

FUSION



One Membership, Three Clubhouses, Four Distinct Experiences | Apr - Jun 2022

MCI (P) 091/11/2021

WHAT'S NEXT

Celebrating
Public Service
Week 2022

Pg. 6

CLUB BUZZ

Win \$10K
from bowling?
Find out how!

Pg. 20

GET SOCIAL

Holiday activities
galore this June!

Pg. 27

FAMILY FUN IN THE CITY



ORDINARY TERM MEMBERSHIP PROMOTION (FOR PUBLIC SERVICE OFFICERS)

Promotion ends 30 June 2022

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.

5 Year Membership
\$310 | **UP \$360**

Discount Code: SUPERB



**OSCILLATING
AIR FRYER**
RRP \$399
Gift Code: MAGICFRY

Membership Details <small>Mandatory fields</small>	
Membership Type*	
Ordinary Term Member @ \$72 per year	
No. of Year(s)*	Gift Code*
5	MAGICFRY
Payment Fees	
Discount Code (Enter text in Uppercase)	
SUPERB	

4 Year Membership
\$248 | **UP \$288**

Discount Code: EXCELLENT



**SMART
WATCH**
RRP \$129
Gift Code: SWATCH

Membership Details <small>Mandatory fields</small>	
Membership Type*	
Ordinary Term Member @ \$72 per year	
No. of Year(s)*	Gift Code*
4	SWATCH
Payment Fees	
Discount Code (Enter text in Uppercase)	
EXCELLENT	

3 Year Membership
\$186 | **UP \$216**

Discount Code: BARGAIN



**HOT POT
GRILL**
RRP \$69.90
Gift Code: HGRILL

Membership Details <small>Mandatory fields</small>	
Membership Type*	
Ordinary Term Member @ \$72 per year	
No. of Year(s)*	Gift Code*
3	HGRILL
Payment Fees	
Discount Code (Enter text in Uppercase)	
BARGAIN	

2 Year Membership
\$124 | **UP \$144**

Discount Code: VALUE



**PERSONAL
BLENDER**
RRP \$45.90
Gift Code: BLENDER

Membership Details <small>Mandatory fields</small>	
Membership Type*	
Ordinary Term Member @ \$72 per year	
No. of Year(s)*	Gift Code*
2	BLENDER
Payment Fees	
Discount Code (Enter text in Uppercase)	
VALUE	

**1 Year
Membership**
\$72



**FRAGRANCE
LED LAMP**
RRP \$29.00
Gift Code: LEDLAMP

Membership Details <small>Mandatory fields</small>	
Membership Type*	
Ordinary Term Member @ \$72 per year	
No. of Year(s)*	Gift Code*
1	LEDLAMP

Terms and conditions apply.

- Enter the respective Discount Code to enjoy savings in membership fees. Only applicable to 2 to 5 years membership.
- 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.



APPLY NOW



CSC @ Tessensohn
60 Tessensohn Road
Singapore 217664
T: 6294 8933
E: tessensohn@csc.sg
<https://www.cscessensohn.sg>

CSC @ Bukit Batok
91 Bukit Batok West Ave 2
Singapore 659206
T: 6513 7480
E: bukitbatok@csc.sg
<https://www.cscbukitbatok.sg>

CSC @ Changi I
2 Netheravon Road
Singapore 508503
T: 6709 4709
E: changi@csc.sg /
rooms@csc.sg
<https://www.cscchangi.sg>

CSC @ Changi II
(former Aloha Changi)
30 Netheravon Road
Singapore 508522
T: 6545 2343 / 6545 6373
E: changi2@csc.sg
<https://www.cscchangi.sg>

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

Corporate Services

Membership Matters

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

Sports Activities

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

Publisher: Civil Service Club

Publishing Agent: Words Worth Media

For latest happenings and promotions at CSC, please visit:

<https://www.csc.sg>

Civil Service Club

<https://t.me/civilserviceclub>

feedback@csc.sg



Scan this to view the e-copy of Fusion

Highlights

page **4-8**

What's Next?

- Participate in CSC's Mothers' Day Celebration and Fathers' Day contest. Details on page 4



In celebration of
#BeTheNew
Public Service Week • July 2022

- Celebrate Public Service Week this July with CSC! Details on page 6

page **9-14**

Sports Scene

- Are you up for the Virtual Cycle CSC Round Island Challenge? Sign up now! Details on page 9



page **15-20**

Club Buzz

- Family bonding time is now more fun than ever with all that is happening at our Tessensohn clubhouse! Details from page 18



page **21-26**

Hey Members!

- Participate in our CSC Facebook Page's Monthly Giveaways! Details on page 21
- Sign your parents and/or in-laws up for the FREE supplementary membership. Details on page 25



page **27-59**

Get Social

- Check out our list of school holiday activities. Details from page 27





Hello

from the CE

Time passes by so quickly as we conclude yet another financial year. The past year has indeed been challenging with the ups and downs of the COVID-19 pandemic. It is apt to start FY 22/23 with the transition of the COVID-19 pandemic to an endemic phase, with the easing of the Safe Management Measures (SMM). As a social club, we look forward to this as more members can visit the Club albeit the SMM, use the upgraded facilities and partake in the activities that we organise.

