

one membership, three clubhouses, four distinct experiences

SCHOOL HOLIDAY ACTIVITIES GALORE!

ORDINARY TERM MEMBERSHIP

Promotion

(FOR PUBLIC SERVICE OFFICERS)

Promotion ends 30 JUNE 2021

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 parents. Refer to page 25 for more details.

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

Discount Code:
SUPERB



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

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

Discount Code:
EXCELLENT

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



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

Discount Code:
BARGAIN



NOVITA AIR REVITALIZER
RRP \$110
Gift Code: **AIR**

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

Discount Code:
VALUE

AIR FRYER
RRP \$49.90
Gift Code: **FRYER**



**1 Year
Membership
\$72**

1 BOX OF MASK
RRP \$29
Gift Code: **MASK**



OR



AIRPHONE 5
RRP \$24.90
Gift Code: **HEADSET**

Terms and conditions apply.

- Enter the respective Discount Code to get 1 Year FREE membership. Only applicable to 2 to 5 Year Membership Promotions.
- 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.
- All gift items are non-exchangeable or returnable.
- Civil Service Club reserves the right to change the gift items in the promotion or offer should the items run out of stock.



Highlights

pg. **04-08**

What's Next?

- Stand to win \$100 cash + Kohepets vouchers in our first-ever PET TALENTIME. Details on pg 7
- Join us to commemorate CSC's 50 good years and stand to win \$50 CSC e-Credits! Details on pg 14



pg. **14-18**

Club Buzz

- Enjoy Club promos for bowling, chalets and function rooms. Details from pg 15



pg. **19-26**

Hey Members!

- Participate in the Monthly Giveaways on CSC Facebook page! Details on pg 23

pg. **09-13**

Sports Scene

- Take part in the CSC Public Service Virtual Walk-Run Challenge 2021. Details on pg 9



pg. **27-54**

Get Social

- School holiday activities galore for the kids and the family! Details from pg 27



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

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

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

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

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

Corporate Services

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

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

Social Activities
T: 6391 5607 (Constance Low)
T: 6391 5641 (Jerren Tan)
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/>
- <http://t.me/civilserviceclub>
- feedback@csc.sg



Scan this to view the e-copy of Fusion

Hello from the CE

Dear Members,

Safe Management. Time passes fast and we are more than a year through COVID-19. With the stringent measures introduced by the Tripartite, the support of Singaporeans and the introduction of vaccination against COVID-19, we are finally seeing some light at the end of this pandemic tunnel. The number of community cases has dwindled down and hopefully there will be a further relaxation of the control measures. Despite the easing of the density ratio and the number of personnel per grouping, there continues to be an important need for the Club to ensure that social distancing is being complied with to ensure the safety and wellbeing of our members and patrons of the Club.

Social Activities. Since the partial lifting of the lockdown, we organised mainly virtual events for both social and sports activities. The Club has organised about 565 social virtual and in-person activities with about 9,900 members, public service officers and their friends participating in them. Of these, 207 complimentary social virtual events were organised for our members. This initiative cost the Club more than \$14K but the effort was well worth it as members gave very good reviews on these complimentary social events. The Lunar New Year Bazaar organised in January 2021, garnered about 40 members purchasing their new year goodies from the participating vendors. We thank our members for their support.

Sport Activities. Likewise, for Sports, we were constrained by not being allowed to organise in-person mass sporting activities nor small groupings of public service officers for the STAR games. Still, we took to the challenge and successfully organised virtual sporting events such as Board games, E-gaming, virtual keep fit challenge, Zumba Workout, bowling and virtual Healthy Lifestyle (HLS) Walk. We even engaged commercial vendors to organise outdoor virtual HLS activities for our members and public service officers, in a creative and refreshing way. We started the outdoor activities of Walk and Run in Feb 2021 and saw more than 850 participants participating in this activity. For those participants who met the set target, virtual medals were awarded. In addition, the top few participants were rewarded with attractive physical prizes. Between 1st-21st March, the Club organised a public service virtual Cycle Challenge with 3 categories of distances namely 100 km, 200 km and 500 km. Interestingly, the event garnered 510 participants; organised into novice, intermediate and team challenges. These HLS activities saw a very good response from the members and public service officers. Going forward, we will continue to organise more interesting virtual outdoor HLS activities for our members and public service officers.

Renovation & Upgrading. Many of you must be wondering on the progress of Tessensohn Clubhouse (TC) Façade Upgrading. After an unfortunate delay on the contractor's end, upgrading works have restarted and the project is scheduled to complete by end June 2021. Concurrently, we are re-painting the Clubhouse in tandem with the upgrading works and come July, members can look forward to a revitalised TC. The Administrative Block E extension of Changi Clubhouse (CC) was completed as scheduled. The Admin office now serves multiple functions: it is both the reception area, as well as the chalet check-in and out station for CC. The Teflon sail covering Bukit Batok Clubhouse (BBC) Swimming pool has been replaced with a new sail, providing much needed sun shade for the lap pool users. Also, the Westwood Bowl bowling pin system and the ball return will be overhauled to minimise breakdown and enhance the bowling experience of bowlers. To offer a safer experience for the players visiting the TC Fruit machine room, an automated



gantry has been installed to enable contactless entry and exit. Come mid-May 2021, the Membership Dashboard will be operationalised. This will bring even more ease for members to navigate the portal on all membership related matters including promotions and booking of facilities.

Club's Performance for FY 20/21. As a Club, how did we perform in FY20/21? Despite the lockdown for about 4 months and the gradual relaxation of the control measures, we are blessed with the support of the Job Support Scheme, the leasing of some of our facilities to Government Agencies, cost containment measures initiated by the Management and the strong support from our members, resulting in a net surplus in our P&L, instead of the projected budget deficit. **A big thank you to our members for your continued support and faith in us through this challenging time with your membership renewal.** The Club even experienced an increase in our membership for FY 20/21.

SOCIAL AND SPORTS ACTIVITIES OVER THE NEXT QTR

SOCIAL

Social has lined up a multitude of social activities both in-person and virtual to entice our members and public service officers to participate. There is a myriad of activities to appeal to the wide variety of our members and their different needs. To thank our members, the Club organises about 20 complimentary social activities per month for them. These activities are fully funded by the Club and conducted over the weekend. Members are encouraged to participate as the instructor's fee is already paid by the Club. Some of the key highlights of the social activities conducted over the next 3 months are as follows:

- **Mother's Day Fun Dance Battle.** This year, Mother's Day will be celebrated differently. Please check it out on page 7.
- **Father's Day Celebration.** Instead of the usual dining experience and stage performance, take a trip down memory lane and pen your most memorable moments with your dad and submit the presentation to the Club. Please check the details on page 8.
- **Pet's Talentime.** This event is for members who have furry friends in the family, either cats or dogs. Member needs to

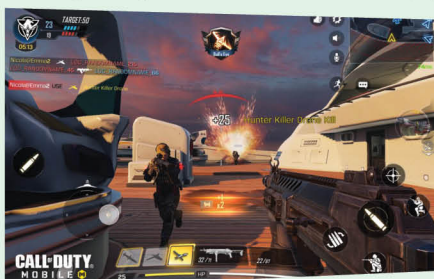


take a 2-minutes video showing off your pet's talent. Please check the details on page 7.

• **June School Activities.** With the travel restrictions, parents must be busy combing for activities to occupy you and your children. Fret not, as the Club has arranged a score of school holiday programmes just for you and your children. There are about 10 pages of social activities planned for June alone and 20 more pages of social activities between April and June. Do check this out from pages 27 to 57.

SPORTS

Over the next 3 months, Sports will be organising about 12 events ranging from virtual board games, e-gaming to HLS walks. Most of these events are STAR games related while 3 activities will be outdoor, virtual HLS walks. For the HLS walks, we will programme the walk at different scenic parks in Singapore. To date, we have received very good reviews from the participants on the HLS walk. Do check out the details in the Sport's Micro-Site or check with your SLOs on the Sports calendar. The key highlight for Sports will be the e-sports games such as Call of Duty (22 & 29 May)



and Player Unknown Battlegrounds (19 & 26 Jun 2021). We certainly look forward to organising some mass sporting events such as golf or even a virtual Run By the Bay in the next two quarters.

RENOVATION & UPGRADING

Over the next 3 months, our focus will be to see through the renovation and upgrading work at TC. The Façade Upgrading works at the pool area are scheduled to complete by early April 2021, followed by the façade upgrading at the frontage of the Clubhouse. We will be creating a new vehicle drop off and pick up point for our visitors to make it easier for access to the Club. Also, the corridor facing Tessensohn Road along the badminton Hall will be glassed-off. These works will inconvenience our members and patrons using our facilities and we thank you for your understanding.

Family Themed Activities Over The Weekends For TC.

Going forward, we plan to upgrade the look and feel of the swimming pool, where it can be transformed into a fun family themed pool over the weekends. During the weekdays, the pool will be used as a lap pool for swimmers and deep-water workout activities. Over the weekend, it will be modified to a family themed pool with inflatables and water slides for children to have fun and for family bonding

time. We will also create partitions for families to have their own safe space while enjoying the pool time. Together with this family themed pool, a Children's Creativity Centre will be established at the current Opal Room to house a children's indoor air-conditioned playground, audio visual aids and educational play toys or equipment to enable members' children to have a creative and stimulating environment either on their own or with their family members. As part of our go green efforts and to complement the family themed initiatives, the outdoor playground at Level 3 will be transformed to a green house where vegetable plants and grafted fruit trees will be planted for families to have a first-hand eco-learning visit. We plan to weave these upgrades to a family themed journey. It is still in its infancy and if members have any experience or creative concepts to share, I will be most happy to engage with you at charlieng@csc.sg. We plan to roll out this plan between May and Sept 2021.

Pool Deck Replacement at CC. The jacuzzi pool at Changi Clubhouse infinity pool will be closed from 5 to 30 April 2021, for replacement of the worn-out timber deck. However, the main pool will still be open for use as the water quality of the pool will not be affected. The repaired area of the infinity pool will be hoarded to ensure safety of the swimmers.

Once again Happy Easter and have a great family bonding time during the June School Holidays. Stay safe!

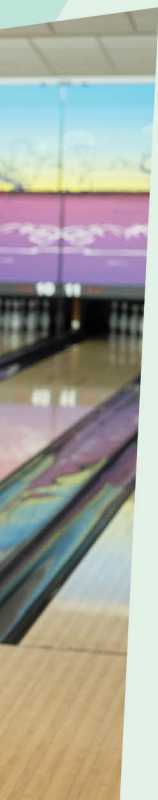
Did you know

50th Anniversary. The Club will be celebrating its 50th Anniversary in October 2021. Due to the pandemic and strict SMM, the celebration will be a subdued one with no pomp and pageantry. However, it will still be a memorable one with milestone updates, quizzes, photo contest, promotions by the various business units and much more. So do look out for the 50th Anniversary activities in the dedicated page on our main website.

Fitness Lifestyle Studio. The Club bid a sad goodbye to one of our long-term partners in TC, for more than 20 years, the Pisces Karaoke. Due to the lockdown of Karaoke operations, Ah Kui (the owner) reluctantly had to stop his partnership with the Club. We wish him all the best in his new endeavours. We managed to attract a Fitness Lifestyle Studio to take over the premises left vacant by Pisces Karaoke. It will commence operation in May/June 2021. More details of the boutique gym will be highlighted in the next issue of Fusion magazine.

Annual Survey. Once again, the Club will be conducting an annual in-house survey to gather feedback from our members on their experience when visiting the Club. The survey will be conducted between May and June 2021. We hope members can provide their valuable feedback on our service, the use of our facilities and areas of improvement that the Club can focus on to enhance visitor experience.

Reopening of Fairy Point 6 & 7. Good news, Fairy Point 6 & 7 will no longer be assigned as a GQF from 1 April 2021. Although these two chalets are not occupied by PUQs throughout the quarantined period, the Club will still sanitise the chalets and do some internal upgrading works before we offer to chalet stayers for their staycation. The booking for these chalets will be from 1 April 2021, for stay from 30 April onwards. There will be an early bird discount. Please check this out from the chalet booking site.



WHAT'S NEXT



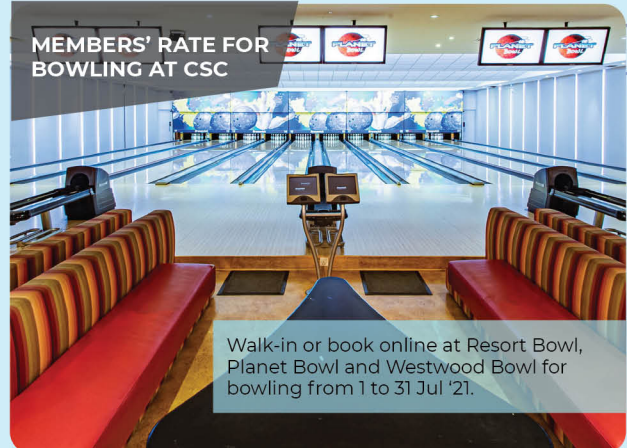
CSC is celebrating Public Service Week with a series of promotions for the month of July! All Public Service Officers (PSOs) can enjoy chalets and facilities at Civil Service Club members' rates, as well as FREE pool access at Bukit Batok, Changi and Tessensohn clubhouses. There are also FREE online social activities to participate in! This is our way of showing our appreciation to all PSOs across all Ministries and Statutory Boards. CSC Members are also eligible to the FREE online social activities.

CLUB FACILITIES AND CHALET PROMOTIONS



FREE ENTRY TO CSC SWIMMING POOLS

Walk-in for pool use between 1 to 31 Jul '21, no prior booking needed. PSOs can sign in up to 2 guests. Prevailing guest fees apply.



MEMBERS' RATE FOR BOWLING AT CSC

Walk-in or book online at Resort Bowl, Planet Bowl and Westwood Bowl for bowling from 1 to 31 Jul '21.



MEMBERS' RATE FOR BOOKING OF CHALETS, BBQ PAVILIONS & FUNCTION ROOMS

OR ENJOY 50% OFF a second night stay when you book the Superior and Deluxe suites at CSC @ Changi I.

Not applicable with members' rates promotion



Bookings for Chalets, BBQ pits and Function Rooms must be made in July for use/stay from 1 Aug – 31 Oct '21. Email respectively to:

BBQ Pits or *Function Rooms:
CSC @ Changi I: changi@csc.sg or
CSC @ Bukit Batok: bukitbatok@csc.sg

Chalets:
CSC @ Changi I: Rooms@csc.sg

**For Function Rooms at CSC @ Changi I & CSC @ Bukit Batok only.*

All promotions are subject to availability. Safe management measures apply.

PSOs must present their staff pass in person, and complete a short form before usage of the facilities



FREE ONLINE SOCIAL ACTIVITIES

GET ACTIVE ▶

Yoga for Runners

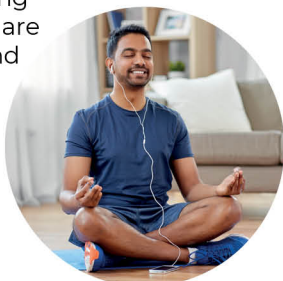
Sat, 17 Jul '21, 5pm – 6pm

Fees: FREE for Members & Public Service Officers, Guests \$8

Contact: Constance at 6391 5607 or constancelow@csc.sg

Register by: 12 Jul '21

Yoga that is designed for the runner's body offers both strength-building and muscle sculpting benefits to enhance one's running performance. Stretch areas that are tight, such as hamstrings, IT band and hips; while strengthen the weak areas, like the core and upper body. Minimise physical and mental stress, ease aches, reduce risks of injury and empower body to rejuvenate faster after each run.



FAB Hiit by Annie Wong

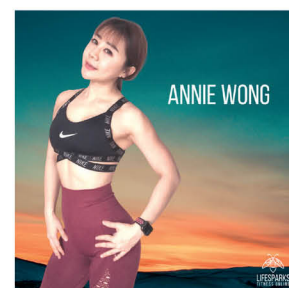
Fri, 23 Jul '21, 7.30pm – 8.30pm

Fees: FREE for Members & Public Service Officers, Guests \$8

Contact: Constance at 6391 5607 or constancelow@csc.sg

Register by: 21 July '21

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



GET CREATIVE ▶

Pastel Nagomi Art Demo Workshops

Dreamy Garden

Sat, 3 Jul '21, 11am – 12pm

Register by: 30 Jun '21

Hari Raya Haji

Sat, 17 Jul '21, 11am – 12pm

Register by: 14 Jul '21

Learn the joy of creating gentle, soft and beautiful art form through simple finger techniques using soft pastels.

For all above courses

Fees (per workshop): FREE for Members & Public Service Officers, Guests \$8

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



Baking by Chef Michele

Sat, 10 Jul '21, 10am – 11am

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

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

Register by: 1 Jul '21

The creamy flavour and moist cotton-soft texture of the Japanese Styled Cotton Cheesecake is irresistible whether you are a big cheesecake fan or not. Come and learn how to make this dreamy dessert that you can be proud of.



WHAT'S NEXT



GET HEALTHY

Good Food! Good Mood!

