

Jul • Aug • Sep  
2020



# *fusion*

one membership, three clubhouses, four distinct experiences

MCI (P)051/11/2019



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Free Supplementary  
Membership & Lucky Draw



# ORDINARY TERM MEMBERSHIP

## Promotion

(FOR PUBLIC SERVICE OFFICERS)

Promotion ends 30 September 2020



APPLY NOW  
[www.csc.sg/membership](http://www.csc.sg/membership)

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](mailto:membership@csc.sg)

Discount Code:  
Superb

**5 + 1 YEAR**  
Membership  
**\$360**



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

OR



NOVITA  
GARMENT  
STEAMER  
RRP \$288  
Gift Code:  
STEAMER

Discount Code:  
Excellent

**4 + 1 YEAR**  
Membership  
**\$288**

GRUNN  
STEAM  
CLEANING  
MOP  
RRP \$169  
Gift Code:  
MOP



Discount Code:  
Bargain

**3 + 1 YEAR**  
Membership  
**\$216**



NOVITA HYDROPLUS®  
WATER PITCHER  
RRP \$128  
Gift Code:  
PITCHER

OR

\$100 CHALET  
E-VOUCHER\*  
Gift Code:  
V100



Discount Code:  
Value

**2 + 1 YEAR**  
Membership  
**\$144**



OR

2 BOXES OF MASKS  
RRP \$70  
Gift Code:  
MASK

AIR FRYER  
RRP \$59.90  
Gift Code:  
FRYER



**1 Year**  
Membership  
**\$72**

AUDIOBOX BLUETOOTH  
SPEAKER BBXT1000 (CAMO)  
RRP 19.90  
Gift Code:  
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.

<https://www.csc.sg>

6391 5604 / 6514 6396

[membership@csc.sg](mailto:membership@csc.sg)



# Highlights

pg. **04-07**

## What's Next?

- Win \$100 shopping vouchers. Details on pg 04
- Win a 2D1N stay at CSC @ Changi I. Details on pg 05



pg. **10-18**

## Club Buzz

- Enjoy discounts and bundle packages for clubhouse facilities and chalets



pg. **19-21**

## Hey Members!

- Special sign-up promotions for Nurses' Day and In Support of NS2020

pg. **08**  
**Sports Scene**



pg. **22-53**

## Get Social

- Check out the free online activities for members!



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

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

**CSC @ Changi I**  
2 Netheravon Road  
Singapore 508503  
T: 6709 4709  
changi@csc.sg /  
rooms@csc.sg

**CSC @ Changi II**  
(former Aloha Changi)  
30 Netheravon Road  
Singapore 508522  
T: 6545 2343 / 6545 6373  
changi2@csc.sg

**CSC @ Loyang**  
(former Aloha Loyang)  
159W Jalan Loyang Besar  
Singapore 507020  
T: 6581 9033 / 6582 8006  
loyang@csc.sg

### Corporate Services

#### Membership Matters

T: 6514 6396 / 6391 5604 (Hotline)  
E: membership@csc.sg

#### Sports Activities

T: 6391 5619 (Samantha Fok)  
E: sports@csc.sg

#### Social Activities

T: 6391 5607 (Bryan Lee)  
T: 6391 5624 (Kua Gek Cheng)  
T: 6391 5620 (Serene Cho)  
E: events@csc.sg

**Publisher:** Civil Service Club

**Publishing Agent:** Words Worth Media

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

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

[f](#) [i](#) [t](#) Civil Service Club

<http://t.me/civilserviceclub>

[feedback@csc.sg](mailto:feedback@csc.sg)



Scan this to view the e-copy of Fusion



# Hello from the CE

Dear Members,

## Circuit Breaker

For the past 3 months of the Circuit Breaker (CB) there were many self-discoveries. Some of you realised that you have all the skills of a MasterChef. Many parents have discovered creative ways of teaching their children and regretted not operating a kindergarten in their earlier years. Others may think that they are better appreciated by the family, being a handyman at home. Most importantly, the CB has enabled better family bonding and for the community at large, a more caring Singapore.

Due to the CB, the Club has been on lockdown since 7 April 2020. All our facilities were closed though they have continued to be maintained. Staff were rotated to keep the swimming pool cleaned, the bowling centre maintained and the lanes oiled. Cleaning and horticulture staff, as essential workers, continued to keep the Club in good shape and cleaned. The Club has introduced thermal and hand held scanners to do temperature screening, contact tracing, using either SafeEntry QR or NRIC barcode scanner and placed social distancing markers in designated areas of the Club. All this will facilitate members and patrons of the Club convenience and ease of mind when they enter and leave the Club during and after the CB is lifted on 19 June 2020. For our patrons of the Club, wearing of face masks is compulsory.

Financially, the Club is adversely impacted by the lockdown. We are indeed fortunate to have Ministry of Manpower, using CSC @ Tessensohn Seminar rooms and Auditorium for its Stay Home Notice (SHN) contact tracing and briefing since May 2020. The Aloha cluster of chalets continues to be used as Government Quarantined Facilities, since late January 2020. Its usage is fully subsidised by our sponsored Ministry and helps lighten our financial burden during the CB. The operational cost of running the Club was reviewed and we have worked out how to contain costs, without affecting the members privileges. The various Government financial assistance schemes, such as the Jobs Support Scheme, greatly assisted the Club to lessen its financial deficit during the CB. However, those upgrading works that are halted during the CB, such as the CSC @ Tessensohn façade, the carpark flooring of CSC @ Bukit Batok and the building of an Admin extension wing at Block E, will commence from 19 June 2020, with the approval from the relevant authorities.

To gauge the members feedback on the impact of the CB and to have a sensing of what their expectations are



in the new normal, we have initiated an internal e-survey in early June 2020. We hope to garner as much feedback as possible so we can map out the way forward to meet the needs and expectations of our members in the new normal.

## Social Activities

During the CB, the Club started to organise a series of online social activities in June 2020. A total of 20 online social activities were organised and the response was very encouraging with more than 300 participants. This will be the new normal even when the CB is lifted, as there will be the issue of participants density and the social distancing requirement which will limit the number of participants in each activity. Over the next few months, the social activities that we are organising will either be those that have fewer participants or online workshops, using Zoom. There are a wide range of social activities that we are organising online, so do check them out.







A number of popular mass social activities that we have been organising over the years such as the Father's Day, National Day Live telecast, National Day Wine and Dine, Movie Treats, Children's Christmas Party and the CSC Dinner and Dance will be cancelled. For those members who were looking forward to these highlights, please accept our apologies.

### Sports Activities

The sports activities that we organise for the Public Service came to a grinding halt with the CB. Even with the lifting of the Phase 2 CB on 19 June 2020, the games can only be re-started maybe in August 2020. The Club will initially organise those games that don't need mass participation and allow for social distancing, such as snooker, chess, scrabble or even bowling. Over time, we will move to sports that promote mass participation such as CSC Run by the Bay - do check out the Sports Website for more details.

Over the next few months, some of the popular sporting activities such as Public Service Sports and Family Day, Beach Games and Healthy Lifestyle Walk will be cancelled. Members, do continue to eat healthily and keep yourself physically active and safe.

### Membership

With the Club under lockdown since April 2020, the Club will extend the term of membership, correspondingly. Members will get an extension of 3 months to their membership. In addition, a bonus E-Credit, equivalent to their one-month subscription will be given to them credited to their member account. This can be used in facilities operated by the Club. In addition, the Club is offering a "CB lifting" promotion from 1 July 2020. Every member who signs up or extends their membership by 2 years will get an additional year of complimentary membership. The Club is also honouring our NS men in green and all the nurses and staff of SingHealth, NHG and NUHS, on their respective NS Day and Nurses Day, with special promotions for membership sign ups. Do check out the promotion on pages 16 and 17.

As digitalisation is the new channel of communication, Membership will be rolling out a new membership portal that will be user friendly and allows members to either signup, update or renew their membership online, book and pay for social activities and events as well as book and pay for the chalets of their choice. It will include the latest membership promotions in the new portal. We plan to operationalise this portal by September 2020.

### Chalets

The Aloha chalets will not be available for booking probably till the later part of this year as they are still being used for GQF operations. We have big plans to upgrade these chalets and will keep our members duly



posted once they are no longer being designated as GQFs. In the meantime, Changi I chalets will be available, once we are able to take bookings, though the guidelines around participant density and social distancing will still apply. These chalets are now eco-friendlier, with the installation of hot and cold-water dispensers in every unit, thereby dispensing the need to issue bottles of mineral water for guests. Over the next few months, the chalets will be progressively upgraded with more attractive toilet amenities, new hotel specs mattresses, softer bedlinen and bath towels. Do check out the post CB special promotions that will be offered to our chalet stayers once the restrictions around chalet staycation are lifted.

### Post Circuit Breaker

The Club celebrates the opening of the Clubhouse with many exciting promotions for early birds and our loyal supporters. There will be valued package deals on the use of our chalets, bowling facility and the renting of our function rooms for small group workshops. The swimming pool will be opened for use and all the pools have been very well maintained throughout the CB. So, do check out and book our facilities online. We are looking forward to welcome all our members back to the Club.

### 55th National Day Celebration

The Club shared the joy of another National Day celebration amidst the COVID-19 pandemic. Although, we have reluctantly cancelled our live streaming of this national event, the Club will continue to promote our activities with discount during the National Day Celebration. We wish Singapore to forge ahead with the theme "Together a stronger Singapore" and public service officers to come together to create a more cohesive and caring 1 Public Service.

**Wishing all members good health, peace and happiness in our coming 55th National Day Celebrations!**





# CSC DRAWING COMPETITION

**Theme: Together a Stronger Singapore**  
**Closing date: 24 Jul '20**

**FREE** participation. Open to members and public officers only.  
Participants may send a photo of their artwork to [events@csc.sg](mailto:events@csc.sg)

**Top 3 submissions win a \$100 voucher each!**

**Members among the top 3 winners win an additional LUNCH BOX SET**

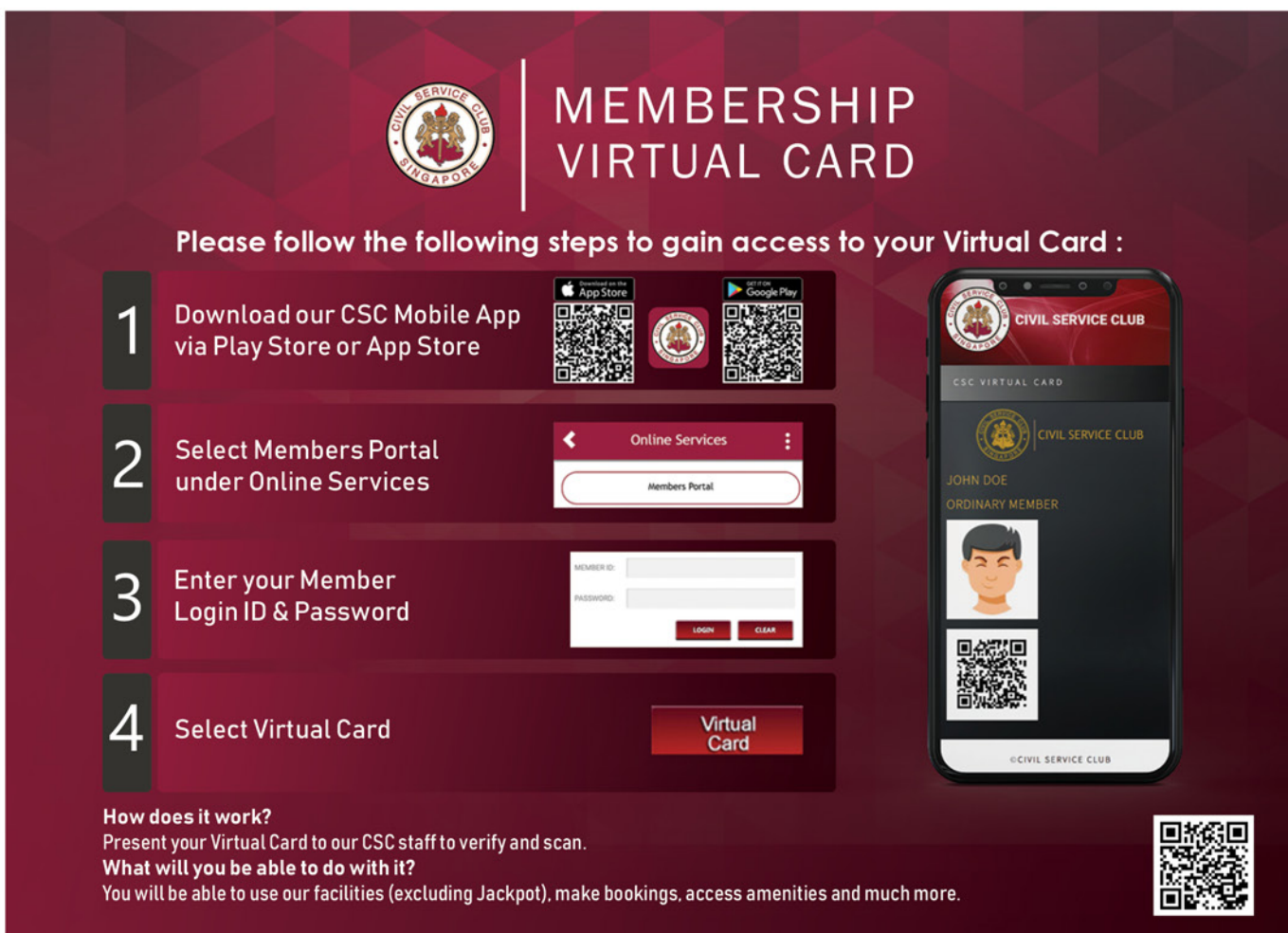
**Terms and Conditions:**

- All drawings have to be submitted by 24 July. Submissions after the stipulated date will not be accepted.
- Shortlisted winners will need to mail their drawings to CSC for verification.
- All drawings have to be done on a white A3 paper.
- Any violations of the T&C's above will result in disqualification.
- Event needs a minimum of 10 participants to commence. In the event that the competition is cancelled, the organisers will not be liable for any upset caused.

Contact **Bryan** at 6391 5607 or [bryanlee@csc.sg](mailto:bryanlee@csc.sg)



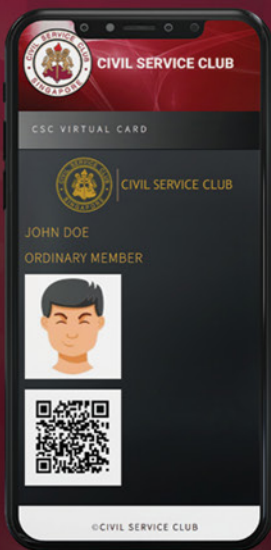
Scan for the full list of terms & conditions



## MEMBERSHIP VIRTUAL CARD


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

- 1** Download our CSC Mobile App via Play Store or App Store
- 2** Select Members Portal under Online Services
- 3** Enter your Member Login ID & Password
- 4** 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.





