3pm
Fees: Member \$38, Public Service Officer \$40, Guest \$42
Venue: Funan Mall
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 1 May '20



Airplant Greenwall Workshop

If you want to build a greenwall the no-fuss way, this is the workshop for you. Airplant greenwalls are versatile – you can choose to hang them up, place them on a workdesk, or admire them sitting pretty on your balcony.

Workshop covers both the theory and the practical – from what are airplants, the different types of them; to the how-to-craft and care for them. Fees include supply of all necessary materials, plus participants get to bring home their own airplant. Min. 10pax to run

Date: Sat, 23 May '20
Time: 1pm – 3pm
Fees (depending on size of plant):
Small (16x21cm):
 Member \$45, Public Service Officer \$48, Guest \$50
Medium (18x23cm):
 Member \$60, Public Service Officer \$63, Guest \$65
Venue: Funan Mall
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 18 May '20





Farm-to-Table Workshop

A workshop that is informative, interactive and experiential for learning of:

- Organic vs non-organic fruits and vegetables
- Pesticide Residues and how to remove them from fruits and vegetables
- Sprouting? How to Sprout beans and nuts?
- Enzymes in fruits and vegetables and how they help improve our digestion
- Health benefits of raw honey and apple cider vinegar
- Real vs fake honey
- How to buy good quality apple cider vinegar

Includes all materials and notes.

Date: Sat, 30 May '20

Time: 10am - 12.30pm

Fees: Member \$40, Public Service Officer \$45, Guest \$48

Venue: CSC @ Tessensohn

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

Register by: 20 May '20

Grow Your Own Organic Vegetables

A 2.5-hr hands-on workshop that provides all the practical tips you need to start growing healthy vegetables. Each participant will bring home 2 pots of young vegetables and a set of vegetables-growing starter & care kit (worth \$25).

Harvest in 6-10 weeks, cucumber, chinese cabbage, ladies fingers, kang kong and spinach, etc.

- What healthy plants really need
- Sunlight & watering requirement
- Using organic fertilisers
- Germination requirement
- Plant care: HDB or landed
- Soil-less and potted plants
- Hydroponic concepts & methods
- Simple organic pesticides



Date: Fri, 12 Jun '20

Time: 7pm - 9.30pm

Fees: Member \$48, Public Service Officer \$55, Guest \$58

Venue: CSC @ Tessensohn

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

Register by: 5 Jun '20

Juice Cleanse Workshop

A workshop that is informative, interactive and experiential for learning of:

- Benefits of juicing and juice cleansing
- Tips on how to juice right
- Common mistakes in juicing
- Tips on how to choose commercially sold juices
- Cold compressed juicer vs blender
- What to look for in buying a juicer
- How to make juice on the go
- Different juices for different needs
- Sample 6 to 7 types juices such as Detox Juice, Anti-inflammatory Juice, Digestive Juice, etc
- How to wash fruits and vegetables

Includes all materials and notes, and recipes.

Date: Sat, 11 Jul '20

Time: 10am - 12.30pm

Fees: Member \$38, Public Service Officer \$45, Guest \$48

Venue: CSC @ Tessensohn

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

Register by: 5 Jul '20





Natural Remedies for Pets

For many, the fur babies are just as precious as the little ones. Empower yourselves to say no to toxic ingredients in the food we eat and what we feed our fur babies.

At this hands-on workshop, you will learn:

- The toxic substance act
- Identify toxic products in the home and the top toxic ingredients to look out for
- Read labels on products
- To use aromatherapy on the fur babies and what essential oil to avoid
- What products you can make at home for the little fur ones

Date: Sat, 25 Apr '20

Time: 10am – 11.30am

Fees: Member \$30, Public Service Officer \$35, Guest \$38

Venue: CSC @ Tessensohn

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

Register by: 20 Apr '20



Art & Science of Yogurt Making

The workshop will include:-

- Different yogurt making methods
- Benefits of yogurts
- Different ways of enjoying yogurts
- A demo of the yogurt making process
- A hands-on to make their own yogurt parfait

Date: Sat, 16 May '20 OR Sat, 20 June '20

Time: 10am – 12pm

Fees: Member \$40, Public Service Officer \$45, Guest \$48

Venue: CSC @ Tessensohn

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

Register by: 3 May '20 OR 14 Jun '20

Airforce Museum, Yakult Factory and Kin Yan Agrotech

Embark on a local tour around Singapore.