Thu, 1 Jul '21, 3pm – 4pm

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

Contact: Jerren at 6391 5641 or jerrentan@csc.sg

Register by: 1 week before session



When facing a challenging day, we sometimes compensate for it by pampering ourselves with “comfort” foods – which are usually energy-dense items – or by adopting poor eating habits. But do you know that food choices affect your moods?

At this workshop, let our Nutrition Educator help you uncover informed food choices to improve your mood and develop strategies to manage your stress and sleep better. Also learn about Mood Regulating Neurotransmitters, Mood Related Health Complications, and Mood Boosters and Mood Doomers.

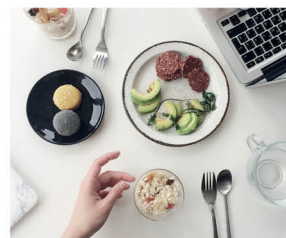
Healthy Eating for A Busy Lifestyle

Wed, 7 Jul '21, 3pm – 4pm

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

Contact: Jerren at 6391 5641 or jerrentan@csc.sg

Register by: 1 week before session



A talk that addresses the challenges of sticking to a healthy yet yummy diet for the busy individual. Our Nutrition Educator will incorporate a fun mini activity on “the how to” of choosing nutrient dense vs calorie dense Singaporean food and hawker dishes. Practical eating tips to prevent chronic lifestyle diseases for busy office folks, frequent travellers and road warriors, and those who dine out often are also emphasised. We will also cover the time and speed of eating and how it affects our food intake. Eat Well! Live Well!

Understanding and Managing Gout

Sat, 10 Jul '21, 11am – 12:30pm

Register by: 7 Jul '21



Gout is a common and complex form of arthritis that can affect anyone. It is characterised by sudden intense pain, swelling and tenderness in joints. Through this workshop, learn to identify Gout symptoms and ways to prevent an attack.

For all above courses

Fees (per workshop): FREE for Members & Public Service Officers, Guests \$8

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

Managing Pain and Inflammation

Sat, 24 Jul '21, 11am – 12:30pm

Register by 21 Jul '21

Pain and inflammation are usually inter-related. Understand the symptoms and ways to reduce inflammation and pain.



Relax and Release with Meridian Self-Therapy

Sat, 17 Jul '21, 2.30pm – 4pm

Fees: FREE for Members & Public Service Officers, Guests \$8

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

Register by: 9 Jul '21

Stress and anxiety is common in our modern living. Tips on how to relax and release tension will always come in handy especially during current uncertain times.

Participants will be guided through practical techniques to relax and refresh their mind and emotions, while relieving them of body tension to result in better sleep.



**Pre-registration required. Zoom link will be sent to participants upon class confirmation.*



CSC PET TALENTIME

2 CATEGORIES ONLY
CATS & DOGS

PRIZES FOR EACH CATEGORY

1st Prize: \$100 cash + \$50 Kohepets vouchers
2nd Prize: \$30 Kohepets vouchers
3rd Prize: \$20 Kohepets vouchers

Submission: 1 Apr to 1 Jun '21

One submission per member/
public service officer

Max of 2 minutes per video
and only 1 pet (cat or dog)

Include yourself in the video
as proof that the pet is yours

Videos that are unclear or
blur may be disqualified

For link to upload your video,
contact jerrentan@csc.sg

KOHEPETS
ONLINE PET SHOP

Terms apply.
Please scan
for details.



Mother's Day Fun Dance Battle

Win \$200 cash & Five Consolation Prizes

Commemorate Mother's Day differently this year!
 Make a video of you and Mum, or Mum and Grandma dancing to the complete song of *Baby Shark*.
 The most creative and heartwarming video **wins \$200 cash**. Plus, five consolation prizes to be given away.

Submission closing date: **9 May '21**
 Email kuagekcheng@csc.sg for a link to upload your video

Terms & conditions

- Competition is open to CSC members only. Maximum 1 entry per member.
- The video must feature two dancers from two different generations (eg., you and Mum, you and Grandma, Mum and Grandma, or Grandma with a grandkid). No age limit.
- Videos that do not comply to the requirements will be disqualified.
- All pictures and videos submitted belong to CSC and CSC will use them for publicity purposes.
- Other terms apply. For the full list of terms and conditions, please scan the QR code below.

Terms apply. Please scan for details.



CSC FATHER'S DAY CELEBRATION

Share your favourite memory with your Dad and stand to **Win \$200 in cash**

Open to CSC members only and each member is limited to one submission.

Favourite submissions will be featured in the next issue of the *FUSION* magazine. Winner of the favourite entry will be notified via email or phone. Each submissions to be no more than 500 words.

Pre-registration is required at <https://gateway.csc.sg/webclub/events/>

Terms and conditions apply. For full details, scan the QR code below.

All submissions to reach constancelow@csc.sg by 7 Jun '21




IT'S MOVIE TIME

CSC MOVIE DEAL

Shaw Movie Vouchers \$16 per pair (UP: \$27)

- 1 pair of movie vouchers for each CSC Main Card Holder only.
- Vouchers are subsidised by CSC.
- Vouchers are valid till 30 Nov 2021. Vouchers can be used to exchange for any movie (unless indicated otherwise) on all days at any Shaw Theatres box office in Singapore.
- Vouchers will be void upon expiry and strictly no refunds or revalidation of expiring/expired vouchers.
- Not valid for internet or mobile bookings.
- First-come-first-served. While stocks last!
- Other T&Cs apply.

Contact **Constance** at **6391 5607** or constancelow@csc.sg

Please scan for more details



CSC Public Service Virtual Walk-Run Challenge (1-21 Feb '21)

Compared to the light-hearted healthy lifestyle walks held over November 20 to January 21, February's Public Service Virtual Walk-Run Challenge was more competitive as keen walkers and runners took to the roads and treadmills to rack up their kilometres!

While endurance and mettle were adequately tested, the event was made accessible to all fitness and experience levels. With tiered events, participants could take part in the 10-, 50-, and 100-km challenges or a team challenge with three other members. Apart from the physical aspect, contestants were also given points for journaling their experiences and sharing photos from their journeys.

As the determined runners soldiered on past their physical limits, many inspirational stories came to light. Ms Wu Peishan (Ministry of Home Affairs) came in first in the Women's 100-km challenge, clocking an amazing 324.74 km in total. She reveled in the spirit of competition and enjoyed testing her boundaries.

"It was fun and thrilling to check my progress against fellow competitors. I managed to clock over 100 km a week for three consecutive weeks. I truly believe it is only when we are challenged that we discover we are capable of achieving so much more."

Checkpoint Inspector Lu Pak Sum (Immigration & Checkpoints Authority) let neither his busy schedule nor a debilitating injury hold him back. He went on to clock an impressive 735 km, while his ICA team claimed the first prize in the Men's Team Challenge, with a staggering aggregated distance of 1,352 km.

Looking past the pain and fatigue, however, CI Lu spoke of the benefits of team endurance events and their effect on workplace camaraderie. "We often feel more bonded when we overcome hardships together. This helps to build teamwork, which is fundamental to achieving operational success at ICA."

With the challenge behind them, each of the top five individual competitors in the Challenge Categories received gift vouchers and handy goodie bags as a reward for their admirable determination.



RESULTS

Women's Team Challenge

Champion	► Singapore Polytechnic (Team CONFIRMWIN)
1st Runner-Up	► Ministry of Manpower (Team ONECED)

Men's Team Challenge

Champion	► Ministry of Home Affairs (Team BNT162B2)
1st Runner-Up	► Ministry of Home Affairs (Team TEAMCID)
2nd Runner-Up	► Ministry of Manpower (Team TEAMACE)
3rd Runner-Up	► Ministry of Education (Team WHYMUSTRUN)

Women's 100 km Challenge (Individual)

Champion	► Wu Peishan (Ministry of Home Affairs)
1st Runner-Up	► Sharon Tan (Republic Polytechnic)
2nd Runner-Up	► Tan Ping Ping (Ministry of Education)
3rd Runner-Up	► Connie Chow (Singapore Polytechnic)

Men's 100 km Challenge (Individual)

Champion	► Lu Pak Sum (Ministry of Home Affairs)
1st Runner-Up	► Raymond Fong (Ministry of Education)
2nd Runner-Up	► Augustine Ng (Ministry of Education)
3rd Runner-Up	► Derek Lange (Land Transport Authority)

1-21 Apr '21

Look out for the next edition of Public Service Virtual Walk-Run Challenge!

We encourage public service officers and CSC members to sign up for the event and continue to have a healthy lifestyle in midst of the challenging pandemic situation.



CSC Healthy Lifestyle Virtual Walk

With the rules and restrictions of the pandemic in place, it can be challenging to find time and space for a breath of fresh air. Challenging problems bring creative solutions, however!

In a bid to promote health and fitness amid the COVID climate, CSC launched its novel Healthy Lifestyle Virtual Walk series featuring some of Singapore's most picturesque nature spots. Singapore Botanic Gardens, Little Guilin, and Punggol Waterway were just a few of the scenic vistas participants were encouraged to explore.

To facilitate adequate social distancing, the event comprised three-monthly walks held between Nov '20 and Jan '21. Over the span of one week, participants could walk on their own to complete a 5.5km route. The overall turnout was impressive with an average of 220 participants completing each walk! But if the sights and sounds were not enough to get folks stepping out, finishing at least two walks secured them a place in a lucky draw with several prize packs up for grabs.

Mdm Chio Bian Shee was pleasantly surprised when she was announced as the first-prize winner. An avid walker, Mdm Chio is no stranger to the tranquility of a good stroll. When asked which of the walks she enjoyed the most, there was a clear favourite.

"MacRitchie Reservoir. I can have a long and leisurely walk while listening to the sounds of the forest and enjoying the greenery at ease."

Mr Leong Chee Siong won second place in the lucky draw and praised the event for introducing walkers to several interesting places in Singapore.

"I enjoyed all of the walks. At Labrador Nature Reserve, we got to see replicas of old firing guns that they used way back in 1892, and a symbolic re-creation of the Dragon's Teeth Gate that was referenced by Zheng He as one of the navigation landmarks during his voyage. At one point, we were able to catch the skylines of the cable cars in the distance. For nature lovers, it is good motivation, especially for places that you have not ventured before, and exercise is good for the body and mind."

With many finding it difficult to maintain their pre-COVID exercise regimes, the Virtual Walk series was a refreshing way to keep fit while discovering new frontiers of Singapore's natural beauty.

Heartiest congratulations to our five lucky draw winners!



LUCKY DRAW WINNERS

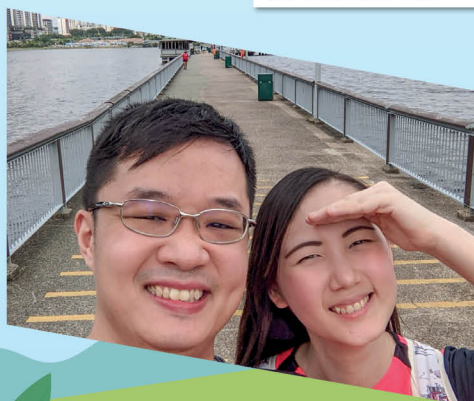
Mdm Chio Bian Shee

Mr Leong Chee Siong

Mr Mohammad Nadhzry Isham

Mr Kor Chan Chiong

Mr Vincent Tan



CSC Online Competitions

**ONLINE INTERNATIONAL CHESS
(TEAM) | 12 DEC 2020**
www.chess.com

The CSC Online International Chess Team Tournament closed out the year's activities with a day of solid competition between seven public service agencies. Ministry of Health (MOH) team with key player International Master Hsu Li Yang, entered the tournament seeking to extend their six-year reign as champions. However, the stiff competition across the 11 teams would not make it an easy task.

After many dead heats and close matches, the tournament took an exciting turn. Going into the final round, Nanyang Technological University (NTU) was the sole leader with an impressive seven match points. Inches behind them, on six points, were the defending champions from MOH and the first team from the Ministry of Defence (MINDEF).

More drama unfurled in the final round after an inspiring performance by the Ministry of Sustainability and Environment (MSE) held NTU to a draw. This paved the way for MOH and MINDEF to fight for the top spot.

With everything on the line, MOH won the first game of the series but MINDEF came back strong and swept the final three to claim the match and the championship. MINDEF Team Leader Victor Huang praised his team for their remarkable performance and for showing honour in competition.



"In one game, my teammate's opponent made a 'mouse slip', dropping his piece one square short, which would immediately lose the game. In an online tournament, there are no 'takebacks'. But instead of seizing the win, my teammate volunteered to make a couple of do-nothing 'back and forth' moves, which restored the earlier position, after which the game continued as normal. A true display of sportsmanship! My teammate eventually won the game brilliantly."

Despite a narrow loss to NTU in the opening round, a combination of teamwork and persistence secured the well-earned tournament win for the MINDEF's first team.

Apart from the team achievements, several players were lauded for winning all five of their individual matches: IM Hsu Li Yang (MOH), Mr Alexandru Crivoi (NTU), Mr Jude Fronda (NTU) and Mr Li Longxiang (MSE).

RESULTS

Champion	► Ministry of Defence
1st Runner-Up	► Nanyang Technological University
2nd Runner-Up	► Ministry of Health
3rd Runner-Up	► Ministry of Sustainability and the Environment

E-SPORTS MOBILE LEGENDS: BANG BANG | 6 FEB '21

Many know the pleasure of kicking back after a long stressful day at work and booting up e-sports games to blow off some steam. When it comes to the Public Service Mobile Legends: Bang Bang Online Tournament held on 30 Jan and 6 Feb 2021, however, it's all business on the battlefield! 28 teams from 11 public service agencies took to the Land of Dawn in search of glory and honour. A trove of attractive prizes awaits the avid gamers.

When the battles have ceased and the fog of war was lifted, it was resoundingly clear which agencies had the most skillful E-sports enthusiasts. It was a clean sweep for the Ministry of Home Affairs (MHA) as they claimed every single spot on the podium! A cut above the rest, was MHA's fourth team led by Tanglin Police Division NPCO Bryan Lim.

Mr Lim and his teammates initially began playing for leisure but news of a divisional E-Sports tournament quickly set their sights on a greater goal. It was then that Team Sapiens was formed, paving the way for their championship run.

While gaming and work may not always mix, Mr Lim explained that working together was instrumental in developing their team dynamic.

"We have worked together on several occasions and thus understand each other's strengths and weaknesses. As such, we were able to assign each player to a character based on our individual strengths and attain effective gaming coordination within our team."



Mr Lim added that the benefits go both ways and contribute to a stronger work environment.

"We learnt to build trust and reliance, and discovered how to communicate more effectively with one another. In our line of work, these are essential components to ensure the safety of our colleagues and others. I am confident that this would be applicable to my future interactions with other departments as well."

Mr Lim and Team Sapiens walked away with five brand-new Arccoil standing desks, a perfect addition to any office (or game room). The Civil Service Club would like to thank Arccoil and Mecha.store for sponsorship of the prizes in kind.

RESULTS

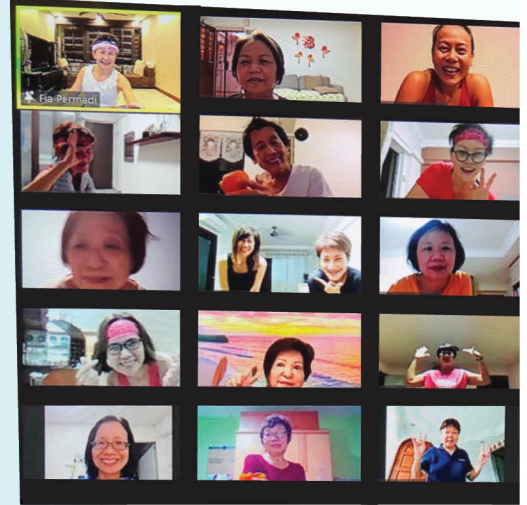
Champion	► Ministry of Home Affairs (Team Sapiens)
1st Runner-Up	► Ministry of Home Affairs (Team SCDF Esports)
2nd Runner-Up	► Ministry of Home Affairs (Team WATB)
3rd Runner-Up	► Ministry of Home Affairs (Team Delta Force)

CSC Aerobics Workouts

Walking and running are excellent ways to stay in shape but everyone could use a bit of variety of exercises from time to time! The regular CSC Aerobics Workout provided a welcome change of pace. The Cardio Dance workout held on 23 Jan '21 drew 140 public service officers stepping to the beat in the name of fitness. With the event held online on Zoom, participants across the island were able to tune in and boogie down from the comfort of their own homes.

Fitness Instructor Fia Permadi took the helm and led the keen dancers on a challenging but enjoyable workout. The event began with a 10-minute dynamic warm up before launching into a full-fledged cardio dance routine. Whether they were seasoned aerobics veterans or budding novices, each participant was able to follow at their own pace with Instructor Coach Fia's bubbly and charismatic guidance. As each new song played, the calories melted away and before long, the tempo slowed to accommodate the cool down stretch. The Zumba workout on 20 Feb, also conducted by Instructor Fia, attracted 76 public service officers.

The convenience and security of the online dance workout could make virtual aerobics workouts a mainstay on the sports schedule. When that same old, worn out jogging route begins to lose its charm, there's always the living room dance floor! Look out for Piloxing and Strong Nation workouts to be held in the month of April and May respectively.



