

Oct • Nov • Dec
2020



fusion

one membership, three clubhouses, four distinct experiences

MCI (P)051/11/2019



*Time for a
Staycation
at Changi!*

pg. **04**
Public Service Week
Promotions

pg. **11**
CSC Virtual
Christmas Party

pg. **23**
School Holiday
Programmes

ASSOCIATE MEMBERSHIP

Promotion

(FOR NON-PUBLIC SERVICE OFFICERS)

PROMOTION ENDS 31 DECEMBER 2020



APPLY NOW

Discount Code:
SUPERB

3 + 1 YEAR
Membership
\$900

FITBIT VERSA 2
RRP \$318

Gift Code: FBV



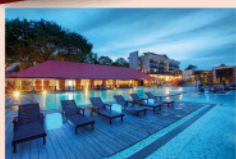
OR



\$200

CHALET E-VOUCHER*

Gift Code: V200



CSC @ CHANGI I



CSC @ CHANGI II



CSC @ LOYANG

Discount Code:
EXCELLENT

2 + 1 YEAR
Membership
\$600

GRUNN I2-ECOBOT
RRP \$269

Gift Code: ROBOT



1 Year
Membership
\$300

NOVITA HYDROPLUS®
WATER PITCHER
RRP \$128

Gift Code: PITCHER



**Don't forget to
enter the
Discount Code
and Get \$300 off
your application!**

(Only applicable to a minimum
sign-up of 2-Years)

Membership Type	Associate Member @ \$300 per year
No. of Years	4
Gift Code	V200
Discount Code	SUPERB

Terms and conditions apply.

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

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

* Chalet E-Voucher is valid for 6 months from Date of Issue. **Strictly no extension allowed.**

Can be used for all chalet types, at all 3 locations and for all periods.

<https://www.csc.sg>

6391 5604 / 6514 6396

membership@csc.sg

Highlights

pg. **04-11**

What's Next?

- CSC celebrates Public Service Week with exclusive member deals. Details from pg 04
- Our ever popular Children's Christmas Party goes virtual! Details on pg 11



pg. **14-20**
Club Buzz

- Check out our Welcome Back Promotions! Details from pg 17



pg. **21-22**
Hey Members!

- Tips on keeping your membership and personal data safe. Details on pg 21

pg. **12-13**
Sports Scene



pg. **23-46**
Get Social

- School holiday activities to keep the kids active and happy when school's out. Details from pg 23



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

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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 5641 (Constance Low)
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](#) [o](#) [t](#) Civil Service Club

<http://t.me/civilserviceclub>

feedback@csc.sg



Scan this to view the e-copy of Fusion

Hello from the CE

Dear Members,

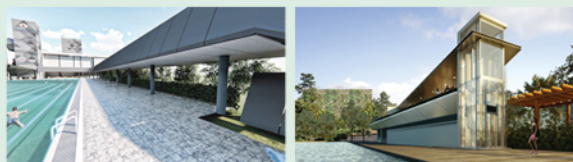
Management of Covid-19

As the lockdown restrictions from COVID-19 are slowly easing, more Club facilities are open for members to use. By 19 July 2020, swimming pools, bowling centres, badminton courts, Fruit Machine Rooms and Changi Chalet 1 are opened for use. The gradual opening of such facilities has provided members with much relief in visiting the Club to use these facilities. It does however entail stricter safe management protocols which we hope members and patrons of the Club will understand and cooperate with. To date, the Club remains incident free of COVID-19.

Besides the Safe Management Measures introduced, the Club is continually sourcing for digital gadgets and innovations to further enhance the safety of our members and their guests using the Club's facilities. We have introduced UV light sterilisation of the rooms to counteract harmful bacteria and viruses before opening the facilities for use. This includes our chalet rooms at Changi Clubhouse. Contactless turnstiles will be introduced by end of October 2020, in the Fruit Machine room and the swimming pool at CSC @ Tessensohn.

The Club will like to update that the following facilities such as the Aloha Chalets, covered carpark at CSC @ Changi and the function rooms at CSC @ Tessensohn are still being used by the various Government Ministries in the management of the COVID-19 pandemic. These arrangements will continue till end of December 2020 and may be extended to the first quarter of 2021. The Club wishes to reassure our members though that all necessary preventive measures have been implemented to ensure the safety of our members and their guests when they use the Club facilities. Aloha Chalets are used as GQF (Government Quarantined Facilities), the covered carpark is used as a regional screening centre by the Health Promotion Board and the function rooms of CSC @ Tessensohn, as a call centre for MOM staff to monitor the Stay Home Notice (SHN) contact tracing. As a result of these arrangements, members are inconvenienced and I would like to seek your understanding in these times. Moving forward, once these facilities are no longer being used by the various government ministries, the Club will renovate and enhance these facilities.

RENOVATIONS & UPGRADING



CSC @ Tessensohn. The façade upgrading project at CSC @ Tessensohn has commenced with the renovation of the swimming pool area. The upgrading works will be completed by end December 2020. The rest of the frontal façade will be completed in May or mid-June 2021. We certainly look forward to this completion after a delay of more than a year. Together with the façade upgrading, the Clubhouse will be given a fresh coat of paint and a solar panel roof will be installed above the badminton court. We look forward to building an eco-friendly clubhouse that is family-friendly. For a start, the swimming pool area will be reconfigured to a more family-themed pool for the family especially during the weekends, once the pool renovation is completed.



CSC @ Bukit Batok. The carpark floor repainting work here will commence from 3rd week of September to mid-November 2020. The objective of the repainting work besides refreshing the carpark floor is to improve on the safety of drivers and ease in remembering which carpark level the car is parked. Westwood Bowl lanes will be overhauled to ensure that the lanes and pin setters will remain in prime condition for bowlers. This maintenance work for the lanes will be completed in stages, commencing in November 2020 and completing in February 2021, so that bowlers can continue to bowl.

CSC @ Changi. The administrative office at CSC @ Changi will be expanded to include another wing to house the amalgamation of the clubhouse reception and the chalet reception. This will result in a more spacious welcoming reception with safe distancing of staff, better staff utilisation and most importantly better service for our members. The present clubhouse reception will be used for other purposes. The extension of the administrative block to house the combined reception office will be completed by end





December 2020. At the same time, the function rooms at the chalet block and the bowling centre will be given a makeover with a refreshed look and modern audio-visual aids.

Other Upgrades. These include the upgrading of the WIFI speed of the chalets from 200 to 300 MBPS. The Changi I chalets amenities' upgrade will be completed by mid-November 2020 with new hotel-grade mattresses, bedlinens, hard and soft pillows and new crockery. The Club is also introducing F&B room service to chalet guests. The food will be provided by either of our on-site F&B outlets, Mood Swing (formerly known as Lots Gourmet) or Muslim Delight which serve up delicious meal options. Do come and experience these new upgrades and services to enhance your visitor experience.

Membership Portal. The one-stop membership portal, after some delay, will be completed by end December 2020. The new membership portal is a one stop portal that enables members a host of functions, such as updating personal particulars, password reset, membership renewal, virtual card access, application for supplementary membership, application for membership card replacement and book social activities/ facilities/ chalets. The revamped portal will be mobile friendly and integrates the various Club booking modules.

Members need not logout and login again to access the various modules. Other features include special promotions for members. This feature will allow members to purchase discounted vouchers from the Club partners and merchants. The revamped portal will be integrated with the CSC App.

SOCIAL & SPORTS ACTIVITIES

Social

Social Goes Virtual. Due to the safe management measures, most of the social activities conducted will be in virtual format. The Club has been conducting a series of online social activities that are free for our members and we have received very encouraging feedback from them. Going forward, this will be the new normal in our conduct of social activities. During the coming school holidays in December, the Club will be conducting some fun activities for children. Some will be virtual while others will be in-person, with the Safe Management Measures being considered. We have also included some parent and child bonding activities, too. Do check out the details on pages 6, 7, 23 to 46.

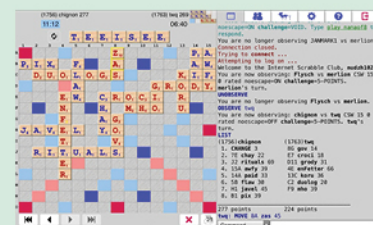
CSC Singing Star – Online Edition. Yes, CSC Singing Star is going online too. The Club is creating this online platform free for members and public service officers (at a discounted fee) to showcase their singing talent. There is no age limit to participate in this competition. Contestants can participate in either of these two categories, English or Mandarin. Simply record your best singing performance in either MP4 or MOV format and email it to events@csc.sg. Submission closing date is on 30 November 2020. Our panel of judges will shortlist the top four of each category and invite them to do a virtual presentation to decide on the winner and runner's up. Attractive prizes worth a total of \$1,300 to be won. Please visit page 10 for details.



Children's Christmas Party. Earlier, the Club had informed that the Children's Christmas Party would be cancelled. Not wanting to disappoint the little ones, the Club will conduct a Virtual Children's Christmas Party, instead. This will be held on 19 December 2020 at 3 pm, live on ZOOM. Be thrilled by the witty magician's tricks, sweetheart clown ventriloquist and balloon show, have fun at the sing-along, quiz games and even lucky draw. Do check this out on page 11 for registration details.

Sports

With existing safe management measures, literally no physical in-person sporting activities can be organised. The Club is however exploring taking the perennially popular STAR games online, and since the Club has been organising e-board games such as scrabble and chess in September 2020 which garnered 36 and 34 participants, respectively. In the coming months, the range of games will include Xiangqi, e-sports, and even Healthy Lifestyle Virtual Walk! Do check out the details in the Sports Website.



It is timely for me to wish all our members an enjoyable December Holiday, Merry Christmas and A Wonderful New Year in 2021.



Did you know

Wei Chuan Pottery. Bukit Batok has a new tenant, Wei Chuan Pottery Studio, that offers beginners wheel throwing class covering cylinder, bowls, mugs and the trimming of vessel's foot. There is a pottery class for beginners, too. Please refer to page 19 for details.

Steps Challenge. The Club congratulates HDB for emerging champion in the National Steps Challenge that was held from 13 January to 26 April 2020.

Cycling and Adventure Club. Our cycling and adventure interest group embarked on Tasmania Cycling trip in December 2019, in addition to their annual trip to Taiwan. Kudos to them for their enthusiasm and adventurous spirit. Please refer to page 12 for their Tasmania adventure.

Public Service Week. The Public Service Week will be held in October 2020 and CSC is participating in this. Please refer to page 4 for more information.

Change of Appointment – Finance Manager

Ms Shirley Tay, after 8 years of very good and exemplary services in the Club as the Finance Manager, will challenge herself with a mid-career change. We wish her well and all the best in her new endeavour.

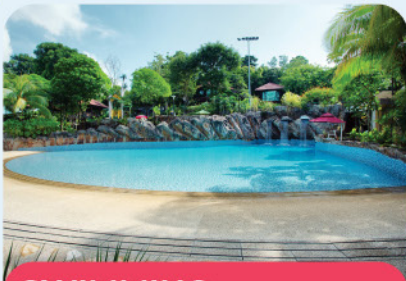
At the same time, we welcome Ms Irene Tan to the Club as the Finance Manager with effect from 2 November 2020. Irene is no stranger to the Club scene, having worked in a related position in a social club for 17 years and possessing vast experience in the hospitality industry, too. We look forward to her value-adding to our Club and leading our Finance Team to provide comprehensive financial support to the Club and to our members.



CSC Celebrates Public Service Week

CSC is celebrating Public Service Week with a series of promotions for the month of October! Public Service Officers (PSOs) can enjoy free pool access, chalets and facilities at discounted rates, and 1-for-1 merchant deals! This is our way of showing our appreciation to all PSOs across all Ministries and Statutory Boards. CSC Members are also eligible to all merchant deals. Visit www.csc.sg/psweek for the details.

CLUBHOUSE AND CHALET PROMOTIONS



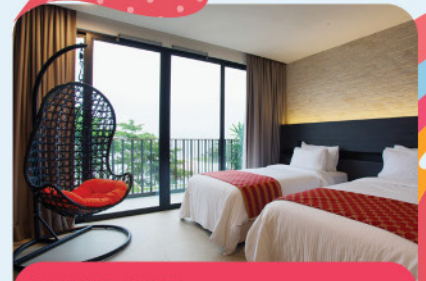
SWIMMING

Free entry to any clubhouse swimming pool from 1 to 31 Oct '20.