- Visit the Airforce Museum to witness the development of RSAF aircrafts.
- Visit the Yakult factory for an educational tour of its state-of-the-art plant.
- A tour to see how wheatgrass and mushrooms are produced at Kin Yan Agrotech.

Date: Fri, 12 Jun '20

Time: 9am – 4.30pm

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

Venue: CSC @ Tessensohn

Contact: Bryan at 6391 5607 or bryanlee@csc.sg

Register by: 5 Jun '20



Introduction to Brush Lettering

Participants will learn basic lettering styles exploring different fonts, brush painting using watercolours and blending of colours. They will take home an A4 sized artwork.



Date: Sat, 4 Jul '20 or 25 Jul '20

Time: 10am – 12pm

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

Venue: CSC @ Tessensohn

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

Register by: 28 Jun '20 or 19 Jul '20

Eco Kayaking Tour and Coastal Clean-Up

Take an eco tour by kayaking through protected natural reserves. Not only to experience the tranquility of the eco system, but also to better visualise the vulnerability of our environment to marine waste. The expedition is designed for the community to recognise commendable efforts of our authorities in preventing and recovering marine waste. Kayaking equipment and safety gears will be provided.

Date: Sat, 4 Jul '20

Time: 9am - 1pm

Fees: Member \$42, Public Service Officer \$46, Guest \$48

Venue: Assemble at Changi Village

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

Register by: 25 Jun '20



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.



What to bring:

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

Fees include:

- 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: 16 May '20, 21 Jun '20 OR 11 Jul '20

Time: 9am - 4pm

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

Fees: Member \$92, Public Service Officer \$96, Guest \$100 (Min age, 5 years*)

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

Contact: Bryan at 6391 5607 or bryanlee@csc.sg for slot availability before making payments

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.

* Please email to bryanlee@csc.sg to check for slots before making payment.



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.

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.

Date: Sat, 6 Jun '20 OR Sun, 28 Jun '20

Time: 8am - 11.15am

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

Meeting point: 8am at Changi Point Ferry Terminal

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

Register by: 1 week before event date (Pre-registration is required. Limited seats per departure)

Yacht Fishing Trip

Take a fishing trip out on a yacht to the southern islands, a good bet if you are looking to break your personal heaviest catch record.

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 (live prawns) provided

Date: 9 May '20, 20 Jun '20 OR 12 Jul '20

Time: 9am – 3pm

Fees: Member \$120, Public Service Officer \$130, Guest \$138 (Min age, 5 years*)

Venue: Place of embarkation is at ONE°15 Marina

Contact: Bryan at 6391 5607 or bryanlee@csc.sg for slot availability before making payments

Register by: 1 week before each session

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

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

* Please contact Bryan to check for slots before making payment for the sessions.



What to bring:

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



Fishing Yacht Charter with BBQ

For a day of freedom, relaxation and quality time with family and friends, charter a fishing yacht and enjoy time on the open seas. Also enjoy the experience of hunting wild fish, plus the chance 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)

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

Embarkation: ONE°15 Marina Sentosa Cove

Contact: Bryan at 6391 5607 or bryanlee@csc.sg to arrange a date for the charter date after making payment



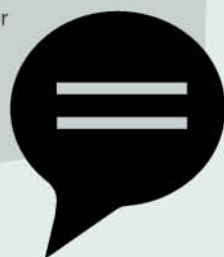
Lunch in the Dark Experience

Lunch in the Dark aims to raise awareness towards visual impairment through a dining experience. This program encourages interaction and communication among participants as well as helps raise awareness on the challenges of visual impairment.

Participants are required to consume a 3-course meal in complete darkness. Without the aid of sight, you will undergo a transformational yet challenging process such as locating your cutlery and filling up your glass without spillage. Finally, participants have to find their way out to the light and they will then find out the dishes they were served in darkness.



Date: Sat, 6 Jun '20
Time: 11.30am – 1pm
Fees: Member \$38, Public Service Officer \$42, Guest \$45
Venue: Ngee Ann Polytechnic
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 20 May '20



Dialogue in the Dark Tour

Participants will be guided by a visually-impaired guide into the exhibition. Through themed rooms that simulate familiar environments, they can expect to hike through a nature park and tour along the Singapore River on a relaxing boat ride in complete darkness. They will learn to cross a busy street, browse a market selling fresh produce and experience a world without sight.