# Instagram Contest

Extended till **30 Sep '20!**

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



**SCAN HERE**  
for the full terms  
and conditions.

Submit your best photos taken at CSC clubhouses or chalets, and stand to win! **A new category is introduced just for members!** There are now two categories (members and public) and the best photo of each category will win a stay.

To enter, simply hashtag #civilserviceclub on your Instagram posts to qualify.

## 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
Inside Front Cover (Full Page)	\$2,100
Inside Back Cover (Full Page)	\$2,000
Double Page Spread	\$3,800
Centre Page Spread	\$4,200
Full Page*	\$1,800
Half Page*	\$1,000
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.
- 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](mailto:marcomms@csc.sg)

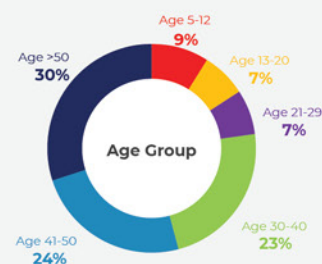
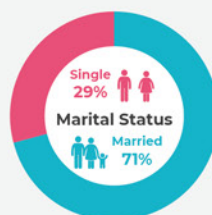
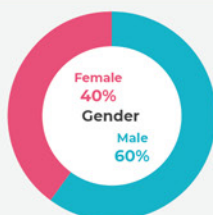
### ADVERTISEMENT PAGE SPECIFICATIONS

**Full Page**  
180mm W  
X 267mm H

**1/4 Page**  
87.5mm W  
X 131mm H

**Half Page**  
180mm W  
X 131mm H

### MEMBER DEMOGRAPHICS





# National Day Promotion Online Workshops



In commemoration of our 55th National Day in August, CSC is offering a full range of online FREE workshops for all members. Only in the month of August, sign up today!

☆ CSC members may register for the event online: <https://gateway.csc.sg/webclub/events/>



## Will Planning & Lasting Power of Attorney (LPA) Talk

Sat, 1 Aug '20, 11am to 12pm

Register by 27 Jul '20

Fees: FREE for Members, Public Service Officer \$3, Guest \$5

Learn the importance of drawing up a Will and appointing an LPA. All participants get to enjoy a special rate for execution of a Will and an LPA, plus a complimentary planning session by the professional estate planner.



## National Day Special - Cooking by Michelle

Sat, 8 Aug '20, 2pm to 3pm

Register by 1 Aug '20

Fees: FREE for Members, Public Service Officer \$8, Guest \$12

Come and learn to cook Asian style from veteran chef Michelle. On the menu: Chilli crab & Mantou from scratch!

Contact Gek Cheng at 6391 5624 or [kuagekcheng@csc.sg](mailto:kuagekcheng@csc.sg)

## Latin Cardio

Thu, 6 Aug '20, 7pm to 8pm

Register by 24 Jul '20

Fees: FREE for Members, Public Service Officer \$3, Guest \$8

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



## Bodyweight Circuit Class at Home

Sat, 8 Aug '20, 11am to 12pm

Register by 4 Aug '20

Fees: FREE for Members, Public Service Officer \$3, Guest \$7

The bodyweight circuit class will focus more on bodyweight workouts while using home daily essential items as a substitute for free weights.

- Stretch & Warm-Up: [10-mins]
- Tabata: [5-mins]
- Main Circuit: [20-mins]
- Core Workout & Cool Down Stretch: [15-mins]

Participants to prepare for this class: Yoga Mat, pair of small towels, two water bottles filled to full, and a stable chair.

Contact Bryan at 6391 5607 or [bryanlee@csc.sg](mailto:bryanlee@csc.sg)





## Online Chair Tabata

Sat, 15 Aug '20, 11am to 12pm

Register by 12 Aug '20

Fees: FREE for Members, Public Service Officer \$3, Guest \$7

You can be seated and still enjoy an effective workout! Chair-Bata may be easier on your joints but it is still intense as any Tabata classes!

Chair based exercises help to stabilize the lower spine by providing a fixed base. They facilitate greater range of movements by providing points of leverage and support with the chair.

\* Important to note

- Use stable chair with no wheels
- Preferably no arm rest
- Place chair on a mat to avoid the chair from moving during exercises
- Shoes are optional
- As with any exercise program, if at any point during the workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional.



## Bhangraroobicz

Thu, 27 Aug '20, 7pm to 8pm

Register by 14 Aug '20

Fees: FREE for Members, Public Service Officer \$3, Guest \$8

Bhangraroobicz is an Indian cardio fitness program designed for people of all ages and levels who love to stay physical active and lose weight. Not only is the activity engaging and fun, it will also help you to sweat up a good workout.

Contact Bryan at 6391 5607 or bryanlee@csc.sg



## Online Active Strength by Niza

Fri, 14 Aug '20, 7.30pm to 8.30pm

Register by 9 Aug '20

Fees: FREE for Members, Public Service Officer \$3, Guest \$10

Try out this functional workout built for all ability levels. Workouts alternate between strength and cardio training.

## Art & Science of Yogurt Making

Sat, 29 Aug '20, 10am to 12pm

Register by 21 Aug '20

Fees: FREE for Members, Public Service Officer \$3, Guest \$8

Yogurt is known for promoting a healthy digestive tract and boost our immunity. What you will learn:

- Different yogurt making methods
- Benefits of yogurt
- Different ways of enjoying yogurt
- Demonstration on yogurt making process

Participants to prepare the following items before the workshop if you wish to get hands-on: Milk powder, yogurt culture and yogurt maker.



## Infused Enzymes Drinks

Sat, 22 Aug '20, 11am to 12pm

Register by 19 Aug '20

Fees: FREE for Members, Public Service Officer \$3, Guest \$8

Want to learn more about how *enzymes drinks* can help your digestive & immune health? Look no further with this enzymes Drinks making workshop conducted by Deborah live on Zoom! We will be using fruit in its entirety to make naturally fermented vinegars that you can drink and use as salads dressing.



## Boost your Immunity with Yoga

Sat, 29 Aug '20, 5pm to 6pm

Register by 23 Aug '20

Fees: FREE for Members, Public Service Officer \$3, Guest \$8

Yoga practice not only helps to calm your body and mind, it can also help to boost your immunity. Relax your mind and rejuvenate your body with simple and effective. yoga workouts at home.



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

For Public Service Officers and Guests, please register through email with your name, contact number and company name, indicating the event title and date as the subject.

Pre-registration is required for all workshops. Event link will be emailed to participants upon confirmation.





8 Feb 2020

# Ruins of Hainan Village - Thomson Nature Park

by Oei Su Cheok

Our morning ride along relatively new Old Upper Thomson Park Connector was delightful with the forest backdrop and practically no vehicular traffic on the road. The park connector was in almost mint condition. Not everyone among our riders has been to this part of Singapore!

To our uninitiated participants, this part of our route is on the periphery of the ruins of Hainan Village which was to be the highlight of our day's activity. We saw no sign of the village along Old Upper Thomson Road as it was well hidden in the forest. Visualise the ruins of an old Singapore village. After a short ride in the early morning, we were just a stone throw away from this yet-to-be-discovered highlight of the day but we were not going to arrive too soon.

Singapore is so well connected (especially on a bike) and arriving our destination after such a short ride would not be justified for

our cycling day-out. Instead, we launched ourselves on a "detour" to enjoy Woodlands Waterfront before returning to explore the village ruins in the forest, where the story of village life in early Singapore unfolded.

We are thankful to NParks for conserving this piece of ruins as it represented the village life in rural Singapore. Kudos also for putting the history of the village back to where it was, through the informative signboards. Robin took the lead on the hike through the ruins of the village, reflecting on the scale of the village, the rambutan plantation and visualizing the life on the farm back then. It was worthy to note that the village was not in the forest, for the forest grew over the village after it was abandoned.

There was much to learn and a revisit to this ruin was justified. Check out the Thomson Nature Park which is open to the public.



▲ At Old Upper Thomson Road where there is a new park connector (top); and Lorong Pelita, a road no longer listed on the Street Directory

## ANNOUNCEMENT

With effect from 1 April 2020, the CSC Cycling Club and Running Club have merged to form the **Cycling and Adventure Club**.

All members can look forward to a wide range of activities such as cycling, running, hiking and canoeing. We look forward to members' active participation in our activities.

In the interim, we have ceased activities until further notice in view of the current Covid-19 situation.

Also visit us at:

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

▼ Exploring the Village Trail with relics of village houses, pig farm and rambutan plantation



▲ Arriving Woodlands Waterfront on our detour





Cooking & Baking Classes



Art & Craft Workshops



Parent-Child Activities



Fitness Classes



Learning Journeys



Outdoor Adventures



Kids' Programmes

# Your lifestyle starts with us!

Pick up a new skill or hobby, take part in fitness programmes, whip up festive desserts, or simply meet like-minded people who share your interest and lifestyle.



Scan to see all the latest events and activities

For enquiries, email to [events@csc.sg](mailto:events@csc.sg)





## WELCOME BACK PROMOTIONS

up to  
**50% OFF**  
VENUE RENTAL

\* Terms & Conditions apply

T: 6391 5605

E: [jacquelinetang@csc.sg](mailto:jacquelinetang@csc.sg)



Ballroom / Function Room



Auditorium



Cookery Studio



## A STRIKING BOWLING OFFER



\* Terms & Conditions apply



T: 6391 5693

E: [planetbowl@csc.sg](mailto:planetbowl@csc.sg)







CLUB BUZZ | BUKIT BATOK

# WELCOME BACK! PROMOTIONS



For more information, please call **6513 7480** or email **bukitbatok@csc.sg**

Terms & conditions apply.

## TREEHOUSE BUNDLE PACKAGES



### 4HR small treehouse + 1HR bowling

Member

**\$35** (usual \$50)

Guest

**\$55** (usual \$80)

### 4HR small treehouse + FREE entry to swimming pool

Member

**\$19** (usual \$34)

Guest

**\$33** (usual \$58)

- During off peak only
- Max of 4 pax
- Valid till 18 Dec '20

## BOWLING

Day Games

**\$2.20**

per game

9am to 6pm



Night Owl

**\$2.50**

per game

10pm to closing time

Sun to Thu (excl eves of PHs)



Valid till 18 Dec '20

## BUKIT BATOK CLUBHOUSE 13TH ANNIVERSARY PROMOTION

Valid till 18 Sep '20

### Tennis

**FREE** use of courts

1pm to 2pm

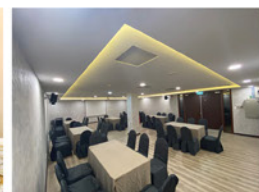
Weekdays only (excluding PH)



### Treehouse & Function Rooms

**10% and 30% discount**

for 1st and 3rd booking respectively for any Treehouse and Function Rooms bookings



### Bowling

Off-peak hours

**13 prepaid bowling games  
at \$26** (usual \$44.20)

Peak hours

**13 prepaid bowling games  
at \$41.60** (usual \$52)





# WELCOME BACK PROMOTIONS



## Chalets Promotion

Valid for Changi I, Changi II and Loyang chalets

Enjoy **25% OFF**

for stay period for  
July – November 2020

PROMO CODE  
**25NOW**

## NEW PRIORITY CODES

Validity  
29 Sep '20 to  
28 Sep '21

Civil Service	<b>CS2021</b>
Statutory Boards	<b>SB5257</b>
Public Health Organisations & Mainstream Universities	<b>PU6879</b>
MINDEF (Staff only)	<b>MS9112</b>

### Terms & Conditions

- Only applicable for in-service Civil Servants, Public Service Officers and employees of the stated organisations, excluding National Servicemen Full-time (NSFs).
- Civil Servants are required to bring along their Public Service (PS) Card and NRIC for verification during check-in.
- A valid employee ID must be presented at the time of check-in. In the event that the ID is not presented, the applicants would be required to top up to the non-discounted rate.
- Applicants must come in person before 2030hrs on the day of check-in.
- All applicants must not book on behalf of other individuals or corporate users using the priority codes.
- Bookings are not transferable and subletting of the chalets is strictly prohibited.

### Terms and Conditions:

- Room availability is subjected to reopening of chalets
- Minimum 2-night stay
- Applicable for all rate types (Member / Public Service Officer / Public)
- Book online using promo code '25NOW' from 1 July 2020 onwards
- Free 4 bowling games for Off Peak bookings (Mon – Thu, excluding School Holidays, Eve of PH and PH)
- Promotion not valid in conjunction with other discounts, promotions or vouchers

For more information, please email to [rooms@csc.sg](mailto:rooms@csc.sg)



# Function Rooms Renovation

Enjoy  
**20% OFF**  
from 1 Aug '20 to  
31 Dec '20

on all  
Function  
Room  
bookings

Our Function Rooms will be closed for renovation in July 2020 and will reopen from 1 Aug '20.

## Terms & Conditions:

- Valid for event dates from 1 Aug '20 to 31 Dec '20 only
- Function Room is subjected to availability and authority's advisory on social distancing rules
- Valid for all rate types (Off Peak / Peak / Member / Public)
- Promotion not valid in conjunction with other discounts, promotions or vouchers

For more information, please email [changi@csc.sg](mailto:changi@csc.sg)



From  
**\$2.20**  
per Bowling game\*

## Resort Bowl

Special rates when you book the Bowling Lanes!

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

### BOWLING LEAGUE

#### Ongoing

Tuesday Trios' League  
Tuesday Senior League

#### UPCOMING

Thursday Trios' League – 9 Jul '20  
Ladies Double League – 3 Aug '20  
Mix Double League – 5 Aug '20  
Junior League – 16 Aug '20

### FESTIVE FUNBOWL

Eid Haj Double  
1 Aug '20

National Day Double  
9 Aug '20

### SPECIAL BOOKING RATES

#### Per Game Per Person

Min of 5 games per booking

(Mon – Fri, 9.30am – 3pm)  
(Excluding PH)

**Member:** \$2.20

UP: \$2.60 (Off Peak)

**Public Service Officer:** \$2.50

UP: \$3.30 (Off Peak)

**Public:** \$2.80

UP: \$3.80 (Off Peak)

**Student:** \$2.50

UP: \$3.30 (Off Peak)

(Mon, Wed & Sun only, from 8pm – 1am)

**Member & Public Service Officer:** \$3

**Public:** \$3.80

**Student:** \$3.80

#### Per Hour Per Lane

Min of 2 hours per booking

(Mon – Fri, 9.30am – 3pm)  
(Excluding PH)

**Member:** \$12

UP: \$20 (Off Peak)

**Public Service Officer:** \$14

UP: \$20 (Off Peak)

**Public:** \$16

UP: \$25 (Off Peak)

**Student:** \$14

UP: \$20 (Off Peak)

For more information, please contact 6709 4728 or email [resortbowl@csc.sg](mailto:resortbowl@csc.sg)



# HEALTHY

## LIFESTYLE SCHEME

January to December 2019

### CONGRATULATIONS

to the top 3 winners who clocked a minimum of 55K steps per week throughout 2019. Each of them received a Fitbit watch and an achievement certificate.