FUNCTION ROOM (PERSONAL EVENTS ONLY)

Members' rate for booking within Oct for use period till 31 Jan '21.



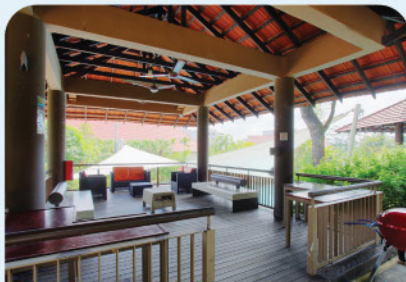
CHALETS

Members' rate for booking within Oct for use period till 31 Jan '21. Visit www.cscchalets.sg to book.



BOWLING

Members' rate for bowling at Resort Bowl, Planet Bowl and Westwood Bowl from 1 to 31 Oct '20.



BBQ PAVILION/ TREEHOUSE

Members' rate for booking within Oct for use period till 31 Jan '21.

50% OFF for 2nd-night stay when you book superior and deluxe suite at CSC @ Changi I. Email rooms@csc.sg to book.

TERMS AND CONDITIONS:

- For entry to swimming pool, PSOs must present their staff pass in person at the pool counter. PSOs may sign in up to 2 guests. Guests are to pay prevailing guest rates.
- For booking of bowling lanes, PSOs must present their staff pass in person at the bowling counter.
- For booking or enquiry of CSC @ Changi I chalets, PSOs are to email to rooms@csc.sg. PSOs must present their staff pass in person upon check in.
- For booking or enquiry of BBQ Pavilion at CSC @ Changi I or Treehouse at CSC @ Bukit Batok, PSOs are to email to changi@csc.sg and bukitbatok@csc.sg respectively. PSOs must present their staff pass in person at the front office. BBQ activities will be subject to prevailing restrictions imposed by the Multi-Ministry Task Force.
- Prevailing Safe Management Measures apply. To find out more, please visit www.csc.sg/covid19.
- All promotions are subject to change.



ORDINARY TERM MEMBERSHIP PROMOTION

(Only for Public Service Officers)
Promotion ends 31 October 2020



GET \$17 OFF

DON'T FORGET TO ENTER DISCOUNT CODE: PSW2020

Membership Type	Ordinary Term Member @ \$72 per year ▼
No. of Years	1 ▼
Gift Code	SPEAKER ▼
Discount Code	PSW2020

Sign up or Renew today

@\$72 1-Year Membership
and receive FREE



Gift code:
SPEAKER

**AUDIOBOX
BBX LP6000
(RRP \$19.90)**



\$5 SOCIAL
ACTIVITIES
E-VOUCHER



\$10 CHALET
E-VOUCHER



Terms & Conditions:

- Promotion is only applicable for upfront full payment of 1-year Ordinary Term membership.
- To qualify for the membership promotion, please produce your staff pass for verification.
- Model and colour of gift items are fixed at the Club's discretion.
- All membership gifts are on while stocks last basis.
- E-vouchers cannot be used in conjunction with other discounts, promotions or vouchers.
- E-vouchers are valid for 6 months from date of issue. Strictly no extension allowed.
- Pictures shown are for illustration purposes only. Colours may vary due to stock availability.



APPLY NOW

CSC Celebrates
Public Service Week



Live via Zoom*

FREE ONLINE SOCIAL ACTIVITIES

GET ACTIVE ONLINE ▶



Boost Your Immunity with Yoga

Sat, 17 Oct '20, 5pm to 6pm

Register by 14 Oct '20

Fees: FREE for Members & Public Service Officers, Guests \$5

Contact Constance at 6391 5641 or constancelow@csc.sg

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.

Online Bodyweight Circuit Workout

Sat, 24 Oct '20, 11am to 12pm

Register by 17 Oct '20

Fees: FREE for Members & Public Service Officers, Guests \$5

Contact Bryan at 6391 5607 or bryanlee@csc.sg

Back by popular demand, this bodyweight circuit class will help you to achieve the best possible workout by using your everyday household items as weights.

- Stretch and Warm up (10mins)
- Main Circuit (20mins)
- Tabata workout (5mins)
- Core Workout and Cool down stretch (15mins)

Participants need to prepare: Yoga Mat, Pair of small towels, two fully-filled water bottles and a stable chair.



Online Belly Dance

Thu, 29 Oct '20, 7pm to 8pm

Register by 22 Oct '20

Fees: FREE for Members & Public Service Officers, Guests \$5

Contact Bryan at 6391 5607 or bryanlee@csc.sg

Belly Dance is an expressive dance originating from Egypt with emphasis on complex movements of the torso. This isolation helps to tone and strengthen the core to increase balance and build suppleness and grace.

Thai Cooking Workshop by Chef Michel

Sat, 17 Oct '20, 10am to 12pm

Register by 9 Oct '20

Fee: FREE for Members & Public Service Officers, Guests \$12

Contact Gek Cheng at 6391 5624 or

kuagekcheng@csc.sg



Green curry with fish • Olive fried rice • Red ruby dessert with coconut ice cream (coconut ice cream is premade)

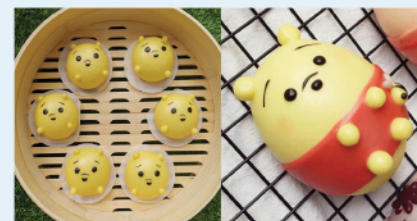
Mantou Decoration Online Workshop – The Honey Bear

Sat, 24 Oct '20, 11am to 12pm

Register by 21 Oct '20

Fees: FREE for Members & Public Service Officers, Guests \$10

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



Are you bored with plain mantou? Come join us for a cuteness-overloaded online demo session learning to sculpt the dough into cute signature characters. Our Mantou expert will share with you tips on shaping and assembling the features of the characters.

ONLINE TALKS ▶

Fundamental Principles for Healthy Bones and Joints

Sat, 17 Oct '20, 2.30pm to 4pm

Register by 9 Oct 20

Fee: FREE for Members & Public Service Officers, Guests \$5

Contact Gek Cheng at 6391 5624 or

kuagekcheng@csc.sg

It is important to learn how to take care of our bones and joints so that we can live a healthy and active lifestyle in our golden years. In this training, participants are going to identify their potential risks to the bones and joints health, the various causes of knee pain, fundamental principles to keep our bones and joints healthy.



Healthy Bones and Joints



Active for Life
HONGKONG CHAS

Plan Your Will & Lasting Power of Attorney (LPA) Talk

Sat, 24 Oct '20, 11am to 12.30pm

Register by 16 Oct '20

Fee: FREE for Members & Public Service Officers, Guests \$5

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

Learn the importance of drawing up a Will and appointing an LPA.



Stay Happy and Healthy Always

Sat, 31 Oct '20, 11am to 12pm

Register by 24 Oct '20

Fees: FREE for Members & Public Service Officers, Guests \$5

Contact Bryan at 6391 5607 or bryanlee@csc.sg

Most people consider happiness as their most important goal in life. However, the majority of them seldom attain what they regard as their definition of happiness. Join us for this talk and learn the true meaning of being happy, what can we do to attain it, and how can we maintain it.



How to Restore and Rebuild Your Gut Health

Sat, 31 Oct '20, 11am to 12.30pm

Register by 28 Oct '20

Fees: FREE for Members & Public Service Officers, Guests \$5

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

A talk that covers Functions of the digestive system, Signs and symptoms of unhealthy gut and what to eat for good gut health?



MERCHANT EXCLUSIVES

CSC Celebrates
Public Service Week

F&B



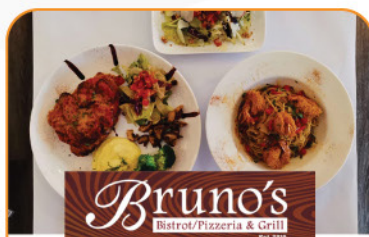
1-FOR-1 on any mains



1-FOR-1 on Asian Palate



1-FOR-1 on any mains



1-FOR-1 3-course set lunch
(weekdays only at their Serangoon
and Telok Kurau outlets)



1-FOR-1 on all Signature Fajitas



FREE regular soup with every
main purchased



FREE dessert with each
main course ordered



50% OFF non-alcoholic drinks with
every main purchased



An order of fish and chips at
\$5 with each beverage purchased on
weekdays, 11am – 2.30pm



20% OFF all drinks



20% OFF total bill



Buy 3 tubs (300g) of
Original Almond Biscotti and
Get a tub (200g) FREE (worth \$15)

CSC Members and Public Service officers
can enjoy these exclusive deals from 1 – 31 Oct!

Scan the QR code for the full listing
and terms and conditions



ATTRACTIONS



1-FOR-1 The Challenge Package
(UP \$119.00)



\$13 Day Passes (UP \$32)



40% OFF for usual price package(s)
purchase - BIG 3, BIG 5 & BIG 7



Gogreen

2 pax Segway Eco Adventure
30 mins for \$50 (UP \$79.80)



20% OFF Butterflies Up-Close
exhibition tickets (UP \$10)

SCHOLASTIC

Up to 50% OFF bundles



Buy 3 get the 4th person free for
Round Ketam Kayaking, Ubin Bike Trail
and Paddle to Pedal

SERVICES



4G SIM Only 1-year plan, 35GB for \$25
with FREE Unlimited Talktime



\$78 bill rebate OFF
electricity bill



the ultimate
Choice of One Spa Retreat at
\$58 nett per person (UP \$200)



Up to \$30 OFF and 2 complimentary
personal training sessions worth \$120



Special discount for training fees with
no annual membership fee

**MORE DEALS
COMING SOON!**

Flash your CSC Membership Card / Virtual Card or
Public Service Staff Pass to enjoy the promotions.



CSC SINGING STAR 2020

Online Edition

Submission Dates: 1 Oct – 30 Nov '20

Prizes for Each Category

CHAMPION \$300 CASH

1ST RUNNER-UP \$200 CASH

2ND RUNNER-UP \$100 CASH

Most Liked Singer
(by Facebook voting)

\$100 CASH

Rules and Regulations

1. FREE for CSC Members, Public Service Officer \$5.
2. 2 categories: English & Mandarin.
3. This competition is for solo singing only.
4. Contestants are only allowed to submit one entry in either one of the category. (English or Mandarin)
5. Closing Date: 30 Nov '20.
6. Contestants to email their Name, Membership ID (for members) and Contact Number together with your submission to events@csc.sg.
7. Judging criteria:
Vocal 40%, Diction 20%, Rhythm/Tempo 20%, Stage Presentation 20%.
8. Our panel of judges will shortlist the top four of each category and invite them to do a virtual presentation to decide on the winners.
9. CSC will post their video on CSC Facebook page from 1 Dec to 15 Dec '20.
10. Contestant who has the most 'Likes' for their post will win the Most Liked Singer Award.
11. All pictures and videos taken during the competition belongs to CSC and CSC will use it for publicity purposes.
12. This competition needs a minimum of 10 contestants in each category to commence.

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

Scan for full T&Cs




Civil Service Club MOVIE TREATS

Shaw@Lido

Black Widow

Thursday, 5 Nov '20
6.30pm (TBC)
Register by 22 Oct '20

Pursued by a force that will stop at nothing to bring her down, Black Widow must deal with her history as a spy and the broken relationships left in her wake long before she became an Avenger.

The Croods 2

Thursday, 17 Dec '20
6.30pm (TBC)
Register by 3 Dec '20

After leaving their cave in the first film, the Croods encounter their biggest threat yet: another family called the Betterman.

Members Only

4 for \$22 OR 2 for \$11

Public Service Officer & Guest

1 for \$9

BOOKING INFORMATION

- * Each main card holder may only purchase either a set of 2 or 4 tickets. Additional tickets may be purchased individually at public rates.
- * Ticket collection procedure will be advised nearing the event date.
- * As part of MOH's contact tracing efforts, CSC will be required to provide Shaw Theatres with the name and contact information of all participants. This information will be kept strictly confidential by Shaw and will only be released to MOH for contact tracing purposes, if necessary.
- * Please scan the QR code for the full list of T&Cs.