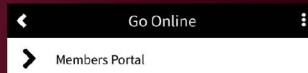
MEMBERSHIP VIRTUAL CARD

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



- 3 Enter your Member Login ID & Password

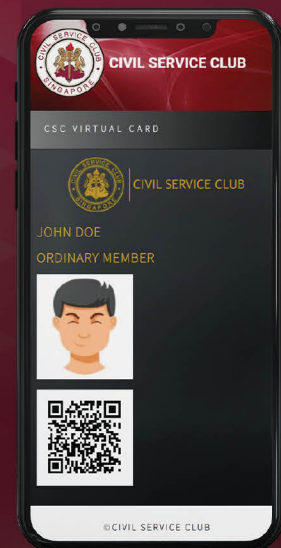
MEMBER ID:

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.



Oct 2020

Ride to Dragon Kiln

by Oei Su Cheok



▲ Yunnan Garden

From intricate ceramic ornaments to life-size statues, we see them all, for we have arrived at Thow Kwang Pottery Jungle with its Dragon Kiln off Jalan Bahar, anchored in generations of history.

We came with the goal to explore the exact location, which is not obvious from the main roads, and to immerse ourselves in the world of pottery while we score our distance on our cycling activity. Although we could only leave with the photograph memories of pottery on this occasion, we believe that many of cyclists were much enriched by immersing ourselves on site.

On this day, rain or shine, literally, we journeyed to the West. There was no turning back as we waited out the storm at Ang Mo Kio. We were all geared to go. The passing storm did not dampen our spirits. As we embarked on our ride, it was delightful to see even our newer participants keep up the pace as we made the undulating journey through Mandai, Neo Tiew and Lim Chu Kang.

Having come thus far, we simply had to see other attractions around here. Have bike will travel, so we say. Most of us were not aware that the Jurong Eco-Garden was just “round the corner” from the Kiln. It pays to be riding with people who know! Taking a breather at this shady nature setting was a welcomed reprieve on our cycling journey.

The best of gardens was yet to be while visiting this part of Singapore, for we were geographically in the shadow of Nanyang Technological University (NTU). Yunnan Garden of NTU was just a short ride away. The rejuvenated Yunnan Garden with manicured greenery, waterscapes and heritage landmarks, had just been officially opened earlier in 2020 and this was an opportunity for our cyclists to set ourselves in this historical and scenic landscape.

The usual morning ride has spilt into the afternoon on this occasion. Our cyclists were tired but we knew we were already looking forward for more learning journeys in the months ahead. Join us to discover.

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/>



▼ Dragon Kiln



A Celebration of 50 Good Years!

CIVIL SERVICE CLUB

CELEBRATES

50 YEARS

2021 marks the 50th Golden Anniversary of Civil Service Club. From humble beginnings in Oct 1971 for the purpose of inter-territorial games between the civil servants of Singapore and Malaysia, the Club has transformed over the five decades, to provide up-to-date sporting and recreation facilities for members, public service officers and their families to take respite.

Leading up to Oct 2021, do look out for exciting celebratory activities, challenges and promotions lined up for CSC members. There are prizes to be won too!



Activities



Challenges



Promotions



Join the Club as we journey into the past, celebrate the present and explore the future! More information will be posted on www.csc.sg/50years

50TH

Anniversary Photo Contest: *Walk Down Memory Lane*

Share and describe your most memorable or nostalgic photo taken at any of the CSC Clubhouses. 50 of the best photos will each receive **\$50 CSC e-credits**. Receive an additional prize if your photo is selected as one of the 50 best photos, and taken at the former Pulau Ubin, Portsdown or Dempsey clubhouses. Contest is open to CSC members, and photos must be members' own.



Please read the terms and conditions of the contest before participating.



WIN
**\$50 CSC
E-CREDITS!**

TWO WAYS TO PARTICIPATE

- 1 Publish your photo and description on **Instagram** and hashtag **#CSCWalkDownMemoryLane**
- 2 Email your photo and description with the subject header "CSC Walk Down Memory Lane" to **marcomms@csc.sg**



EVENT SPACES AT ATTRACTIVE RATES



Our venues are ready to welcome you, event organisers and attendees. We have various amenities to cater to different events, ranging from solemnisations, workshops, corporate events... the possibilities are endless. Live streaming can also be arranged so that you can share your event virtually. Contact us today to arrange for a no-obligation site visit.

T: 6391 5605 E: jacquelinetang@csc.sg

T: 6391 5623 E: chngjoonboon@csc.sg

Terms and conditions apply.



HOURLY RATES START FROM \$12 PER HOUR

T: 6391 5693
E: planetbowl@csc.sg

**Terms and conditions apply*

UP TO 50% Discount*

EXCLUSIVE TENANT PROMOTIONS

BAKERY AND CAFE
Cindy
9739 3304



CHINESE RESTAURANT
Wei Lun
6295 1155



BOWLING PRO SHOP
Leonard
9146 3818



FUTSAL
Vana
9721 8030



GYMNASIUM
Vana
9721 8030



KARATE SCHOOL
Sensei Wong
9662 6074



ROCK CLIMBING
Afiq
6292 7701



YOGA SCHOOL
Ulka
9626 2425





PERKS AND PRIVILEGES FOR CSC MEMBERS AND CHALET GUESTS

Enjoy these new exclusive deals until 31 December 2021*

In the Clubhouse



Bistro Bowl (Recreation Complex Level 3)

- **Celebrate your birthday!**
Buy any 3 mains and get the 4th main FREE
- **50% OFF** Chicken Chop set with any purchase of a Western main

Promotion valid until 30 Apr '21.
T&Cs apply. Tel: 6543 9553



Kibar Japanese Grill & Bistro

Now OPEN from 1 April 2021 at Meyer House.
Members enjoy 10% off when you flash your Membership card.

* Check in-store for more information
when you order

T&Cs apply. Tel: 8228 2640

In the vicinity



20% off
Minimum spend of \$15

Tiong Bahru Boneless Hainanese Chicken Rice

📍 Blk 5 Changi Village Rd #01-2037



10% off
Total bill

Le Xuan Hong Kong Tim Sum

📍 Blk 5 Changi Village Rd #01-2053/2055



10% off
Minimum spend of \$150

BamBooze Bistro

📍 Blk 5 Changi Village Road #01-2043



20% off
All food items

Pegs & Pints

📍 Blk 5 Changi Village Rd #01-2011



10% off

Final bill for orders \$20 and above
NDO Café

📍 Blk 1 Changi Village Rd #01-2004



10% off

Ala carte food and non-alcoholic
beverages only

The Seagrill

📍 Changi Beach Park, 260 Nicoll Dr



10% off

A la cart menu (Mon to Fri)

Changi Beach Seafood Paradise

📍 2 Andover Road



10% off

For a minimum purchase of \$100 in
one receipt

Jacob's Café

📍 Blk 5 Changi Village Rd #01-2049



*Scan the QR code
for the detailed terms
and conditions.

Flash your CSC Membership Card,
Virtual Card via CSC app or Chalet Room
Key Card to enjoy these deals!

Night Owl Promo

Member/Public Service Officer:

\$3 per game | Guest: \$3.80 per game

Mon, Wed & Sun only from 8pm to close. Excluding school holidays,
eves and/on PH. Not including shoe rental (\$1.50 per pair). Games
to be completed before 1am.

Early Riser Promo

Member/Public Service Officer

\$2.20 per game | Guest: \$2.50 per game

Minimum 5 Games | Mon to Fri, 9:30am to 3pm
Excluding school holidays, eves and/on PH. Not including shoe
rental (\$1.50 per pair). Games to be completed before 6pm.

Terms and Conditions apply. For more information, contact us at **6709 4728**.



SAVE25**EXTENDED DUE TO POPULAR DEMAND****1 APR-31 MAY '21****ALL ROOM TYPES****1 JUN-30 JUN '21****SUPERIOR SUITE AND
DELUXE SUITE ONLY**

Don't miss out on this promotion again! Book a minimum 2-night stay with us to enjoy 25% off. Key in Promo Code "SAVE25" when you book online.

Terms and Conditions:

- Minimum 2-night stay
- Applicable for all rate types (Member/Public Service Officer/Public)
- Strictly applicable for online bookings only using promo code 'SAVE25' from 1 Apr '21 onwards
- Free 4 bowling games for Off Peak bookings (Mon - Thu, excluding School Holidays, Eve of PH & PH)
- Promotion not valid in conjunction with other discounts, promotions or vouchers and not valid for corporate or wedding bookings

FOR MORE INFORMATION, PLEASE EMAIL ROOMS@CSC.SG

**2DN Sights of
the East Tour**

CSC members can now enjoy a 2 Days 1 Night Sights of the East Tour with the \$100 SingapoRediscovered vouchers. Explore Singapore's last village - Pulau Ubin, Chek Jawa Wetlands, visit the famous Changi Village Hawker Centre and discover the "Monster Guns" at Johore Battery.



- * Each guest will receive additional CSC vouchers for bookings made before 15 Jun '21.
- * Stand a chance to win a mystery gift worth \$50 (per tour).

FOR ENQUIRIES, PLEASE CONTACT

CORPORATE TRAVEL MANAGEMENT AT 6416 6829 OR EMAIL SG.MICE@TRAVELCTM.COM

**CLOSURE OF JACUZZI POOL @ CSC CHANGI I FROM 5 - 30 APR '21**

For the safety of our pool users, the Clubhouse will be replacing the wooden deck between 5 and 30 Apr '21. The main pool, kids pool and playground shall remain operational. However, if the works affect the quality of the pool water, the Club may close the main pool temporarily. Members are advised to check the website (www.cscchangi.sg) and Facebook page (Civil Service Club Changi) for live updates. We apologise for any inconvenience caused.

FOR ENQUIRIES, CONTACT US AT 6709 4709



Your Dream Wedding Venue

An affordable alternative to hotel ballrooms and restaurants, our Orchid Rooms are a great place to host the biggest day of your life! With a capacity for up to 50pax at one time, abiding to all SMM rules, the Orchid Room can host your wedding during this period. Let us create a memorable wedding for you that will also delight your guests.



FREE COUPLE MASSAGE VOUCHER

when you book your wedding event with us!

\$188 VOUCHER

for a minimum spend of \$800

\$500 VOUCHER

for a minimum spend of \$1,200

Whilst stocks last, valid for spending in a single receipt only.
Valid till **31 May '21**.

ALL PHOTOGRAPHS FEATURED ARE FOR ILLUSTRATION PURPOSE ONLY

SUBJECTED TO PREVAILING SAFE MANAGEMENT MEASURES
CONTACT US AT **6513 7484** OR EMAIL **HUDAHIDYA@CSC.SG**

8 AMAZING BENEFITS OF A CSC MEMBER



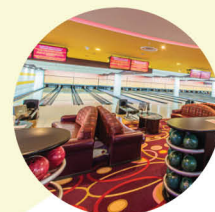
- ① Only Social Club in Singapore with **FREE** membership for the entire family – parents, parents-in-law, spouse and children between age 5 and 21 years – with **no additional subscription fees.**



- ② Most sporting, leisure and recreational activities and events by a Social Club in Singapore. Enjoy **FREE** or **subsidised rates.**



- ③ **FREE** swimming pool access at all Clubhouses. Members-only booking of sports facilities – badminton, tennis and table tennis. BBQ facilities and function rooms are also available at **members' rates.**



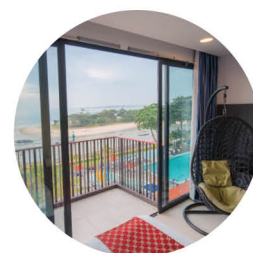
- ④ Enjoy one of the **best** bowling rates in Singapore at members' rate.

- ⑤ **Best rates** of up to 40% off public rates and **priority booking** at any of the 110 CSC chalets.



- ⑥ **Members' rates** for parking at all Clubhouses. Plus complimentary valet service on certain weekends at CSC @ Changi I.

- ⑦ **Additional 20% off** on any CSC @ Changi I Superior and Deluxe suites for stay during birthday month.



- ⑧ **Attractive savings** at partnering F&Bs, attractions, services and more! Visit www.csc.sg/membersperks for full listing.



JOIN US TODAY!
CLUB MEMBERSHIP FROM ONLY
\$72 A YEAR

WITH COMPLIMENTARY MEMBERSHIP GIFT



Scan for more membership information

HEY MEMBERS!

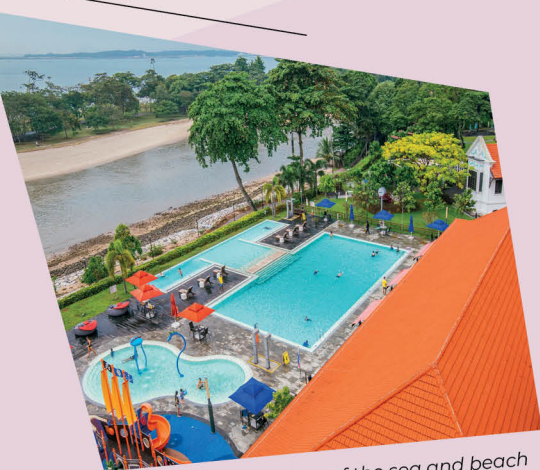


▲ Sui Chen with her husband Patrick and kids at their favourite staycation spot at CSC @ Changi I.



▲ Artist's impression of the upgraded poolside at CSC @ Tessensohn.

ONE MEMBERSHIP, MULTIPLE BENEFITS



▲ The panoramic view of the sea and beach from the infinity pool at CSC @ Changi I.

CSC members have it better than other social club members, thanks to the well-rounded benefits offered by CSC. With one membership, members get to access a whole host of facilities and activities at CSC clubhouses. We spoke to a few members to share their experience and what their favourite benefits are.

For the Love of Pools

Once a week, new member Eva would head to Changi Clubhouse for a much-needed rest and relax in the Club's infinity pool.

"CSC @ Changi I is relaxing and rejuvenating. Now that I can't travel, this is as good as it gets in terms of a vacation getaway."

For another new Club member Alvin, the unlimited use of the members-only pools is a big draw.

"I joined because of the pool," he confessed. "The pool at Changi is near the beach and the food at Mood Swing is very good. And just outside the Club, the number of good eateries is great! Plus this is one of the few clubs in Singapore where you swim with a sea view."

Ms Selvishree, a supplementary member of four years, enjoys the same benefits as her husband who is the main member.

Ms Selvishree cherishes her weekly routine of a swim in the Olympic-size pool followed by a lazy lounge by the Jacuzzi tubs at Tessensohn Clubhouse.

Top-notch Facilities

Besides the pools, there are a host of other facilities from chalets, barbeque spaces, function rooms to bowling alleys, gyms, badminton and tennis courts, and more. For all of these facilities, CSC members enjoy special rates and with some, members-only use.

A member of six years and an active bowler in CSC Bowling leagues, Mr Salleh ranks bowling at CSC as unbeatable for ambience, quality and price.

"CSC's bowling alleys are more spacious than most others. And here, you feel like you're at home."

Members pay as little as \$2.20 for a game at the Club's bowling alleys – one of the lowest in Singapore. Such concessions and the discounted parking fees keep Mr Salleh coming back for more.

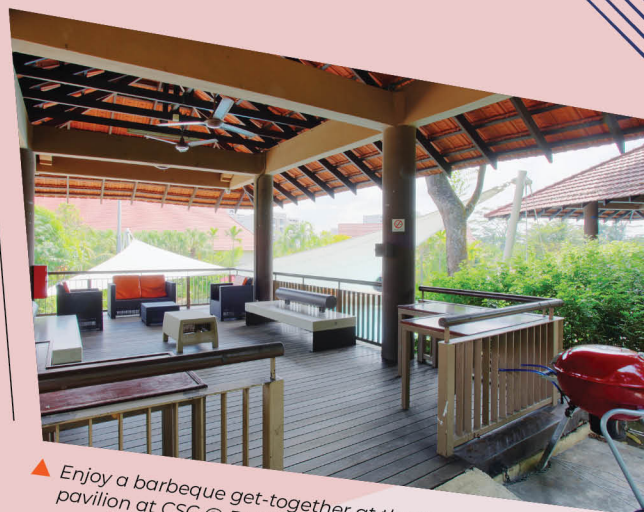
Ms Selvishree can attest to the great facilities. "I have been to other clubs and I think CSC is one of the best clubs around for the great facilities you get and for how clean and well-maintained the facilities are."



▲ Mr Salleh enjoying his regular game at Changi Resort Bowl.



▲ CSC offers members a host of activities catering to all ages.



▲ Enjoy a barbeque get-together at the Treehouse pavilion at CSC @ Bukit Batok.

Family Destination

The CSC clubhouses are also a favourite family destination. "CSC is a great place for family and friends to get together on weekends for different interests such as swimming and bowling," says Ms Tan.

Likewise, member of 19 years, Mr Nazarudin endorses the Bukit Batok Clubhouse for family get-togethers.

"It has a wonderful ambience. It is a relaxing, nice place to chill with your family and have a get-together."