Date: Sat, 18 Jul '20
Time: 11am – 12.30pm
Fee: Member/Public Service Officer \$28, Guest \$32
Venue: Ngee Ann Polytechnic
Register by: 10 Jul '20



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 play better, there is a course for you.

Fee includes materials and instrument for use in class.

Venue	CSC @ Bukit Batok	CSC @ Tessensohn
Dates & Time	8 Wednesdays, 29 Apr '20 – 17 Jun '20, 7.15pm – 8.30pm Register by 22 Apr '20	8 Mondays, 1 Jun '20 – 20 Jul '20, 7pm – 8.15pm Register by 26 May '20
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	

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

Play the Keyboard

Keyboard playing is like a one-man band! Come learn the basics of notes and chords reading, plus learn to play a range of songs from classical, pop and rock. Certified instructor Titus Chia has been teaching piano, keyboard and organ for the past 7 years.

Dates: 8 Wednesdays, 13 May – 1 Jul '20
Time: 7pm – 8.15pm
Fees (include materials and use of instrument in class):
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: 6 May '20



Mastering the Erhu

If you appreciate oriental music, the erhu is a good option. This two-stringed instrument is easy to pick up and under Instructor Pang Chin Soon, who has more than 25 years of experience on the erhu, you will be able to play a tune within minutes!



Participants need to bring their own erhu.
(Min. of six participants to start a class.)

Dates: 10 Wednesdays, 20 May '20 – 22 Jul '20

Time:

Session 1: 7.15pm – 8.15pm

Session 2: 8.15pm – 9.15pm

Fees: Member \$175, Public Service Officer \$188, Guest \$194

Venue: CSC @ Tessensohn

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

Register by: 13 May '20

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, 6 May '20 – 8 Jul '20

(No class on PH and eve of PH)

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: 1 May '20



Ms Ivy Wee

English Karaoke Singing Class

Join the ongoing English karaoke singing class and let our experienced coach Ms Ivy Wee take your singing talent to a higher level in a cosy and newly furnished training room.

Dates: 10 Wednesdays, 1 Jul '20 – 2 Sep '20

(No class on PH and eve of PH)

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: 20 Jun '20



2D Bentong Tour

Itinerary includes

Lunch at local restaurant • Arrive at Bentong • Proceed to Chamang Waterfall • Bentong Walk historic streets • Banana Farm, Lemon Farm, Ginger Farm • Tao Fu Bok Factory

Package includes: 2D usage of 40-seater air-con bus • 1N stay at Acacia Farm stay • 2 Lunch/1 Dinner • 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



STAY @ ACACIA FARM	Twin/Triple	Child w/Bed (4 to 11 years)
Member	\$220	\$175
Public Service Officer	\$240	\$185
Guest	\$250	\$185

Dates: Sat to Sun, 18 – 19 Jul '20

Meeting Time/Place: 6.30am at CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624 or

kuagekcheng@csc.sg

Register by: First-come-first-served

Tour by: Amazing Explorer

2D Kukup with Factory Visit

Itinerary includes:

Visit to the Nectar Natural Factory to see the production of pineapple juices, jam, cookie, chilli sauce • 2D seafood lunch at local restaurant • Boat rides to Fish Farm where you can buy dried seafood • BBQ dinner • Local delight breakfast • Shopping



Package includes: 2D usage of 40-seater aircon bus • 1N stay at Beijing or similar (4 to 6pax per room) • Experienced tour guide from Malaysia • Meal & entrance fee as per itinerary • Tipping • Group Insurance Medical S\$ 500, Accident Death & Disable S\$10,000

Package excludes: Personal expenses • Every expense not specified in the itinerary

	Per Pax	Child w/Bed (4 to 11 years)
Member	\$145	\$125
Public Service Officer	\$160	\$135
Guest	\$165	\$140

Dates: Sat to Sun, 6 - 7 Jun '20

Meeting Time/Place: 6.30am at CSC @ Tessensohn

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

Register by: First-come-first-served

Tour by: Amazing Explorer

1D Durian Tour

Itinerary includes:

Visit to durian plantation • Arrive at Yong Peng or Labis Durian for a durian buffet • Yong Peng for lunch • Visit local produce shop • Shopping @ JB Aeon/Paradigm Mall



Package includes:

1D usage of 40-seater air-con bus • Experienced tour guide from Malaysia • Meals & 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 • Tipping

	Adult	Child (4 - 11 yrs old)
Member	\$75	\$65
Public Service Officer	\$80	\$70
Guest	\$85	\$75

Dates: Sat, 11 Jul '20

Meeting Time/Place: 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

3D Sepetang Fishing Village, Sitiawan & Ipoh Tour

Itinerary includes:

Taiping: Lunch at local restaurant • Visit to An Tong Coffee Factory & Taiping Lake • Dinner at local restaurant
Sepetang: Arrive at Kuala Sepetang fishing village • Khay Hor Charcoal factory • 131-year old Port Weld Train Station • Seafood lunch

Sitiawan: Visit to the famous mee sua & Kampong Koh Chili SOS • Visit to the famous Temple • Dinner at local restaurant

Ipoh: Visit to Kek Lok Tong • Famous Mistress Street

Package includes:

3D usage of 30-seater aircon coach • 2N stay • 4 Lunch/4 Dinner • Entrance as per itinerary • Tipping for guide & driver • Group Insurance Medical \$500 • Accidental Death & Disability \$10,000

Package excludes: Personal expenses • Every expense not specified in the itinerary

	Twin/Triple	Child w/Bed (4 to 11 years)
Member	\$310	\$280
Public Service Officer	\$340	\$300
Guest	\$360	\$310



Dates: Sat to Mon, 20 - 23 Jun '20

Meeting Time/Place: 6.30am at CSC @ Tessensohn

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

Register by: First-come-first-served

Tour by: Amazing Explorer



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.

Date: 3 Fridays, 17 Apr – 8 May '20 (No class on 1 May '20)

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: 9 Apr '20



Discover the Importance Bone Health

An informative and interactive talk on bone health covering following topics:

- Importance of bone health
- Different bone functions
- Enhancing optimal bone health
- Symptoms of weakened bones
- Calcium deficiency on bone health
- Bone mass density
- Osteoporosis
- Muscles and joints
- Eating right to build stronger bones
- Simple exercise to strengthen and maintain healthy bones
- Trampoline jumping, an effective way to strengthen bone

Date: Sat, 24 Apr '20

Time: 10am – 11.30am

Fees: Member \$18, Public Service Officer \$25, Guest \$28

Venue: CSC @ Tessensohn

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

Register by: 17 Apr '20

Better Qi and Blood for Optimum Health

Tire easily? Low immunity? Poor eyesight? Feel cold easily? Poor quality of sleep? Indigestion? Bloatingness? Constipation? These could be the signs of the lack of Qi & Blood circulation in your body meridian systems. In this two-hour training, learn simple food remedies, meridian points and Qi-Flexercise to improve your Qi and Blood for optimum health.



Date: Sat, 25 Apr '20

Time: 10am – 12pm

Fees: Member \$20, Public Service Officer \$25, Guest \$28

Venue: CSC @ Tessensohn

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

Register by: 17 Apr '20



Tai Chi for Better Health

Taichi, short for Taiji Quan is a Chinese martial art practised by many all over the world for both its defense training as well as its health benefits. Known for its ability to reduce stress and anxiety as well as increase flexibility and balance, the martial art is practised by both young and old practitioners who seek to improve their overall health.

Come down for this workshop conducted by Master Rennie Chong, a seasoned veteran with over 60 years of experience in Tai Chi and expect to learn:

- What Tai Chi is
- Its relationship to one's joints
- Inner strength and how to build it
- Overall health benefit of the Martial Art

Date

3 - 31 May '20
(No class on 24 May '20)

7 - 21 June '20

Fees:

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

Member \$75, Public Service Officer \$82.50, Guest \$90

Time: Every Sunday, 4pm – 5pm

Venue: CSC @ Tessensohn

Contact: Bryan at 6391 5607 or bryanlee@csc.sg

Register by: 1 week before class

LOHAS Meridian Self-Therapy Program (LOHAS-MSP)

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.