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

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



WHAT'S NEXT

CSC Virtual Christmas Party

Sat, 19 December 2020
3pm - 4.15pm

FREE
for Members,
Public Service
Officers \$3,
Guests \$10

Live via Zoom*

Highlights:

- Magic Show
- Ventriloquist and Balloon Show
- Christmas Sing-along
- Games
- Lucky Draw

*An event link will be emailed to participants 3 days before the event date.

Register by 12 Dec '20
Contact: Bryan at 6391 5607 or bryanlee@csc.sg

Scan for the full T&Cs

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 Go Online

Go Online

Members Portal
- 3

Enter your Member Login ID & Password

MEMBER ID:

PASSWORD:

LOGIN
CLEAR
- 4

Select Virtual Card

Virtual Card

How does it work?
Present your Virtual Card to our CSC staff to verify and scan.

What will you be able to do with it?
You will be able to use our facilities (excluding Jackpot), make bookings, access amenities and much more.



▲ Ala carte lunch at a roadside cafe



▲ Group photo in front of the best motel

9 – 15 Dec 2019

Tasmania Cycling Tour by Robin Tan

Twelve of us embarked on a cycling-cum-sightseeing tour of Tasmania, known for its vast, wild and beautiful landscape. Cycling is a great way to see Tasmania and the East Coast tour from St. Helens to Bicheno, Swansea, Eaglehawk Neck and finally Hobart, the capital of Tasmania is definitely breathtaking.

The first day cycling from St. Helens to Bicheno started on a cloudy and windy morning with a temperature of 13°C. Riding against the strong headwind and along the undulating coastal road over the hilly terrains was exhausting yet challenging. Enroute we visited Natureworld, with native animals in their natural habitat including the

Tasmanian Devil, wallaby, kangaroo, wombat, possum....

The next few days were sunny but still windy and the equally route undulating and hilly. Out of Bicheno, we detoured to the Blowhole, a natural phenomena where rushing waves shoot out of a gap in the boulders at the coast. Our ride from Coles Bay to Freycinet National Park was a 5km steep terrain. We hiked 1.5km up a hilly trail to the 504m high look-out for a panoramic view of the scenic Wineglass Bay. We stopped at the Oyster Marine Farm to savour the fresh tasmanian oysters. Our ride was also made sweeter with a surprise encounter of the rare echidna, a spiny anteater.

We visited Spiky Bridge while riding from Swansea to Eaglehawk Neck and later the historic Richmond Bridge. We saw the famous Port Arthur Historic Site and many natural wonders such as Remarkable Cave, Tasman BlowHole, Devils Kitchen, Tasman Arch, and the Tessellated Pavement. Our extended stays took us to more scenic places such as Cataract Gorge, Cradle Mountain, Mount Wellington and Bruny Island.

We ended our cycling adventure with a trip to the famous Salamanca Market in Hobart. Other unforgettable and memorable views included the scenic coasts and vast fields of sheep and cow grazing. It was a totally enjoyable cool summer "winter" cycling trip.

▼ Up close with the free-roaming Kangaroos of AnimalWorld



▼ Sight-seeing the many natural wonders of Tasmania



▼ Half-way mark to Bay of Fires



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.

Also visit us at:

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





HDB wins National Steps Challenge Corporate Challenge (Public Service) | 13 Jan – 26 Apr '20



Results

Champion:

Housing and Development Board

1st Runner-Up:

Ministry of Manpower

2nd Runner-Up:

Institute of Technical Education

3rd Runner-Up:

Singapore Polytechnic

In a year where so much of everyday life has been affected by the Covid-19 pandemic, one vital constant has been the freedom to go outside to get some exercise. This added some extra importance to the fifth season of the National Steps Challenge (NSC).

In collaboration with the Health Promotion Board, NSC Corporate Challenge (Public Service) kicked off on 13 Jan '20 and concluded on 26 Apr '20. The Public Service segment formed part of this year's Public Service STAR Games, with close to 36,000 public service officers from 33 government agencies taking part.

After more than three months, it was the Housing and Development Board (HDB) that emerged as

champions, finishing ahead of the Ministry of Manpower (MOM), the Institute of Technical Education (ITE) and Singapore Polytechnic (SP).

HDB Sports Liaison Officer Jerry Lim said of the challenge, "The aim of the NSC is to clock at least 10,000 steps daily, and I think the biggest benefit in taking part is that it helps us to lead an active lifestyle, keep fit and be healthy," while adding that it's also a good way to promote camaraderie.

Though much of the challenge took place before the pandemic worsened, HDB's participants took things in stride. "I'm glad that our staff continued with the challenge despite the pandemic," Jerry said.

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

Available on the App Store | Get it on Google play

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

Changi Clubhouse

A Dreamy Paradise by the Sea

Welcome to the Club that has it all

– stunning locale, sun, sand and staycation



Nestled beside the sea, CSC @ Changi I offers a serene panorama of Changi beach and arguably the best sunsets in Singapore. Here, you can relax by the infinity pool and watch the passing boats and the island of Pulau Ubin.

Besides its spectacular backdrop, the Club is also conveniently situated – just 5 minutes from the Changi Village Bus Terminal and a short walk from the legendary foodfare of the Changi Village Hawker Centre. In addition, the Club's perimeter is hugged by the delightful 2.2km Changi Point Boardwalk.

No wonder club member Adora Sarah keeps coming back. Twice a week, she heads to the Club with hubby and friends to hike the Boardwalk and to swim.

"We love the Boardwalk because of its beauty and serenity. And the Club's pool is like looking into infinity. Truly a view to die for," says the member of five years.

Richard, a doctor and also club member of five years who plays tennis at the rooftop courts every weekend, reveals that he usually comes early to enjoy the view before his game. "It is a great chillout place, with friendly and helpful staff," he adds.

Ultimate staycation experience

The clubhouse is a favourite staycation for many club members.

At least twice a year, club member Seri Murni checks her family in for a staycation at the chalets at CSC @ Changi I.

"We don't feel like we are in Singapore," explains the Case Manager in the healthcare industry. "With the view of the sea, the sailboats and the starry skies at night, it's almost like we are on a resort in Bali. The suites are value for money and you get spectacular view without having to fly."

The clubhouse offers 23 modern, spacious suites and villas that embrace the indoor-outdoor living concept, with patios that seamlessly transition to the breathtaking outdoor.

A favourite of Seri is the rooftop barbeque. "The night view of the sea, the beach and the infinity pool from there is just stunning," describes Seri.



Family fun under the sun



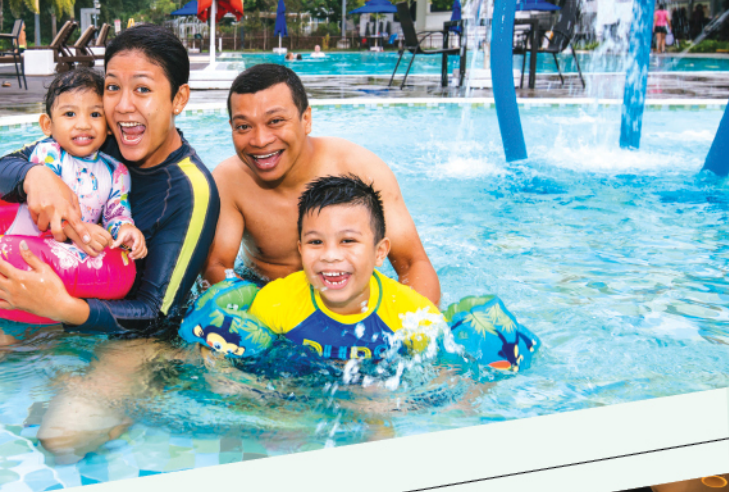
A captivating gem in the east



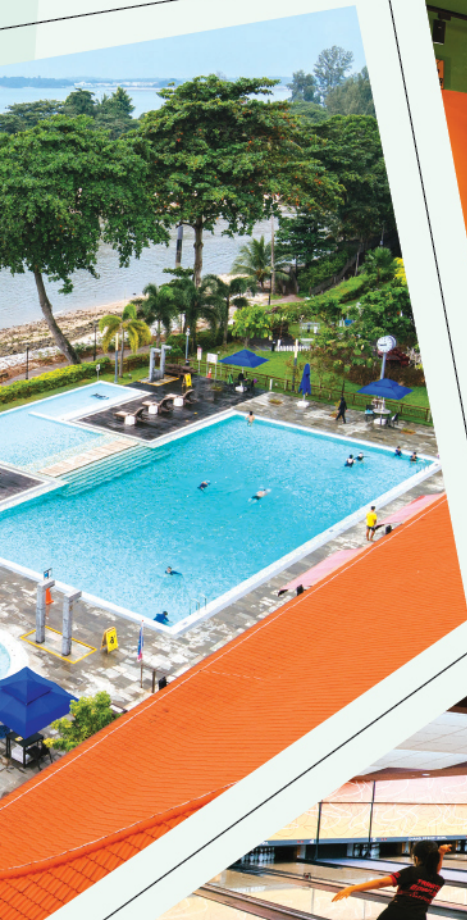
Wake up to a million-dollar view



For Yong Kim and family, CSC @ Changi I is their weekend playground



► Watch the world go by while dipping in the infinity pool



► Quirky cosy interior and good Australian fare draw diners to newly open poolside café Mood Swing



► Seri Murni family's favourite activity: Lounging on the balcony and soaking in the sea view



► Strike down pins at the 20-lane Changi Resort Bowl

Where precious memories are made

Families in search of kindred fun and bonding opportunities are also not disappointed. The clubhouse is packed with family-friendly facilities such as BBQ pavilions, function rooms for private events, gym, karaoke and popular eateries such as Mood Swing (formerly known as Lots Gourmet) and Muslim Delights.

For new club member Nur Atika, CSC @ Changi I is such a rare find as a weekend destination for her family of three that she doesn't mind the drive from her home in Yishun. "Here you feel relaxed and at ease. It is a place to unwind after a long week of work."

Meanwhile, Engineer Yong Kim and his family have been club regulars for a decade. His two children have their weekend swimming lessons here. This is followed by bowling at the Club's Changi Resort Bowl, which offers kid-size bowling balls and gutter rails that keep the ball in lanes for the little ones.

The minute the family leaves the clubhouse, says Yong Kim, his kids clamour to know when they would be back. "As a family we are building a lot of precious memories together."

What would Yong Kim say to those not yet acquainted with the clubhouse? "Seeing is believing. Come experience it for yourself."

5 Things that Make a Staycation at CSC @ Changi I Unique

1

Your comfort is our priority

The Club embarks on periodic enhancements of the chalets to heighten your stay experience. We have since installed new Spa-quality shower panels and will soon launch pillow choices, good quality bedding with 300 thread count linen and high-end mattresses. Did you know about the availability of a laundry machine and dryer for shared use?



2

Have a peace of mind

Beyond the standard cleaning in compliance with NEA guidelines, the chalets undergo enhanced sanitisation using professional equipment. Rooms are disinfected with UV light and misted to remove air borne particles. There's also complimentary Care Pack comprising face masks, sanitiser, and hand wipes with each booking.

3

Changi Clubhouse is green

Look out for eco-friendly amenities such as energy-saving lights, eco-friendly water dispenser and shower system with heat pump technology! Even our toiletries for the chalets are packaged with the environment in mind! Be at ease and know that we are striving to make your stay a green and sustainable one.



4

Food galore

Explore the unique neighbourhood of Changi Village for its many food establishments. Within the Clubhouse, the Australian food fare and quirky interiors at Mood Swing (formerly known as Lots Gourmet) should not be missed! There's also Muslim Delights for delectable Malay cuisines, and Bistro Bowl café serving local affordable fares.

5

Embrace nature and history

Stretch your legs and explore the beaches and walking trails at Changi. Changi Beach Park and Changi Point Coastal Walk are just a stone's throw away from the clubhouse. For paid activities, do check out the 2D1N Pulau Ubin package with UTC (pg 17), Chek Jawa Adventure (pg 36), or enjoy members' privileges for expeditions by Asian Detours (pg 22)! For history buffs, do head to Changi Chapel or Johor Battery to see Changi's wartime past.