Charming Chalets

Another popular facility is the chalets, where members are entitled to best rates and priority booking of four months.

Sui Chen frequents the chalets for family gatherings about twice a year for six years now.

"CSC @ Changi I chalets are spacious and comfortable compared to other chalets. And over the years, the chalets have become more modern. Plus the atmosphere and ambience at the chalets is wonderful and relaxing because of the sea view."

Mr Salleh and his family enjoyed their last chalet stay so much that he is planning another stay this year with his grandchildren who love the pool and sea view.

Staying Active

CSC is not only about facilities. The Club also offers the most number of sporting, leisure and recreational activities and events by a social club in Singapore.

These activities include health and beauty talks, self-improvement workshops, cookery classes and fitness programmes – many of which are now virtual and offered free to members to participate.

For Ms Selvishree, a Deep Aqua class she attended six months ago at Tessensohn Clubhouse proved life-changing.

Suffering from osteoarthritis and previously walking with a limp, she tried physiotherapy and massages but nothing helped until she enrolled in the class at CSC @ Tessensohn. The result was remarkable.

"Aqua aerobics helped me recover 90%. Now I have no pain and no limp, and I can walk fast. I've even lost five kg."

Now many of her friends have also joined as members to enjoy the Deep Aqua class as well as other activities.

Others such as Ms Tan have benefited from attending the virtual cooking classes by Chef Michelle. They help her to add more dishes to her repertoire and grow more confident as a cook.

Wallet-Friendly Benefits

CSC membership also comes with discounts and privileges to make it easy on the wallet.

Besides special rates for the use of facilities and chalets, and for participation in workshops and activities, members can also enjoy discounts at Clubhouse tenants and scores of F&B outlets, attractions and more.

This is not forgetting the exclusive deals from CSC's pool of partners, such as KLook, FoodLine, Sony, StarHub and AIA.

Finally, the best to the last. Not only does membership come with access to top-of-the-range facilities in lovely settings, CSC is the only club in Singapore with free membership for the entire family: parents, parents-in-law, spouse and children (age 5 to 21 years). CSC also does not charge administrative or recurring annual fees to encourage family members to sign up as supplementary members to enjoy the facilities and activities on their own.

What would Sui Chen say to her friends about the membership? "The membership is affordable – you just have to take part in a few activities and events, or book a chalet and it is already worth your membership."



HEY MEMBERS!

MEMBERS' PRIVILEGES

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

(*Valid till 31 Dec '21. Terms & conditions apply.)



Please visit www.csc.sg/membersperks for the full listings, details and terms. Deals may be subject to change due to prevailing Covid-19 situation



KINTAMANI
INDONESIAN RESTAURANT

25% OFF dine-in (weekdays)
15% OFF dine-in (weekends)
10% OFF online orders



the **SQUARE**
@furama

25% OFF dine-in (weekdays)
15% OFF dine-in (weekends)
10% OFF online orders



Waterfall
LOUNGE

25% OFF dine-in (weekdays)
15% OFF dine-in (weekends)



Tambuah Mas
Indonesian HomeStyle Cuisine

15% OFF dine-in




the **gummy bear**

20% OFF (dine-in and takeaway)
30% OFF (members' birthday month)



HOTEL GRAND PACIFIC
SINGAPORE

Mon to Thu:
Buffet Lunch \$22 nett / Dinner \$25 nett
Fri to Sun:
Buffet Lunch \$23 nett / Dinner \$27 nett




SUSHI CRAVINGS

15% OFF
Online Code **CSC15OFF**



GODZILLA
WESTERN FOOD

10% OFF



THE ALL-NEW **HARRIER**
NEVER STOP WANTING MORE.

TOYOTA
ALWAYS BETTER.

Borneo Motors
Inchcape

Up to **\$7,000 OFF**



SleepTike

10% OFF all merchandise
Online Code **CSCSG10**



URBANSPEACE
城市空间 | Self Storage

Monthly Promo Rates
+ 10% OFF
(valid for new sign-ups)



Don't miss any perks, promotions and discounts. Have them delivered to you on **Telegram**.



<http://t.me/civilserviceclub>



Refer to pages 16 and 23 to view the other members' privileges.

KLOOK



Klook is a world-leading travel activities and services booking platform. CSC Members and Public Service officers enjoy discounts off popular attractions, cultural tours, food and beverage activities, and unique experiences.

DISCOUNTS TILL 31 DEC '21

CSC MEMBERS ENJOY

8% OFF
KLOOK ACTIVITIES

PROMO
CODE

CSC8KLOOK

PSO MEMBERS ENJOY

5% OFF
KLOOK ACTIVITIES

PROMO
CODE

CSC5KLOOK

* Minimum \$50 spend,
capped at \$10, T&Cs apply



EXCLUSIVES TILL 30 JUN '21.

APPLICABLE WITH
SINGAPOREDISCOVER VOUCHERS

UP
TO **20% OFF**

DAILY RATES AT PARK HOTEL
GROUP PROPERTIES

**AJ HACKETT
SENTOSA BUNDLES**

BUNGEE JUMP + FREE \$10
F&B CREDIT

GIANT SWING + FREE
SKYBRIDGE BRIDGE ACCESS +
FREE \$10 F&B CREDIT



Discounts and exclusives for CSC Members and Public Service officers.
For more information, please scan the QR code or visit www.klook.com/en-SG/promo/sg-dealcsc

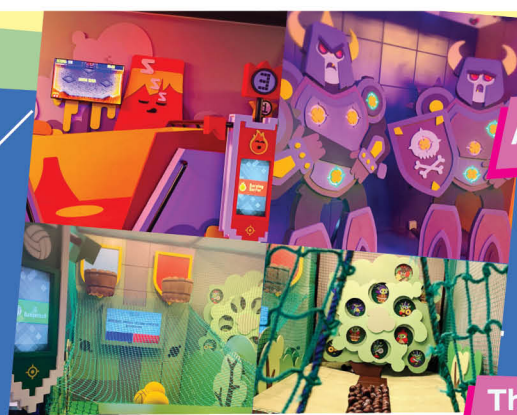
CSC Monthly Facebook Giveaways

Follow our CSC Facebook page and take part in our monthly Facebook giveaway to win attractive prizes! At least 1 prize will be allocated specially to a CSC member. Mark the dates!



Follow us

www.facebook.com/cscsingapore



Amazing Castle

26-28 Apr

Set of 7 games to use at Amazing Castle, the indoor arcade with a spark of technological innovation.



The Grumpy Bear

24-26 May

\$20 voucher for redemption of any pasta at The Grumpy Bear, the perfect place to celebrate life's delicious moments.



SleepTike

28-30 Jun

Win a SnuggleTike plush, the perfect weighted plush toy companion to soothe your little one to sleep (worth \$56).



For more details,
please scan QR code

ASSOCIATE MEMBERSHIP

Promotion

(FOR NON-PUBLIC SERVICE OFFICERS)

Promotion ends 30 JUNE 2021

3 +1 Year
Membership
\$900

Discount Code:
SUPERB



ARBUTUS MEN'S WATCH

RRP \$439

Gift Code: *ARBUTUS-M*

OR

ARBUTUS WOMEN'S WATCH

RRP \$418

Gift Code: *ARBUTUS-F*

2 +1 Year
Membership
\$600

Discount Code:
EXCELLENT

GRUNN I2-ECOBOT

RRP \$269

Gift Code: *ROBOT*



1 Year
Membership
\$300

GRUNN STEAM CLEANING MOP

RRP \$139

Gift Code: *MOP*



Terms and conditions apply.

- Enter the respective Discount Code to get 1 Year FREE membership. Only applicable to 2 and 3 Year Membership Promotions.
- 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.
- All gift items are non-exchangeable or returnable.
- Civil Service Club reserves the right to change the gift items in the promotion or offer should the items run out of stock.



APPLY NOW

<https://www.csc.sg> 6391 5604 / 6514 6396 membership@csc.sg



FREE VIRTUAL SUPPLEMENTARY MEMBERSHIP



BENEFITS

- No Subscription Fees
- Free Swimming Pool Access at All Clubhouses
- Members' Rates for Club Social, Sporting and Recreational Activities and Club Events
- Members' Only Booking for Sports Facilities (Badminton, Tennis and Table Tennis)

- Supplementary Membership is only applicable to parents, parents-in-law, spouse and children age 5-21 years
- An admin fee of \$10 is applicable for each physical membership card. There will be no charge for the Virtual Supplementary membership.

Access CSC's full range of facilities today! Log in to the membership portal to access your virtual membership card.



 membership@csc.sg

 6391 5604/6514 6396

 <https://www.csc.sg>



CSC
receives

NS Advocate Award 2020

The NS Mark Accreditation Scheme was introduced in 2016 to acknowledge a broader base of employers, businesses and organisations that pledge and act on their support and advocacy efforts in strengthening the defence of the nation. Our Club has been awarded **NS Mark (Gold) Award** and is listed on page 33 of the Congratulatory E-Book for the Total Defence Award 2020.

NSMARK
GOLD



STAFF SHOUT OUTS

“I need to register my wonderful experience at Bukit Batok CSC when my wife and I visited last night. My wife wanted to buy a drink from the vending machine near the swimming pool. The money was slotted in but the drink was not dispensed. When we got to the main pool, **Mr. Lawrence**, the duty Life guard, greeted us with a smile. We casually mentioned about the vending machine incident. During our swim, Mr. Lawrence approached us to inform that he managed to obtain a refund from the office for us, and he had left the refund coin for us on the poolside table where our belongings were. We are grateful for his kind gesture. After the swim, we found that Mr. Lawrence even served us two cups of water. We are deeply touched.”

– **Chiang Yew Fang (Bukit Batok)**

“I really love the amenities and facilities at Room 401, especially the drinking water dispenser. Appreciate the housekeepers on Sat (7 Nov '20) for their hospitality and the supervisor on 8 Nov '20 evening. **Hermann** put in the effort to ensure the best experience for us guests. We'd also like to compliment Bistro Bowl – food is top notch and service by Mr Dong is exemplary.”

– **Ms Tan (Changi 1)**

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

“The first impression was really great, the fragrance of the air fresheners is so refreshing. Keep it up! When we first made enquiries to decide on a place for our staycation, **Aqisah** did a fabulous job. In the hospitality industry, good service is expected but this is exceptional. Her patience, timely response to our queries, her follow-up was done with graciousness and passion with beautiful joy and smile! 'Awesome, Aqisah!’”

– **Marini Bte Md Yasin (Changi 1)**

“Thank you **Iryani**. I really appreciate all the efforts you put in guiding me and processing my membership including filling up my membership form for me without my asking. It's really a high level of customer service that you showed and you have made me very happy indeed. Please take this as a compliment. CSC is very lucky to have a staff like you. Keep up the good and exemplary work! Have a merry holiday season and enjoy your time with your family and friends.”

– **Ms Zahra (Membership)**

SCHOOL HOLIDAY PROGRAMMES



Online

Roblox Game Design Workshop

Students will learn about game creation through the construction of their own obstacles (Obby) and terrains within Roblox platform. They will also learn about the process of debugging, beta testing and feedback. Students get to sharpen their presentation skills as they present their creations to friends.

Learning Outcomes:

- Work around inter-working elements, learn how systems work and how they can be modified
- Manipulate 3D parts to create an obstacle course
- Create scripts using variables and loops for in-game visual effects
- Craft their scripts and stories around the obstacles created to make the games come alive

Date: Sat, 29 May '21

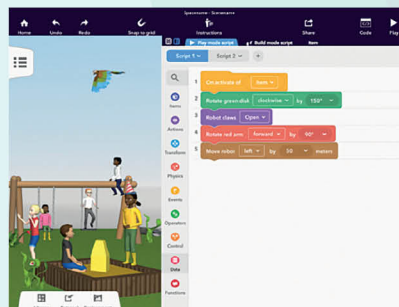
Time: 10am - 12pm

Fees: Member \$70, Guest \$80

Platform: Live on Zoom*

Contact: Constance at 6391 5607 or constancelow@csc.sg

Register by: 21 May '21



Online

Virtual Reality with CoSpaces workshop

Discover Virtual Reality (VR) through this workshop and utilise its unique features to create custom 3D environments and dive into amazing immersive experiences. Students will acquire hands-on experience with VR development through CoSpaces Edu platform, where they can create virtually anything in the classroom! This programme will improve students' digital literacy skills, enhances creativity and fosters collaboration in the classroom.

Learning Outcomes:

- Learn about the key features and applications of VR
- Build your own Virtual Reality world and use 3D models to design the landscape
- Create interactions between models in the Virtual Reality World

Date: Sat, 5 June '21

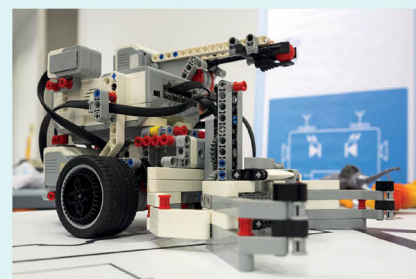
Time: 10am - 12pm

Fees: Member \$70, Guest \$80

Platform: Live on Zoom*

Contact: Constance at 6391 5607 or constancelow@csc.sg

Register by: 28 May '21



Mindstorm Mania LEGO® Robotics Camp (Choice of Half-Day or Full Day programmes)

Experience technology's cutting edge with LEGO® MINDSTORMS® EV3 Robotics! Children are captivated as they incorporate the newest generation of motors, sensors and software, programming their commands directly into the intelligent brick and building their skills throughout our progressive programme. This camp is a fun and challenging introduction to the world of robotics for the advanced LEGO® enthusiast!

Half-Day	Full Day
Dates: Fri, 4 Jun '21 OR 18 Jun '21 Time: 9.30am - 12.30pm Fees: Member \$60, Guest \$70 Register by: 28 May '21 OR 11 Jun '21	Date: Fri, 11 Jun '21 Time: 9am - 6pm Fees: Member \$210, Guest \$230 Register by: 4 Jun '21

Venue: CSC @ Tessensohn I

Contact: Constance at 6391 5607 or constancelow@csc.sg

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

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

Online

Minecraft Game Design: City Planning Workshop

In this thematic workshop, students are put through the ultimate challenge to be part of a team that designs, builds and manages a city. Working in a collaborative setting through a multi-player realm, students have to apply all the concepts and skills previously learnt to plan how they would like to build their city while keeping pollution levels in check and city ratings high.



Learning Outcomes:

- Distinguish renewable energy sources from non-renewable sources
- Compare different energy sources in terms of cost, power output and pollution
- Understand how parks and forests can reduce greenhouse gases
- Engage students in group work activity that allows them to develop their project management skills.

Date: Sat, 12 June '21

Time: 10am - 12pm

Fees: Member \$70, Guest \$80

Platform: Live on Zoom*

Contact: Constance at 6391 5607 or constancelow@csc.sg

Register by: 4 June '21

Online

Minecraft Coding Design: Missions

Age 9 years and above

In this workshop, students are put through various coding design challenges where they will be tasked to use coding basics to program the Minecraft Agent to collect data and develop plans that describe a program's sequence of events, goals, and expected outcomes in order to solve real-world problems.

Important: This camp uses Minecraft Education Edition account*.

Learning Outcomes:

- Develop programs with sequences and simple loops, to express ideas or address a problem
- Develop plans that describe a program's sequence of events, goals, and expected outcomes
- Understand how Artificial Intelligence can be used to collect data about forest fires



Date: Sat, 19 June '21

Time: 10am - 12pm

Fees: Member \$70, Guest \$80

Platform: Live on Zoom*

Contact: Constance at 6391 5607 or constancelow@csc.sg

Register by: 11 June '21

Online

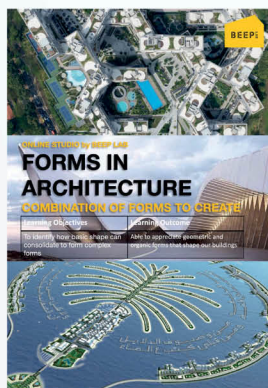
FREE for Members

Forms in Architecture Workshop

Age 7 to 12 yrs

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

- Combination of forms to create buildings
- To identify how basic shapes can be consolidated to form complex forms
- Able to appreciate geometric and organic forms



Date: Sat, 6 Jun '21

Time: 9am - 10am

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: 3 Jun '21

Online

FREE for Members

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, 27 Jun '21

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: 23 Jun '21

Holiday Baking Workshop by Harry (Parent/Child Activity)

Age 4 to 11 years



Creative Pizza Face

Engage the creative mind of your kids through the making of this colourful, edible and healthy pizza. Discover how these young talents can put together a spread that delights even the adults.

Penguin Bread Pudding

This recipe makes use of leftover bread, croissant or pastry. Turning them into Pudding will help to cut down on waste.

Date: Sun, 16 May '21
Register by: 10 May '21

Peeping Hippo Pudding

An attractive dessert with hidden nutritious gems in the custard. Great for kids' parties.

Drooling Banana Chocolate Cupcake

Unlike the usual chocolate cupcake, this wholesome Banana cupcake is loaded with natural ingredients, sweetened only with fruits. Watch the delight on the children's faces as they bite into the cakes and taste the melted chocolate "drooling" from inside the cakes.