**Susan Toh**

Tessensohn Jackpot  
10,930,788 Steps

**Akhlis Meah**

CSC @ Tessensohn  
8,112,278 Steps



**Lim Kian Guan**

CSC @ Tessensohn  
7,965,544 Steps



“I would like to express my thanks and gratitude to **Mr Hermann** and **Ms Charlotte Ang** for helping me in postponing my booking date especially in the midst of COVID-19. Mr Hermann was quick to reply to my emails and despite the multiple emails, he was patient and continued to assist. Also, big thanks to Ms Charlotte Ang for following up with the email thread. I do hope that all of you are well and good. Please continue to stay safe and healthy especially with the current situation. Once again, many thanks. Their help was very much appreciated.”

– **Natiara Natalia Tan** on **Hermann and Charlotte, C1**

“**Mr. Mahad** is conscientious in ensuring that all the lanes are ready for the afternoon leagues. He goes about doing his work quietly in an unassuming manner. I would like to commend him for being a friendly and diligent worker who is patient with us players.”

– **Steven Yam** on **Mahad, PB**

## 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.

“I am impressed with the courteous service of **Chong Chen**. He promptly attended to our request to amend my wife's name by issuing a new card within five minutes.”

– **Lim Siang Kwee** on **Chong Chen, Membership**

“**Jacqueline** has been most helpful on arranging the booking of room and **Akhlis** has been supportive on making the IT system set-up working for the event.”

– **Goh Mui Kee** on **Jacqueline and Akhlis, CSC @ Tessensohn**

“**Bobby Ho**, Bukit Batok CSC Jackpot. He was extremely friendly and will greet me with a smile. He was very knowledgeable in his work. He is exceptionally service oriented. Very polite and patient.”

– **Mdm Goh Kwee Poh** on **Bobby, CSC @ Bukit Batok**

“It was a pleasure working with **Huda Hidyah** on our retreat at Bukit Batok recently. She went the extra mile and ensure our event ran smoothly. Nice place.”

– **Wendi** on **Huda, CSC @ Bukit Batok**



# SERVICE STAR AWARDS

## FOR 4TH QUARTER, JANUARY TO MARCH 2020

Congratulations to our Service Star Award winners (Jan-Mar '20) for having garnered the most nominations in their respective clubhouse/division categories. Each award includes a \$100 voucher and a Service Star Certificate.

### Bukit Batok Clubhouse



Bobby (5)



Huda (3)



Wendy (3)

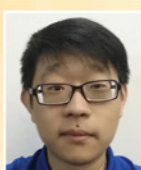
### Changi Clubhouse



Margina (50)



Syafiqah (25)



Hermann (12)

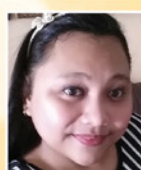
### Tessensohn Clubhouse



Jacqueline (7)



Akhlis (6)\*



Azurah (6)\*



Aini (6)\*

### Corporate Services



Gek Cheng (54)



Bryan (45)

\* The three tied winners at Tessensohn will each receive a \$70 voucher.

## OVERALL SERVICE SUPER STAR AWARD

**Margina Binte Pimin**  
395 nominations



**Congratulations to**  
our overall Service Super Star Award  
who wins a \$300 voucher and a  
Super Star Certificate FY2019/2020.







# WE SUPPORT NS 2020

From 1 July to  
31 August 2020

# FREE 1-YEAR MEMBERSHIP

+ \$50 Chalet E-Voucher



Sign up now

## Applicable to all SAF & HOME TEAM REGULARS & DXOs

2-Year Ordinary Membership @ \$144

Free 1-Year Membership  
(worth \$72)

Free \$50 Chalet E-Voucher

Discount Code SAF20

## Exclusive for NSMEN & NSF's

2-Year Associate Membership @ \$600

Free 1-Year Membership  
(worth \$300)

Free \$50 Chalet E-Voucher

Discount Code SAF20A

### Terms & Conditions

- Promotion period: 1 Jul 2020 – 31 Aug 2020. Only applicable to SAF & Home Team NSmen, NSF's, Regulars & DXOs.
- Applicable for New Sign-Ups and Renewals.
- To qualify for SAF20 promotion, please submit your TIB or HomeTeam NS IC for verification.
- Valid for both walk-in and online applications. Enter discount code **SAF20** or **SAF20A** at the payment page to enjoy the promotion.
- E-vouchers can be used for bookings of all types of rooms and all Chalet locations. For chalet booking, visit [www.cscchalets.sg](http://www.cscchalets.sg)
- E-Vouchers validity: Strictly 6 months upon date of issue. No extension allowed.
- E-Vouchers only for room charges and cannot be used to offset other charges. Any balance amount unused is not refundable or exchangeable for cash.
- Membership is strictly non-refundable. For cancellation of membership, admin charges apply if you wish to terminate your membership after your application has been approved.
- 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.

✉ [membership@csc.sg](mailto:membership@csc.sg) ☎ 6391 5604 / 6514 6396

**APPLY NOW**  
[www.csc.sg/membership](http://www.csc.sg/membership)







# NURSES' DAY PROMOTION 2020

1 August 2020 - 31 August 2020

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



ENJOY  
**2-YEAR**  
ORDINARY TERM MEMBERSHIP

FOR THE PRICE OF 1  
**@\$72**

DISCOUNT 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  
(RRP \$23.70)  
Gift Code: **BirdNest**

SPECIALLY FOR YOU  
**FREE**

3 bottles Almond Plus OR  
3 bottles Bird's Nest

## 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 August 2020 and 31 August 2020.
- Valid for both walk-in and online applications. For online application at [www.csc.sg/membership](http://www.csc.sg/membership), enter the discount 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.





# FREE SUPPLEMENTARY MEMBERSHIP

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

Valid from 1 July 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 July 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.

 [membership@csc.sg](mailto:membership@csc.sg)

 6391 5604/ 6514 6396



# MEMBERS' PRIVILEGES

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

HEY MEMBERS!



Please visit [www.csc.sg/membersperks](http://www.csc.sg/membersperks) for the full listing, details and terms.



HEALTHIER, LONGER,  
BETTER LIVES

## FREE PROTECTION

for 6 months with a  
Personal Accident policy  
(more details, see pg 20)



## \$10 OFF

with min spend of \$80 on their  
E-store <https://store.brewerkz.com>  
Promo Code CSCJULY10



10% OFF  
total bill



15% OFF  
total bill



PacificLight

CHEAPER  
ELECTRICITY  
(more details, see pg 20)



FREE  
MAIN COURSE x 1  
with every 2 main courses  
purchased



\$10 OFF  
with min spend of \$50 on  
their official store on  
Shopee Mall



FREE Anti-Bacterial  
Cabin Treatment with purchase of  
Silver Servicing



EXCLUSIVE CIS  
Deals



Get perks, promotions and  
discounts delivered to you  
on telegram



<http://t.me/civilserviceclub>



New users enjoy  
\$2.50 OFF for 2 redemptions  
Existing users enjoy  
\$1.50 OFF  
for 3 redemptions

Availability of promotions  
may be delayed due to  
Circuit Breaker measures,  
please refer to  
[www.csc.sg/membersperks](http://www.csc.sg/membersperks)  
for the latest updates.



HEY MEMBERS!

PROTECTION

AIA SOLITAIRE LITE

## FREE PERSONAL ACCIDENT PROTECTION BY AIA FOR 6 MONTHS\*

Exclusively for  
CSC Ordinary Members

Including coverage  
on Dengue

\*Renewable for another 6 months  
upon re-application, subject to  
plan availability.



Scan for  
free signup



For more information, use this link  
[tinyurl.com/cscfreesignups](https://tinyurl.com/cscfreesignups)

contact +65 9003 1000  
[jqadmin@aia.com.sg](mailto:jqadmin@aia.com.sg)

SP-JONQUEK is an authorised representative of AIA Singapore Pte Ltd (Reg No. 201106386R)

Important Notes: This insurance plan is underwritten by AIA Singapore Private Limited (Reg No. 201106386R) ("AIA"). All insurance applications are subject to AIA's underwriting and acceptance. This Static Poster is not a contract of insurance. The precise terms and conditions of this plan, including exclusions whereby the benefits under your policy may not be paid out, are specified in the policy contract. You are advised to read the policy contract. Most of the benefits of this policy will be payable upon the occurrence of an accident. Protected up to the specified limits by SDIC. The information in this Static Poster is correct as at 23 June 2020

CC-MH-119-2020



EXCLUSIVELY FOR  
CSC MEMBERS AND PUBLIC  
SERVICE OFFICERS

SWITCH & SAVE YOUR ELECTRICITY  
BILLS WITH PACIFICLIGHT!

GET REBATES OF

**\$70\***

**PLECSC36**

36-MTH PLAN

**+\$21.40**  
REFERRAL REBATE

**\$91.40**

GET REBATES OF

**\$55\***

**PLECSC55**

24-MTH PLAN

**+\$21.40**  
REFERRAL REBATE

**\$76.40**

\*Terms apply

**NO HIDDEN COST**

Rates are inclusive of 7% GST, TLF & Carbon Tax

**NO ADMIN FEE**

No monthly admin fees

**SECURITY DEPOSIT WAIVER**

Set up recurring card payment (VISA/Mastercard/AMEX)

**REFER & GET REWARDED**

Referrers get \$32.10 (Incl. GST) and referees get \$21.40!

Only available for online sign ups

## BEN'S GUIDE TO CHEAPER ELECTRICITY



SIGN UP AT [PACIFICLIGHT.COM.SG/PLECSC](https://PACIFICLIGHT.COM.SG/PLECSC)  
TO JOIN BEN AND BE PART OF THE SAVVY CLUB!

📞 6266 1188 🌐 [PACIFICLIGHTENERGYSG](https://PACIFICLIGHTENERGYSG)

For full Terms and Conditions, refer to [pacifilight.com.sg/promotions/plecsc](https://pacifilight.com.sg/promotions/plecsc)

ARE YOU A PUBLIC  
SERVICE OFFICER? ENJOY  
EXCLUSIVE RATES AT  
[PACIFICLIGHT.COM.SG/CSC](https://PACIFICLIGHT.COM.SG/CSC)







# STAY IN THE KNOW ON

- ✓ Members' Perks
- ✓ Promotions
- ✓ Contests
- ✓ Giveaways
- ✓ Events

**Civil Service Club**  
now on Telegram

Delivered to you on Telegram:  
<http://t.me/civilserviceclub>




# CIVIL SERVICE CLUB MOBILE APP

VISIT [WWW.CSC.SG/MOBILEAPP](http://WWW.CSC.SG/MOBILEAPP)




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DO ONLINE BOOKINGS! | TAKE A PEEK AT OUR CLUBHOUSES! | AND MORE VALUE ADDED SERVICES! | LOCATE US! | GET THE LATEST CSC PROMOS!




## Smile Arts DENTAL STUDIO

Comprehensive Care You Can Trust

### SmileArts

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



### DENTAL PACKAGES

#### CLEAN SMILE PACKAGE \$100

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

#### HEALTHY SMILE PACKAGE \$175

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

#### KID SMILE PACKAGE \$75

- (for children between 6 to 12 yrs old)
- Inclusive of:
- \* Dental Examination
  - \* Full Scaling & Polishing
  - \* Fluoride Therapy (if applicable)

#### SURGI-SMILE PACKAGE \$880

- (Medisave Claimable)
- Inclusive of:
- \* Dental Examination
  - \* Digital Dental X-ray
  - \* Surgical Removal Of Wisdom Tooth
  - \* Medication
  - \* Review

#### SMILE IMPLANT PACKAGE \$2750

- (After Medisave Deductions)
- Inclusive of:
- \* Dental Examination
  - \* Digital Dental X-ray
  - \* German Implant System
  - \* Medications
  - \* Review
  - \* Implant Crown

#### WHITE SMILE PACKAGE \$300

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

#### PG CARD HOLDER PACKAGE

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

#### FULLY CLAIMABLE WITH CHAS PG CARD

#### BLUE CARD HOLDER PACKAGE

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

#### WITH GOVERNMENT SUBSIDY YOU PAY : \$ 15.50



#### INVISALIGN - INVISIBLE BRACES PACKAGE \$8500

Inclusive of examination, digital xrays & retainers

#### LASER DENTISTRY

With dental Laser, you can now expect:

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



#### CENTER FOR BIOMIMETIC DENTISTRY

#### MERCURY FREE PRACTICE

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

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

#### Call us for an appointment!



**Marine Parade Branch** Tel: 6348 0824  
Blk 81 Marine Parade Central  
#01-632 S440081  
email: [smilearts@gmail.com](mailto:smilearts@gmail.com)  
Mon - Fri: 9am-7pm | Sat: 9am-5pm

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

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

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



Scan this QR Code to visit our website  
[www.smilearts.com.sg](http://www.smilearts.com.sg)





## Punch Needle Embroidery for Beginners

Punch needle embroidery is a traditional rug hooking technique using yarn. Needle punching is a fun way to create textured designs on fabric. It is easier to learn than embroidery, and you can needle punch your own design or use the template provided. Participants will bring home the punch needle, embroidery work with frame and the yarns.



**Date:** Sat, 22 Aug '20  
**Time:** 10am - 12pm  
**Venue:** Bukit Timah  
**Fees:** Member \$60, Public Service Officer \$65, Guest \$69  
**Contact:** Serene Cho at 63915620 or serenecho@csc.sg  
**Register by:** 16 Aug '20

## DIY Reusable Fabric Face Mask



Learn how to sew your own cotton fabric mask from scratch. From cutting the fabric using the template to using the sewing machine. You will learn to sew a fabric curve mask with filter slot, nose wire and ear loops. 100% premium cotton fabric and materials will be provided. Participants will bring home your customised curve face mask.