Stay. Meet. Play. Promotions at CSC @ Changi I



WELCOME BACK PROMOTIONS

STAY



25% OFF with minimum 2 night-stay

- Key in promo code '25NOW' when you book on www.cscchalets.sg
- Valid for all room types and rates for stay period till 30 Nov '20
- Not valid in conjunction with other discounts, promotions or vouchers

70% OFF when you extend your stay until 6pm

- Valid for all room types and rates
- Extension is subjected to room availability
- Discount applicable to prevailing room rates for the extended stay only.
- To extend your stay, please write in to rooms@csc.sg



PLAY

BOWLING CHALLENGE 20 STRIKES IN 3 CONSECUTIVE GAMES

Prizes

Off Peak - \$20 club vouchers
Peak - \$30 club vouchers
Perfect game \$50 club vouchers

Fees

Off Peak - \$10 for 3 games
Peak - \$15 for 3 games

Game Rules

- Prepaid Games only - bowlers shall pay and indicate they wish to participate for this challenge
- Non Refundable after games are paid
- Bowlers shall not amend their scores. Amendment to score will deem the game void
- All games are to be completed within 90 mins
- Each bowler can only win once. No prizes will be given after first win
- Club Vouchers cannot be exchange for cash
- In the case of disputes, Club decision is final

PULAU UBIN ESCAPEDE

Changi Clubhouse collaborates with tour agency, UTC to package a 2D1N escapade to Pulau Ubin. Embark on a day tour to visit well-known Chek Jawa Wetlands and various quarries as well as feast at Smith Marine Floating Restaurant.



MEET

20% OFF the newly renovated Function Rooms

- Valid for all bookings till 31 Dec '20. Terms and Conditions apply

For more information or to book, please contact 6709 4709 or email changi@csc.sg



Function Room 1 & 2



Function Room 3

CSC Chalets Priority Codes for Public Service Officers

Valid from 29 Sep '20 to 28 Sep '21



CSC @ Changi I

CSC @ Changi II

CSC @ Loyang

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

Terms & Conditions

- Only applicable for Public Service officers from Government Ministries and Statutory Boards, staff from Mainstream Universities and Public Healthcare organisations, and MINDEF personnel (Regulars and staff only, excluding National Servicemen Full-time).
- 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.



Scan here to read the FAQs



For more information, please contact 9835 3269 (Jesse Lim) / 8254 6120 (Joan Toh) or email utc@utc.sg

*Prevailing Safe Management measures apply for all promotions.



WELCOME BACK PROMOTIONS

BOWLING

Day Games

\$2.20

per game

9am to 2pm

- Mon – Fri excluding Public and School Holidays
- Valid till 18 Dec '20

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



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

*Prevailing Safe Management measures apply for all promotions.



CSC @ BUKIT BATOK WELCOMES NEW TENANTS

Bowling Is Science

Bowling Is Science is a bowling pro-shop and coaching academy that provides one-stop holistic bowling services. Its range of services:

PRO SHOP SERVICES

- Bowling equipment
- Customised bowling ball drilling, fitting and plugging
- Bowling ball re-plugging and re-drilling
- Bowling ball detox (oil extraction)
- Polishing, re-sanding and restoring bowling balls
- Interchangeable grips (Switch Grip)
- Consultancy for bowling ball fitting issues
- Customised bowling ball layouts for competitive bowlers

COACHING SERVICES

- 2-handed bowling coaching for all levels (Beginner to Elite)
- Single handed bowling coaching for all levels (Beginner to Elite)
- National Development Programme
- School coaching services (eg. CCA, Sports Education Programme, MOE Junior Sports Academy)
- Personalised individual/group coaching
- Psychological Resilience Training
- Spare Shooting Training
- Corporate programmes (eg. Team Bonding, Learn to Bowl)



10% OFF on selected items and services for CSC members

FREE coaching session for members' children who purchase bowling equipment worth \$200 and above

FREE trial coaching and special coaching packages for CSC members and their children

☎ 9380 6837 (Mr Sandra) ✉ bowlingisscience@gmail.com 📱 [bowlingisscience](https://www.instagram.com/bowlingisscience)



Wei Chuan Pottery Studio

Wei Chuan Pottery Studio offers beginners wheel throwing class covering cylinder, bowls, mugs and trimming of the vessel's foot. For beginners' hand building course you will learn how to make pottery from slabs, pinching and coiling.

Both courses – 5 weeks each at 2.5 hrs – include surface decoration and glazing techniques. Fees to include materials and firing of your pieces.

10% OFF for CSC members

For details, please contact

☎ 8388 9528 📱 [wc_potterystudio](https://www.instagram.com/wc_potterystudio)





WELCOME BACK PROMOTIONS

up to

50% OFF

VENUE RENTAL

T: 6391 5605 E: jacquelinetang@csc.sg

T: 6391 5623 E: chnngjoonboon@csc.sg

** Terms & Conditions apply*



A STRIKING BOWLING OFFER



T: 6391 5693

E: planetbowl@csc.sg

** Terms & Conditions apply*

**Prevailing Safe Management measures apply for all promotions.*

Scan here
for more details





FREE VIRTUAL SUPPLEMENTARY MEMBERSHIP

First 50 Sign-ups will receive an Exclusive CSC Care Pack

(Care Pack includes Hand Sanitizer, Wet-Wipes, Tissues, Mask Keeper and Bag)



- Supplementary Membership is only applicable to immediate parents, spouse and children 5-21 years old.
- An admin fee of \$10 is applicable for each physical membership card. There will be no card issued for Free Virtual Supplementary membership.
- Supplementary members will need to log in to the Member's Portal to access their virtual card to use the clubhouse facilities.



membership@csc.sg

6391 5604/ 6514 6396

<https://www.csc.sg>

TIPS FOR KEEPING YOUR MEMBERSHIP AND PERSONAL DATA SAFE

NEVER SHARE IT



Protect Your Personal Data

Do not share your Virtual Card with anyone

Do not share your account password with anyone

Avoid Others Using it To

Access your account

Access your personal data

Book & use club facilities



HEY MEMBERS!

MEMBERS' PRIVILEGES

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



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



10% OFF

For dine-in/takeaways at all locations
For all e-Store products
with code CBCSC



15% OFF on Round Ketam Kayaking
10% OFF Mangrove kayaking,
Ubin bike trail and
Paddle to Pedal



20% OFF
Promo Code "CSC"

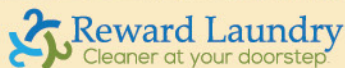


FULLERTON
HEALTH

**WAIVER OF
CONSULTATION FEES**
and medication delivery charges
for Telemedicine. Medication
(if any) is chargeable.
T&Cs apply.



\$55 for 24 BOTTLES
Budweiser (355ml)



15% OFF
Min order \$50, free delivery
Use CSC15 on
www.rewardlaundry.com



10% OFF
a la carte menu



10% OFF Purchases
(Standard Cakes and Pastries)



10% OFF
Dine-in and takeaways



<http://t.me/civilserviceclub>



Get perks, promotions and
discounts delivered to you on Telegram.
Look out for Christmas deals coming soon!

Promotions may be subject to change due to
prevailing Covid-19 situation. Please refer to
www.csc.sg/membersperks
for the latest updates.

SCHOOL HOLIDAY PROGRAMMES



Forms in Architecture Workshop

Age 6 to 9 yrs

Online

A workshop that will open young minds to the world of architecture:

- Combination of forms to create buildings
- To identify how basic shape can consolidate to form complex forms
- Able to appreciate geometric and organic forms that shape our buildings

Date: Sat, 21 Nov '20

Time: 9am - 10am

Fees: FREE for members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

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

Register by: 18 Nov '20



Christmas Card Making

Age 6 to 12 yrs

Online

Impress your family and friends with some self-made Christmas cards. You will learn creative ways to design your Christmas cards with craft papers and decorative ornaments.



Date: Wed, 25 Nov '20

Time: 2pm - 3.30pm

Fees: FREE for members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

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

Register by: 22 Nov '20

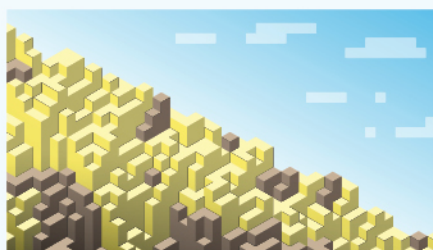
Online

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. Parents are encouraged to join the sharing session at the end of the workshop.



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: Mon, 23 Nov '20

Time: 7pm - 9pm

Fees: Member \$50, Guest \$60

Platform: Live on Zoom*

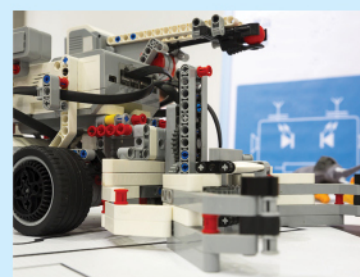
Contact: Bryan at 6391 5607 or bryanlee@csc.sg

Register by: 16 Nov '20

Mindstorm Mania Camp (Advanced Robotics)

The hottest selling lego brand, Mindstorms combines classic LEGO building with the world of robotics using motors, sensors and software.

You'll learn how to design and program your Lego bots to perform all kinds of tasks! Not only is this software easy to learn, it will also teach you the basics of programming, thus ensuring a fun and challenging introduction to the world of robotics for the advanced Lego enthusiasts.



Date: Fri, 27 Nov '20

Time: 9.30am - 12.30pm

Fees: Member \$70, Guest \$80

Venue: CSC @ Tessensohn

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

Register by: 20 Nov '20

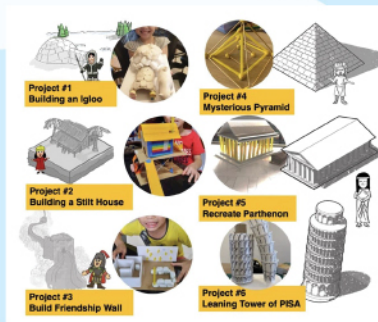


Arkidtect in Wonderland

Age 6 to 9 yrs

This is a thematic design project that aims to bring your children to experience architectural landmarks and ancient wonders that define our world.

Through the story of Arkidtect who is called to rebuild the building in wonderland, we will introduce building that are suitable in different climatic and cultural settings, we will explore and learn by using google earth site visit and to build scales models that enables us to understand the design and historic significance of these wonders.



Dates: Mon to Wed, 30 Nov – 2 Dec '20

Time: 10.30am – 1pm

Fees: Member \$205, Public Service Officer \$210, Guest \$230

Platform: Live on Zoom*

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

Register by: 23 Nov '20

Hovercraft Workshop

Age 6 yrs and above

Participants learn practical science concepts by assembling a hovercraft. They will also be guided in testing out the hovercraft they constructed, which they will also get to bring home!

Learning Outcomes:

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

Date: Tue, 1 Dec '20

Time: 9am – 12pm

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

Venue: CSC @ Tessensohn

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

Register by: 24 Nov '20



HoverCraft Workshop

Micro: Bit Coding Workshop

Age 6 yrs and above

Participants learn the fundamentals of programming using drag-and-drop techniques, and coding for LED lights flashing, music buzzer, and text display. Through this, they will appreciate further applications of programming in our everyday lives.

Learning Outcomes:

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

Date: Fri, 4 Dec '20

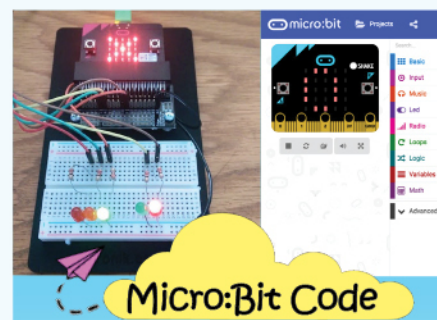
Time: 9am – 12pm

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

Venue: CSC @ Tessensohn

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

Register by: 27 Nov '20



Micro:Bit Code



Learning through Cookery Parent-Child Workshop

Age 4 to 6 yrs

To cultivate children's healthy eating habits
To cultivate children's learning through cooking

Learning objectives:

At the end of the lesson, parents will be able to understand on the benefits of cooking with children.

To understand what are the things that children learn through cooking. And also Stress the importance of safety in the kitchen. Tips on how to encourage children to get involved in cooking. To create parent and child bonding.



Date: Sat, 5 Dec '20

Time: 10am – 12pm

Platform: Live on Zoom*

Fees (per pair): Member \$55, Public Service Officer \$58, Guest \$60

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

Register by: 27 Nov '20



App Creator Workshop

Age 7 to 12 yrs

MIT App Inventor is an intuitive, visual programming environment that allows everyone – even children – to build fully functional apps for smartphones and tablets. Even for those new to the app can have a simple app up and running in less than 30 minutes. Parents are encouraged to join the sharing session at the end of the workshop.