Date: Sat, 5 Jun '21
Register by: 28 May '21

Fruit Tarts

First get the kids to make these colourful and healthy fruit tarts, then getting them to eat them would be easy.

No-bake Blueberry Cheese Tarts

These refreshing cheese tarts are well loved by children and adults alike. Make them together with your kids for their birthday parties.

Date: Sun, 13 Jun '21
Register by: 7 Jun '21

Time: 2pm - 5pm
Fee (per workshop):
Member \$60, Public Service Officer \$65, Guest 70
Venue: CSC @ Tessensohn
Contact: Gek Cheng
at 63915624 or
kuagekcheng@csc.sg



Enhancing My Study Skills & Learning Techniques

Online

Age 9 to 12 yrs

Upper primary students face challenges such as expectations for good academic results, planning their secondary school, anxiety over new environment, subjects and friends.

This programme helps participants identify their learning styles, to be equipped with study and exam skills, as well as learning techniques, goal setting and time management capabilities.

Date: Sat, 12 Jun '21
Time: 10am - 12pm
Fees: Member \$68, Public Service Officer \$75, Guest \$78
Platform: Live on Zoom*
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 1 Jun '21





Children Craft Workshops

Age 6 to 12 yrs

Have fun with your child this school holiday trying out these online craft activities to build their fine motor skills and develop their creativity.

DIY Dragon Boat Papercraft

This is a simple and fun activity for the children to understand the origin and values of the Dragon Boat Festival.

Date: Sat, 12 Jun '21

Registered by: 9 Jun '21

*Tools and materials required: Paper boat printout (will be emailed to all participants), scissors, ruler and glue



Duckie Pen Holder

Create a fun duck-shaped pen holder using the materials that are readily available at home.

Date: Sat, 19 Jun '21

Registered by: 16 Jun '21

*Tools and materials required: Scissors, ruler, glue, red, black and white markers, cardboard and coloured paper



Smiley Face Décor

You can use this colourful Emoji face as party decoration, photo props or a cute hanging ornament.

Date: Sat, 26 Jun '21

Registered by: 23 Jun '21

*Tools and materials required: Scissors, ruler, coloured paper and pens



For all above courses

Time: 2pm – 3pm

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

Platform: Live on Zoom*

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

Islands Hopping Tour (Family Bonding)

Sentosa, along with the other Southern Islands, lies along the Singapore Straits, and has played a significant role in Singapore's history and economic growth. Learn about the islands that lie along this important trading route, the villages that they once were and how they are transformed over the years into their vastly different roles today. Each island may have its own story but together, they built a special Singapore story. This tour begins on Sentosa and includes stopovers at St John's Island and Kusu Island.



Islands Explorer (Singapore Straits and Southern Islands Tour) includes a 4-hour guided tour, 2-way ferry rides and a souvenir to bring home.

Date: Sun, 20 Jun '21

Time: 9am – 1.30pm

Fees (per pax): Member \$35, Public Service Officer \$42, Guest \$45

Venue: Meet at Sentosa Cove

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

Register by: 10 Jun '21w



AWASD Badminton Children Beginner Class



4 Lessons in April or June

Dates:
Sat, 3 – 24 Apr '21 OR 5 – 26 Jun '21
Fees: Member \$120

5 Lessons in May

Dates:
Sat, 1 – 29 May '21
Fees: Member \$150

Time: 10am – 12pm
Venue: CSC @ Tessensohn
Contact: Jerren at 6391 5641 or jerrentan@csc.sg
Register by: 1 week before lesson begins

AWASD Badminton Camp

Engage your kids on a productive holiday this June! All are welcome, both beginners and children with limited experience in badminton. Coaches will focus on positivity and use lots of instructional games and activities to teach badminton fundamentals and understanding of the game.

Our camp will provide trainees with a structured badminton learning experience that encourages technical, technique as well as physical development. Programmes will definitely be challenging but achievable!

Dates: 14 – 18 Jun '21
Time: 9am – 11am
Fees: Member \$150
Venue: CSC@Tessensohn
Contact: Jerren at 6391 5641 or jerrentan@csc.sg
Register by: One week before lesson begins



Real Madrid Foundation Football School

Age 6 to 17 yrs

If you are looking for a new regular physical activity for your child during the school holidays, look no further. The Real Madrid Foundation Football School is conducting a beginner's football workshop exclusively for CSC members! Participants will learn the basics of football in every aspect in terms of physical, technical and tactical.

Learning Objectives

Physical

- Footwork
- Running movement exercises
- Gameplay on field scenarios

Technical

- Ball Mastery
- Shooting Techniques
- Dribbling drills

Tactical

- Spatial Awareness
- Offense/ Defense Concepts
- Effective Communication



Date: Fri, 18 Jun '21
Time: 9am – 11am
Fees: Member \$50, Public Service Officer \$55, Guest \$60
Venue: Rainforest Sports Hub
Contact: Jerren at 6391 5641 or jerrentan@csc.sg
Register by: 1 week before session

*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.

Children Craft Workshops

Age 6 to 12 yrs

Have fun trying out these fun online craft activities with your children to build their fine motor skills, creativity and learn basic math concepts.



3D Bunny Deco Stand

Create a fun duck-shaped pen holder using the materials that are readily available at home. It can be used as party decoration or a cute hanging ornament.



Date: Sat, 24 Apr '21

Register by: 21 Apr '21

*Tools and materials required: Scissors, ruler, black and blue markers, and coloured paper

Hari Raya Puasa – Ramadan Ketupat Card

This is a simple and fun activity for the children to understand the important values of Ramadan.



Date: Sat, 8 May '21

Register by: 5 May '21

*Tools and materials required: Scissors, ruler, glue, pencil and coloured paper

Vesak Day – Paper Lotus Tealight Holder

This is an easy paper craft for the kids which can be used as home décor or tealight candle holder.



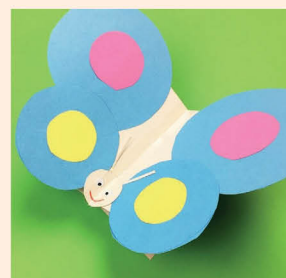
Date: Sun, 22 May '21

Register by: 19 May '21

*Tools and materials required: Scissors, ruler, tape and white paper

Fluttering Paper Butterfly

Fun and easy handicraft where children make butterflies that really flutter!



Date: Sat, 3 Jul '21

Register by: 30 Jun '21

*Tools and materials required: Scissors, ruler, glue, coloured paper, colour pencils and straws

Décor Bottle Vase

Create a beautiful vase using recycled bottle and decorative materials that are available at home.



Date: Sat, 17 Jul '21

Register by: 14 Jul '21

*Tools and materials required: Scissors, ruler, paint and a 1-litre recycled bottle

For all above courses

Time: 2pm – 3pm

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

Platform: Live on Zoom*

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

Kidz Can Bake! (Parent/Child Activity)

Age 5 to 11 yrs



Moo Moo Cow Cupcakes

Date: Wed, 28 Apr '21

Time: 2pm – 3.30pm

Register by: 16 Apr '21



Oreo Owl Cupcakes

Date: Sun, 23 May '21

Time: 2pm – 3.30pm

Register by: 14 May '21



Unicorn Cookies

Date: Sat, 29 May '21

Time: 2pm – 3.30pm

Register by: 19 May '21



Teddy on Wheels Brownies

Date: Sun, 13 Jun '21

Time: 2pm – 3.30pm

Register by: 3 Jun '21



Chocolicious Cake

Date: Sun, 20 Jun '21

Time: 2pm – 3.30pm

Register by: 10 Jun 21



Fee: Member \$65, Public Service Officer/Guest \$70 (per workshop)

Platform: Live on Zoom*

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

To Note:

- Fees are inclusive of an instructor to facilitate the session, baking kits with all dry ingredients, recipe and instruction cards.
- Free delivery to 1 location.
- Participants will be required to prepare butter and/or eggs, simple utensils, oven or air fryer. Also a handheld mixer for cupcake or cake baking.
- Baking Kits expiry is 6 months.

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: Sat, 24 Apr '21

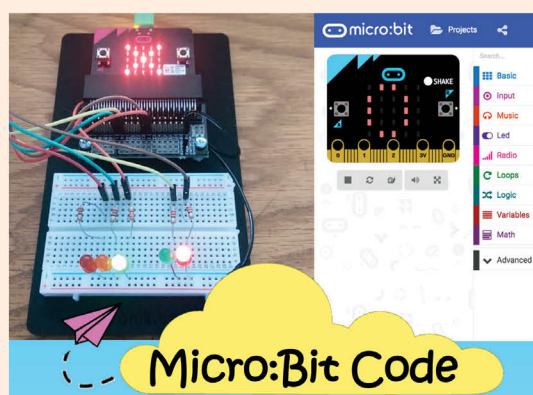
Time: 9am – 12pm

Fees: Member \$80, Guest \$90

Venue: CSC @ Tessensohn

Contact: Jerren at 6391 5624 or jerrentan@csc.sg

Register by: 1 week before workshop



Design a Car! Workshop

Age 5 to 12 yrs

A fun hands-on workshop for participants to learn about how a car works. Through assembling the vehicle from its parts, participants will learn about gear ratios and how changing them can affect its motion. A mini racing competition will be conducted to raise the excitement of the workshop.

Date: Fri, 21 May '21

Time: 9am – 12pm

Fees: Member \$80, Guest \$90

Venue: CSC @ Tessensohn

Contact: Jerren at 6391 5641 or jerrentan@csc.sg

Register by: 1 week before workshop



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: Sat, 8 May '21

Time: 9am – 12pm

Fees: Member \$80, Guest \$90

Venue: CSC @ Tessensohn

Contact: Jerren at 6391 5624 or jerrentan@csc.sg

Register by: 1 week before workshop

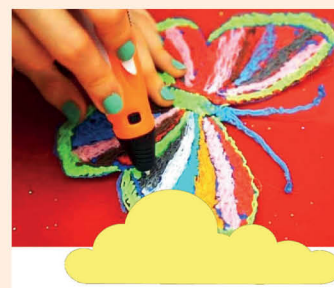
3D Pen Fun

Age 6 yrs and up

3D printing applications are getting wider due to lowering costs. It is important in prototyping as it is more cost efficient at shorter turnaround. This workshop aims to create an interactive environment to learn about basics of 3D printing through creating a object with a 3D pen.

Learning Outcomes:

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



Date: Fri, 25 Jun '21

Time: 9am – 12pm

Fees: Member \$80, Guest \$90

Venue: CSC @ Tessensohn

Contact: Jerren at 63915641 or jerrentan@csc.sg

Register by: 1 week before workshop

*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.



Fun Art & Craft Demo Workshops

Origami Bookmark

Learn how to fold an origami bookmark using available materials you can find at home.

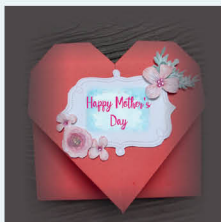
Date: Sat, 24 Apr '21
Register by: 21 Apr '21



Mother's Day Card Making

You will learn to fold a heart shape card and various ways to create a lovely card or your mummy.

Date: Sat, 8 May '21
Register by: 5 May '21



Tile Painting

Use your creativity to create a beautiful tile coaster that you can proudly display on your coffee table. You will learn the techniques on how to transform your creative design on the ceramic tile.

Date: Sat, 19 Jun '21
Register by: 16 Jun '21



For all above workshops

Time: 10am - 11am

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

Platform: Live on Zoom*

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



Gemstones Soap Making Demo Workshop

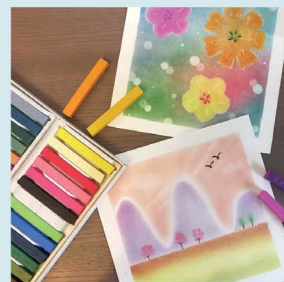
Soap making is simple and highly therapeutic. Learn to create gorgeous soaps that look like real gemstones.

Date: Sat, 24 Apr '21
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: 21 Apr '21



Pastel Nagomi Art Demo Workshops

Pastel Nagomi Art is a style of art healing that originated from Japan. At this workshop, learn the joy of creating gentle, soft and beautiful art form through simple techniques using soft pastels and your fingers.



Cherry Blossoms

Date: Sat, 24 Apr '21
Register by: 21 Apr '21

Mother's Day

Date: Sat, 1 May '21
Register by: 28 Apr '21

Father's Day

Date: Sat, 12 Jun '21
Register by: 9 Jun '21

For all above workshops

Time: 11am - 12pm

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

Platform: Live on Zoom*

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

Wheel Throwing Workshop

Learn to make pottery in this short course of 3 sessions of two hours each.

Through live demo and close guidance by a highly skilled instructor, participants will learn how to use the Potter's wheel to make simple forms. Basic techniques such as wheel throwing, trimming and glazing will also be taught.

Each participant will get to bring home two pieces of finished product.

Fees include materials, tools and firing. Fired pieces can be collected 4 weeks after course.

Dates: 3 Fridays, 14 - 28 May '21 OR 4 - 18 June '21

Fees: Member \$190, Public Service Officer \$200, Guest \$210

Venue: CSC @ Bukit Batok

Contact: Constance Low at 6391 5607 or constancelow@csc.sg

Register by: 2 weeks before class





Make your own Face Mask Chain with Beads

Face masks are here to stay and face mask accessories are in trend too. This online workshop will teach you how to create your own face mask chains that are stylish, yet functional and practical.

Date: Sat, 3 Jul '21

Time: 10am – 11am

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: 30 Jun '21



Dragon Boat Festival – 'Zongzi' Sachets

'Zongzi' is a traditional Chinese dish made of glutinous rice stuffed with fillings and wrapped in bamboo leaves. This online workshop will teach you how to sew a cute Zongzi shape scented sachet that can be hung in closets or cabinets.

Date: Sat, 12 Jun '21

Time: 10am – 11am

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 Jun '21



Fundamental Principles for Healthy Bones and Joints

Bones and joints care is essential for a healthy and active lifestyle in our golden years. In this training, participants will learn to identify the 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, 17 Apr '21

Time: 10am – 11.30am

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: 12 Apr '21



Healthy Bones and Joints



Active for Life

BEACON LOHAS



Improve Immunity with Better Qi and Blood

Qi and Blood play important roles in our health. One of the functions of Qi is protective, which is similar to 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, 24 Apr '21

Time: 10am – 11.30am

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: 19 Apr '21



**Improve Immunity
with Better Qi & Blood**

BEACON LOHAS

*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.

Stronger Knees and Joints Programme (Renew & Regrow)

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



Stronger Knees and Joints Program by Beacon LOHAS

Dates: 3 Fridays, 23 Apr – 7 May '21 OR 18 Jun – 2 Jul '21

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: 16 Apr '21 OR 11 Jun '21

Integrative Solutions for Back Pain

Back pain is a common condition and its causes can range from injury, bad posture, disc degeneration and osteoarthritis.

In this programme, participants will learn an integrative approach in back care, to help relieve the nagging pain and to strengthen the back.

Integrative approach combines the best practices of meridian self-therapy techniques with musculoskeletal knowledge to give you a holistic healthcare for your back.

Date: 4 Saturdays, 8 May to 29 May '21

Time: 2.30pm – 4.30pm

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

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

Register by: 3 May '21



Relieve the Back Pain with Meridian Self-Therapy

Back pain can be caused by many reasons ranging from a pulled muscle to a more serious condition on the spine. In this workshop, participants are going to have a better understanding of the causes of their back pain. They are going to learn and practise sets of self-care techniques to relieve and avoid the nagging pain.

Date: Sat, 26 Jun '21

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: 21 Jun '21



Improve your Digestive Meridians for Better Strength and Vitality

When the digestive meridians are unwell, a person will not only suffer digestive issues such as gastric, bloatedness or reflux but also other complications. Sometimes it could lead to other issues such as lower metabolism, malabsorption of nutrients, skin issue, lethargic and poor blood circulation.

This training empowers participants with knowledge and techniques to take care of their digestive meridians.



Date: Saturday, 12 Jun 21

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: 7 Jun 21



Dementia: Helping You and Your Loved Ones Plan Ahead



Dr Tan Hong Yee

by Caregiving Welfare Association (CWA)

In this talk, the speaker will touch on what we know about dementia so far, and its treatment options. The various stages in the progression of dementia and what persons with dementia and their family can expect in terms of symptomatic and behavioural changes will also be discussed.

Finally, the speaker will share pointers from past experiences in behavioural or non-medication approaches to managing the Behavioral and Psychological Symptoms of Dementia (BPSD).

Profile of Speaker: Dr Tan Hong Yee is the Medical Director and Psychiatrist at Mind Care Clinic in Farrer Park Medical Centre, together with co-founder and psychiatrist Dr Emily Ho. Dr Tan is also the President of CWA.

His particular area of interest lies in Geriatric Psychiatry (old age psychiatry), the diagnosis and management of early dementia, and Behavioural and Psychological Symptoms of Dementia (BPSD). Dr Tan believes strongly in incorporating person-centered and individualized care for persons with dementia, with a focus on behavioural management strategies alongside appropriate medication use.