**Date:** Sat, 29 Aug or 19 Sep '20  
**Time:** 10am - 12.30pm  
**Fees:** Member \$55, Public Service Officer \$60, Guest \$63  
**Venue:** Guillemard Road  
**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg  
**Register by:** 23 Aug '20 or 13 Sep '20

## Origami Workshop Development of Design and Creativity Skills

Origami is the art of paper-folding. Its name derives from Japanese words ori ("folding") and kami ("paper"). Traditional origami consists of folding a single sheet of square paper (often with a coloured side) into a sculpture without cutting and gluing it. The benefit of origami is being proven especially in the areas of math, science, art, creative and logic thinking. Explore the arts of paper folding at this 2-day workshop with our experienced trainer.



**Date:** 2 Saturdays, 17 Oct '20 and 24 Oct '20  
**Time:** 10am - 12pm  
**Fees:** Member \$49, Public Service Officer \$55, Guest \$58  
**Venue:** CSC @ Tessensohn  
**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg  
**Register by:** 11 Oct '20

## Tote Bag Painting Kit



Unleash your inner picasso and flaunt your artwork everywhere you go! Learn the basics of drawing and painting, as well as the techniques needed to create your tote bag to your liking in our video demonstration.

We'll deliver the "EPIC Good Time" experience to you – right at your doorstep through our carefully curated stay home experience kits. The Kit includes a 40cmH x 35cmL x 10cmB Tote Bag, 12 Acrylic paints, 2 Paintbrushes (Small and Big Brushes) and everything you need for an enjoyable bag painting session.



**Date:** Sat, 18 Jul '20  
**Time:** 10am - 12pm  
**Fees:** Member \$34, Public Service Officer \$38, Guest \$42 (inclusive of delivery)  
**Platform:** Live on Zoom\*  
**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg  
**Register by:** 11 Jul '20

## Art Jamming



Discover your hidden talent, create your own masterpiece and unleash your inner Picasso. Learn simple painting techniques, play of colours and also gradient blending techniques in our video demonstration. Start this therapeutic journey in the comfort of your own home now!

We'll deliver the "EPIC Good Time" experience to you – right at your doorstep through our carefully curated stay home experience kits. The Stay Home Experience Kits – Art Jamming package includes a 30cm x 40cm Art Canvas, 12 Acrylic paints, 2 Paintbrushes (Small and Big Brushes) and everything you need for an enjoyable jamming session!

**Date:** Sat, 25 Jul '20  
**Time:** 10am - 12pm  
**Fees:** Member \$34, Public Service Officer \$38, Guest \$42 (inclusive of delivery)  
**Platform:** Live on Zoom\*  
**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg  
**Register by:** 18 Jul '20







## The Art of Aroma Massage Online

Aroma massage is the use of essential oils to activate the healing properties in your own body. Essential oils are absorbed through the skin into the blood system and carried to the various body system. It can help to reduce pain, stress, detoxify our body and strengthen our immune system.

What you will learn:

- How to create your customised massage blend
- Main techniques for aroma massage
- Posture and breathing

Participants are required to prepare the following items before the workshop:

- To wear sleeveless top as you will be working on full arm
- Face mirror
- Any type of lotion or massage oil
- Paper, pencil and calculator

**Date:** Sat, 18 Jul '20

**Time:** 10.30am – 12pm

**Fees:** Member \$12, Public Service Officer \$15, Guest \$18

**Platform:** Live on Zoom\*

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

**Register by:** 12 Jul '20



## How to create Aromatherapy Products for own or as gift

It is fun to experiment with pure essential oils to create your own products. But arriving at the right balance of scents takes some practice and knowledge. This workshop gives you a hands-on experience in creating your own lip balm. Our certified aromatherapy trainer will help you create your own individual blend and choose oils that fit your purpose and complement scents.



What you will learn:

- Why aromatherapy
- How to create a formulation
- Determining the cost in product making
- How to choose ingredients
- Product making: Learn to create a lip balm
- Each participant will bring home a DIY lip balm

**Date:** Sat, 12 Sep '20

**Time:** 10am – 12pm

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

**Venue:** CSC @ Tessensohn

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

**Register by:** 6 Sep '20

## New & Beautiful Me Online Online Interactive

A beauty workshop that will help create for you a glow-from-within look.

What you will:

- Learn the importance of taking care of yourself
- Learn natural and organic ways of face care, weight management, hair and nails, mental and emotional care.
- Learn how to relax
- Given recipes of some DIYs.
- Be empowered with natural confidence to leave home without makeup

**Date:** Sat, 26 Sep '20

**Time:** 3pm – 5.30pm

**Fees:** Member \$3, Public Service Officer \$10, Guest \$12

**Platform:** Live on Zoom\*

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

**Register by:** 20 Sep '20



\*For all online activities, an event link will be emailed to participants upon confirmation.

\*\*In view of the COVID-19 situation, all physical activities may be subjected to change or cancellation.



## Korean Day Makeup Online

by Style & Confidence Coach Julia Aw

Revamp and recreate your makeup routine the Korean way! Use your own cosmetic but learn to apply it differently. Our professional beauty and makeup coach is here to teach you all that you want to learn online. There will be a live demo and Q&A session during this one-hour zoom workshop!



### Highlights:

- Learn how to create luminous radiant skin like the Koreans
- Learn how to draw your eyes to make it bigger with eyeshadows and eyeliners
- Learn how to make your makeup last for 15 hours
- How to apply highlights and contour your face
- Learn how to create workplace makeup for video calls
- Learn how to create makeup from day to night

**Date:** Sat, 22 Aug '20

**Time:** 11am - 12pm

### Fees:

**Group class:** Member \$50, Public Service Officer \$55, Guest \$60 (use own cosmetics)

**Platform:** Live on Zoom\*

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

**Register by:** 15 Aug '20

## 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, 3 Oct '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:** 27 Sep '20



## Preparing our Finances for the Next Crisis Online

Crisis can hit us when we least expect – an accident, job loss, illness, a pandemic – so it is never too early to be financially prepared. Conducted online, this course equips you with basic steps including the following how-tos:



- Setting aside an Emergency Fund
- Invest prudently
- "Be fearful when others are greedy and to be greedy only when others are fearful"
- Unlock cash from insurance policies and investments
- Build up a balanced portfolio of cash, Insurance and Investments

**Date:** Thu, 30 Jul '20 OR Sat, 5 Sep '20

**Time:** 7.30pm - 9.30pm OR 10.30am - 12.30pm

**Fees:** Member \$4, Public Service Officer \$8, Guest \$12

**Platform:** Live on Zoom\*

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

**Register by:** 1 week before class

## Will Planning & Lasting Power of Attorney (LPA) Talk Online

A properly executed Will for the smooth distribution of estate among surviving beneficiaries can be the best thing to leave behind loved ones; while a Lasting Power of Attorney (LPA) empowers your trusted donees to act on your behalf in the event of a loss of mental capacity. Both are equally important, come learn the importance of drawing up a Will and appointing an LPA.

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, 1 Aug '20 OR 19 Sep '20

**Time:** 11am - 12.30pm

### Fees:

**1 Aug Talk:** Free for Members, Public Service Officer \$3, Guest \$5

**19 Sep Talk:** Members \$3, Public Service Officer \$5, Guest \$8

**Platform:** Live on Zoom\*

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

**Register by:** 27 Jul '20 OR 11 Sep '20





## Wing Chun Kung Fu

Wing Chun is a highly popular Chinese martial art that is known for its close quarters combat accompanied with lightning fast movements and eye-catching moves. Participants can expect to improve their overall fitness, relieve stress, make new friends and learn how to defend themselves.



Wing Chun Kung Fu (Chi Sau)	Every Thursday, 8pm – 10pm
Wing Chun (Children 6-12)	Every Saturday, 10.30am – 11.30am
Wing Chun (Adult Beginner)	Every Saturday, 9am – 10.30am
Wing Chun (Adult Intermediate)	Every Saturday, 11.30am – 1pm

**Fees (4 lessons):** Member \$90, Public Service Officer \$95, Guest \$100

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 week before class

## 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, 1 Aug – 3 Oct '20

**Time:**

Adult Beginner: 11am – 12pm

Adult Intermediate: 10am – 11am

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

**Venue:** CSC @ Bukit Batok

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

**Register by:** 1 week before class



## Taekwondo by Singapore Taekwondo Academy



Singapore Taekwondo Academy is the largest and oldest Traditional Taekwondo organisation in Singapore. Managed by a professional team of dedicated Masters, Instructors and Administrators, it prides itself in its established curriculum which is created to ensure that students are able to achieve excellence in a safe and enjoyable environment. Participants of the class can not only expect to pick up new skills, but improve their quality of life as well. All age groups.

**Day:** Every Saturday

**Time:**

Tessensohn: 3pm – 4.30pm

Bukit Batok: 4pm – 5.30pm

**Fees (4 lessons):**

Member: Individual \$25, 1 parent/1 child \$40,

1 parent/2 child \$55, Public Service Officer \$30, Guest \$35

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

**Register by:** 1 week before class

## Aikido

This Japanese martial art that comprises throwing, joint locking and pinning techniques, differs from other martial arts due to its integration of movements such as blending, turning, pivoting, circling and spiralling rather than the usual linear motions. Practising the sport has been proven to result in physical benefits, psychological benefits, and an overall higher quality of life.



**Day:** Every Sunday

**Time:**

Children: 10am – 11am

Adults: 11am – 12.30pm

**Fees per lesson:** Member \$12, Public Service Officer \$13, Guest \$13.50 (Fees for the month to be determined by number of lessons that month)

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 week before class



## Chair Tabata Online with Vikki

Min 10 pax to run



Chair-Bata may seem subtle but this low impact high intensity workout will get you sweating buckets! It comprises (20secs x high intensity work + 10secs of rest) x 8 times! Each Tabata is designed for a safe total body workout to spice up your fitness routine, burn more calories and get more out of your exercise time.

**Day:** Fri, 24 Jul '20

**Time:** 3pm - 4pm

**Fees:** Member \$3, Public Service Officer \$7, Guest \$10

**Platform:** Live on Zoom\*

**Contact:** Bryan at 6391 5607 or bryanlee@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!

### Classes

**ONLINE:** Sat, 4 Jul OR 11 Jul OR 18 Jul or 25 Jul '20

**Time:** 10.30 - 11.30am

**Fees (per session):** FREE for members, Public Service Officer \$3, Guest \$8

**PHYSICAL:** 4 Saturdays, 8 - 29 Aug '20 OR 5 - 26 Sep '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:** 6 Jul '20 OR 1 Aug '20 or 29 Aug '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, 4 - 25 Aug '20 OR 1 - 22 Sep '20 OR 6 - 27 Oct '2

**Time:** 7pm - 8pm

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

**Venue:** CSC @ Bukit Batok OR CSC @ Tessensohn

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

**Register by:** 28 Jul '20 OR 25 Aug '20 OR 29 Sep '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,**  
9 - 30 Sep '20 OR  
7 - 28 Oct '20

**4 Fridays,**  
4 - 25 Sep '20 OR  
9 - 30 Oct '20

**CSC @ Bukit Batok**  
(8pm - 9pm)

**4 Mondays,**  
7 - 28 Sep '20 OR  
5 - 26 Oct '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



NEW ★

## 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, 5 – 26 Sep '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:** 29 Aug '20



## 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, 8 – 29 Sep '20 OR 6 – 27 Oct '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:** 1 Sep '20 OR 29 Sep '20



## K-Kardio Dance

Online

### Min 10 pax to run

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.

**Dates:** 4 Saturdays, 8 – 29 Aug '20 OR 5 – 26 Sept '20

**Time:** 10am – 11am

**Fees:** Member \$40, Public Service Officer \$45, Guest \$50

**Platform:** Live on Zoom\*

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

**Register by:** 1 week before class



Online

## K Kardio Dance Online with Joan

A Kpop Cardio Dance workout, this is an hour of non-stop workout to Kpop hit music. It incorporates simplified MTV moves, yet retains the original feel of each song which is distinct with different moods, styles and movements. K-Kardio combines a variety of fitness and dance elements such as Aerobics, Kickboxing, Hip Hop, Pilates, HIIT, etc.



Suitable for all ages, with or without dance background. The intensity can be varied according to individual preferences, which will be briefed and taught online!

**Date:** 18 Jul '20

**Time:** 10am – 11am

**Fees:** Member \$3, Public Service Officer \$7, Guest \$10

**Platform:** Live on Zoom\*

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

**Register by:** 1 week before class

\*For all online activities, an event link will be emailed to participants upon confirmation.

\*\*In view of the COVID-19 situation, all physical activities may be subjected to change or cancellation.



## 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.

**Online**  
**Dates:** 4 Saturdays, 4 – 25 Jul '20 OR 1 – 22 Aug '20 OR 5 – 26 Sep '20  
**Time:** 2pm – 3pm  
**Fees:** Member \$34, Public Service Officer \$38, Guest \$40  
**Platform:** Live on Zoom\*  
**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg  
**Register by:** 3 Jul '20 OR 31 Jul '20 OR 1 Sep '20

**Physical Class**  
**4 Saturdays,** 10 – 31 Oct '20  
**Time:** 2pm – 3pm  
**Fees:** Member \$34, Public Officer \$38, Guest \$40  
**Venue:** CSC @ Tessensohn  
**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg  
**Register by:** 5 Oct '20



## Cardio Fit Tennis by Samuel

An engaging group fitness program that features the heart pumping effects of exciting tennis drills to deliver the ultimate full body and calorie burning workout. Coach Samuel holds a USPTA Elite Pro, qualifying him to teach elite tennis session.

**Day & Time:** 4 Saturdays, 4pm – 5pm  
**Fees (4 lessons):** Member \$100, Public Service Officer \$105, Guest \$115  
**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.