An Android device is required to download the app. Participants to bring their own.

Learning Outcomes:

- Gain understanding of the fundamental concepts of computer science: variables, conditional statements, loops, Boolean statements, functions and logical operators
- Learn about user interface and design in app creation, acquiring knowledge on user-friendly designs, app tidiness and readability of codes
- Learn about artificial intelligence and database systems, creating bots in the app and understanding simple database systems

Date: Mon, 7 Dec '20

Time: 7pm – 9pm

Fees: Member \$50, Guest \$60

Platform: Live on Zoom*

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

Register by: 4 Dec '20



It's Slime Time – Magnetic and Glow in the Dark Slime



Join us in this fun and exciting camp to enjoy the mind boggling process of making your own magnet, glow-in-the-dark slime. Participants can expect hours of fun and excitement as they learn about the science behind numerous important magnetic principles and how they can work together to create an ultimate result.

Date: Fri, 11 Dec '20

Time: 9.30am – 12.30pm

Fees: Member \$60, Guest \$70

Venue: CSC @ Tessensohn

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

Register by: 4 Nov '20

Introduction to Coding eGame With Scratch Programme



Age 10 to 16 yrs

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.



Date: Tue, 15 Dec '20

Time: 1pm – 3pm

Fees: Member \$75, Public Service Officer \$78, Guest \$80

Platform: Live on Zoom*

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

Register by: 10 Dec '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 subject to change or cancellation.

Kids Can Bake (Parent-Child Bonding)

Age 3 to 11 yrs

Fantastic Nutella Tarts

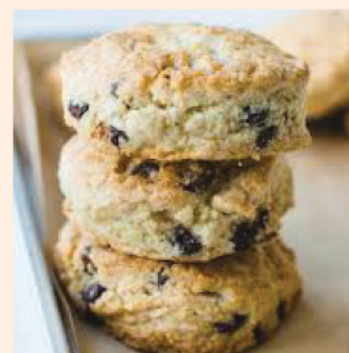
Date: Sun, 18 Oct '20 OR Sat, 24 Oct '20
Time: 1.30pm – 3.30pm OR 9am – 10.30am
Fees (per parent-child pair): Member \$38,
 Public Service Officer/Guest \$48
Register by: 11 Oct '20 OR 17 Oct '20

Trick & Treat Cake

Date: Sun, 25 Oct '20 OR Sat, 31 Oct '20
Time: 1.30pm – 3.30pm
Fees (per parent-child pair): Member \$48,
 Public Service Officer/Guest \$58
Register by: 19 Oct '20 OR 23 Oct '20

Chocolate Chips Scones

Date: Sat, 7 Nov '20 OR Sun, 15 Nov '20
Time: 9am – 10.30am OR 1.30pm – 3pm
Fees (per parent-child pair): Member \$45,
 Public Service Officer/Guest \$55
Register by: 1 Nov '20 OR 7 Nov '20



Mini Emoji Pizzas

Date: Sun, 8 Nov '20 OR Sat, 28 Nov '20
Time: 1.30pm – 3.30pm OR 9am – 10.30am
Fees (per parent-child pair): Member \$45,
 Public Service Officer/Guest \$55
Register by: 1 Nov '20 OR 20 Nov '20

Reindeer Cupcakes

Date: Sat, 5 Dec '20 OR Sun, 6 Dec '20
Time: 9am – 10.30am OR 11am – 12.30pm
Fees (per parent-child pair): Member \$45,
 Public Service Officer/Guest \$55
Register by: 30 Nov '20

Choo Train Log Cake

Date: Sat, 12 Dec '20 OR 20 Dec '20
Time: 11am – 12.30pm OR 9am – 10.30am
Fees (per parent-child pair): Member \$60,
 Public Service Officer/Guest \$70
Register by: 4 Dec '20 OR 13 Dec '20

Pinky Bunny Log Cake

Date: Sun, 13 Dec '20 OR 20 Dec '20
Time: 9am – 10.30am OR 1.30pm – 3pm
Fees (per parent-child pair): Member \$60,
 Public Service Officer/Guest \$70
Register by: 4 Dec '20 OR 13 Dec '20

For all above courses

Venue: 31 Ah Hood Road #01-04, Spore 329979 OR 2
 Yishun Walk #04-06, Spore 767944

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



Online

Photo Frame Making Demo Workshop

Suitable for children aged 6 – 12 years old
Unleash your child's creativity and get crafty through this online workshop on Children's Day!
Your child will learn creative ways to create a photo frame for your family photo.



Date: Sat, 10 Oct '20
Time: 10am – 11.30am
Fees: FREE for members, Public Service Officer \$5, Guest \$8
Platform: Live on Zoom*
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 6 Oct '20

Online

Blueprint In Architecture

Age 6 to 9 yrs

A workshop that will open young minds to the world of architecture:

- Lines define design
- Visualise different spaces at home
- Identify and draw shapes and geometry of your home
- Able to use bubble diagram to visualise space at home



Date: Sat, 24 Oct '20
Time: 9am – 10am
Fees: FREE for members, Public Service Officer \$5, Guest \$8
Platform: Live on Zoom*
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 21 Oct '20

Pilates

Pilates is a great way to improve your strength, flexibility and posture. Pilates is a safe and effective method of rehabilitation and exercise that focuses on muscular balance.

In a group environment, Instructors will take you through a series of exercises to work different muscle groups.

Date: 4 Mondays, 5 – 26 Oct '20 OR 9 – 30 Nov '20 OR 7 – 28 Dec '20
Time: 7pm – 8pm
Fees: Member \$40, Public Service Officer \$45, Guest \$50
Venue: CSC @ Tessensohn
Contact: Constance at 6391 5641 or constancelow@csc.sg
Register by: 1 week before class



Online

Pilates Fusion by Kavitha

Pilates Fusion combines basic mat Pilates, Barre movement, yoga poses with body sculpting and basic functional movements for a low impact workout.

Date: Fri, 30 Oct '20
Time: 7.30pm – 8.30pm
Fees: FREE for Members, Public Service Officer \$5, Guest \$8
Venue: CSC @ Tessensohn
Platform: Live on Zoom*
Contact: Constance at 6391 5641 or constancelow@csc.sg
Register by: 27 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 subject to change or cancellation.



Pop Pilates by Niza

POP Pilates is a strength and flexibility workout and can be done with bare feet on nothing but a yoga mat or the floor.

Date: Fri, 6 Nov '20

Time: 7.30pm – 8.30pm

Fees: FREE for Members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

Contact: Constance at 6391 5641 or constancelow@csc.sg

Register by: 3 Nov '20

Chair Stretch by Niza

These stretching exercises will help to reduce tightness and stress that has gathered throughout the body. The exercises will be done seated and supported by a chair with backrest. Have a good stretch at this online session.

Day: Fri, 4 Dec '20

Time: 7.30pm – 8.30pm

Fees: FREE for Members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

Contact: Constance at 6391 5641 or constancelow@csc.sg

Register by: 1 Dec '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, 6 – 27 Oct '20 OR 3 – 24 Nov '20
OR 8 – 29 Dec '20

Time: 7pm – 8pm

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

Venue: CSC @ Tessensohn

Contact: Constance at 6391 5641 or constancelow@csc.sg

Register by: 1 week before class



 Online

Zumba Fitness by Nicky

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 strength your calves and ankles.

Date: Fri, 13 Nov '20 OR 18 Dec '20

Time: 7.30pm – 8.30pm

Fees: FREE for Members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

Contact: Constance at 6391 5641 or constancelow@csc.sg

Register by: 10 Nov '20 OR 15 Dec '20



Saturday Zumba with Shirley

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!

3 – 31 Oct '20 (5 sessions)

Member \$62.50
Public Service Officer \$68.75
Guest \$72.50

7 – 28 Nov '20 (3 sessions)

Member \$37.50
Public Service Officer \$41.25
Guest \$43.50

5 – 26 Dec '20 (4 sessions)

Member \$50
Public Service Officer \$55
Guest \$58

Time: 9am – 10am OR 10am – 11am

Venue: CSC @ Bukit Batok

Contact: Constance at 6391 5641 or constancelow@csc.sg

Register by: 1 week before class

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.

CSC @ Tessensohn

4 Fridays, 7.30pm – 8.30pm
16 Oct – 6 Nov '20
13 Nov – 4 Dec '20
11 Dec '20 – 15 Jan '21

Fees: Member \$40, Public Service Officer \$45, Guest \$50
Contact: Constance at 6391 5641 or constancelow@csc.sg
Register by: 1 week before class



Yoga for Wellness



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, 7 Nov or 21 Nov or 5 Dec or 19 Dec '20

Time: 5pm – 6pm

Fees (per class): FREE for Members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

Contact: Constance at 6391 5641 or constancelow@csc.sg

Register by: 4 Nov OR 18 Nov '20 OR 2 Dec OR 16 Dec '20



Yoga Nidra Class



Yoga Nidra is a state of consciousness between waking and sleeping with a guided meditation to release stress and tension. While you rest comfortably in *savasana* (corpse pose), this systematic meditation takes you through the five layers of self, leaving you with a sense of wholeness.

Trial Class

8-week Programme

Sun, 25 Oct '20

8 Sundays, 1 Nov – 20 Dec '20

Fees: FREE for members, Public Service Officer \$5, Guest \$8

Fees: Member \$88, Public Service Officer \$92, Guest \$95

Time: 4pm – 5pm

Platform: Live via Zoom*

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

Register by: 3 days before class



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

4 Fridays, 6.30pm – 7.30pm

16 Oct – 6 Nov '20

13 Nov – 4 Dec '20

11 Dec '20 – 15 Jan '21

4 Wednesdays, 7pm – 8pm

28 Oct – 18 Nov '20

25 Nov – 16 Dec '20

23 Dec – 13 Jan '21

Fees: Member \$70, Public Service Officer \$75, Guest \$80

Contact: Constance at 6391 5641 or constancelow@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 subject to change or cancellation.



FAB Hiit by Annie Wong

HIIT workout routine combines short bursts of intense exercise with periods of rest or high and low intensity exercise.

Date: Fri, 16 Oct '20

Time: 7.30pm – 8.30pm

Fees: FREE for Members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

Contact: Constance at 6391 5641 or constancelow@csc.sg

Closing Date: 13 Oct '20

Stretchband by Charlotte



Resistance band/stretching exercises are effective and offer many benefits over traditional free weights. Suitable for all ages and fitness level.

Date: Fri, 23 Oct '20

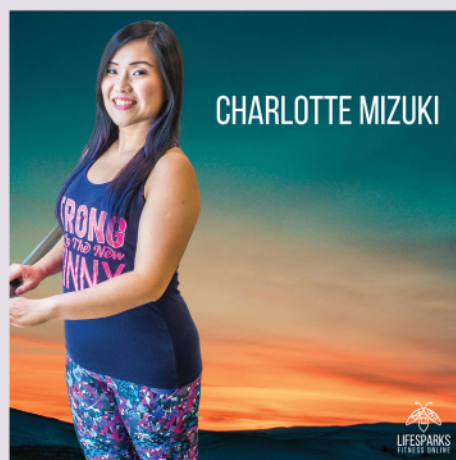
Time: 7.30pm – 8.30pm

Fees: FREE for Members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

Contact: Constance at 6391 5641 or constancelow@csc.sg

Closing Date: 20 Oct '20



Piloxing by Christina Goh



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, 20 Nov '20

Time: 7.30pm – 8.30pm

Fees: FREE for Members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

Contact: Constance at 6391 5641 or constancelow@csc.sg

Closing Date: 17 Nov '20

Kpopx Fitness by Christina Goh

Have fun at this Korean dance fitness class. Simplified Kpop dance moves combined with cardio exercises. Sweat it out at this online class with groovy Kpop hits!

Day: Fri, 11 Dec '20

Time: 7.30pm – 8.30pm

Fees: FREE for Members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

Contact: Constance at 6391 5641 or constancelow@csc.sg

Register by: 8 Dec '20



Inline Skating for Beginners

A sport that enhances your health and mental fitness, while providing hours of fun. Suitable for adults and kids, 4 and above. Participants may re-arrange class schedule with the instructor at least 3 days in advance.