Date: Sat, 15 May '21

Time: 11am – 12.30pm

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: 10 May '21



Fabulous Diets or Fad Diets

Lifestyle diets such as Ketogenic & intermittent fasting may seem promising for those trying to shed the extra kilos quickly.

However, as quickly as we lose the weight, we tend to gain it all back and sometimes more. Are we doing it right or is there a catch in these fad diets?

Let our Nutrition Educator arm you with useful, practical and medically safe advice for maintaining a healthy weight for the long term. Understanding fundamental nutrition logic improves your health and lasts a lifetime.



Date: Mon, 3 May '21

Time: 3pm – 4pm

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

Platform: Live on Zoom*

Contact: Jerren at 6391 5641 or jerrentan@csc.sg

Register by: 1 week before session



Health & Wellness Talks

All About Cholesterol

Cholesterol is a fat-like substance found in all cells in our body. Our body needs some cholesterol to function properly but having too much of the bad type of cholesterol may put you at risk of various chronic diseases. Find out what causes high cholesterol and how to prevent it.



Date: Sat, 15 May '21

Register by: 12 May '21

Water Truth and Your Health

The human body comprises around 60% water. Hydration and nutrition are fundamentally important for overall wellbeing. Understand the benefits of hydration and the types of water that can help to promote optimal health.

Date: Sat, 19 Jun '21

Register by: 16 Jun '21

All the above courses

Time: 11am – 12.30pm

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

Platform: Live on Zoom*

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



Good Fats, Bad Fats – Eat Right for a Healthy Heart

What fats should I avoid? Are eggs really bad for cholesterol levels? What about loading up on seeds, coconut oil and MCT (Medium Chain Triglycerides) as recommended in a ketogenic diet? Why should I care about triglycerides and trans fats?

Get these burning questions answered by our Nutrition Educator and learn more about how to eat right for a healthy heart. Don't become the next victim of cardiovascular disease – the leading cause of death worldwide and the no. 2 killer in Singapore.



Date: Mon, 14 June '21

Time: 3pm – 4pm

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

Platform: Live on Zoom*

Contact: Jerren at 6391 5641 or jerrentan@csc.sg

Register by: 1 week before session



Preview: Managing Stress with Mindfulness Workshop

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

Course outcome

- Be introduced to the concept of mindfulness
- Experience a mindfulness practice – awareness of the breath and bodyscan
- Understand scientific studies of mindfulness
- An overview of the 4-week Mindfulness Foundation Course



Dates: Sat, 15 May '21 OR 19 Jun '21 OR 24 Jul '21

Time: 10am – 11.30am

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: 3 days before workshop

*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 four-lesson Mindfulness Foundation course will enable you to understand what is mindfulness, its benefits, what mindfulness practices are and how to practise them in your daily lives.

You will be guided through various mindfulness practices, also 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, 22 May – 12 Jun '21 OR 26 – 17 Jul '21 OR 31 Jul – 21 Aug '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 course

Essential Oil Workshops

Essential oils are the essence of a plant. Every essential oil varies in its natural properties. Understand the benefits of essential oil and how to use them correctly in your daily routine.

Home Cleaning with Essential Oil

Understand the useful properties in the essential oils and how to make your own household cleaner which is effective, safe to use and friendlier to the environment.

Date: Sat, 24 Apr '21

Register by: 21 Apr '21

Essential Oil for Respiratory Health

Understand the types of essential oils that can help to ease breathing, promotes restful sleep especially for people with sinus and minimise the effects of seasonal change.

Date: Sat, 22 May '21

Register by: 19 May '21



Essential Oil for Children

Learn to choose the right products that are safe for children and get some safety tips and correct methods to use them on kids.

Date: Sat, 19 Jun '21

Register by: 16 Jun '21

Baking Demo using Essential Oil

Not all essential oils are suitable for oral consumption. Understand the properties in edible essential oils and learn how to use them to enhance the flavours of your baking.

Date: Sat, 26 Jun '21

Register by: 23 Jun '21

For all above courses

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



How to Mix and Blend Essential Oil for Kids

Aromatherapy is the use of essential oils – which are extracts from plant parts such as leaves, barks, roots, flowers – to improve one's psychological and physical well-being. Even kids can benefit from this. Do you have a child who needs a nap, or a wound up school-ager who needs to focus on study, or a pre-teen who just likes to argue with you? With guidance from a Certified Aromatherapist, you can make your own customised oil blends.

In this workshop, you will have fun learning :

- Essential oil classifications
- The aromas of each blend
- Techniques to mix and blend for kids

Date: Sat, 24 Jul '21

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: 21 Jul '21

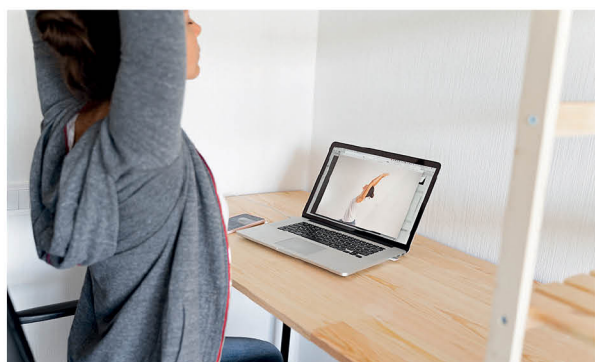




Aromatherapy Hand Sanitiser Making Demo Workshop

You will have a better understanding of the active ingredients in the hand sanitiser whether gel-like or water consistency, how to add scent as well as the right way to mix and blend.

Date: Fri, 7 May '21
Time: 7.30pm – 8.30pm
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: 4 May '21



International Day of Yoga Virtual Sessions

Join us for a FREE virtual yoga sessions conducted by Yoga Masters from Vyasa Yoga. 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.

Chair Yoga

Date: Sun, 20 Jun '21
Register by: 14 Jun '21

Boost Your Immunity Through Yoga

Date: Sun, 27 Jun '21
Register by: 21 Jun '21

For the above courses:
Time: 5pm – 6pm
Fees: FREE FOR ALL
Platform: Live on Zoom*
Contact: Constance at 6391 5607 or constancelow@csc.sg



Boogie Bounce Extreme

Boogie Bounce Xtreme is a complete exercise programme on a mini trampoline fixed with a safety bar to minimise the strain on your knees. Bounce to the chart topping music and enjoy an effective cardio and muscle toning session. Suitable for all ages.

CSC @ Bukit Batok

Dates: 4 Mondays,
 5 – 26 Apr '21 OR
 3 – 24 May '21 OR
 7 – 28 Jun '21
Time: 8pm – 9pm

CSC @ Tessensohn

Dates: 4 Wednesdays,
 7 – 28 Apr '21 OR
 15 – 19 May '21 OR
 12 – 30 Jun '21
Time: 7pm – 8pm

Dates: 4 Fridays,
 9 – 30 Apr '21 OR
 17 – 28 May '21 OR
 14 – 25 Jun '21
Time: 6.30pm – 7.30pm

Fees†: Member \$70, Public Service Officer \$75, Guest \$80
Contact: Constance at 6391 5607 or constancelow@csc.sg
Register by: 1 week before class

†Fees will be pro-rated for 3 or 5 sessions.



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.



Dates: Sat, 3 OR 24 Apr '21, 8 OR 22 May '21,
 5 OR 26 Jun '21
Time: 5pm – 6pm
Fees (per class): FREE for Members, Public Service Officer \$5, Guest \$8
Platform: Live on Zoom*
Contact: Constance at 6391 5607 or constancelow@csc.sg
Register by: 3 days before session

*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.

Yoga

Take time off to relax and rejuvenate your body with simple slow-paced yoga posture and breathing exercises. Let our experienced yoga instructor help you to relax your mind and rejuvenate your body.



Dates: 4 Fridays, 9 – 30 Apr '21 OR 7 – 28 May '21 OR 4 – 25 Jun '21
Time: 7.30pm – 8.30pm
Fees: Member \$40, Public Service Officer \$45, Guest \$50
Venue: CSC @ Tessensohn

Contact: Constance at 6391 5607 or constancelow@csc.sg
Register by: 1 week before class

Zumba Fitness

A cardio dance programme that lets you burn calories the fun way. It incorporates basic Latin dance moves with resistance exercises and zumba which also includes floor work, circuit training and aerobic moves.

Dates: 4 Tuesdays, 6 – 27 Apr '21 OR 4 – 25 May '21 OR 1 – 22 Jun '21
Time: 7pm – 8pm
Fees: Member \$50, Public Service Officer \$55, Guest \$60
Venues: CSC @ Tessensohn and CSC @ Bukit Batok
Contact: Constance at 6391 5607 or constancelow@csc.sg
Register by: 1 week before class



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 toughen your calves and ankles.

Date: Fri, 28 May '21
Time: 7.30pm – 8.30pm
Fees: FREE for Members, Public Service Officer \$5, Guest \$8
Platform: Live on Zoom*
Contact: Constance at 6391 5607 or constancelow@csc.sg
Register by: 24 May '21



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 exercises to work different muscle groups.

4 Saturdays, 2pm – 3pm

4 Mondays, 7pm – 8pm

3 – 24 Apr '21 OR
 8 – 29 May '21 OR
 5 – 26 Jun '21

5 – 26 Apr '21 OR
 3 – 24 May '21 OR
 7 – 28 Jun '21

Fees: Member \$40, Public Service Officer \$45, Guest \$50
Venue: CSC @ Tessensohn
Contact: Constance at 6391 5607 or constancelow@csc.sg
Register by: 1 week before class



Pop Pilates by Niza

POP Pilates is a strength and flexibility workout that can be done on bare feet on a yoga mat or even on the floor.

Dates: Fri, 9 Apr '21 OR 4 May '21 OR 25 Jun '21
Time: 7.30pm – 8.30pm
Fees: FREE for Members, Public Service Officer \$5, Guest \$8
Platform: Live on Zoom*
Contact: Constance at 6391 5607 or constancelow@csc.sg
Register by: 3 days before session



Cardio Kickboxing by Niza

Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike.

Dates: Fri, 23 Apr '21 OR 4 Jun '21
Time: 7.30pm – 8.30pm
Fees: FREE for Members, Public Service Officer \$5, Guest \$8
Platform: Live on Zoom*
Contact: Constance at 6391 5607 or constancelow@csc.sg
Register by: 3 days before session



FAB Hiit by Annie Wong

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

Dates: Fri, 16 Apr '21 OR 7 May '21 OR 18 Jun '21
Time: 7.30pm – 8.30pm
Fees: FREE for Members and Public Service Officers, Guest \$8
Platform: Live on Zoom*
Contact: Constance at 6391 5607 or constancelow@csc.sg
Closing Date: 3 days before session



Bodyweight Circuit Workout

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

- Stretch and warm up (10 mins)
- Main circuit (20 mins)
- Tabata workout (5 mins)
- Core workout and cool down stretch (15 mins)

Dates: Sat, 17 Apr '21 OR 15 May '21 OR 12 Jun '21
Time: 12pm – 1pm
Fees: FREE for Members, Public Service Officer \$5, Guest \$8
Platform: Live on Zoom*
Contact: Constance at 6391 5607 or constancelow@csc.sg
Closing Date: 3 days before session



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!

Dates: Fri, 30 Apr '21 OR 11 Jun '21
Time: 7.30pm – 8.30pm
Fees: FREE for Members, Public Service Officer \$5, Guest \$8
Platform: Live on Zoom*
Contact: Constance at 6391 5607 or constancelow@csc.sg
Register by: 3 days before session

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: Thu, 27 May '21
Time: 7.30pm – 8.30pm
Fees: FREE for Members, Public Service Officer \$5, Guest \$8
Platform: Live on Zoom*
Contact: Constance at 6391 5607 or constancelow@csc.sg
Register by: 24 May '21



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.

Fees: Member \$40, Public Service Officer \$45, Guest \$60
Venue: CSC @ Tessensohn
Contact: Constance at 6391 5607 or constancelow@csc.sg
Register by: 1 week before class



Class Schedule (4 lessons per class, no lessons on PH)

4 Mondays	Dates: 5 – 26 Apr '21, 3 – 24 May '21 OR 7 – 28 May '21 Time: 6.45pm – 7.45pm
4 Tuesdays	Dates: 6 – 27 Apr '21, 4 – 25 May '21 OR 1 – 22 Jun '21 Time: 8am – 9am OR 6.30pm – 7.30pm OR 7.30pm – 8.30pm
4 Wednesdays	Dates: 7 – 28 Apr '21, 5 – 2 Jun '21 (no lesson on 26 May '21) OR 9 – 30 Jun '21 Time: 6.15pm – 7.15pm OR 7.15pm – 8.15pm
4 Thursdays	Dates: 8 – 29 Apr '21, 6 – 27 May '21 (no lesson on 13 May '21) OR 3 – 24 Jun '21 Time: 6.30pm – 7.30pm OR 7.30pm – 8.30pm
4 Fridays	Dates: 9 – 30 Apr '21, 7 – 28 May '21 OR 4 – 25 Jun '21 Time: 6.30pm – 7.30pm
4 Saturdays	Dates: 3 – 24 Apr '21, 8 – 29 May '21 OR 5 – 26 Jun '21 Time: 8am – 9am

*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.



Keeping Fit the Muay Thai Way

Want to pick up self-defense moves while boosting your fitness? Try Muay Thai, a traditional form of boxing. Conducted by Muay Thai coach Wen Han, you will learn original Muay Thai techniques and the appropriate use of Thai boxing equipment to ensure a fun and injury-free experience!

Dates: 10 Saturdays, 22 May – 24 Jul '21

Time: 9.30am – 10.30am

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

Venue: CSC @ Bukit Batok

Contact: Jerren at 6391 5641 or jerrentan@csc.sg

Register by: 1 week before class

Tennis by Singapore Tennis School (STS)

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

Adult Beginner	4 Sundays, 9am – 10am
Adult Advanced	4 Sundays, 10am – 11am

Fees (for 4 lessons): Member \$110, Public Service Officer \$115, Guest \$120

Venue: CSC @ Tessensohn

Contact: Jerren at 6391 5641 or jerrentan@csc.sg (Call to check on availability of classes/slots before registering)

Register by: 10 days before class



**Timing subjected to changes. All lessons have to be cleared within 2 months.*

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. Participants must bring own skating gears, elbow, wrist and knee shields, socks, water and insect repellent.)



WEEKDAY GROUP CLASS

8 Wednesdays @Sengkang Basketball Court	28 Apr – 23 Jun '21 OR 30 Jun – 18 Aug '21 Time: 6pm – 7pm
8 Wednesdays @Punggol	28 Apr – 23 Jun '21 OR 30 Jun – 18 Aug '21 Time: 6.30pm – 7.30pm OR 8pm – 9pm
8 Thursdays @Choa Chu Kang Park	29 Apr – 24 Jun '21 OR 1 Jul – 19 Aug '21 Time: 6.30pm – 7.30pm
8 Fridays @Pinnacle @Duxton	14 May – 2 Jul '21 OR 9 Jul – 27 Aug '21 Time: 6.30pm – 7.30pm OR 8pm – 9pm

WEEKEND GROUP CLASS

8 Saturdays @East Coast Park Car Park E1	8 May – 26 Jun '21 OR 3 Jul – 21 Aug '21 Time: 11.30am – 12.30pm, 3.30pm – 4.30pm OR 5pm – 6pm
---	--

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

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

Register by: 1 week before class



Baking by Harry

All About Chiffon

- Earl Grey Chiffon
- Sesame Chiffon Cake
- Hokkaido Cream Cheese Cake



Date: Sun, 18 Apr '21

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

Register by: 12 Apr '21

Basic Bread Baking

I. Heartland Design Breads

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

II. Loaves and Rolls

- Chocolate Spiral Loaf
- Cinnamon Breakfast Rolls
- Doughnut

Date: Sat, 8 May '21

Register by: 1 May '21

Date: Sat, 24 Apr '21

Register by: 18 Apr '21

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

**Fees for both workshops (I & II): Member \$125, Public Officer \$145, Guest \$150



Tie Your Own Dumplings

- **Nonya Rice Dumplings:** Dumplings that are fragrant, sweet and savoury all at the same time, with candied winter melon added in. The use of pandan leaves and coriander powder gives a wonderful fragrant.
- **Hokkien Dumplings:** Hokkien rice dumplings have chunks of delicious meat marinated in peppered aromatic sauce with fragrant chestnuts and mushroom enclosed.



Date: Sat, 22 May '21

Fees: Member \$80, Public Service Officer \$85, Guest \$90

Register by: 14 May '21

Tea Breads

- **Spice Maple Loaf Bread** – Spice and maple give this aromatic loaf its rich colour. Great when toasted as it brings out the subtle maple flavour.
- **Cheese and Onion French Loaf** – A light textured loaf flavoured with onion and cheese, mustard and oregano to give a crisp, savoury crust.
- **Crumpets** – Bubbles which form as the batter cooks and burst over the surface of the crumpets give them the characteristic honeycomb structure.