Date: 4 Saturdays, 9 – 30 May '20

Time: 2pm – 5.30pm

Fees (per class): Member \$370, Public

Service Officer \$380, Guest \$390

Venue: 12 Arumugam Road, #02-11

Contact: Gek Cheng at 6391 5624 or

kuagekcheng@csc.sg

Register by: 2 May '20



Life-Long Self-Efficacy Healthcare Skills A Form of “Traditional Chinese Qigong for Health” by Madam Chan Siok Fong

Regulate your 'qi' and blood flow to maintain a healthy immune system by mastering the four basic forms of Traditional Self-Healthcare Qigong Exercises:

- Tranquil Meditation (1 lesson)
- Mobile Qigong (4 lessons)
- Self-Massage with Acupressure (1 lesson)
- 3 forms of 3-Min Exercises (1 lesson)

About The Instructor:

In 1986, Mdm Chan Siok Fong received four basic forms of Traditional Self-Healthcare Qigong Exercises from two veteran masters at the Qigong Institute of the Shanghai University of Traditional Chinese Medicine in China. Presently at 86, Mdm Chan is still sharing her knowledge to help people to achieve good health through self-healthcare.

Session 1 (Tranquil Meditation)

This Meditation Lesson couples clearing clots along the energy 'qi' channels with that of Tranquil Meditation to achieve mental calmness and emotional stability.

Session 2 (Mobile Qigong: Part One: 2 lessons)

For healthy functions of blood pressure, lungs, kidneys, endocrine & lymphatic systems.

And/or

Session 3 (Mobile Qigong: Part Two: 2 lessons)

For healthy functions of blood pressure, liver, heart, spleen and stomach.

Session 4 (Self-Massage with Acupressure)

Activate the flow of the energy 'qi' and blood to the head, neck, face, mouth, nose, eyes, ears, chest, abdomen and kidneys to boost relaxation, relieving tensed nerves and muscles for a good night's sleep.

Session 5 (3-Minute exercises)

Comprising three movements – Qi Regulation, Tapping and “Mind-will” Walking – to activate the flow of internal 'qi' and relieve such discomforts as fatigue, aches, feeling tired and weak after an illness, or having sat down more than 2 hours



Session 1: Meditation

Dates: Fri, 3 Jul '20

Time: 6.30pm – 9.30pm

Fees: Member \$55, Public Service Officer \$60, Guest \$66

Session 2: Mobile Qigong (Part 1)

Dates: Thu & Fri, 16 & 17 Jul '20

Time: 6.30pm – 9.30pm

Fees: Member \$100, Public Service Officer \$110, Guest \$125

Session 3: Mobile Qigong (Part 2)

Dates: Thu & Fri, 23 & 24 Jul '20

Time: 6.30pm – 9.30pm

Fees: Member \$100, Public Service Officer \$110, Guest \$125

Session 4: Self-Massage with Acupressure

Dates: Thu, 30 Jul '20

Time: 6.30pm – 9.30pm

Fees: Member \$55, Public Service Officer \$60, Guest \$66

Session 5: Three 3-Min Exercises

Dates: Fri, 31 Jul '20

Time: 6.30pm – 9.30pm

Fees: Member \$55, Public Service Officer \$60, Guest \$66

Venue:
CSC @ Tessensohn

Contact:
Bryan at 6391 5607 or
bryanlee@csc.sg

Register by:
1 week before class



Preview: Improve Well-being and Reduce Stress with Mindfulness

The course is developed based on the MBSR (Mindfulness-Based Stress Reduction) program, a well-researched and evidence-based program, developed by Dr Jon Kabat Zinn in 1979, at the University of Massachusetts, Center for Mindfulness in US. Practising mindfulness improves well-being, reduces stress and helps one manage difficult emotions like anger, fear and anxiety.

What you will learn:

- Introduce mindfulness
- Conduct a mindfulness practice: Awareness of the Breath
- Share scientific studies in mindfulness
- Describe what is in the 4-week "Improve well-being and reduce stress with Mindfulness"

Dates: Sat, 18 Apr '20 OR 23 May '20 OR 27 Jun '20

Time: 10am – 11am

Fees (per session): Member \$3, Public Service Officer \$6, Guest \$10

Venue: CSC @ Tessensohn

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

Register by: 1 week before class



Improve Well-being and Reduce Stress with Mindfulness

This course will enable you to:

- Understand mindfulness and its benefits
- Learn mindfulness practices and how to apply it to daily living
- Know the scientific studies behind mindfulness training
- Explore stress triggers and learn appropriate responses

Dates: 4 Saturdays, 25 Apr – 16 May '20 OR 30 May – 20 Jun '20 OR 4 – 25 Jul '20

Time: 10am – 12pm

Fees (per session): Member \$88, Public Service Officer \$95, Guest \$100

Venue: CSC @ Tessensohn

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

Register by: 1 week before class

Personal Mobility Devices (PMDs) Safe Riding Programme

Min 15 pax

The increasing use of bicycles and PMDs has seen to the need for The Safe Riding Programme (SRP).