(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

4 Wednesdays @Sengkang Basketball Court / Punggol	4 – 25 Nov '20, 2 – 23 Dec '20 OR 6 – 27 Jan '21 Time: 6pm – 7pm OR 8pm – 9pm
4 Thursdays @Choa Chu Kang Park	5 – 26 Nov '20, 3 – 24 Dec '20 OR 7 – 28 Jan '21 Time: 6.30pm – 7.30pm
4 Fridays @Pinnacle @Duxton	6 – 27 Nov '20, 4 Dec '20 – 8 Jan '21 OR 15 Jan – 5 Feb '21 Time: 6.30pm – 7.30pm OR 8pm – 9pm

WEEKEND GROUP CLASS

4 Saturdays @East Coast Park Car Park E1	7 – 28 Nov '20, 5 – 26 Dec '20 OR 9 – 30 Jan '21 Time: 11.30am – 12.30pm, 3.30pm – 4.30pm OR 5pm – 6pm
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Fees: Member \$85, Public Service Officer \$90, Guest \$95 (Rental of skating gear, elbow, wrist and knee shields are not included.)

Contact: Serene Cho at 6391 5620 or serenecho@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!



Date: 10 Saturdays, 5 Dec '20 – 6 Feb '21

Time: 10am – 11am

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

Venue: CSC @ Bukit Batok

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

Closing Date: 1 week before class

Deep Aqua Aerobics

An exercise that is gentle on your joints and great for toning up, Deep Aqua Aerobics is a cardio and conditioning, pool-based workout that works muscles against the resistance of the water to increase the heart rate and burn calories.



Class Schedule (4 lessons per class)

4 Tuesdays	Dates: 6 – 27 Oct '20, 3 – 24 Nov '20 OR 1 – 22 Dec '20 Time: 8am – 9am, 6.30pm – 7.30pm, 7.30pm – 8.30pm
4 Wednesdays	Dates: 7 – 28 Oct '20, 4 – 25 Nov '20 OR 2 – 23 Dec '20 Time: 6.15pm – 7.15pm, 7.15pm – 8.15pm
4 Thursdays	Dates: 1 – 22 Oct '20, 5 – 26 Nov '20 OR 3 – 24 Dec '20 Time: 6.30pm – 7.30pm, 7.30pm – 8.30pm
4 Fridays	Dates: 2 – 23 Oct '20, 6 – 27 Nov '20 OR 4 Dec '20 – 8 Jan '21 Time: 6.30pm – 7.30pm
4 Saturdays	Dates: 3 – 24 Oct '20, 7 – 28 Nov '20 OR 5 – 26 Dec '20 Time: 8am – 9am

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

Venue: CSC @ Tessensohn

Contact: Constance at 6391 5641 or constancelow@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, 7 Nov '20 OR 19 Dec '20 OR 9 Jan '21

Time: 2pm – 5pm

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

Venue: Marina Country Club

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 subject to change or cancellation.

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: Constance at 6391 5641 or constancelow@csc.sg

Schedule: Marcus at marcus@theswimsociety.com

Register by: 1 week before class

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



Oct/Nov/Dec 2020 Monthly Class

4 Saturdays	10 - 31 Oct '20 7 Nov - 5 Dec '20
Time (30mins per lesson)	Choose from 3pm - 7pm
Fees	Member \$132, Public Service Officer \$172, Guest \$180

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.



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

Child	4 Sundays, 9am - 10am
Adult	4 Sundays, 10am - 11am
Advanced Classes	4 Sundays, 4pm - 5pm

Tennis by Singapore Tennis School

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

Adult Intermediate	4 Sundays, 9am - 10am
Adult Beginner	4 Sundays, 10am - 11am

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



Badminton

Come join us for weekly Badminton classes designed for participants of all ages and skill levels

	Saturday			Sunday		
	Member	Public Service Officer	Guest	Member	Public Service Officer	Guest
Nov '20	\$75	\$85	\$90	\$125	\$140	\$150
Dec '20	\$100	\$112	\$120	\$100	\$112	\$120
Jan '21	\$100	\$112	\$120	\$125	\$140	\$150

Fees: Based on number of lessons in that month

Venue: CSC @ Tessensohn

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

Register by: 1 week before class





Baking by Harry

Cheesecake Delight

Cottony Lemony Cheesecake – It is soft, light, fluffy and zesty. If you wish, add some slightly tart cream cheese to this scrumptious cake. It will be absolutely heavenly.



Passionfruit No-bake Cheesecake – Craving to make Cheesecake but do not have an oven? This workshop shows you how. It also makes a fabulous dessert after a hearty meal.

Date: Sat, 17 Oct '20

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

Register by: 9 Oct '20

Tea Cakes Delight

Elysee – Chocolate and Earl Grey Tea mousse cake, ideal for an afternoon tea treat.

Hojicha Gateau – Lovers of Hojicha would love this cake for its green tea fragrance.



Date: Sat, 31 Oct '20

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

Register by: 23 Oct '20

Tim Sum Delight

Flaky Char Siew Pastry – These are delicious and flaky pastries which encase some juicy char siew fillings. Making them may be hard work but it brings much satisfaction.



Crystal Chive Dumplings – The skin of these dumplings are translucent and the fillings are delicious.

Cabbage Wah Kueh – These alternatives to chew kueh makes these breakfast treat a great and tastier delight.

Date: Sun, 8 Nov '20

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

Register by: 1 Nov '20

Festive Baking

Christmas Fruit Cake – Surprise your friends with your home-made moist and fruity cake this Christmas.



Yogurt and Sultanas Scones –

These can be easily made with your children during the school holidays. Once done, these are nice and warm. Ideal for an afternoon snack with a pot of tea.

Date: Sun, 22 Nov '20

Fees: Member \$70, Public Service Officer \$80, Guest \$85 (Each person will bake one fruit cake.)

Register by: 16 Nov '20

Christmas Breads

Stollen – It is a rich, fruity bread packed with raisins, citrus and nuts. Traditionally served or given as a gift during Christmas.



Kugelhupf – Part bread, part cake, Kugelhupf is a popular Austrian classic desserts for afternoon teas or Sunday breakfasts, at home or in coffeehouses. Great treat that goes well with a cup of rich aroma coffee.



Date: Sat, 5 Dec '20

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

Register by: 30 Nov '20

Nonya Delights

Durian Salat – Quite similar to Kueh Salat, except for its taste. It is an all-time favourite kueh among the Peranakans.



Kueh Dadar – Delicious pandan-infused crepes stuffed with sweet coconut soaked in palm sugar, Kueh Dadar is a traditional Nonya favourite.



Sago Melaka Lapis – It is an attractive three-layer kueh made with chewy textured sago balls.

Date: Sun, 13 Dec '20

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

Register by: 7 Dec '20

Festive Cooking - Demo

Roast Turkey – Traditional festive roast with gravy, Cranberry sauce and Chestnut stuffing. Contrary to most recipes, this recipe ensures a more succulent and juicy taste after roasting.



Cream of Pumpkin Soup – Learn how to make this classic cream of pumpkin soup with this tested till perfect recipe which will soon be a favourite in the family.



Steamed Potato Salad – A well-constructed potato salad can add a delicious appetizing accompaniment to the dinner meal.

Date: Sat, 19 Dec '20

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

Register by: 11 Dec '20

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

Food Solutions Workshops

- Pa Tod Grob Samunprai (Fish)
- Thai Crispy Egg Rice
- Soup of the Day

Date: Sun, 1 Nov '20
Register by: 26 Oct '20



- Berry Rice Fatt Kueh
- Bird Nest Jello
- Trotters Taucheo Bamboo Stew

Date: Sun, 6 Dec '20
Register by: 30 Nov '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:



From the Chef's Table

- Glazed Sriracha BBQ Belly Crisps
- Taro Pumpkin Portage
- Kueh of the Day

Date: Sat, 21 Nov '20
Register by: 13 Nov '20

- Japanese Mauchi Cheese Balls
- HK Black Sesame Rolls
- Soup Classic of the Day

Date: Sat, 12 Dec '20
Register by: 4 Dec '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



Cooking with Chef Michelle

Singapore Laksa Rempah

Date: Sat, 31 Oct '20
Time: 11am to 12pm
Fees: FREE for Members, Public Service Officer \$8, Guest \$12
Platform: Live on Zoom*
Register by: 23 Oct '20



Turkey roulade with ham & spinach (Using chicken ham) Potato gratin

Roasted Pumpkin with balsamic vinegar & almond seeds

Date: Sat, 7 Nov '20
Time: 10am to 1pm
Fees: Member \$50, Public Service Officer \$60, Guest \$65
Venue: CSC @ Tessensohn
Register by: 1 Nov '20



Pumpkin soup Beef cottage pie Whisky orange scented cake

Date: Sat, 5 Dec '20
Time: 10am to 1pm
Fees: Member \$50, Public Service Officer \$60, Guest \$65
Venue: CSC @ Tessensohn
Register by: 27 Nov '20



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

Hands-On Baking by Stephanie

Apple Pie

100% made from scratch, easy to make, versatile and utterly delicious.

Date: Sun, 18 Oct '20
Fees: Member \$45, Public Service Officer \$55, Guest \$60
Register by: 12 Oct '20



Oven Baked Curry Puff

These are proven crowd pleasers and are always gone before people start coming round for second serving.

Date: Sun, 1 Nov '20
Fees: Member \$45, Public Service Officer \$55, Guest \$60
Register by: 26 Oct '20



Carrot Cake Loaf

100% made from scratch, easy to make, versatile and utterly delicious.

Date: Sun, 15 Nov '20
Fees: Member \$55, Public Service Officer \$65, Guest \$70
Register by: 8 Nov '20



For above classes:
Time: 9.00am to 12.00pm
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Wine Appreciation

Hosted by Mr Andreas Balemi DipWSET, wine expert and consultant and founder of Wine & Philosophy. All tasted wines will be available at discounts at the event.

Tasting and Understanding Swiss Wine

Swiss wines are high in quality and original in their style, thanks to the country's very specific geography and the presence of many unique indigenous grape varieties.

Learn about the major wine regions, from the mountains of Valais and Grisons to the stunning terraced vineyards of Lavaux near Geneva, to the warm and sunny Canton of Ticino.

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

Date: Fri, 6 Nov '20

Time: 7pm-8.30pm

Fees: Member \$30, Public Service Officer, \$36, Non-member \$42

Venue: CSC @ Tessensohn

Contact: Bryan at 63915607 or bryanlee@csc.sg

Register by: 1 week before class

Sparkling wines for the Festive Season

Be introduced to the world of sparkling wines, their history, production methods and market trends. We will also survey sparkling wines from wine regions: Champagne and France, Cava and Spain, Prosecco and Italy, and New World sparkling wine.



You will also taste five different sparkling wines and learn how to appreciate them, and how to pair them with food. Christmas cookies and small bites will be served.

Date: Fri, 18 Dec '20

Time: 7pm - 8.30pm

Fees: Member \$45, Public Service Officer, \$50, Non-member \$55

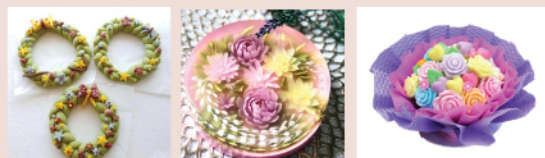
Venue: CSC @ Tessensohn

Contact: Bryan at 63915607 or bryanlee@csc.sg

Register by: 1 week before class

3D Floral Jelly Art Workshop

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



Course Outline:

- Introduction to key ingredients for making canvas, flower mixture and base
- Guide to prepare and cook the jelly canvas and flower mixture
- Creating floral patterns such as flowers, leaves and baby breaths using design tool
- Injection techniques which involve hand movements, pressure, direction to achieve a life-like flower encapsulated in a jelly canvas

Participants will bring home two cakes, a four-inch and a six-inch.

Date: Sat, 14 Nov '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: 7 Nov '20



Mantou Decoration Workshop – The Kawaii Twins

Are you bored with plain mantou? Come join us for a kawaii online demo session to learn dough sculpting into cute characters. Our Mantou expert will share with you tips on shaping and assembling the features of the characters.

Date: Sat, 21 Nov '20 or 12 Dec '20

Time: 11am - 12pm

Fees: FREE for members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

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

Register by: 18 Nov '20 or 9 Dec '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 subject to change or cancellation.