Date: Sat, 26 Jun '21

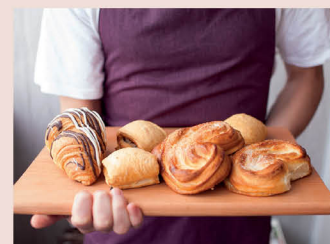
Fees: Member \$70, Public Service Officer \$80, Guest \$85

Register by: 18 Jun '21

Café Style Breads

I. Flatbreads

- **Pizza** – 2 different recipes will be taught.
- **Naan** – You don't need to have a tandoor for this, you can bake great naan with just a home oven.
- **Pita** – Also known as 'Pocket Bread', this special sandwiches are sure to impress your guests.



Date: Sat, 12 Jun '21

Register by: 4 Jun '21

II. Rustic Breads

- **Baguette** – A favourite bread with chewy texture, perfect with our local curry
- **Focaccia** – The cousin of Pizza, pizza with thicker crust
- **Ciabatta** – 'Slipper' bread as they call it in Italy. This bread with its big holes has a chewy texture

Date: Sun, 20 Jun '21

Register by: 14 Jun '21

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

**Fees for both workshops (I & II): Member \$125, Public Service Officer \$145, Guest \$150

Sourdough

I. Basic Sourdough

- **German Dark Rye and Walnut Sourdough** – A round flavourful bread with an aromatic flavour. Great with grated cheese and roasted garlic butter.
- **Multigrain Sourdough** – Enriched with multigrain for a fuller sandwich meal for either breakfast or lunch.
- **Purple Sweet Potato Sourdough Bun** – A creative formula that uses sweet potato for a softer texture and chewy bites.



Date: Sat, 3 Jul '21

Register By: 28 Jun '21

II. Advanced Sourdough – Baking with Dutch Oven

How to make the authentic Sourdough bread with its standing ear, rustic and golden brown exterior, internal soft texture with bigger holes.

- **Wholemeal Cheese Sourdough**
- **Pumpkin Sultanas Sourdough**
- **Holiday Baking for Children**

Date: Sat, 10 Jul '21

Register by: 5 Jul '21

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

**Fees for both workshops (I & II): Member \$125, Public Service Officer \$145, Guest \$150



Cooking with Chef Michelle

French Brunch

- Quiche of smoked salmon and spinach (I will demo how to smoke salmon in a wok)
- Croque monsieur

Date: Sun, 11 Apr '21
Register by: 5 Apr '21



Italian Lunch

- Seafood Tuscan soup
- Egg plant rollantini

Date: Sun, 25 Apr '21
Register by: 19 Apr '21



Mother's Day Special

- Macarons with rose buttercream

Date: Sun, 9 May '21
Register by: 3 May '21



Local seafood favourite

- Wasabi prawns and Pepper Squids
- Demo own mayonnaise from scratch

Date: Sun, 23 May '21
Register by: 17 May '21



Father's Day special

- Chicken thighs in home-made barbecue sauce & sautéed potato

Date: Sun, 6 Jun '21
Register by: 1 Jun '21



Tim Sum Menu

- Har Gow
- Truffle Siew Mai
- Scallop Chee Cheong Fun

Date: Sun, 27 Jun '21
Register by: 21 Jun '21



For the above workshops:

Time: 10am to 11am

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

Platform: Live on Zoom*

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

Basic 3D Floral Jelly Art Workshop



Learn to create 3D jelly floral art and bring your cake decoration skills to the next level. Participants will bring home two jelly cakes (4-inch and 6-inch). Suitable for beginners. (Floral tool and a 10ml syringe will be provided.)

Course Outline:

- Introduction to key ingredients
- Guide to preparing/cooking the jelly canvas and flower mixture
- Creating floral patterns such as flowers, leaves and baby breaths using design tool
- Injection techniques

Date: Sat, 24 Apr '21 OR 8 May '21
OR 12 Jun '21

Time: 9.30am - 12.30pm

Fees: Member \$135, Public Service Officer \$145, Guest \$150

Venue: CSC @ Tessensohn

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

Register by: 1 week before the class

Food Solutions Workshops

Workshop Entrees 食谱

- **Cantonese Fish Puff** 冬海鱼腐
- **Chocolatatze Button Cake**

Date: Sat, 17 Apr '21
Register by: 9 Apr '21

- **Bird Nest Jello** 鸟窝燕菜果冻蛋糕
- **Sugar Cane Siu Yuk Special** 金玉满堂
- **Recipe of the Day** 今日特别食谱

Date: Sat, 15 May '21
Register by: 10 May '21

- **Vegetarian ABALONE** 素深海鲍鱼
- **Baked Walnut Carrot Cake**
- **Recipe of the Day** 今日特别食谱

Date: Saturday, 19 Jun 21
Register By: 14 Jun 21

Time: 2pm - 5pm
***Fees Per Workshop:**
 Member \$35, Public Service Officer/Guest \$38
Venue: CSC @ Tessensohn
Contact: Gek Cheng
 at 6391 5624 or kuagekcheng@csc.sg



Collaboration
 Partners:



*Additional \$4 for takeaway packaging per person is payable to the instructor

Hands-On Baking by Stephanie

Matcha Loaf with Coconut Cream

Learn to make a rich and healthy matcha loaf topped with coconut cream. Each participant will take home a 6" by 3" loaf.

Date: Sun, 25 Apr '21
Register by: 19 Apr '21



Mini Sausage Rolls (Chicken) Mini Mince pies (Chicken)

Learn to make traditional old school sausage rolls and mince pies.
 Demo: Making of the pastry
 Hands-on: Making the filling and cutting out the pastries for the rolls and pies
 Each person will take home four mini sausage rolls and two mince pies at least.

Date: Sun, 9 May '21
Register By: 3 May '21



Butter Cake Marble Cake

Learn to make two old schooled favourites.

Date: Sunday, 23 May '21
Register by: 17 May '21



For each of above courses

Time: 9am - 12pm

Fee (per workshop): Member \$50, Public Service Officer \$55, Guest \$60

Venue: CSC @ Tessensohn

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

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

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



Baking with Nanatang

Nanatang started off as an online bakery in 2013. She is passionate to share her easy-to-learn insta-worthy desserts with like-minded home bakers.

Macarons

- Techniques of making colours
- Piping techniques: how to pipe shapes
- BONUS Design: unicorn
- Fillings: chocolate
- Professional tips and important tricks for making the perfect macarons shells

Date: Sat, 24 Apr '21

Register by: 21 Apr '21



Cake Pops

- Baking of chocolatey cake
- Shaping the cake into ball shape
- How to dip cake into chocolate
- Decorating skills using chocolate and fondant
- How to handle fondant
- Colouring technique
- Designs: Pooh and Daisy Duck
- Storage details
- Professional tips and important tricks for making any cake pops

Date: Sat, 8 May '21

Register by: 5 May '21

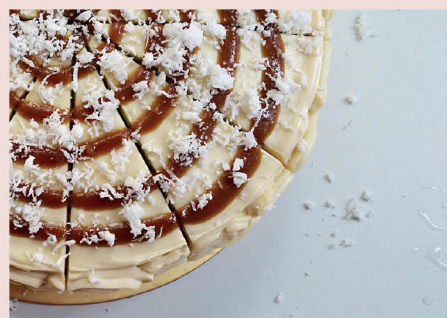


Ondeh Ondeh Cake

- Cake recipe and ingredients knowledge
- Baking of pandan cake sponge
- Making of cream cheese
- How to use Gula Melaka and coconut in cake
- How to frost cake and create the 'ondeh ondeh' flavour
- Professional tips and important tricks for making a whole cake
- Storage detail

Date: Sat, 19 Jun '21

Register by: 16 Jun '21



Fruit Tarts

- Making of tarts Shells (dough making and shaping techniques)
- Making of delicious less sweet pastry cream
- Special arrangement of cut fruits: sliced, diced stacked, flower
- Glazing
- Professional tips and important tricks for making these French pastries
- Storage details

Date: Sat, 17 Jul '21

Register by: 14 Jul '21



Choux Pastry

- Making of Choux pastry (cooking of dough)
- Making of crust/craquelin (crispy layer)
- Making of delicious Chocolate pastry cream
- Filling up of choux
- Dusting
- Professional tips and important tricks for making these French pastries
- Storage details

Date: Sat, 31 Jul '21

Register by: 28 Jul '21



For each of above courses

Time: 11am – 12pm

Fee (per workshop): FREE for members, Public Service

Officer \$5, Guest \$8

Platform: Live on Zoom*

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

Coffee Appreciation Workshop



Elevate your understanding of gourmet coffee at our Coffee Appreciation Workshop.

Learn more about coffee species, café menu beverages and the coffee belt, then get to view a demonstration of brewing and latte art.

What's more exciting than to round it all up with a food pairing session, where you will explore inspiring food combinations!

Date: Fri, 14 May '21 OR 25 Jun '21

Time: 2pm – 4pm

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

Venue: CSC @ Tessensohn

Contact: Jerren at 6391 5641 or jerrentan@csc.sg

Register by: 1 week before classes

Wine Appreciation and Food Pairing

Would you like to learn more about wine and how to best pair it with food?

Join us for a workshop and guided tasting hosted by Mr Andreas Balemi DipWSET, a wine expert, consultant and founder of Wine & Philosophy.



The workshop will allow you to understand how wine is made and what are the main factors determining its style. You will learn to identify the main grape varieties, to name some of the key wine regions of the world, and to read a wine bottle label.

You will also know how to serve wine like a connoisseur, and learn to taste it like an expert to assess quality and characteristics.

Finally, you will be introduced to the principles of wine and food pairing, through a series of practical and fun exercises: five different wines will be tasted and paired with small bites of food representatives of a specific flavour category.

All tasted wines from the Wine & Philosophy portfolio will be available for order at a discounted price at the event.

Date: Fri, 30 Apr '21

Time: 7pm – 8.30pm

Fees: Member \$45, Public Service Officer \$50, Guest \$55

Venue: CSC @ Tessensohn

Contact: Jerren at 6391 5641 or jerrentan@csc.sg

Register by: 1 week before event

Cool Climate Wines

Climate is a key element in quality winemaking. The search for cooler vineyard sites, either at higher altitude or more extreme latitude has become even more pressing with climate change.

At this workshop and guided tasting hosted by Mr Andreas Balemi DipWSET – wine expert and consultant/ founder of Wine & Philosophy – discover cool climate wine. Learn the important cool climate winemaking regions, how climatic differences affect wine quality and how talented winemakers leverage vineyard microclimates to produce wines of great purity and expression.

You will also taste and compare five different cool climate wines and learn how to serve and food-pair them. These wines will be available at a discount at the workshop.



Date: Fri, 28 May '21

Time: 7pm – 8.30pm

Fees: Member \$45, Public Service Officer \$50, Guest \$55

Venue: CSC @ Tessensohn

Contact: Jerren at 6391 5641 or jerrentan@csc.sg

Register by: 1 week before event

*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.



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.

Upon course completion, you will be able to use a fishing setup confidently and know how to handle a fish that is caught.

Dates: Sun, 18 Apr '21 OR 2 May '21 OR 6 Jun '21

Time: 9am – 4pm

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

Fees: Member \$105, Public Service Officer \$110, Guest \$120 (Min age, 5 years*)

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

Contact: Jerren at 6391 5641 or jerrentan@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 (about 1.5l per pax)
- Sunblock
- Sunglasses
- Pouch to keep your starter kit
- Raincoat
- Insect repellent
- Swimwear
- Packed lunch

Fees include:

- Ferry transfer to and from Lazarus Island
- Beginner Angler's course handbook and starter kit
- Fishing equipment and accessories

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)

Dates: Sat, 24 Apr '21 OR 22 May '21 OR 27 Jun '21

Time: 9am – 3pm

Fees: Member \$180, Public Service Officer \$185, Guest \$190 (Min age, 5 years*)

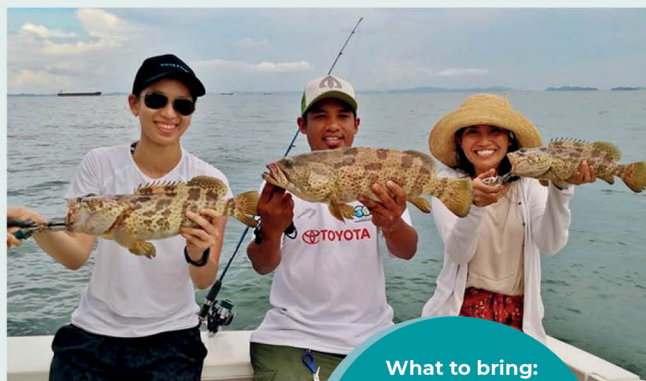
Venue: Place of embarkation is at ONE°15 Marina

Contact: Jerren at 6391 5641 or jerrentan@csc.sg for slot availability before making payments

Register by: 1 week before event

* 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

Family Fishing At ORTO

If you have ever considered learning how to fish but are unsure where to start, this clinic is for you. Conducted at our local Amazonian fishing pond which is home to a variety of river monsters, participants will learn all the fishing tactics and techniques necessary to break into the world of fishing. During the duration of the clinic, families are ensured to have the chance to feel what it is like to hook and fight a fish!

Dates: Sat, 15 May '21 OR 29 May '21 OR 5 Jun '21

Time: 9am – 12pm

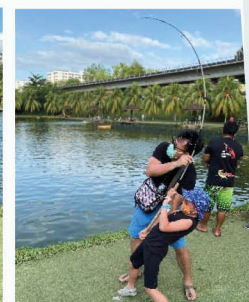
Fees: Member \$45, Public Service Officer \$48, Guest \$52

Venue: ORTO Leisure Facility (near Khatib MRT)

Contact: Jerren 6391 5641 or jerrentan@csc.sg*

Register by: 1 week before workshop

* For private bookings on different dates, please contact Jerren.



Eco Kayaking Tour

Take a fun tour by kayaking through the nature reserves to experience the tranquillity of the eco system, as well as to better visualise the vulnerability of our environment. Kayaking equipment and safety gears will be provided. Limited to 8 pax per group.

Dates: Sat, 24 Apr '21 or 22 May '21 or 12 Jun '21

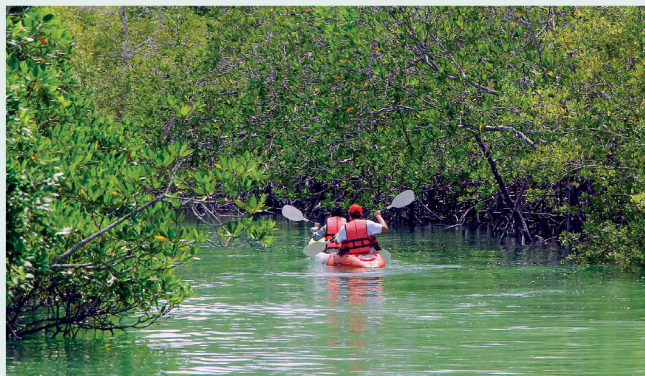
Time: 9am – 12pm

Fees: Member \$40, Public Service Officer \$46, Guest \$48

Venue: Assemble at Loyang

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

Register by: 1 week before event



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.

Dates:

Sun, 16 May '21 OR 30 May '21 OR 6 Jun '21 OR 20 Jun '21
Sat, 17 Apr '21 OR 1 May '21 OR 29 May '21 OR 12 Jun '21
OR 26 Jun '21

Time: 8am – 11.15am

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

Meeting point: Assemble 7.45am at CSC @ Changi I for temperature screening

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

Register by: 1 week before event

(Pre-registration is required. Limited seats per departure)



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



Stand-Up Paddling

If you love the sea, sun and wind, you will enjoy Stand-Up Paddle (SUP). Try out this sea sport in the beautiful waters of Singapore. Learn to balance and sail back to shore under the guidance of our experienced coach. Limited to 8 pax per group

Dates: Sat, 1 May '21 OR 29 May '21 OR 5 Jun '21 OR 19 Jun '21 OR 10 Jul '21

Time: 9am – 12pm

Fees: Member \$45, Public Service Officer \$50, Guest \$52

Venue: Assemble at Loyang

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

Register by: 1 week before class



Horse Back Riding Class

Always wanted to learn how to ride a horse, but never had the chance to do so? Now you can!

In five weekly lessons you will learn the right techniques of riding a horse. Participants will learn how to check their equipment before mounting, maintaining a good riding posture, as well as reining their horse in the right direction. Lessons are conducted in groups of five. Riders are advised to wear proper riding gear, long slacks and covered boots with a small heel. Fee includes rental of helmets. For adults only – max weight 75kg.

Dates: 5 Thursdays, 3 Jun – 1 Jul '21

Time: 7.15pm – 8pm

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

Fees: Member \$220, Public Service Officer \$230, Guest \$240

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

Register by: 27 May '21

*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.

100%
SkillsFuture
Credit
Claimable

How Organic Vegetables using Soil & Soil-less Method

A one-day hands-on workshop that provides all the practical tips you need to start growing your own organic veggies, and enjoy a harvest within three weeks.

Outline:

- Green Finger Tips – Grow Anything
- Grow at HDB, landed house, farm, etc
- Choosing your Veggies to grow
- How to Get Seeds & Start Growing
- Plantlet/Seedling Care
- Sunlight & Watering Requirement
- Using Organic Fertilizers
- Shortcuts & Time-Savers
- Soil-Less and Container Planting
- Aquaponics Concepts
- Organic Pesticides & Methods



Date: Sat, 24 Apr '21 OR 5 Jun '21

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: 13 Apr '21 OR 25 May '21

Heritage Tour Jalan Besar

Discover the somewhat seedy yet vibrant Jalan Besar with its good mix of hip F&B outlets nestled among engineering and hardware shops housed inside the charming conservation shophouses.