<b>Adult</b>	<b>4 Sundays, 9am – 10am</b>
<b>Cardio Tennis</b>	<b>4 Sundays, 10am – 11am</b>

**Fees (for 4 lessons):** 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.

<b>Child</b>	<b>4 Sundays, 9am – 10am</b>
<b>Adult</b>	<b>4 Sundays, 10am – 11am</b>
<b>Advanced Classes</b>	<b>4 Sundays, 4pm – 5pm</b>

**Fees (4 lessons):** 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.

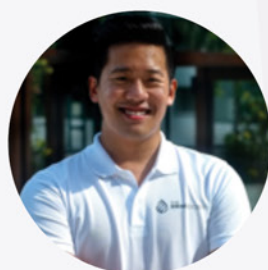
- Minimum of three students to commence class
- A proficiency assessment will be conducted prior to the first session
- All four strokes, along with water safety, will be taught at all levels
- Bring own goggles, all other equipment provided

**Venue:** CSC @ Tessensohn

**Payment:** Bryan at 6391 5607 or bryanlee@csc.sg

**Schedule:** Marcus at marcus@theswimsociety.com

**Register by:** 1 week before class.



Jul/Aug/Sep 2020 Monthly Class	
<b>Class Format</b>	4 lessons in a month (Mon / Fri / Sat)
<b>Time (30-min per lesson)</b>	<b>Morning:</b> 8am – 11am <b>Afternoon:</b> 3pm – 7pm Choose any preferred time from AM or PM
<b>Fees</b>	<b>Group (30-min/lesson):</b> Member \$132, Public Service Officer \$172, Guest \$180 <b>Private (45-min/lesson):</b> Member \$360, Public Service Officer \$380, Guest \$388

Visit [www.theswimsociety.com/schedule](http://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, her classes offer a 10-lesson programme that covers: Confidence building, Introducing the front paddle and the back paddle, and the breaststroke. (No class on PH)



### CSC @ Tessensohn (Beginners)

**Dates:** 10 Sundays, 2 Aug '20 – 4 Oct '20

**Time:** 10am – 11am

**Register by:** 15 Jul '20

### CSC @ Bukit Batok (Beginners)

**Dates:** 10 Thursdays, 6 Aug '20 – 8 Oct '20

**Time:** 7.30pm – 8.30pm

**Register by:** 24 Jul '20

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

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

\*For all online activities, an event link will be emailed to participants upon confirmation.

\*\*In view of the COVID-19 situation, all physical activities may be subjected to change or cancellation.



## Hydrider 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.

### Dates:

**4 Tuesdays:** 4 – 25 Aug '20 OR 1 – 22 Sept '20  
OR 6 – 27 Oct '20

**4 Thursdays:** 6 – 27 Aug '20 OR 3 – 24 Aug '20  
OR 1 – 22 Oct '20

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

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

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 week before class



## 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.)

### WEEKDAY GROUP CLASS

#### Dates: 4 Wednesdays,

5 – 26 Aug '20, 9 – 30 Sep '20 OR 7 – 28 Oct '20

**Time:** 6pm – 7pm OR 8pm – 9pm

**Venue:** Sengkang Basketball Court / Punggol

#### Dates: 4 Thursdays,

6 – 27 Aug '20, 3 – 24 Sep '20 OR 8 – 29 Oct '20

**Time:** 6.30pm – 7.30pm

**Venue:** Choa Chu Kang Park

#### Dates: 4 Fridays,

7 – 28 Aug '20, 4 – 25 Sep '20 OR 9 – 30 Oct '20

**Time:** 6.30pm – 7.30pm OR 8pm – 9pm

**Venue:** Pinnacle @ Duxton

### WEEKEND GROUP CLASS

#### Dates: 4 Saturdays,

8 – 29 Aug '20, 5 – 26 Sep '20 OR 10 – 31 Oct '20

**Time:** 11.30am – 12.30pm, 3.30pm – 4.30pm OR 5pm – 6pm

**Venue:** East Coast Park Car Park E1

**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



## 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, 1 Aug '20 OR 12 Sep '20 OR 10 Oct '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



## Hot Hula Fitness by Kelvin Toh

Online

Inspired by the dances of the Pacific Islands, HOT HULA fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drumbeats fused with funky Reggae music, resulting in a modern, hip fitness workout.



**Date:** Fri, 24 Jul '20  
**Time:** 7.30pm – 8.30pm  
**Fees:** FREE for Member, Public Service Officer \$3, Guest \$8  
**Platform:** Live on Zoom\*  
**Contact:** Serene Cho @ serenecho@csc.sg  
**Register by:** 19 Jul '20



## Yoga for Wellness

Online

Yoga practice not only helps to calm your body and mind, it combines aspects of cardio, strength and muscle toning too.

Relax your mind and rejuvenate your body with simple and effective yoga workouts.

**Date:** Sat, 25 Jul '20 OR 26 Sep '20 OR 31 Oct '20  
**Time:** 5pm – 6pm  
**Fees:** FREE for Members, Public Service Officer \$3, Guest \$10  
**Platform:** Live on Zoom\*  
**Contact:** Serene Cho @ serenecho@csc.sg  
**Register by:** 1 week before class

## Piloxing by Christina Goh

Online

A non-stop, cardio workout fusion of standing pilates, boxing and dance that will push you past your limits for a sleek, sexy, and powerful you!

**Date:** Fri, 11 Sep '20  
**Time:** 7.30pm – 8.30pm  
**Fees:** FREE for Members, Public Service Officer \$3, Guest \$8  
**Platform:** Live on Zoom\*  
**Contact:** Serene Cho @ serenecho@csc.sg  
**Closing Date:** 6 Sep '20



## Zumba Fitness by Charlotte Mizuki

Online

Feel the beat with signature Latin and salsa-style music. Work your hips and stomach to strengthen your core, and learn fast, agile footwork that will strengthen your calves and ankles.

Please take note of the following to prepare well for the class:

**Date:** Fri, 9 Oct '20  
**Time:** 7.30pm – 8.30pm  
**Fees:** FREE for Members, Public Service Officer \$3, Guest \$8  
**Platform:** Live on Zoom\*  
**Contact:** Serene Cho @ serenecho@csc.sg  
**Closing Date:** 4 Oct '20



\*For all online activities, an event link will be emailed to participants upon confirmation.

\*\*In view of the COVID-19 situation, all physical activities may be subjected to change or cancellation.





## Food Solutions Workshops

Workshop Entrees 菜单

- **Wang Tong Guo**
- **Laksa Assam**
- **Tung Hai Fish Puff**

Date: Sun, 2 Aug '20  
Time: 2pm - 5pm  
Register by: 27 Jul '20



- **Radish Cake Special**
- **Din Xin Curry Yue Dan**
- **Peach Resin Dessert**

Date: Sat, 19 Sep '20  
Time: 2pm - 5pm  
Register by: 11 Sep '20

- **Gourmet Scotch Eggs** 苏格兰蛋
- **Crispy Char Siu Special**
- **Recipe of the Day** 今日特别食谱

Date: Sat, 3 Oct '20  
Time: 2pm - 5pm  
Register by: 28 Sep '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:



## My Home Gourmet Workshops

Workshop Entrees

- **Tefal Banana Cake**
- **Rice Cook Special** 特别食谱
- **Dish of the Day** 今日特别食谱

Date: Sat, 15 Aug '20  
Time: 2pm - 5pm  
Register by: 7 Aug '20



Soup & Bake

- **Chocolatze Buttons Cake**
- **Café Bake Rice Special**
- **Soup of the Day** 今日特别食谱

Date: Sat, 12 Sep '20  
Time: 2pm - 5pm  
Register by: 4 Sep '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:



## Culinary Workshops

Chef's Menu

- **Philippine Crispy Belly**
- **Rainbow Cheese Cake**
- **Soup Classic of the Day**

Date: Sat, 22 Aug '20  
Time: 2pm - 5pm  
Register by: 14 Aug '20



- **Thai Watermelon Sponge**
- **Prawn Fritters Viet Thai**
- **Today's Rice Special**

Date: Sun, 27 Sep '20  
Time: 2pm - 5pm  
Register by: 21 Sep '20



Funky Cook Menu

- **Cincalok Special**
- **Army Sponge**
- **Sam Chan Kari Char**

Date: Sat, 24 Oct '20  
Time: 2pm - 5pm  
Register by: 16 Oct '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



## Baking by Harry

### Nonya Delights

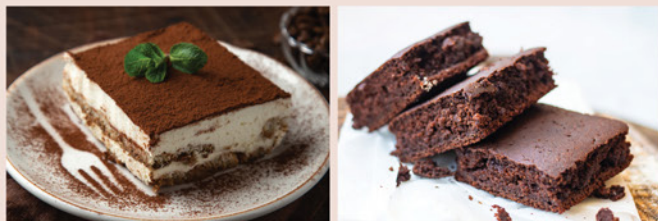
Nonya kueh have always been a delight for Singaporean palates. And many are as passionate about preserving this heritage cuisine for future generations. If you are one of them, this workshop is for you:

**Kueh Talam, Onde Onde and Kueh Ko Swee.**



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

**Date:** Sun, 16 Aug '20  
**Fees:** Member \$60, Public Service Officer \$70, Guest \$75  
**Register by:** 10 Aug '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.

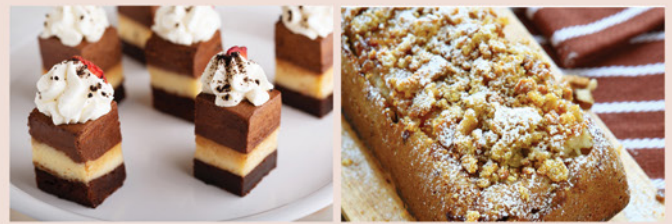
**Chocolate Brownies** – Fudgy, intensely chocolaty, dry on top and melty in the middle, these brownies are just about the classic that people love in a brownie.

**Date:** Sat, 29 Aug '20  
**Fees:** Member \$55, Public Service Officer \$60, Guest \$65  
**Register by:** 21 Aug '20

## Baking by Stephanie

### Apple Pie Bar

**Date:** Sun, 13 Sep '20  
**Time:** 9am – 12pm  
 A pleasing treat size, with a buttery crust sandwiching juicy spiced apples, these apple bars are easy to make. No need to even roll out a dough! It is an all-time favourite, perfect as after-school snacks, coffee with friends or as an easy dessert.



### 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:** Sat, 5 Sep '20  
**Fees:** Member \$70, Public Service Officer \$80, Guest \$85  
**Register by:** 28 Aug '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, 26 Sep '20  
**Fees:** Member \$70, Public Service Officer \$80, Guest \$85  
**Register by:** 18 Sep '20



### Traditional Shepherd's Pie

**Date:** Sun, 20 Sep '20  
**Time:** 9am – 12.30pm  
 A traditional meal of mince meat baked on a luscious bed of creamy potatoes. This is a must for most families.

**Fees per course:** Member \$55, Public Service Officer \$60, Guest \$65  
**Venue:** CSC @ Tessensohn  
**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg  
**Register by:** 1 week before class



\*For all online activities, an event link will be emailed to participants upon confirmation.

\*\*In view of the COVID-19 situation, all physical activities may be subjected to change or cancellation.



## 3D Jelly Art Workshops NEW ★

Bring your cake decoration skills to the next level with 3D art jelly. Beginners are welcomed.

### Course Outline:

- Introduction to key ingredients in making canvas, flower mixture and base
- How-to cook the jelly canvas and flower mixture
- Creating flower, leaf and baby's breath using design tool
- Injection techniques which involve hand movements, pressure, direction to achieve a life-like flower encapsulated in a jelly canvas
- Troubleshoot to enhance participants' creations

### 3D Jelly Art Floral

Take home a 4-inch cake and a 6-inch cake.

**Date:** Sat, 15 Aug '20

**Time:** 2pm – 5pm

**Fees:** Member \$88, Public Service Officer \$98, Guest \$108 (including ingredients and a set of floral tool (worth \$12))

**Venue:** Spazio@Kovan

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

**Register by:** 6 Aug '20

### Rose Agar Agar Cake

Get to bring home a 6-inch agar cake. Max capacity 9pax.

**Date:** Sat, 5 Sep '20

**Time:** 2pm – 3.30pm

**Fees:** Member \$68, Public Service Officer \$78, Guest \$88 (including ingredients and use of the rose mould)

**Venue:** Spazio@Kovan

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

**Register by:** 29 Aug '20



## Tasting and Understanding Italian Wine

Discover Italian wine through this workshop cum guided tasting hosted by Mr Andreas Balemi DipWSET, a wine expert and consultant and founder of Wine & Philosophy.

You will taste and compare five different wines from the major wine regions of Italy and learn how to appreciate them, and how to serve and pair them with food.

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

**Date:** Fri, 25 Sep '20

**Time:** 7pm – 8.30pm

**Fee:** 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

## Tasting and Understanding French Wine

Gain an overview of French wines and learn to appreciate them through a guided tasting of four wines (two whites and two reds). Hosted by wine expert and founder of Wine & Philosophy Mr Andreas Balemi DipWSET.

### 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, 21 Aug '20

**Time:** 7pm – 8.30pm

**Fee:** 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





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, 5 Sep '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:** 31 Aug '20

## Tea Blending Workshop NEW ★

This workshop begins with a blending session where participants get to create their own tea blends by picking from five tea bases and 16 ingredients. A tasting session follows where participants get to taste six different types of tea. Each participant gets to bring home three blends – two being their own concoctions, and the third a house blend by The Tea Crafters. Min 16pax is required to start each class.

### Course Outline:

- Introduction to The Tea Crafters
- History of tea
- Health benefits of tea
- The different types of tea
- Tasting session
- How to prepare the perfect cup of tea



**Date:** Sat, 15 Aug '20  
**Time:** 1pm – 3pm  
**Fees for 2pax:** Member \$70, Public Service Officer \$80, Guest \$100 (each participant brings home 3 blends)  
**Venue:** MacTaggart Road  
**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg  
**Register by:** 6 Aug '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, 10 Oct '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:** 2 Oct '20



## Acai Bowl and Smoothie Making Online Workshop

Acai berries are known to contain lots of antioxidants and fibre.

In this workshop, you will learn about this superfruit from Deborah on how to make your own delicious acai bowls and smoothie blends at home. Energising and nutritious, they are great as a guilt-free meal.



**Date:** Sat, 15 Aug '20  
**Time:** 11am – 12pm  
**Fees:** Member \$5, Public Service Officer \$8, Guest \$10  
**Platform:** Live on Zoom\*  
**Contact:** Serene at 6391 5620 or serenecho@csc.sg  
**Register by:** 12 Aug '20

\*For all online activities, an event link will be emailed to participants upon confirmation.

\*\*In view of the COVID-19 situation, all physical activities may be subjected to change or cancellation.





## Classic Closed Terrarium

Online

Want to know why plants are able to self sustain in an enclosed environment? Learn more about the wonders behind a closed terrarium and enjoy this therapeutic process of creating your very own Garden in a Bottle.

We'll deliver the "EPIC Good Time" experience to you – right at your doorstep through our carefully curated stay home experience kits. The Stay Home Experience Kits – Terrarium include 18cmH x 10cmD Classic Closed glass jar, 2 Figurines, Coloured stones, Fittonia and everything you need to build a beautiful terrarium.

**Date:** Sat, 1 Aug '20

**Time:** 10am – 12pm

**Fees:** Member \$30, Public Service Officer \$34, Guest \$38 (inclusive of delivery)

**Platform:** Live on Zoom\*

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

**Register by:** 25 Jul '20



## Orchids Workshop

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

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

**Date:** Fri, 21 Aug '20

**Time:** 7pm – 9.30pm

**Fees:** Member \$48, Public Service Officer \$55, Guest \$60 (Each participant will bring home a free Orchid Kit worth \$25)

**Venue:** CSC @ Tessensohn

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

**Register by:** 14 Aug '20



## Grow Your Own Organic Herbs & Spices

A 2.5-hr hands-on workshop that provides all the practical tips you need to start growing your own herbs and spices. Each participant will bring home a free starter kit.