Infused Enzymes Drinks Workshop

Want to learn more about how enzymes drinks can help your digestive and immune health? Look no further with this enzymes drinks workshop live on Zoom. You will learn how to use fruits in its entirety to make naturally fermented vinegars that you can drink and use as salads dressing.

Date: Sat, 21 Nov '20

Time: 11am - 12.30pm

Fees: FREE for members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

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

Register by: 18 Nov '20



Mantou Making Hands-On Workshop – Honey Bear and Friends

NEW ★

Join us for a kawaii hands-on session. Learn how to make cute and healthy steamed Mantou from scratch and have fun shaping them into cute characters. Packed lunch will be provided.

Participants will bring home 4 Mantous they created.



You will learn: How to prepare the dough, knead and shape the dough, adding colours and decorations. and tips and techniques on proofing the dough.

Date: Sat, 16 Jan '21

Time: 9am - 2pm

Fees: Member \$165, Public Service Officer \$170, Guest \$180

Venue: Kovan

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

Register by: 10 Jan '21



Eco Kayaking Tour

Take an eco-tour by kayaking through the nature reserves. Not only to experience the tranquillity of the eco system, but also to better visualise the vulnerability of our environment. Kayaking equipment and safety gears will be provided. Limited to maximum 5 pax per group.



Date: Sat, 24 Oct '20 or 21 Nov '20 or 12 Dec '20

Time: 9am - 12pm

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

Venue: Assemble at Pasir Ris

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

Register by: 1 week before each session

Chek Jawa Boardwalk Adventure

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



Fee includes a licensed nature guide and land transport to and from Chek Jawa. Participants have to prepare \$8 for the 2-way boat ride.

Dates:

Sat, 24 Oct '20 OR 21 Nov '20

Sun, 6 Dec '20 OR 20 Dec '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)

Virtual Local Tour to One North



This is a new tour experience to engage the locals.

Combining fun game and well-curated tour content, the tour takes you on a unique side of Singapore virtually, while keeping you engaged at the edge of your seats! Follow the tour guide as he takes you around the innovation district of one-north.



Date: Sat, 31 Oct '20

Time: 10.30am - 12pm

Fees: FREE for Member, Public Service Officer \$8, Guest \$10

Platform: Live via Zoom*

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

Register by: 25 Oct '20

Stand-Up Paddling

If you love the sea, sun and wind, you will enjoy Stand-Up Paddle (SUP). Try out these sea sports in the beautiful waters of Singapore. Learn to balance and sail back to shore under the guidance of our experienced coach. Limited to maximum 5 pax per group

Date: Sat, 31 Oct '20 or 28 Nov '20 or 19 Dec '20

Time: 9am - 12pm

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

Venue: Assemble at Pasir Ris

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

Register by: 1 week before each session



Gin Micro-Distillery Experience

Welcome curious drinkers and gin enthusiasts.

Catch a glimpse behind the scenes at Singapore's home grown micro-distillery. You will get to understand the gin making process, the types of ingredients used, introduction to different range of award-winning gin and have a taste of Singapore's very own homemade gin. Limited to maximum 5 participants per session.

Date: Sat, 31 Oct '20 or 21 Nov '20 or 12 Dec '20

Time: 3pm - 4.30pm

Fees: Member \$25, Public Service Officer \$28, Guest \$30

Venue: Mandai Link

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

Register by: 22 Oct '20 or 12 Nov '20 or 3 Dec '20



Make Your Own Stress Ball (Parent-Child Bonding)

Did you know that stress balls have been proven to help lower stress levels and tensions and can help to improve your quality of life?

Join us in this hands-on parent and child workshop and learn to make your own stress balls. Each pair of participants will bring home a stress ball.

Date: Sat, 7 Nov '20

Time: 2pm - 3pm

Fees (per parent-child pair): Member \$50, Public Service Officer \$60, Guest \$70

Venue: CSC @ Tessensohn

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

Register by: 1 Nov '20



Design and Create Antiseptic Soap Demo Workshop

Online

Learn a practical skill and understand the various methods to create your beautiful DIY soap.

In this fun-filled demo workshop, you will learn:

- Art of melting
- Adding scent & Colour coating
- Layering & Swirl
- Suspension and Embedding

Date: Sat, 7 Nov '20

Time: 10am - 11.30am

Platform: Live via Zoom*

Fees: FREE for Members, Public Service Officer \$5, Guest \$8

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

Register by: 10 Nov '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 subject to change or cancellation.

Yacht Fishing Trip

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

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

Date: Sat, 7 Nov '20 OR Sun, 27 Dec '20

Time: 9am – 3pm

Fees: Member \$180, Public Service Officer \$185, Guest \$190 (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 an adult

* Lunch is not provided



What to bring:

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

Angler Course for Beginners

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

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: Sat, 14 Nov '20 OR Sat, 26 Dec '20

Time: 8.30am – 4pm

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

Fees: Member \$95, Public Service Officer \$100, Guest \$105 (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

* 5-12 year olds must be

accompanied by an adult

* Lunch is not provided

What to bring:

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



How to Grow Organic Culinary Herbs & Spices

A 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



100% SkillsFuture Credit Claimable

Date: Sat, 21 Nov '20

Time: 9.30am – 5pm

Fees: Member \$195, Public Service Officer \$205, Guest \$210

Venue: GWP Training Room, 479 Sims Ave (Near Paya Lebar MRT)

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

Register by: 12 Nov '20

Pearls Appreciation Workshop NEW ★

Pearls are unique gemstones loved by both men and women for their origin and radiance. Did you know that pearls, which come from mussels and oysters, are also being graded and priced by experts?

Join us in this 2 hour workshop, conducted by John, a certified professional and learn all about pearls, their origins, and their grading system. In addition, all participants will get an airflown mussel from a freshwater pearl farm in China to open on their own. Who knows what treasures you may find in yours?

Dates: Sat, 28 Nov '20

Time: 9am – 11.30am

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

Venue: CSC @ Tessensohn

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

Register by: 20 Nov '20



Online

Learn to Create Washi Eggs Christmas Ornaments

This workshop teaches you how to decorate eggs with Japanese washi papers. They can be used as Christmas ornaments, decorations and gifts.

Date: Sat, 5 Dec '20

Time: 2pm – 3pm

Fees: FREE for members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

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

Register by: 2 Dec '20



Plate Painting Demo Workshop Online

Learn how to transform a design to a ceramic plate and learn the technique to create a piece of artwork for decorating your house or as a gift.

Date: Sat, 12 Dec '20

Time: 2pm – 3pm

Fees: FREE for members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

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

Register by: 9 Dec '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 subject to change or cancellation.



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
Dates & Time	8 Mondays 12 Oct '20 – 30 Nov '20 7pm – 8.15pm Register by 5 Oct '20	8 Wednesdays 14 Oct '20 – 2 Dec '20 7.15pm – 8.30pm Register by 7 Oct '20
Fees	Beginner: Member \$155, Public Service Officer \$165, Guest \$175 Intermediate: Member \$170, Public Service Officer \$180, Guest \$190 Advance: Member \$185, Public Service Officer \$195, Guest \$205	

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



Play the Keyboard

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

Dates: 8 Wednesdays, 21 Oct – 9 Dec '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: 14 Oct '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, 4 Nov '20 – 6 Jan '21

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: 28 Oct '20



**Online**

Early Experience Matters Parenting Workshop

For parents with children between 0-3 yrs

An interacting and engaging talk for parents to learn the importance of the first 1,000 days of your child's life, known as the golden window of a child's development.

This workshop aims to support parents on evidence-based knowledge regarding child development and provide skills to achieve healthy development outcomes for young children.

Objectives:

- For parents to understand the significance of the Golden Window of a child's first 3 years
- Recognise the importance of relationship development for the child's first 3 years
- Acquire fundamental knowledge in a child's early years

Date: Sat, 24 Oct '20 OR 21 Nov '20 OR 12 Dec '20

Time: 3pm - 4pm

Fees: FREE for members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

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

Register by: 1 week before class



Let's be Friends with Our Children

Online

In order to earn more money to support their family, many parents nowadays are spending most of their time and focus on working and thus neglect their role, which is to bond and educate with their children. In the long run, this emotional neglect could result in an unfixable gap between the parent and child thus affecting the rapport between the family.

Let Josey, our experienced parenting professional share with you some tips on how to find time out of your busy schedule to engage your child, foster a budding relation with your children and provide them the support that they need to grow into a happy and healthy adult.

Date: Sat, 21 Nov '20

Time: 11am - 12pm

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

Platform: Online via Zoom*

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

Register by: 14 Nov '20



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, 21 Nov '20 OR 12 Dec '20

Time: 11am - 12.30pm

Fees: Free for Members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

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 subject to change or cancellation.

S.T.E.P.S Parenting Workshop

For parents with children between 0–3 yrs

Parents play a critical role in shaping a child's future and enriching their learning journey. It is important that we look at the child's holistic development which covers the physical, intellectual, emotional and social developmental areas.

In this S.T.E.P.S programme, Scientific Techniques Explained to Parents Simply, our early childhood experts will be providing practical tips and strategies that the parents can apply immediately with the child.

Skills I need to be ME

Date: Sat, 24 Oct '20

Time: 4pm – 6pm

Fees: Member \$22, Public Service Officer \$26, Guest \$28

Platform: Live on Zoom*

Register by: 18 Oct '20

Keeping me safe, clean and healthy

Date: Sat, 7 Nov '20

Time: 4pm – 6pm

Fees: Member \$22, Public Service Officer \$26, Guest \$28

Platform: Live on Zoom*

Register by: 1 Nov '20

Protecting me as a curious explorer

Date: Sat, 21 Nov '20

Time: 4pm – 6pm

Fees: Member \$22, Public Service Officer \$26, Guest \$28

Platform: Live on Zoom*

Register by: 15 Nov '20

Playful Baby

Date: Sat, 5 Dec '20

Time: 4pm – 6pm

Fees: Member \$22, Public Service Officer \$26, Guest \$28

Platform: Live on Zoom*

Register by: 29 Nov '20

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



Networking with Parents (Panel Discussion with the Specialists)

For parents with children between 0–6 yrs

A networking session with Q&A in collaboration with medical professionals and Early Childhood Experts, on the topics below that parents of young children (aged 0 to 6 years) are usually concerned about.

Common Childhood Illnesses

Young children are more susceptible to illnesses due to an immature immune system. Preventing and managing illnesses can reduce the rate of spread of infection to children, teachers, and the community. Learn about common illnesses and strategies for controlling them.

Date: Sat, 19 Dec '20

Time: 11am – 11.45am

Fees: FREE for members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

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

Register by: 11 Dec '20



Empower and Nurture an Independent Child

Children are naturally driven to be competent in their self-help skills and they need to acquire skills such as dressing up or tidying up after themselves, with some support from parents.

With many families now having help and also if we only have one child, we would tend to want to help the child do everything. How then should parents have a fine 'balance' between teaching them self-help skills vs helping them to do the tasks?

In this session, the speaker will share strategies to encourage children's self-help skills, both for the children and the family.

Date: Sat, 9 Jan '21

Time: 11am – 11.45am

Fees: FREE for members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

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

Register by: 1 Jan '21



How Essential Oils Help with Slimming

Have you been on traditional slimming methods but aren't impressed with the results? Then you should consider incorporating essential oils with a change of your healthy habits like regular workouts and a balance diet. Learn the amazing benefits of various essential oils that can help you shed off that extra inch.

Date: Sat, 24 Oct '20

Time: 4pm - 5pm

Fees: FREE for members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

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

Register by: 21 Oct '20



Pain Management with Essential Oils

Whether you are suffering from acute or chronic pain, sore muscles or rheumatism, essential oils are natural sources of pain management. Understand the active compounds in essential oils and how to use it effectively.

Dates: Sat, 7 Nov '20

Time: 4pm - 5pm

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

Platform: Live on Zoom*

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

Register by: 4 Nov '20



Beauty Tips with Essential Oil

Many essential oils are beneficial to your skincare and beauty routine, but it is important to understand its compound and use it correctly.

In this workshop, you will learn how to incorporate essential oils into your beauty routine according to your skincare needs.

Date: Sat, 28 Nov '20

Time: 4pm - 5pm

Fees: FREE for members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

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

Register by: 25 Nov '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 subject to change or cancellation.

Online

Detox and Build Health Talk

This workshop shows you how to keep those harmful toxins away.