Explore the colourful Peranakan tiles and plasterworks along Petain Road “Keen Chio Kar”, the architecture of former Victoria School, the popular Tyrwhitt Road Thekchen Choling Temple and Serangoon Road Sri Srinivasa Perumal Temple. The walking tour ends at Civil Service Club Tessensohn Clubhouse.

Date: Fri, 11 Jun '21

Time: 9am – 10.30am

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

Venue: CSC @ Tessensohn

Contact: Jerren at

6391 5641 or

jerrentan@csc.sg

Register by: 1 week before session



Heritage and Nature Tour of Changi

Walk along one of the oldest coastal parks in Singapore, enjoy the idyllic stretch of sandy beach dotted with coconut trees.

Learn about the Sook Ching Massacre at the historic World War II site while discover interesting trees such as the casuarina, the sea almond and a friendly rain tree hosting many ferns. You may come across a sun beaten fisherman Latif making or mending his bobo fish traps along the beach.

The walking tour passes through Changi Village Hawker Centre where the famous Charlie's Corner is located, Changi Ferry Point Terminal, and ends at the Changi Clubhouse.

Date: Fri, 18 Jun '21

Time: 9am – 10.30am

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

Venue: CSC @ Changi I

Contact: Jerren at 6391 5641 or jerrentan@csc.sg

Register by: 1 week before session





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. Minimum of six participants to start a class.



Dates: 10 Wednesdays,

7 Apr '21 – 16 Jun '21 (no class on 26 May '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: 31 Mar '21



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. You will learn techniques of handling the violin, bowing, postures and notes reading. Fee includes materials and instrument for use in class.

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

Dates: 8 Mondays, 19 Apr '21 – 7 Jun '21

Time: 7pm – 8.15pm

Venue: CSC @ Tessensohn

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

Register by: 12 Apr '21

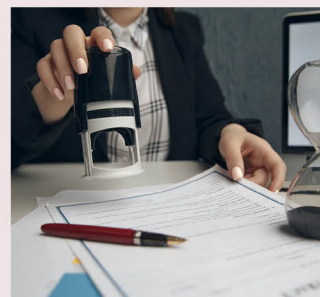
*For all online activities, an event link will be emailed to participants upon confirmation.

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



Will Planning & Lasting Power of Attorney (LPA) Talk

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.

Dates: Sat, 10 Apr '21 OR 8 May '21 OR 12 Jun '21

Time: 11am – 12.30pm

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

Platform: Live on Zoom*

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

Register by: 1 week before workshop



Talk on How Anyone Can Be Financially Free and Be Happy!

Is it possible for anyone to stop work any time and still make more money than some people in full-time employment? The answer is Yes, according to Cayden Chang, Founder of Value Investing Academy (VIA).

Apparently it can be done in just two simple steps: (1) Spend what is left after saving; (2) Invest in Income-Producing assets (not non-income producing assets). To learn more, come to this talk.

Dates: Tue, 4 May '21

Time: 7.30pm – 9.30pm

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

Platform: Live on Zoom*

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

Register by: 23 Apr '21





Positive Thinking and Personal Wellbeing Workshops

Our trainer, Ms Julia Shantal, founder and certified style and high-performance coach of Style and Beauty Experts will guide you through this series of wellbeing workshops which is designed to help you better understand yourselves and to overcome life barriers or emotional baggage to bring out the best of you.

How to Adjust and Embrace the New Normal

Learn how to have positive thinking to improve happiness, wellbeing and performance in the new normal.

Date: Sat, 24 Apr '21

Register by: 21 Apr '21

Secrets to Create and Live the Way You Want

Have you ever wondered why some are able to live the life of their dreams, while others seem to struggle or even settle for a life of mediocrity?

Learn from our trainer on the secrets to create and live the way you want to live. Use these principles to your advantage, and to accomplish your own dreams. Whether that is to start life in a new country or get a new job, or to simply strengthen relationships or attract a high calibre partner who respects you and treats you well.

Date: Sat, 22 May '21

Register by: 19 May '21

How to Have an Abundance Mindset

Most people, particularly in the corporate world, have been conditioned to have a scarcity mentality. It is no wonder when promotions and raises are scarce, resources are limited, managers hoard information, micromanagement abounds, and generally, short-term thinking is the norm. A scarcity mentality is what keeps



many of us from achieving our goals. An abundance mindset refers to the paradigm that there is plenty out there for everybody.

The trainer will share with you on how can we make the shift from a scarcity to achieve abundance mindset.

Date: Sat, 12 Jun '21

Register by: 9 Jun '21

How Can You Truly Love Yourself?

How can you transform negative emotions into positive ones? Is it possible to find lasting happiness?

You will learn:

- Self-care, to overcome toxic energy and prioritise your wellbeing
- Positive lifestyle habits, including mindfulness.
- Change in your beliefs to invite great opportunities into your life – manifest your goals and overcome fear

Date: Sat, 26 Jun '21

Register by: 23 Jun '21

How to be Mentally Strong & Keep Your Personal Power?

Giving away your personal power robs you of mental strength.

You will learn how to maintain control in your life and to make a conscious choice to take back your power.

Date: Sat, 10 Jul '21

Register by: 7 Jul '21



For all above courses

Time: 10am – 11am

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

Platform: Live on Zoom*

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

Imparting Family Values

Patience, honesty, responsibility – the list goes on – are important family values that don't happen by chance. The importance of inculcating them in children from as young as possible cannot be overemphasized. Join this session to learn how to teach these values in your home so your children learn and develop them through your role modelling.



Date: Sat, 17 Apr '21
Time: 11am – 12pm
Fees: FREE for Members, Public Service Officers \$5, Guests \$8
Platform: Live on Zoom*
Contact: Jerren at 6391 5641 or jerrentan@csc.sg
Register by: 1 week before session

Parenting Skills

Want to learn how to connect better with your children? This workshop is designed to provide you with important parenting strategies and skills that will help you build a close relationship with your children. Hear our speaker – now mother of two young adults aged 21 and 17 – share from her heart on her own parenting journey.



Date: Fri, 4 June '21
Time: 11am – 12pm
Fees: FREE for Members, Public Service Officers \$5, Guests \$8
Platform: Live on Zoom*
Contact: Jerren at 6391 5641 or jerrentan@csc.sg
Register by: 1 week before session



Dress Well and Feel Good Everyday

A workshop designed to help you dress to build confidence and to behave well in working environment. Participants will also learn how to shop for themselves and save money!

Suitable for both women and men, who desire a change in their attire, and would like to have a new relationship, new career, new direction in life or to get out of a rut.

Course highlights:

- Finding your own style
- Knowing your body shape and how to dress for it
- Knowing your skin tone (warm or cool)

Date: Sat, 8 May '21
Time: 10am – 11am
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: 5 May '21



CPF Changes and You

Many of us may be overwhelmed by the various changes in CPF schemes and options, and find difficulty in understanding everything.

In this talk, you will learn how to optimize your CPF Funds and keep abreast of updates in Medishield and Medisave matters as well as investments schemes and children's education plans.

Date: Sat, 15 May '21
Time: 2pm – 4pm
Fees: FREE for Members, Public Service Officers \$5, Guests \$8
Platform: Live on Zoom*
Contact: Jerren at 6391 5641 or jerrentan@csc.sg
Register by: 3 days before session



Making Your Portfolio More Resilient in A Post-Pandemic World

- Overcoming challenges in the current investment climate
- Positioning your portfolio for the new world
- Managing a financially stress free retirement



Date: Sat, 22 May '21
Time: 2pm – 4pm
Fees: FREE for Members, Public Service Officers \$5, Guests \$8
Platform: Live on Zoom*
Contact: Jerren at 6391 5641 or jerrentan@csc.sg
Register by: 3 days before session

*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.

My Family & The Digital World Programme



The current digital age has resulted in our young being attracted to social media and online platforms. Online/digital gaming is a growing trend amongst children today and shielding them from access is not a long-term solution. It is important to understand what draws them to digital gaming and inculcate positive values in them to make informed and wise choices.

This interactive workshop is designed to address social media addiction and game addiction in children and help them choose to be responsible digital learners through: Identifying signs of addiction, Self-Control and Discipline and Understanding of online behaviour and awareness of how to protect oneself in cyberspace.

A good and harmonious parent-child relationship will enhance children's performance in school, help parents work better professionally and lay the foundations for both to grow in their life journeys. A positive and cohesive family environment will nurture children to grow with good self-esteem and be happier.

Learning Objectives:

- Have an awareness about the negative influences of social-media and how to cultivate / develop healthy social-media practices
- Choose to be responsible in their digital usage and create a balance in online and offline activities



- Spend quality time as a family through a family bonding activity.

Date: Sat, 26 Jun '21

Time: 9am - 12pm

Fees (per parent-child pair): Member \$110, Public Service Officer \$116, Guest \$118

Platform: Live on Zoom*

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

Register by: 14 Jun '21

ADVERTISE WITH US! Media Rates

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

With a growing membership of 69,000 in 2021, three clubhouses with an array of modern facilities and the widest range of social and sports activities offered by a social club, CSC is the preferred Club not just for public service officers but also the general public.

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

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



ADVERTISING RATES

Back Cover (Full Page)	\$2,400
Inside Front Cover (Full Page)	\$2,100
Inside Back Cover (Full Page)	\$2,000
Double Page Spread	\$3,800
Centre Page Spread	\$4,200
Full Page*	\$1,800
Half Page*	\$1,000
Quarter Page*	\$500

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

Terms and Conditions

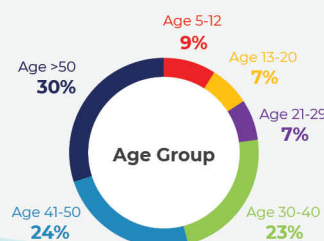
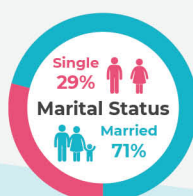
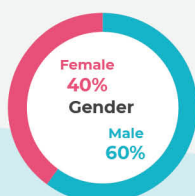
- The management reserves the right to reject any advertisement with content that is deemed unsuitable or inappropriate for publication.
- The decision of the management shall be final.
- Artwork fee will be charged separately depending on size of artwork.
- Artwork submitted must be in jpeg or pdf format.
- Image resolution should be 300dpi minimum with bleeding of 3mm throughout.

ADVERTISEMENT PAGE SPECIFICATIONS

Full Page 180mm W X 267mm H	1/4 Page 87.5mm W X 131mm H
Half Page 180mm W X 131mm H	

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

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 5607 or constancelow@csc.sg

Deep Aqua Aerobics

10 Persons (Max)

4 Saturdays,

3 - 24 Apr '21 or
8 - 29 May '21 or
5 - 26 Jun '21

8am - 9am

Cecilia

\$40

\$45

\$60

1 week
before
class

4 Mondays,

5 - 26 Apr '21 or
3 - 24 May '21 or
7 - 28 Jun '21

6.45pm - 7.45pm

Jek

\$40

\$45

\$60

1 week
before
class

4 Tuesdays,

6 - 27 Apr '21 or
4 - 25 May '21 or
1 - 22 Jun '218am - 9am
OR
6.30pm - 7.30pm
OR
7.30pm - 8.30pmRenuka/
Anthea

\$40

\$45

\$60

1 week
before
class

4 Wednesdays,

7 - 28 Apr '21 or
5 - 2 Jun '21 or
9 - 30 Jun '216.15pm - 7.15pm
OR
7.15pm - 8.15pm

Jek

\$40

\$45

\$60

1 week
before
class

4 Thursdays,

8 - 29 Apr '21 or
6 - 27 May '21 or
3 - 24 Jun '216.30pm - 7.30pm
OR
7.30pm - 8.30pm

Anthea

\$40

\$45

\$60

1 week
before
class

4 Fridays,

9 - 30 Apr '21 or
7 - 28 May '21 or
4 - 25 Jun '21

6.30pm - 7.30pm

Renuka

\$40

\$45

\$60

1 week
before
class

Swimming | For info, contact Constance @6391 5607 or constancelow@csc.sg

Children

10 Persons (Max)

4 Lessons,

Apr/May/Jun '21
Choice of Sat/SunInstructors will
advise on
swimming level
& ageKurusamy
/ Seng Yung
/ DerickSupp
Member
\$70

-

Child
\$851 week
before
class

Studio Fitness | For info, contact Constance @6391 5607 or constancelow@csc.sg

Pilates

10 Persons (Max)

4 Saturdays,

3 - 24 Apr '21 or
8 - 29 May '21 or
5 - 26 Jun '21

2pm - 3pm

Mabeline

\$40

\$45

\$50

1 week
before
class

4 Mondays,

5 - 26 Apr '21 or
3 - 24 May '21 or
7 - 28 Jun '21

7pm - 8pm

Mabeline

\$40

\$45

\$50

1 week
before
class

Yoga

10 Persons (Max)

4 Fridays,

9 - 30 Apr '21 or
7 - 28 May '21 or
4 - 25 Jun '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 Jerren @6391 5641 or jerrentan@csc.sg							
Wing Chun Kung Fu, "Chi Sau" 10 Persons (Max)	4 Thursdays, 6 – 27 May '21*	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	1 week before class
	4 Thursdays, 3 – 24 Jun '21						
	5 Thursdays, 1 – 29 Jul '21*						
Wing Chun Kung Fu, "Chi Sau" (Children 6 – 12 yrs) 10 Persons (Max)	4 Saturdays, 8 – 29 May '21*	10.30am – 11.30am	Sifu Ken Lau	\$90	95	\$100	1 week before class
	4 Saturdays, 5 – 26 Jun '21						
	4 Saturdays, 3 – 31 Jul '21						
Wing Chun Kung Fu, "Chi Sau" (Adult Beginner) 10 Persons (Max)	4 Saturdays, 8 – 29 May '21*	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	1 week before class
	4 Saturdays, 5 – 26 Jun '21						
	5 Saturdays, 3 – 31 Jul '21						
Wing Chun Kung Fu, "Chi Sau" (Adult Intermediate) 10 Persons (Max)	4 Saturdays, 8 – 29 May '21*	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	1 week before class
	4 Saturdays, 5 – 26 Jun '21						
	4 Saturdays, 3 – 31 Jul '21						
Traditional Taekwon-Do 10 Persons (Max)	12 Saturdays, 3 – 24 Apr, 8 – 29 May & 5 – 26 Jun '21	3pm – 4.30pm (Beginner & Coloured Belt) or 4.30pm – 6pm (Red & Black Belt Only)	Singapore Taekwon-Do Academy	\$75	\$90	\$105	1 week before class
	\$120 parent & child pair \$165 parent & 2 children (Both parent and child have to be CSC members.)						

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 Jerren @6391 5641 or jerrentan@csc.sg							
Aikido (Adult) 10 Persons (Max)	5 Sundays, 2 – 30 May '21*			\$48	\$52	\$54	
	4 Sundays, 6 – 27 Jun '21	11am – 12.30pm	Steven Goh	\$48	\$52	\$54	1 week before class
	4 Sundays, 4 – 25 Jul '21			\$48	\$52	\$54	
Aikido (Children) 10 Persons (Max)	5 Sundays, 2 – 30 May '21*			\$48	-	\$54	
	4 Sundays, 6 – 27 Jun '21	10am – 11am	Steven Goh	\$48	-	\$54	1 week before class
	4 Sundays, 4 – 25 Jul '21			\$48	-	\$54	
Traditional Taekwon-Do 10 Persons (Max)	4 Saturdays, 8 – 29 May '21*	4pm – 5.30pm		\$25	\$30	\$35	
	4 Saturdays, 5 – 26 Jun '21	4pm – 5.30pm	Singapore Taekwon-Do Academy	\$40 parent & child pair \$55 parent & 2 children (Both parent and child have to be CSC members.)			1 week before class
	5 Saturdays, 3 – 31 Jul '21	4pm – 5.30pm					

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 5607 or constancelow@csc.sg							
Children 10 Persons (Max)	4 Lessons, Apr/May/Jun '21 Choice of Sat /Sun	Instructors will advise on swimming level & age	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.

We MOVE with Trust, Hanwha Techwin Wisenet 7



- Hanwha Techwin's 'Wisenet7' acquired international cybersecurity certification 'UL CAP'
- Cybersecurity with the industry's highest levels
- New WDR technology for even clearer images in variable lighting
- Enhanced low-light performance
- Improved Lens Distortion Correction
- Easy installation with the modular product design
- All new PTZ - AI based Targeted Object Auto Tracking
- Enhanced operational efficiency with AI-based object detection

Special Privileges for CSC members. Inquire now.

View More



Hanwha Techwin Singapore Branch
4 Shenton Way, #15-06, SGX Centre 2, Singapore, 068807
Tel: +65.6221.7513 Fax: +65.6227.9337
Contact Email: Lucy.kim@hanwha.com
Hanwha-Security.com