- Health benefits of herbs & spices
- Culinary herbs used in popular Singapore dishes
- Good herbs for skin & hair
- Herbs that can help you detox
- How to grow herbs (including stevia)
- Growing them organically
- Do's & don'ts when growing herbs
- Harvesting, drying & storing
- How to use your fresh/dried organic herbs



**Date:** Fri, 11 Sep '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:** 3 Sep '20



## DIY Chemical Free Household Products and Hand Sanitiser

Going green is a worthy goal and making your own household cleaners is as good a place to start as any. It's easy, fun, safer and good for the environment. You will be guided into making your own handwash, hand sanitiser and household cleaning products. Participants will also learn about the harmful effects of toxins. Most importantly, after this programme, they will learn how to read the labels of the products, thus making an educated decision.

**Date:** Sat, 10 Oct '20

**Time:** 9.30am - 12.30pm

**Fees:** Member \$35, Public Service Officer \$38, Guest \$40

**Venue:** CSC @ Tessensohn

**Contact:** Serene Cho at 6391 5640 or [serenecho@csc.sg](mailto:serenecho@csc.sg)

**Register by:** 4 Oct '19



## 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, 15 Aug '20

**Time:** 10am - 12.30pm

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

**Venue:** CSC @ Bukit Batok

**Contact:** Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)

**Register by:** 7 Aug '20



\*For all online activities, an event link will be emailed to participants upon confirmation.

\*\*In view of the COVID-19 situation, all physical activities may be subjected to change or cancellation.



Online

## Learn to Make Hydrating Whipped Body Butter

In this interactive and fun hands-on workshop, you will learn the skills and knowledge to customise your own body butter. This is especially effective for those who have dry skin after frequent usage of hand sanitizer. Whipped up silky smooth hydrating body and hand butter with the natural ingredients provided and you will never want to use commercially made creams again.

**Date:** Sat, 10 Oct '20

**Time:** 10am – 12pm

**Fees:** Member \$32, Public Service Officer \$35, Guest \$38 (inclusive of materials and postage)

**Platform:** Live on Zoom\*

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

**Register by:** 1 Oct '20



## Horse 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, 29 Jul – 26 Aug '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:** 22 Jul '20

## 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:** Sun, 23 Aug '20 OR 20 Sep '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)



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.



## 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:** Sun, 2 Aug '20 OR Sat, 19 Sep '20 OR Sun, 25 Oct '20

**Time:** 8.30am – 4pm

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

**Fees:** Member \$90, Public Service Officer \$95, Guest \$100 (Min age, 5 years\*)

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

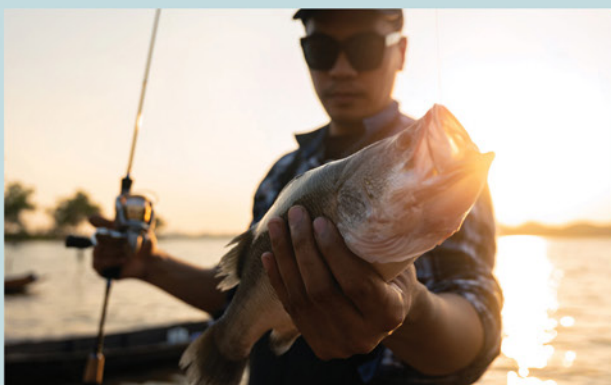
**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg for slot availability before making payments

**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.



## 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.

The waters at the southern islands hold the largest reef eco-system in Singapore as many fish species dwell in this region.

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

**Date:** Sun 23 Aug, Sat 26 Sep, Sun 1 Nov

**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

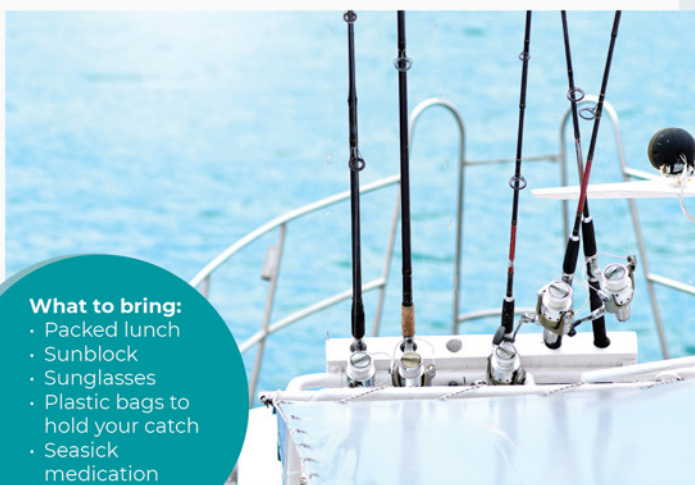
**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg for slot availability before making payments

**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

\*For all online activities, an event link will be emailed to participants upon confirmation.

\*\*In view of the COVID-19 situation, all physical activities may be subjected to change or cancellation.





## Sunset Dinner Cruise

Catch a beautiful sunset on a luxurious dinner cruise out with your loved ones and friends.

### Highlights:

- Private cruise for you and your date
- Fishing around southern islands
- Cruise to famous attractions such as the Marina Bay Sands to relish the night view

### Package includes:

- Rental of the yacht with captain and crew
- Live fish (catch your own)
- Fish cleaning & preparation for bonus dish
- Dinner
- One bottle of complimentary house wine
- Free flow of mineral water on board
- No corkage fees for bring-your-own beverages
- Dining on Lazarus Island or yacht (depending on conditions)
- Rental of fishing equipment
- Usage of fishing accessories
- Guidance from Fishing Instructors
- Bait

**Time:** 6pm – 10pm

**Fees for 2pax:** Member \$500, Public Service Officer \$525, Guest \$550 (For weekends or PHs, additional charge of \$200 applies)

**Embarkation:** ONE\*15 Marina Sentosa Cove

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



## Stronger Knees and Joints Programme (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, 24 Jul – 14 Aug '20 (No class on 31 Jul)  
OR 4 Sep to 25 Sep '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:** 17 Jul '20 OR 28 Aug '20



## Better Qi and Blood for Optimum Health

Tire easily? Low immunity? Poor eyesight? Feel cold easily? Poor quality of sleep? Indigestion? Bloating? 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, 1 Aug '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:** 24 Jul '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, 12 Sep '20 OR 3 Oct '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:** 5 Sep '20

## 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, 15 Aug – 5 Sep '20

**Time:** 2pm – 5.30pm

**Fees:** 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:** 7 Aug '20



\*For all online activities, an event link will be emailed to participants upon confirmation.

\*\*In view of the COVID-19 situation, all physical activities may be subjected to change or cancellation.





## Preview: Managing COVID-19 Stress with Mindfulness

### Interactive Online Preview Workshop

The workshop is based on the Mindfulness-Based Stress Reduction (MBSR), the most established and recognised mindfulness programme in the world developed by Dr Jon Kabat Zinn in 1979. Research studies conducted on mindfulness-based training has shown that it leads to increased self-awareness, emotional and attention regulation; and reduces anxiety.

#### Objectives

- Learn what is mindfulness and how it works
- Understand how practising mindfulness can help us cope with stress and manage difficult emotions like anger, fear and anxiety that arises during these unprecedented times of COVID-19
- Have a taste of mindfulness practices: Body scan & Awareness of Breath practice



**Date:** Sat, 25 Jul '20 OR 10 Oct '20

**Time:** 2pm – 3:30pm

**Fees (per session):** **FREE** for Members, Public Service Officer \$3, Guest \$10

**Platform:** Live on Zoom\*

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

**Register by:** 19 Jul '20 OR 11 Oct '20

## Managing COVID-19 Stress with Mindfulness

This 4-week Workplace Mindfulness course is developed based on the MBSR (Mindfulness-Based Stress Reduction).

During these unprecedented times of COVID-19, practising mindfulness can help us improve well-being and reduce stress. Research studies targeted at the workplace have also linked mindfulness to helping middle managers avoid burnout, improved relationships at work, supporting collaboration, improved resilience to challenges, improved task performance, creativity, and adaptability to change. In short, mindfulness practice helps unlock the staff's potential and keeps their mind healthy.

The course will be conducted by qualified Mindfulness trainer.



This course will enable you to:

- Learn the essence of mindfulness and how it works
- Learn to perform a series of formal and informal mindfulness practices: Body scan, Mindful movement, Awareness of breath practice, Lovingkindness practice, Mindful walking, Mindful eating, Mindful of daily activities
- Practise mindfulness to Cope with stress, Concentrate for more efficient work, Manage difficult emotions like anger, fear and anxiety, Communicate more calmly
- Applying mindfulness in daily life

**Dates:** 4 Saturdays, 17 Oct – 7 Nov '20

**Time:** 10am – 12pm

**Fees:** Member \$88, Public Service Officer \$95, Guest \$100

**Venue:** CSC @ Tessensohn

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

**Register by:** 10 Oct '20



## Understanding and Managing your Emotions

In today's hectic world, it's easy to suffer from pent-up emotions and exhaustion. Do you even know that emotions such as rage and terror are unnatural forms of some very innocent natural emotions?

This workshop allows participants to ground themselves and identify those emotions. It also empowers participants to identify them, understand their intensity and make conscious effort to address them.



What you will learn:

- Wheel of emotions
- Distinguishing between natural and unnatural emotions
- Tackling emotions before they pent up in your energy field and physical health
- Releasing raw emotions before they take-up their unnatural (ugly) forms

**Date:** Sat, 22 Aug '20

**Time:** 10am – 12:30pm

**Fees:** Member \$25, Public Service Officer \$30, Guest \$35

**Venue:** CSC @ Tessensohn

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

**Register by:** 16 Aug '20



## How to keep our body poison and toxins free

Unknowingly we feed our bodies daily with harmful toxins in the form of food, makeup, household products and environment. How do we avoid this?

This workshop shows you how to fight the poison and toxins, and keep your body, environment and most importantly, your children free of them.

What will you learn:

- Where toxins are found in your home and personal care products
- How toxins quickly penetrate the body and what kind of damage each of the common toxins does to our mental, emotional, physical and spiritual health
- How to protect the environment from these toxic chemicals, which also leads to bioaccumulation
- To read labels of commercial products we use
- The tools to keep your body and environment toxin free

**Date:** Sat, 25 Jul '20

**Time:** 3pm – 5.30pm

**Fees:** Members \$3, Public Service Officer \$10, Guest \$12

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

**Register by:** 20 Jul '20



## Understanding Menopause and Andropause

### Online Interactive Workshop

Are you ready for the PAUSE? But why let it pause your life? Take control and be on the top of it!

Unfortunately, many would struggle through the signs and symptoms. And when the dreadful day arrives, and they would start popping pharmaceutical hormone pills. This workshop shows you a better way, how you can glide through menopause and andropause with ease.



Learning outcomes:

- Which body system is responsible for our menopause & andropause
- Understanding the hormones and how they work
- Understanding & managing the hormones
- Managing 'Fight or Flight' syndrome and emotions
- When do we start supporting our endocrine system
- How do we support our endocrine system plant based

**Date:** Sat, 29 Aug '20

**Time:** 3pm – 5:30pm

**Fees:** Member \$12, Public Service Officer \$15, Guest \$18

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

**Register by:** 24 Aug '20







## Kids Can Bake (Parent-Child Bonding)

Age 3 to 11 years

### Whimsical Unicorn Cookies

**Date:** Sat, 11 Jul '20 OR Sun, 26 Jul '20  
**Time:** 1.30pm – 3.30pm OR 4pm – 6pm  
**Register by:** 3 Jul '20 OR 20 Jul '20

### Doggie Cookies

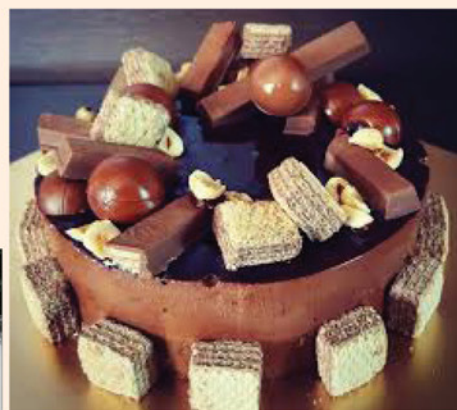
**Date:** Sun, 12 Jul '20 OR Sat, 25 Jul '20  
**Time:** 1.30pm – 3.30pm OR 10.30am – 12.30pm  
**Register by:** 3 Jul '20 or 20 Jul '20

### Chocolicious Cake

**Date:** Sun, 13 Sep 20 OR Sat, 26 Sep 20  
**Time:** 4pm – 6pm or 10.30am – 12.30pm  
**Register by:** 7 Sep '20 or 18 Sep '20

**Fees for each of the above courses (inclusive of baking kit to be delivered to participant's venue in Singapore)**

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



### Beach Bear Cupcakes

**Date:** Sat, 8 Aug '20 OR Sun, 23 Aug '20  
**Time:** 4pm – 6pm or 10.30am – 12.30pm  
**Register by:** 1 Aug '20 or 17 Aug '20

### Teddy On Wheels Brownies

**Date:** Saturday, 15 Aug '20 OR Sun, 16 Aug '20  
**Time:** 4pm – 6pm or 1.30pm – 3.30pm  
**Register by:** 7 Aug '20

### Oreo Owl Cupcakes

**Date:** Saturday, 12 Sep '20 OR Sun, 27 Sep '20  
**Time:** 10.30am – 12.30pm OR 1.30pm – 3.30pm  
**Register by:** 4 Sep '20 or 21 Sep '20

**Fees for each of the above courses (inclusive of baking kit to be delivered to participant's venue in Singapore)**

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



**Contact:** Gek Cheng  
 at 63915624 or  
 kuagekcheng@csc.sg



## Cooking with Kids NEW ★

(Parent-Child Bonding)

### Decorative Icing Cookies in Pokémon

Have fun decorating cookies with your favourite cartoon theme and make this a special parent-child bonding session. Participants get to bring home four sets of cookies in shapes of Pikachu and Pokémon Ball. Max capacity 8pax to start.



**Date:** Thu, 10 Sep '20  
**Time:** 1pm – 3.30pm  
**Venue:** Spazio@Kovan  
**Register by:** 3 Sep '20

### Tsum Tsum in a Cup

Learn to design, make and assemble a unique 3D Tsum Tsum in a cup for children's parties or as gifts. Make this into your special parent and child bonding time! Participants get to bring home four cups of agar agar. Max capacity 8pax to start.