SRP aims to equip people with the knowledge and skills to ride safely to ensure safe and harmonious journeys for yourself and other commuters. The programme is open to everyone including cyclists, non-cyclists, users of personal mobility devices (PMDs) such as electric scooters, kick scooters.

Dates: Sat, 13 Jun '20

Time: 10am – 11.30am

Fees: Member \$3, Public Service Officer \$6, Guest \$9

Venue: CSC @ Tessensohn

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

Register by: 4 Jun '20



Sharpening your Interviewing Skills

Participants of this workshop can expect to learn how to present themselves confidently and professionally during their big day, and subsequently impress their interviewers to boost their chances of landing the job.

Dates: Sat, 9 May '20

Time: 10am – 11.30am

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

Venue: CSC @ Tessensohn

Contact: Bryan at 6391 5607 or bryanlee@csc.sg

Register by: 2 May '20



Effective Time Management

Join this workshop and learn the best techniques to manage your time efficiently to not only reduce stress, but to also clear up your schedule and find that extra bit of time for you to do the things that you have always wanted to.

Dates: Sat, 13 Jun '20

Time: 10am – 11.30am

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

Venue: CSC @ Tessensohn

Contact: Bryan at 6391 5607 or bryanlee@csc.sg

Register by: 6 Jun '20



SkillsFuture Approved Courses (100% Claimable)

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

Find out more at www.impossible.sg
Fees inclusive of teabreaks and Certificate of Attendance.

Google Ads

Learn every step to creating a successful Google AdWords advertising campaign. Pick up practical Pay Per Click (PPC) strategies.



Date: Sat, 18 Apr OR 27 Jun '20
Time: 9.30am – 5.30pm

Facebook Marketing

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



Date: 20 Apr '20, 15 May '20 OR 22 Jun '20
Time: 9.30am – 5.30pm

Search Engine Optimisation (SEO)

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



Date: Mon, 27 Apr '20
Time: 9.30am – 5.30pm



Google Analytics

An interactive 1-day workshop to equip you with basic knowledge and practical ability of Google Analytics. Participants will be taught the foundations of Google Analytics, how it works, how to use the data presented to them to conduct analysis and improvements on their own website. There will also be a live analysis to demonstrate various key factors that affect online traffic performance. At the end of the class, you will gain the confidence to make data-driven decisions to improve the traffic of your website.

Date: Sat, 30 May '20
Time: 9.30am – 5.30pm

WordPress Web Design Course

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



Date: Sat, 20 Jun '20
Time: 9.30am – 5.30pm

Fees Per Course (100% SkillsFuture claimable):
Member \$500 for 1+1 offer (2 courses for same fee),
Public Service Officer \$450, Guest \$500
Venue: International Plaza
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 1 week before class

*No lessons on PH & eve of PH

Activity	Date	Time	Instructor	Fees			Register By
				Member	Public Service Officer	Guest	
Aqua Aerobics For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg							
Deep Aqua Aerobics	8 Tuesdays, 21 Jul – 8 Sep '20	8am – 9am	Vikki	\$80	\$90	\$100	1 week before class
	8 Wednesdays, 8 Jul – 26 Aug '20	6.15pm – 7.15pm or 7.15pm – 8.15pm	Vikki	\$80	\$90	\$100	1 week before class
	8 Thursdays, 3 Sep – 22 Oct '20	6.30pm – 7.30pm	Anthea	\$80	\$90	\$100	1 week before class
	8 Fridays, 14 Aug – 2 Oct '20	6.45pm – 7.45pm	Renuka	\$80	\$90	\$100	1 week before class
	8 Saturdays, 5 Sep – 24 Oct '20	8am – 9am 9am – 10am	Anthea	\$80	\$90	\$100	1 week before class
Aqua Aerobics	8 Sundays, 5 Jul – 30 Aug '20*	9am – 10am	Vikki	\$75	\$85	\$95	1 week before class