What you will learn:

- How to cleanse and remove the toxins in our body
- Healthy ways to detox
- What to eat during detox?

Date: Sat, 12 Dec '20

Time: 11am – 12.30pm

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

Platform: Live on Zoom*

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

Register by: 9 Dec '20



Stronger Knees and Joints Programme (Renew & Regrow)

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

Date: 3 Fridays, 30 Oct – 13 Nov '20 OR 4 – 18 Dec '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: 23 Oct '20 OR 27 Nov '20



Online

Fundamental Principles for Healthy Bones and Joints

It is important to take care of our bones and joints so that we can live a healthy and active lifestyle in our golden years. In this training, participants will learn to identify their potential risks to bones and joints health, the various causes of knee pain, fundamental principles to keep our bones and joints healthy. Calcium pills or supplements may not be your only solutions.

Date: Sat, 5 Dec '20

Time: 10am – 11.30am

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

Platform: Live on Zoom*

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

Register by: 30 Nov '20



Healthy Bones and Joints



Active for Life

BEACON LOHAS



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, 9 Jan '21

Time: 11am - 12.30pm

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

Platform: Live on Zoom*

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

Register by: 6 Jan '21



Improve Immunity with Better Qi and Blood

Qi and Blood play important roles in our health. Qi, for example, has a protective function to help boost our immunity.

In this workshop, participants will perform a self-assessment of potential weakening of Qi or Blood. They will also learn daily routine, food therapy and useful meridian self-therapy techniques to boost Qi and Blood.

Date: Sat, 31 Oct '20

Time: 2.30pm - 4pm

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

Platform: Live on Zoom*

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

Register by: 23 Oct '20



Preview: Managing 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

- Introduce mindfulness
- Conduct mindfulness practices – Awareness of Breath practice and Bodyscan
- Share scientific studies on mindfulness
- Overview of the 4-week Mindfulness Foundation Course

Date: Sat, 7 Nov '20 OR 12 Dec '20 OR 16 Jan '21

Time: 2pm - 3:30pm

Fees (per session): FREE for Members, Public Service Officer \$5, Guest \$8

Platform: Live on Zoom*

Contact: Serene Cho at 6391 5620 or serenecho@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 subject to change or cancellation.

Managing Stress with Mindfulness Foundation Course

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

This course will help you understand what is mindfulness, its benefits, what are the mindfulness practices and how to practice in your daily lives. You will be guided through various mindfulness practices and get to know what scientific studies have revealed about mindfulness training. We will also explore stress triggers and how to respond to them.

Dates: 4 Saturdays, 14 Nov – 5 Dec '20 OR 19 Dec '20 – 9 Jan '21 OR 23 Jan – 13 Feb '21

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: 1 week before class



ADVERTISE WITH US! Media Rates

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

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

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

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



ADVERTISING RATES

Back Cover (Full Page)	\$2,400
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Double Page Spread	\$3,800
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Quarter Page*	\$500

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

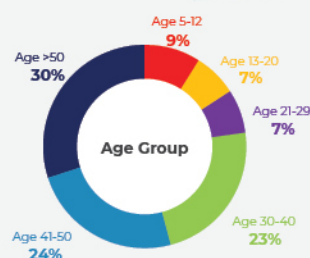
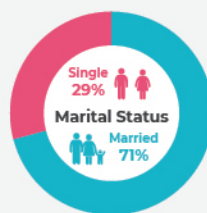
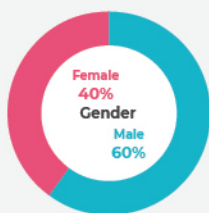
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MEMBER DEMOGRAPHICS



*No lessons on PH & eve of PH

Activity	Date	Time	Instructor	Fees			Register By
				Member	Public Service Officer	Guest	
Aqua Aerobics For info, contact Constance @6391 5641 or constance@csc.sg							
Deep Aqua Aerobics 10 Persons (Max)	4 Tuesdays, 6 – 27 Oct '20 or 3 – 24 Nov '20 or 1 – 22 Dec '20	8am – 9am OR 6.30pm – 7.30pm OR 7.30pm – 8.30pm	Renuka Anthea	\$40	\$45	\$50	1 week before class
	4 Wednesdays, 7 – 28 Oct '20 or 4 – 25 Nov '20 or 2 – 23 Dec '20	6.15pm – 7.15pm OR 7.15pm – 8.15pm	Jek	\$40	\$45	\$50	1 week before class
	4 Thursdays, 1 – 22 Oct '20 or 5 – 26 Nov '20 or 3 – 24 Dec '20	6.30pm – 7.30pm OR 7.30pm – 8.30pm	Anthea	\$40	\$45	\$50	1 week before class
	4 Fridays, 2 – 23 Oct '20 or 6 – 27 Nov '20 or 4 Dec '20 – 8 Jan '21*	6.30pm – 7.30pm	Renuka	\$40	\$45	\$50	1 week before class
	4 Saturdays, 3 – 24 Oct '20 or 7 – 28 Nov '20 or 5 – 26 Dec '20	8am – 9am	Cecilia	\$40	\$45	\$50	1 week before class

Swimming For info, contact Constance @6391 5641 or constance@csc.sg							
Children 10 Persons (Max)	4 Lessons, Oct/Nov/Dec'20 Choice of Sat /Sun	Swimming Level & Age (Instructors Will Advise)	Kurusamy / Seng Yung / Derick	Supp Member \$70	-	Child \$85	1 week before class

Ballroom Techniques For info, contact Gek Cheng @6391 5624 or kuagekcheng@csc.sg							
Technique Ballroom Tango 12 Persons (Min)	10 Sundays, 18 Oct – 20 Dec '20	2pm – 3pm	Jacie	\$70	\$75	\$80	12 Oct '20
Beginners Salsa & Bachata 12 Persons (Min)	10 Sundays, 18 Oct – 20 Dec '20	3pm – 4pm	Jacie	\$70	\$75	\$80	12 Oct '20
Intermediate Ballroom – Slow Foxtrot 12 Persons (Min)	10 Sundays, 18 Oct to 20 Dec '20	4pm – 5pm	Jacie	\$70	\$75	\$80	12 Oct '20

Studio Fitness For info, contact Constance @6391 5641 or constance@csc.sg							
Pilates 10 Persons (Max)	4 Mondays, 5 – 26 Oct '20 9 – 30 Nov '20 7 – 28 Dec '20 4 – 25 Jan '21	7pm – 8pm	Mabeline	\$40	\$45	\$50	1 week before class
Yoga 10 Persons (Max)	4 Fridays, 16 Oct – 6 Nov '20 13 Nov – 4 Dec '20 11 Dec '20 – 15 Jan '21*	7.30pm – 8.30pm	Huay Lin	\$40	\$45	\$50	1 week before class

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

Activity	Date	Time	Instructor	Fees			Register By
				Member	Public Service Officer	Guest	
Martial Arts For info, contact Bryan @6391 5607 or bryanlee@csc.sg							
Wing Chun Kung Fu, "Chi Sau" 10 Persons (Max)	4 Thursdays, 5 – 26 Nov '20						29 Oct '20
	4 Thursdays, 4 – 25 Dec '20	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	26 Nov '20
	5 Thursdays, 7 – 28 Jan '21						31 Dec '20
Wing Chun Kung Fu, "Chi Sau" (Children 6 – 12 yrs) 10 Persons (Max)	3 Saturdays, 7 – 28 Nov '20*						31 Oct '20
	4 Saturdays, 5 – 26 Dec '20	10.30am – 11.30am	Sifu Ken Lau	\$90	95	\$100	28 Nov '20
	5 Saturdays, 2 – 30 Jan '21						26 Dec '20
Wing Chun Kung Fu, "Chi Sau" (Adult Beginner) 10 Persons (Max)	3 Saturdays, 7 – 28 Nov '20*						31 Oct '20
	4 Saturdays, 5 – 26 Dec '20	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	28 Nov '20
	5 Saturdays, 2 – 30 Jan '21						26 Dec '20
Wing Chun Kung Fu, "Chi Sau" (Adult Intermediate) 10 Persons (Max)	3 Saturdays, 7 – 28 Nov '20*						31 Oct '20
	4 Saturdays, 5 – 26 Dec '20	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	28 Nov '20
	5 Saturdays, 2 – 30 Jan '21						26 Dec '20
Traditional Taekwon-Do 15 Persons (Max)	3 Saturdays, 7 – 28 Nov '20*	3pm – 4.30pm (Beginner & Coloured Belt)	Singapore Taekwon-Do Academy	\$25	\$30	\$35	31 Oct '20
	4 Saturdays, 5 – 26 Dec '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.)			28 Nov '20
	5 Saturdays, 2 – 30 Jan '21						26 Dec '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

Activity	Date	Time	Instructor	Fees			Register By
				Member	Public Service Officer	Guest	
Martial Arts For info, contact Bryan @6391 5607 or bryanlee@csc.sg							
Aikido (Adult) 10 Persons (Max)	5 Sundays, 1 – 29 Nov '20			\$60	\$65	\$67,50	25 Oct '20
	4 Sundays, 6 – 27 Dec '20	11am – 12.30pm	Steven Goh	\$48	\$52	\$54	29 Nov '20
	5 Sundays, 3 – 31 Jan '21			\$48	\$52	\$54	27 Dec '20
Aikido (Children) 10 Persons (Max)	5 Sundays, 1 – 29 Nov '20			\$60	-	\$67,50	25 Oct '20
	4 Sundays, 6 – 27 Dec '20	10am – 11am	Steven Goh	\$48	-	\$54	29 Nov '20
	5 Sundays, 3 – 31 Jan '21			\$48	-	\$54	27 Dec '20
Traditional Taekwon-Do 15 Persons (Max)	3 Saturdays, 7 – 28 Nov '20*			\$25	\$30	\$35	31 Oct '20
	4 Saturdays, 5 – 26 Dec '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.)			28 Nov '20
	5 Saturdays, 2 – 30 Jan '21						26 Dec '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 Constance @6391 5641 or constance@csc.sg							
Children 10 Persons (Max)	4 Lessons, Oct/Nov/Dec'20 Choice of Sat / Sun	Depending On Swimming Level & Age (Instructor Will Advise)	Chang Mun Chung	Supp Member \$70	-	Child \$85	1 week before class

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

ORDINARY TERM MEMBERSHIP

Promotion

(FOR PUBLIC SERVICE OFFICERS)

Promotion ends 31 December 2020

The Club for Public Service Officers. With one membership, you will have access to three clubhouses located at Bukit Batok, Changi and Tessensohn each providing a different distinct experience. Offering you a wide range of recreational facilities and social activities to fit your lifestyle. CSC also offers FREE online activities specially curated for our members. What's more, you can now apply for Free Virtual Supplementary Membership for your spouse, children (5-21 years old) and immediate parents. Refer to page 21 for more details.

Don't forget to enter the Discount Code and Get \$72 off your application!

(Only applicable to a minimum sign-up of 2-Years)

Membership Type	Ordinary Term Member @ \$72 per year
No. of Years	6
Gift Code	V200
Discount Code	SUPERB

Year End Membership Lucky Draw

1st PRIZE
DESKTOP GRILL
(worth \$148)



2nd PRIZE
HOTPOT
(worth \$109)



3rd PRIZE
MI BAND 4
(worth \$55)



Only for new sign-ups/renewals from Oct to Dec 2020
(Applicable for Active Public Service Officers.)
Winners will be notified via email by 31 Jan 2021

Discount Code:
SUPERB

5 + 1 YEAR
Membership
\$360



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

OR

GRUNN I2-ECOBOT
RRP \$269
Gift Code: ROBOT



Discount Code:
EXCELLENT

4 + 1 YEAR
Membership
\$288

GRUNN
STEAM
CLEANING
MOP
RRP \$139
Gift Code: MOP



Discount Code:
BARGAIN

3 + 1 YEAR
Membership
\$216

TRUE WIRELESS
SPORTS EARBUDS
RRP \$249
Gift Code: EARBUD



OR

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



Discount Code:
VALUE

2 + 1 YEAR
Membership
\$144

BLADELESS SMART FAN
(UVC STERILIZATION)
RRP \$99
Gift Code: UVCFAN



1 YEAR
Membership
\$72

1 BOX OF MASK
RRP \$35
Gift Code: MASK



OR

AUDIOBOX BBX LP6000
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



APPLY NOW