**Date:** Fri, 11 Sep '20  
**Time:** 1pm – 3.30pm  
**Venue:** Spazio@Kovan  
**Register by:** 4 Sep '20

#### Fees per parent-child pair per course

Member \$68, Public Service Officer \$78, Guest \$88 (inclusive of all ingredients)  
**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

### 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
<b>Tessensohn (Planet Bowl)</b>	Tue & Wed, 8 & 9 Sep '20 10am – 12pm
<b>Bukit Batok (Westwood Bowl)</b>	Thu & Fri, 10 & 11 Sep '20 10am – 12pm

#### Fees:

Supp Member \$65, 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:** 1 Sep '20



### 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, 8 – 29 Aug '20 OR 5 – 26 Sep '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:** 1 Aug '20 OR 29 Aug '20



\*For all online activities, an event link will be emailed to participants upon confirmation.

\*\*In view of the COVID-19 situation, all physical activities may be subjected to change or cancellation.



## Chuck Glider Workshops

Online

### Age 6 to 8 yrs

**Date:** Sat, 1 Aug '20  
**Time:** 9am – 12pm

Complemented by online lessons and video tutorials, this kit aims to educate kids on fundamental flight science and apply the concepts learnt to make a basic chuck glider. All materials you will need to make a basic chuck glider is provided. Practical tips to make the glider fly further and repair techniques will be included.



### Age 9 yrs and above

**Date:** Mon, 7 Sep '20  
**Time:** 9am – 12pm

Complemented by online lessons and video tutorials, this kit aims to educate kids 9 years old and up on fundamental flight science and apply the concepts learnt to design and create a chuck glider. This box includes two sets of materials – suitable for experimenting on glider designs and/or parent-child activity. Practical tips to make the glider fly further and repair techniques will be included.

**Fees per course:** Supp Member \$40, Guest \$50 (Materials will be delivered to the participants.)  
**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg  
**Register by:** 2 weeks before classes

## Game Design with Minecraft

### Age 7 to 12 yrs

Students will learn programming and technical concepts behind video game modding and be challenged to experience the thinking process as a game creator. They will learn to exercise their creativity through pixel art, blueprint design and game design architecture in Minecraft's creative mode. Max limit of 10pax.

Online



#### Learning Outcomes:

- Learn about pixel art
- Learn about blueprint design
- Learn about game architecture
- Build their own world and structures in Minecraft platform
- Learn different command functions in Minecraft

**Date:** Thurs and Fri, 23-24 Jul '20  
**Time:** 10am – 12pm (2 hours per session)  
**Platform:** Live on Zoom\*  
**Register by:** 15 Jul '20  
**Fees:** Member \$50, Guest \$60  
**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

## 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:** Wed, 9 Sep '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 week before class

Online

## Introduction to Coding eGame With Scratch Programme

### Age 10 to 16 years

Scratch is a block-based visual programming language where you can create your own interactive stories, games, and animations. In the process of learning to code with Scratch, learners will stretch their creative thinking, learn important strategies for solving problems, acquire systematic reasoning skills and improve communication as they share their ideas in their designing project. Knowledge of Scratch programming provides learners with the fundamentals of more advanced languages. This programme introduces the participants to Scratch programming, working on creating an eGame.



A tele-conferencing link will be sent to participant after confirmation.

**Date:** Mon, 20 Jul '20  
**Time:** 1pm – 3pm  
**Fees:** Supplementary Member \$75, Guest \$78  
**Platform:** Live on Zoom\*  
**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg  
**Register by:** 15 Jul '20





## e-nursery rhymes

**Max 10 pax**

### Age below 5 yrs

Looking for live interactive sessions for your little ones to learn and enjoy? Join our nursery rhymes sessions, specially curated with School of Concepts, to cultivate your child's love for song, dance, and art and craft! Ps: Our nursery rhymes are only available here! Special curated programme for CSC conducted by school of concepts! Small and interactive class to engage every learners!

**Date:** Mon, 7 Sep '20

**Time:** 11am - 11.45am

**Fees:** Member \$15, Public Service Officers \$17, Guest \$20

**Platform:** Live on Zoom\*

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

**Register by:** 31 Aug '20



## e-storytelling sessions

**Max 15 pax**

### Age 5 to 9 yrs

We are excited to introduce our online storytelling sessions with our little ones! Join us on this magical journey as we explore the fantasy land of stories with the teachers from School of Concepts! Ps: You won't find our stories anywhere else! Special curated programme for CSC conducted by school of concepts! Small and interactive class to engage every learners!

**Date:** Wed, 9 Sep '20

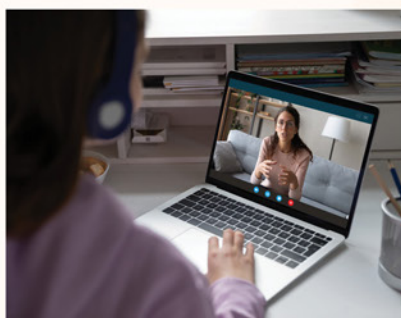
**Time:** 12pm - 1pm

**Fees:** Member \$25, Public Service Officers \$27, Guest \$30

**Platform:** Live on Zoom\*

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

**Register by:** 2 Sept '20



## e-scoop

**Max 10 pax**



### Age 10 to 13 yrs

Special curated programme for CSC conducted by school of concepts! Small and interactive class to engage every learners!

**Date:** Fri, 11 Sept '20

**Time:** 4pm - 5pm

**Fees:** Member \$25, Public Service Officers \$27, Guest \$30

**Platform:** Live on Zoom\*

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

**Register by:** 4 Sep '20



## Online Magic Trial Class with Mr Bottles

**Min 10 pax to run**



### Age 5 to 9 yrs

Looking for a stay-home activity for the kids? If they are into magic, here is a workshop that allows you to run your own magic lesson at home while they learn about life values. (Max 10pax to start.)

#### This package includes:

- Download printables for your workshop
- Systematic method (more than 10 different sections for kids to follow and learn):  
How it looks like?/ Life Value introduction and how it applies to magic/ How to Make the props/ How to Perform/ Creativity and variations with this principle.
- Download printable note for the children, parents and teachers to follow up based on the lesson



**Date:** Sun, 23 Aug '20

**Time:** 11am - 11.30am

**Fees:** Supp Member \$15, Guest \$20

**Platform:** Live on Zoom\*

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

**Register by:** 20 Aug '20

\*For all online activities, an event link will be emailed to participants upon confirmation.

\*\*In view of the COVID-19 situation, all physical activities may be subjected to change or cancellation.



## Virtual Magic Show

Age 3 yrs and above

Enjoy an interactive magic show by Mr Bottle at the comfort of home. Watch the magic via zoom and the kids can still interact with their friends and magician so it is more than just watching TV or YouTube clips where you watch passively! This is your chance to interact with Mr Bottle and get a chance to be part of this interactive experience.

\*Pre-registration is required.

**Date:** Sat, 10 Oct '20

**Time:** 1.30pm - 2pm

**Fees:** Member Free, Public Service Officer \$3, Guest \$7

**Platform:** Live on Zoom\*

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

**Register by:** 7 Oct '20



## Virtual Science Show for Kids

Age 5 yrs and above

Does your child like science? Enjoy Professor Messy's interactive science show at home with family and friends. Watch the raved about science performance via zoom. Children can learn amazing things about science which is different from the usual home-base learning. Break the monotony of Home-Based Learning with this science show. Make children fall in love with learning.

\*Pre-registration is required.

**Date:** Sat, 3 Oct '20

**Time:** 2pm - 2.30pm

**Fees:** Member/Public Service Officer Free, Guest \$7

**Platform:** Live on Zoom\*

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

**Register by:** 1 Oct '20



## Blueprint of Fruits – Art of Section Cut

Age 5 to 10 yrs

To understand the different profiles of an object, we use fruits as a way for us to study the top view (plan), side view (elevation) and its section view (sectional) profile.

**Learning area:** Visualisation, Observation, Aesthetics and Creative Expression

**Date:** Sat, 18 Jul '20

**Time:** 11am - 12pm

**Fee:** Member Free, Public Service Officer \$3, Guest \$10

**Platform:** Live on Zoom\*

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

**Register by:** 15 Jul '20

## 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, 12 Sept '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







## Play the Violin

Learn to play this classic instrument under Instructor Leong Gah Chiong who has more than 20 years of experience teaching and performing at numerous concerts and private events.

Fee includes materials and instrument for use in class.

Venue	CSC @ Tessensohn	CSC @ Bukit Batok
<b>Dates &amp; Time</b>	<b>8 Mondays</b> 27 Jul '20 – 21 Sep '20 7pm – 8.15pm Register by 20 Jul '20	<b>8 Wednesdays</b> 29 Jul '20 – 30 Sep '20, 7.15pm – 8.30pm Register by 22 Jul '20
<b>Fees</b>	<b>Beginner:</b> Member \$155, Public Service Officer \$165, Guest \$175 <b>Intermediate:</b> Member \$170, Public Service Officer \$180, Guest \$190 <b>Advance:</b> 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, 22 Jul – 9 Sep '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:** 15 Jul '20



## Mastering the Erhu

If you appreciate oriental music, the erhu is a good option. This two-stringed instrument is easy to learn. Under Instructor Pang Chin Soon, who has more than 27 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, 19 Aug '20 – 21 Oct '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:** 12 Aug '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, 2 Sept '20 – 4 Nov '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:** Bryan at 6391 5607 or bryanlee@csc.sg

**Register by:** 1 May '20

## English Karaoke Singing Class

Develop your vocal talent and master singing techniques under coach Ms Ivy Wee. Learn phonetic diction, rhythm, tempo and breathing exercises/support, and build up your confidence to be heard!



Ms Ivy Wee

**Dates:** 10 Wednesdays, 2 Sept '20 – 4 Nov '20

**Time:** 7.30pm – 9.30pm

**Fees:** Member \$150, Public Service Officer \$180, Guest \$185

**Venue:** CSC @ Tessensohn

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

**Register by:** 26 Aug '20





## Basic Handyman Workshop

A workshop designed for those with a keen interest in DIY work and looking for a hands-on introduction into it. You will learn the basics of all the different aspects of maintenance and replace/repair of common household fittings.

- Electrical works
- Plumbing works
- Carpentry



**Date:** Sat, 19 Sep '20 OR 3 Oct '20

**Time:** 9am – 12pm

**Fee:** Member \$70, Public Service Officer \$75, Guest \$79

**Venue:** Little India

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

**Register by:** 12 Sep '20

## DIY Handyman PRO Workshop \*100% SkillsFuture Claimable

Master a comprehensive set of DIY skills at this full-day workshop and undertake to do your home repairs and maintenance. It will save you some money too!

The workshop is divided into seven sections, with several hands-on tasks to be completed at each section:

- Electrical
  - Lay additional power points from the existing point
  - Connect one switch to two lights

Plumbing

- Install a mini valve to tap
- Replace faucet and test for leakages
- Replace WC inner valve and other parts

Carpentry

- Build and assemble woodwork project
- Build a shoe rack

Dry wall plastering

- Patch holes
- Construct a 4ft x 2ft wall

General household maintenance

- Hang a picture frame
- Repair a door hinge
- Replace a door lock
- CCTV installation
- Aircon maintenance... and more!



**Date:** Sat, 29 Aug '20 OR 26 Sep '20 OR 17 Oct '20

**Time:** 9am – 5pm (inclusive of 1-hr lunch break)

**Venue:** Little India

**Fees:** Member \$140, Public Service Officer \$145, Guest \$150

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

**Register by:** 1 week before class

## Han Business Culture Course

Online

NEW ★

A workshop specially designed for executives to help them relate better to clients, business partners, colleagues and other stakeholders in their professional network. Learners find it particularly useful in boosting their Chinese language skills while picking up business culture knowledge for China-related assignments.



Through this interactive taster workshop, participants are introduced to excerpts from topics that are covered in the course so as to see the relevance and experience how our trainers deliver the course content. Sign up now to gain practical business culture tips and key insights of business workings in China!

Sun, 2 Aug '20	2pm – 4pm
Fri, 7 Aug '20	7pm – 9pm
Sat, 15 Aug '20	2pm – 4pm

**Fee:** Member \$58, Public Service Officer \$62, Guest \$68

**Venue:** Live on Zoom\* Max 10pax per session

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

**Register by:** 1 week before class

## Thai Conversational Course

Online

NEW ★

This course is designed for beginners at ground zero. Learn the core fundamentals of understanding and conversing in Thai. Max per class 8pax.

**Date:** 8 Tuesdays, 5 Aug to 23 Sep '20

**Time:** 7pm – 9pm

**Fees:** Member \$120, Public Service Officer \$140, Guest \$170

**Platform:** Live on Online Whiteboard

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

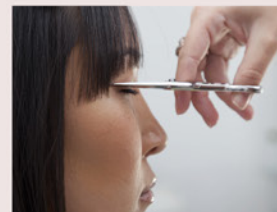
**Register by:** 1 week before class



## Basic Hair Cutting Course

Learn basic techniques of hair cutting and different hairstyles: Level cut, Concave, Outline shaping and Basic layering.

Participants are required to purchase course materials at \$150 per set from the trainer: a pair of cutting scissors, a hair wig and holder, a cutting comb, and cutting clips (set of 4pcs).



**Dates:** 4 Saturdays, 5 – 26 Sep '20

**Time:** 9am – 11.30am

**Fees:** Member \$170, Public Service Officer \$176, Guest \$179

**Venue:** CSC @ Tessensohn

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

**Register by:** 29 Aug '20





## Microsoft Access 2019 Basic to Intermediate Online

Learn how to migrate your existing data and manage them in Microsoft Access 2019. Also the concept of database design through the process of normalisation, an essential approach rarely taught but important to build an effective and suitable database.



### Course Outline

- Introduction to Database
- Working through Normalisation Concept
- Working through Table Design
- Understanding Field Properties
- Understanding Relationships
- Working with Datasheet View
- Importing/Exporting Data
- Working with Prefix
- Form Wizard
- Report Wizard

**Date:** Mon – Tue, 27 – 28 Jul '20

**Time:** 9am – 5pm

**Fees:** Member \$384, Public Service Officers \$394, Guest \$407

**Register by:** 20 Jul '20

## Excel 2019 Advanced Online

Learn how to write advanced excel formulas for better reports and analysis. Understand auditing and debugging errors in formulas, and combine formulas with conditional formatting to highlight data meaningfully.

Equip yourself with the power of database tools, consolidation of data from different worksheets, validation of data, analysing data with Sparkline and the what-if Analysis tools. Knowing how to automate tasks in Excel through macro recording will save you much time.