Swimming For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg							
Children	4 Lessons, May/Jun '20* Choice of Sat / Sun	Depends on Swimming Level & Age (Instructors will advise)	Kurusamy / Seng Yung / Derick / Chang	Supp Member \$70	–	\$85	1 week before class
Ladies (Beginner)	10 Sundays, 26 Apr – 5 Jul '20*	10am – 11am	Thipa	\$210	\$220	\$230	1 week before class

Ballroom Techniques For info, contact Gek Cheng @6391 5624 or kuagekcheng@csc.sg							
Technique Ballroom Tango	10 Sundays, 31 May – 2 Aug '20	2pm – 3pm	Jacie	\$70	\$75	\$80	24 May '20
Beginners Salsa & Bachata	10 Sundays, 31 May – 2 Aug '20	3pm – 4pm	Jacie	\$70	\$75	\$80	24 May '20
Intermediate Ballroom – Slow Foxtrot	10 Sundays, 31 May – 2 Aug '20	4pm – 5pm	Jacie	\$70	\$75	\$80	24 May '20

Studio Fitness For info, contact Serene Cho @6391 5620 or serenecho@csc.sg							
Pilates	8 Mondays, 13 Apr – 8 Jun '20 OR 15 Jun – 3 Aug '20	7pm – 8pm	Mabeline	\$80	\$90	\$100	6 Apr '20 OR 8 Jun '20
Yoga	8 Fridays, 12 Jun – 7 Aug '20*	7pm – 8pm (Beginner, max 8 pax) or 8pm – 9pm (Intermediate)	Huay Lin	\$80	\$90	\$100	5 Jun '20

*No lessons on PH & eve of PH

Acitivity	Date	Time	Instructor	Fees			Register By
				Member	Public Service Officer	Guest	
Martial Arts For info, contact Bryan @6391 5607 or bryanlee@csc.sg							
Wing Chun Kung Fu, "Chi Sau"	4 Thursdays, 7 – 28 May '20*						30 Apr '20
	4 Thursdays, 4 – 25 Jun '20	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	28 May '20
	5 Thursdays, 2 – 30 Jul '20						25 Jun '20
Wing Chun Kung Fu, "Chi Sau" (Children 6 – 12 yrs)	5 Saturdays, 2 – 30 May '20						25 Apr '20
	4 Saturdays, 6 – 27 Jun '20	10.30am – 11.30am	Sifu Ken Lau	\$90	95	\$100	30 May '20
	4 Saturdays, 4 – 25 Jul '20						27 Jun '20
Wing Chun Kung Fu, "Chi Sau" (Adult Beginner)	5 Saturdays, 2 – 30 May '20						25 Apr '20
	4 Saturdays, 6 – 27 Jun '20	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	30 May '20
	4 Saturdays, 4 – 25 Jul '20						27 Jun '20
Wing Chun Kung Fu, "Chi Sau" (Adult Intermediate)	5 Saturdays, 2 – 30 May '20						25 Apr '20
	4 Saturdays, 6 – 27 Jun '20	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	30 May '20
	4 Saturdays, 4 – 25 Jul '20						27 Jun '20
Traditional Taekwon-Do	5 Saturdays, 2 – 30 May '20	3pm – 4.30pm (Beginner & Coloured Belt)	Singapore Taekwon-Do Academy	\$25	\$30	\$35	25 Apr '20
	4 Saturdays, 6 – 27 Jun '20	or 4.30pm – 6pm (Red & Black Belt Only)		\$40 parent & child pair \$55 parent & 2 children (Both parent and child have to be CSC members.)			30 May '20
	4 Saturdays, 4 – 25 Jul '20						27 Jun '20

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

CSC M'ship 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

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.
- For all outdoor classes/activities, there will be no replacement of class, no refund or proration of fees in the event of class/activity cancellation due to wet weather.
- 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.