### Course Outline:

- Working with templates
- Mastering data consolidation for summary reports
- Using Excel auditing tools to audit worksheet formula
- Applying advanced functions
- Using data validation to speed-up data entry and improve accuracy
- Working with tables and relationship
- Sorting data
- Working with Outline and SubTotal
- Applying basic and advanced filtering techniques
- Apply Data Model technique
- Using PivotTable and PivotChart
- Performing data analysis
- Using Sparkline to visualize the data
- Working with macros

**Date:** Mon – Tue, 20 – 21 Jul '20

**Time:** 9am – 5pm

**Fees:** Member \$334, Public Service Officers \$344, Guest \$354

**Register by:** 13 Jul '20

Online

## MS Word 2019 Advanced

Are you handling thick documents such as your company's Quality Manual, feasibility study report, or annual report? Are you submitting a thesis or dissertation for your 'A' Level or university degree? Learn all the relevant features that will enable you to produce such documents in this advanced word 2019 module.



You will learn how a table of content and a table of index that can be automatically generated and updated. Adding bookmarks, footnotes and endnotes will be a breeze.

### Course Outline:

- Formatting Document with Advanced Styles
- Making changes easier
- Working with Long Document
- Working with Referencing Features
- Using Collaborative Editing Tools
- Working with Forms
- Working with Mail Merge Features
- Working with Macros

**Date:** Thurs – Fri, 23 – 24 Jul '20

**Time:** 9am – 5pm

**Fees:** Member \$325, Public Service Officers \$335, Guest \$345



### Fees Per Course:

Member \$420, Public Service Officer \$440, Guest \$450

**Venue:** The Adelphi Singapore

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

**Register by:** 1 week before class

\*For all online activities, an event link will be emailed to participants upon confirmation.

\*\*In view of the COVID-19 situation, all physical activities may be subjected to change or cancellation.



## Effective Time Management

Online

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.

**Date:** Sat, 15 Aug '20

**Time:** 10am - 11.30am

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

**Platform:** Live on Zoom\*

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

**Register by:** 7 Aug '20



## Sharpening your Interviewing Skills

Online

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.

**Date:** Sat, 19 Sep '20

**Time:** 10am - 11.30am

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

**Platform:** Live on Zoom\*

**Contact:** Bryan at 63915607 or bryanlee@csc.sg

**Register by:** 11 Sep '20

## How to Look Professional and Feel Confident on Video Calls

Online

**by Style & Confidence Coach Julia Aw**

Now that Zoom, Skype and other services have taken over our daily lives as we know it – including job interviews and dinner parties – many are wondering how to look as good on the internet as they do in person.

We are here to teach you how to look good, feel good, feel confident for any online meetings.

Highlights:

- Style personality test
- How to wear accessories like a pro for zoom meeting
- How to be more confident on video calls

**Date:** Sat, 25 Jul '20

**Time:** 11am - 12pm

**Fees:** Member \$50, Public Service Officer \$60, Guest \$70

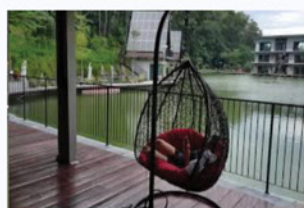
**Platform:** Live on Zoom\*

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

**Register by:** 18 Jul '20







## 2D Mantin Tour

### Itinerary includes

Visit Kampong Mantin • Lunch at local restaurant • Check in at Mantin Forest Art • Farm visits and activities • Shopping at JB Paradigm Mall or Sutera Mall

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

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

STAY @ MANTIN FOREST ART FARMSTAY	Twin Sharing	Child w/Bed (4 to 11 years)
Member	\$260	\$170
Public Service Officer	\$275	\$180
Guest	\$280	\$190

**Dates:** Sat to Sun, 12 – 13 Sep '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

## 3D Sky Mirror, Kuala Selangor Tour

### Itinerary includes:

Kuala Selangor • Village activities • Steamboat dinner with sunset view • Catch the Blue Tear • Boat ride to Mirror Sky – Come dressed in bright attire for beautiful selfies and wefies • Tour of Sekinchan • Mango farm visit • Shopping at Yong Peng and Paradin Mall

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

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

STAY @ CHALET & HOTEL VIVATEL OR SIMILAR	Per Pax	Child w/Bed (4 to 11 yrs)	Child w/o Bed (6 yrs & below)
Member	\$315	\$285	\$235
Public Service Officer	\$330	\$295	\$245
Guest	\$340	\$300	\$250

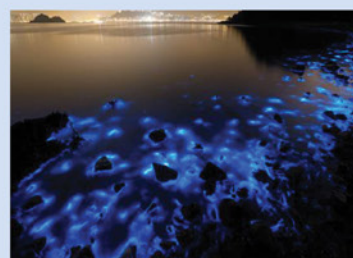
**Dates:** Sat to Mon, 10 – 12 Oct '20

**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





\*No lessons on PH &amp; eve of PH

Acitivity	Date	Time	Instructor	Fees			Register By
				Member	Public Service Officer	Guest	
Aqua Aerobics   For info, contact Bryan @6391 5607 or bryanlee@csc.sg							
Deep Aqua Aerobics	8 Tuesdays, 4 Aug – 22 Sept '20	8am – 9am	Vikki	\$80	\$90	\$100	Class will keep to government rules*
	8 Wednesdays, 5 Aug – 23 Sept '20	6.15pm – 7.15pm or 7.15pm – 8.15pm	Vikki	\$80	\$90	\$100	27 July'20
	8 Thursdays, 6 Aug – 24 Sept '20	6.30pm – 7.30pm	Anthea	\$80	\$90	\$100	26 July '20
	8 Fridays, 7 Aug – 25 Sept '20	6.45pm – 7.45pm	Renuka	\$80	\$90	\$100	1 Sept '20
	8 Saturdays, 1 Aug – 19 Sept '20	8am – 9am 9am – 10am	Anthea	\$80	\$90	\$100	25 July'20
Aqua Aerobics	10 Sundays, 2 Aug – 4 Oct '20 (No lesson on PH)	9am – 10am	Vikki	\$75	\$85	\$95	25 Aug'20

**Swimming** | For info, contact Bryan @6391 5607 or bryanlee@csc.sg

<b>Children</b>	<b>4 Lessons,</b> month/Weekly class of 1 hour each Aug/Sept/Oct	8am – 9am	Chang Mun Chung	Supp Member \$70	–	Child \$85	27 Jul '20
<b>Ladies (Beginner)</b>	<b>10 Sundays,</b> 2 Aug – 4 Oct '20 (No lesson on PH)	7.30pm – 8.30pm	Thipa	\$210	\$220	\$230	25 July '20

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

<b>Technique Ballroom Tango</b>	<b>10 Sundays,</b> 30 Aug – 1 Nov '20	2pm – 3pm	Jacie	\$70	\$75	\$80	24 Aug '20
<b>Beginners Salsa &amp; Bachata</b>	<b>10 Sundays,</b> 30 Aug – 1 Nov '20	3pm – 4pm	Jacie	\$70	\$75	\$80	24 Aug '20
<b>Intermediate Ballroom – Slow Foxtrot</b>	<b>10 Sundays,</b> 30 Aug – 1 Nov '20	4pm – 5pm	Jacie	\$70	\$75	\$80	24 Aug '20

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

<b>Pilates</b>	<b>8 Mondays,</b> 3 Aug – 28 Sept '20 (No lesson on PH)	7pm – 8pm	Mabeline	\$80	\$90	\$100	27 Jul '20
<b>Yoga</b>	<b>8 Fridays,</b> 7 Aug – 25 Sept '20	7pm – 8pm (Beginner, max 8 pax) or 8pm – 9pm (Intermediate)	Huay Lin	\$80	\$90	\$100	31 Jul '20

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



\*No lessons on PH &amp; eve of PH

Acitivity	Date	Time	Instructor	Fees			Register By
				Member	Public Service Officer	Guest	
<b>Martial Arts</b>   For info, contact Bryan @6391 5607 or bryanlee@csc.sg							
Wing Chun Kung Fu, "Chi Sau"	4 Thursdays, 6 – 27 Aug '20						30 Jul '20
	4 Thursdays, 3 – 24 Sept '20	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	27 Aug '20
	5 Thursdays, 1 – 29 Oct '20						24 Sept '20
Wing Chun Kung Fu, "Chi Sau" (Children 6 – 12 yrs)	5 Saturdays, 1 – 29 Aug '20						25 Jul '20
	4 Saturdays, 5 – 26 Sept '20	10.30am – 11.30am	Sifu Ken Lau	\$90	95	\$100	29 Aug '20
	5 Saturdays, 3 – 31 Oct '20						26 Sept '20
Wing Chun Kung Fu, "Chi Sau" (Adult Beginner)	5 Saturdays, 1 – 29 Aug '20						25 Jul '20
	4 Saturdays, 5 – 26 Sept '20	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	29 Aug '20
	5 Saturdays, 3 – 31 Oct '20						26 Sept '20
Wing Chun Kung Fu, "Chi Sau" (Adult Intermediate)	5 Saturdays, 1 – 29 Aug '20						25 Jul '20
	4 Saturdays, 5 – 26 Jun '20	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	29 Aug '20
	5 Saturdays, 3 – 31 Oct '20						26 Sept '20
Traditional Taekwon-Do	5 Saturdays, 1 – 29 Aug '20	3pm – 4.30pm (Beginner & Coloured Belt)	Singapore Taekwon-Do Academy	\$25	\$30	\$35	25 Jul '20
	4 Saturdays, 5 – 26 Sept '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.)			29 Aug '20
	5 Saturdays, 3 – 31 Oct '20						26 Sept '20

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

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

Acitivity	Date	Time	Instructor	Fees			Register By
				Member	Public Service Officer	Guest	
Aqua Aerobics   For info, For info, contact Bryan @6391 5607 or bryanlee@csc.sg							
Deep Aqua Aerobics	8 Tuesdays, 4 Aug – 22 Sept '20	7pm – 8pm	Vicsland	\$80	\$90	\$100	27 July '20
	8 Saturdays, 1 Aug – 19 Sept '20	8.30am – 9.30am	Kelvin	\$80	\$90	\$100	25 July'20
Martial Arts   For info, contact Bryan @6391 5607 or bryanlee@csc.sg							
Aikido (Adult)	5 Sundays, 2 – 30 Aug '20 (No lesson on PH)			\$60	\$65	\$67.50	26 Jul '20
	4 Sundays, 6 – 27 Sept '20	11am – 12.30pm	Steven Goh	\$48	\$52	\$54	30 Aug '20
	4 Sundays, 4 – 25 Oct '20			\$48	\$52	\$54	27 Sept '20
Aikido (Children)	5 Sundays, 2 – 30 Aug '20 (No lesson on PH)			\$60	-	\$67.50	26 Jul '20
	4 Sundays, 6 – 27 Sept '20	10am – 11am	Steven Goh	\$48	-	\$54	30 Aug '20
	4 Sundays, 4 – 25 Oct '20			\$48	-	\$54	27 Sept '20
Traditional Taekwon-Do	5 Saturdays, 1 – 29 Aug '20			\$25	\$30	\$35	25 Jul '20
	4 Saturdays, 5 – 26 Sept '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.)			29 Aug '20
	5 Saturdays, 3 – 31 Oct '20						26 Sept '20
Swimming   For info, contact Bryan @6391 5607 or bryanlee@csc.sg							
Children	4 Lessons, month/Weekly class of 1 hour each Aug/Sept/Oct	8am – 9am	Chang Mun Chung	Supp Member \$70	-	Child \$85	27 Jul '20
Ladies	10 Thursdays, 6 Aug – 8 Oct '20	7.30pm – 8.30pm	Thipa	\$210	\$220	\$230	1 Aug '20
Studio Fitness   For info, contact Serene Cho @6391 5620 or serenecho@csc.sg							
Pilates	8 Saturdays, 8 Aug – 26 Sept '20	11am – 12pm	Agnes	\$80	\$90	\$100	1 Aug '20

## 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 Bryan @6391 5607 or bryanlee@csc.sg							
Children	4 Lessons, month/Weekly class of 1 hour each Aug/Sept/Oct	8am – 9am	Chang Mun Chung	Supp Member \$70	-	Child \$85	27 Jul '20

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



## ASSOCIATE MEMBERSHIP

# Promotion

(FOR NON-PUBLIC SERVICE OFFICERS)

PROMOTION ENDS  
30 SEPTEMBER 2020



**APPLY NOW**  
[www.csc.sg/membership](http://www.csc.sg/membership)

Discount Code:  
*Superb*

**3 + 1 YEAR**  
Membership  
**\$900**



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



CSC @ LOYANG



CSC @ CHANGI I



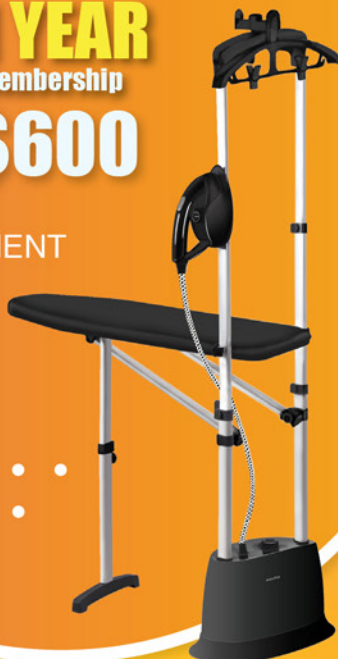
CSC @ CHANGI II

Discount Code:  
*Excellent*

**2 + 1 YEAR**  
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NOVITA GARMENT  
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 [membership@csc.sg](mailto:membership@csc.sg)

### 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.



# CSC Precautionary Measures Against COVID-19

As we welcome members and guests back to the clubhouses and chalets, we request everyone to observe the mandatory entry requirements. Be socially responsible and practise good personal hygiene for the well-being of other members, guests and our staff. The Club also complies with the Safe Management Measures by MOM. **Anyone with fever of 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 Entry Requirements



Wear a mask that covers your nose, mouth and chin. The mask is to be worn at all times



Scan the Safe Entry QR Code or your identify card before entering for contact tracing purposes



Take your temperature conveniently with thermal scanner equipment

## Be socially responsible and practise good personal hygiene



Follow safe distancing of at least 1 metre to the person next to you



Observe group size limit for social gatherings or activities



Avoid any social gatherings or activities if you are feeling unwell, and see a doctor promptly



Wash your hands regularly with soap and water

Stay up to date on the latest news and measures through [www.csc.sg/covid19](http://www.csc.sg/covid19), CSC Mobile App and Facebook.



The Management of Civil Service Club