REGULAR ACTIVITIES | BUKIT BATOK

*No lessons on PH & eve of PH

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

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

Deep Aqua Aerobics

8 Tuesdays, 16 Jun – 4 Aug '20	7pm – 8pm	Vicsland	\$80	\$90	\$100	1 week before class
8 Saturdays, 18 Jul – 5 Sep '20	8.30am – 9.30am	Kelvin	\$80	\$90	\$100	1 week before class

Martial Arts | For info, contact Bryan @6391 5607 or bryanlee@csc.sg

Aikido (Adult)	5 Sundays, 3 – 31 May '20*			\$60	\$65	\$67.50	26 Apr '20
	4 Sundays, 7 – 28 Jun '20	11am – 12.30pm	Steven Goh	\$48	\$52	\$54	31 May '20
	4 Sundays, 5 – 26 Jul '20			\$48	\$52	\$54	28 Jun '20
Aikido (Children)	5 Sundays, 3 – 31 May '20*			\$60	-	\$67.50	26 Apr '20
	4 Sundays, 7 – 28 Jun '20	10am – 11am	Steven Goh	\$48	-	\$54	31 May '20
	4 Sundays, 5 – 26 Jul '20			\$48	-	\$54	28 Jun '20
Traditional Taekwon-Do	5 Saturdays, 2 – 30 May '20*			\$25	\$30	\$35	25 Apr '20
	4 Saturdays, 6 – 27 Jun '20	4pm – 5.30pm	Singapore Taekwon-Do Academy	\$40 parent & child pair \$55 parent & 2 children (Both parent and child have to be CSC members.)			30 May '20
	4 Saturdays, 4 – 25 Jul '20						27 Jun '20

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

Children	4 Lessons, May/June'20* Choice Of Sat/Sun	Depends on Swimming Level & Age (Instructors Will Advise)	Yusman / Ishaak / Paul / Vishnu	Supp Member \$70	-	Child \$85	1 week before class
Ladies	10 Thursdays, 23 Apr – 25 Jun '20*	7.30pm – 8.30pm	Thipa	\$210	\$220	\$230	1 week before class

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

Pilates	8 Saturdays, 6 Jun – 25 Jul '20	11am – 12pm	Agnes	\$80	\$90	\$100	30 May '20
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REGULAR ACTIVITIES | CHANGI

*No lessons on PH & eve of PH

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

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

Children	4 Lessons, May/June'20* Choice of Sat/Sun	Depends on Swimming Level & Age (Instructors Will Advise)	Chang Mun Chung	Supp Member \$70	-	Child \$85	1 week before class
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ASSOCIATE MEMBERSHIP *Promotion*

(FOR NON-PUBLIC SERVICE OFFICERS)

PROMOTION ENDS 30 JUNE 2020



APPLY NOW

www.csc.sg/membership

3 Year
Membership
\$900



\$200 CHALET
E-VOUCHER*
Promo Code: V200



CSC @ LOYANG



CSC @ CHANGI I



CSC @ CHANGI II

2 Year
Membership
\$600

NOVITA GARMENT
STEAMER
RRP \$288

Promo Code:
STEAMER



1 Year
Membership
\$300

NOVITA HYDROPLUS®
WATER PITCHER
RRP \$128

Promo Code:
PITCHER



Terms and conditions apply.

All promotion gifts are valid for Associate Membership only, while stocks last.

Pictures shown are for illustration purposes only. Colours may vary due to stock availability.

* Chalet E-Voucher is valid for 6 months from Date of Issue. **Strictly no extension allowed.**
Can be used for all chalet types, at all 3 locations and for all periods.

<https://www.csc.sg>

6391 5604 / 6514 6396

membership@csc.sg



FREE SUPPLEMENTARY MEMBERSHIP

Win Attractive Lucky Draw Prizes when you apply for Free Supplementary Membership!

Valid from 1 April 2020 to 30 September 2020



TERMS & CONDITIONS

1. Supplementary Membership is only applicable to immediate parents, spouse and children 5-21 years old.
2. Supplementary Membership Lucky Draw applies to applications made from 1 April 2020 to 30 September 2020.
3. To qualify for the Lucky Draw, member must submit the supplementary membership application within the Lucky Draw period and the application must be approved during the Lucky Draw period.
4. Only completed applications will qualify for the Lucky Draw. Applicants are required to furnish their Full Name, NRIC (Last 4 Characters only), Relationship, Date of Birth (DDMMYYYY), Email, Mobile number and Photograph. Winners will be notified by email by 31 October 2020.
5. Each supplementary membership application will be entitled to 1 chance in the draw.
6. Prizes are not exchangeable for cash.
7. Prizes are not transferable.
8. There will be no card issued for Free Supplementary membership. An admin fee of \$10 is applicable if you require a physical membership card.
9. CSC reserves the right, at any time, to amend the terms and conditions at its absolute discretion without prior notice and its decision on matters relating to the winners is final.