Despite the pandemic, the Club has continued to adapt and align our efforts to improve membership value and experience. This is demonstrated by the one-stop membership portal, the improvements made to the chalet booking process, the virtual sports and social activities that were organised, the virtual CSC Singing Competition and the Virtual Lunar New Year Lohei event. All planned capital expenditure to rejuvenate the Club has also been expended. One highlight is that the façade upgrading of Tessensohn Clubhouse project will be realised from 15 April 2022. We look forward to members using the main entrance to access the Clubhouse and enjoy the refurbished foyer.

Family Themed Facilities and Activities

The Club has pivoted towards providing an environment that is not only friendly to members but also to their families. We are aligned to the national thrust of designating 2022 as the Year of Celebrating Singapore Families.

In Tessensohn Clubhouse, we have converted a restaurant space to a Robotics Centre for families to explore the wonders of AI and robotics together.

An outdoor space has been repurposed to an Eco-Garden for families to get acquainted with the flora and fauna found in Singapore. Planet Bowl has introduced children's bowling balls, shoes and lane bumpers to enable families to have a fun time, regardless of their skill set. This is complemented by the fun and professionally run rock-climbing facility for those seeking out more dynamic activities. Over the weekends, a family fun pool, with floats, paddle boats and slides for families to have a good time has been introduced and available for use from 16 April 2022.

Likewise, for Bukit Batok Clubhouse, its comprehensive swimming pool complex caters to the different demographic needs of the pool lovers. Like Tessensohn, the bowling centre is also family friendly. Changi Clubhouse will appeal to those families who love the sun, the sand and the sea with very comfortable chalets and a beautiful infinity pool that fronts the sea. We even cater to the furkids of your family with our three dog-friendly chalets at Loyang. Besides the family-friendly facilities, there is a myriad of social activities organised to entice families to have a good time bonding. I warmly welcome all our members to come and experience for yourself the facilities and social activities here at the Civil Service Club with your family members.



New swimming pool reception, CSC @ Tessensohn



Artist's impression of Deluxe Suite, CSC @ Changi I



Family-friendly bowling centres

Upgrading Works for FY 22/23

As we transit to FY 22/23, it is timely for me to share our capital expenditure (CAPEX) plans:

- Upgrading all three clusters of chalets to enhance their look and feel, amenities and the comfort level of the staycation.
- Changi Clubhouse will be refreshed with a new coat of paint.
- Pool facilities in both Tessensohn and Bukit Batok Clubhouses will be further upgraded.
- The Westwood Bowl will have new side wall panels, masking units and new lockers. As for Planet Bowl, a new multi-system Kegel oiling machine will be purchased to improve the lane condition and bowling experience.
- The MICE facilities will continue to be improved with better sound system and furniture.
- The Treehouse furniture at Bukit Batok Clubhouse will be refreshed. The Tessa Kitchen appliances at Tessensohn Clubhouse will be upgraded to more user-friendly ones.
- Old air-conditioning systems in the Club will be upgraded to more eco-friendly and energy-saving systems.
- The Club will continue to integrate the Club Management System to make it more robust and interactive. The IT security system will be enhanced to minimise cyber security threat.

Impact of COVID-19 and Costs of Operation

With the COVID-19 pandemic over the past year and the increase in operational costs, the Club was running a deficit, in the last work year. The Club will be reviewing its cost of operating the facilities and membership fee to defray the planned annual budget deficit. At the same time, the Club is implementing cost containment measures to trim down the operation costs of running the Club. Besides looking at new business opportunities to increase the revenue, the Club is also engaging corporate e-marketeers to assist in promoting the Club to new market segments. As Resort Bowl has been operating at a loss over the past three years, the Club has decided to lease the bowling centre to a commercial operator come June 2022. Membership privileges of using the bowling centre will be factored in during the leasing negotiation. All these measures will help the Club minimise the budget deficit. The Club remains committed to continuing to upgrade the facilities, improve the membership value and experience.

Annual In-house Survey

The Club will be conducting an annual in-house survey around June 2022 and we appeal to our members to share your feedback of your experience at the Club, its facilities and the membership value. Your constructive feedback will help shape the Club's continued evolution to meet members' needs and aspirations.

I wish all members a season of celebration ahead, with Easter, Mother's and Father's Day, some family time during the June School Holidays and to our Muslim members, a holy Hari Raya Puasa!

Charlie Ng
Chief Executive Officer
Civil Service Club



Artist's impression of children's pool, CSC @ Bukit Batok



CSC VIRTUAL Mother's Day CELEBRATION

Sat, 7 May '22 | 2pm – 3pm | Live on Zoom

FREE for Members Public Service Officers \$5 Guests \$8

Programme Highlights

*Best Dressed Mum, Fun Bonding Games
& Lucky Draw*

Hosted by our
Happy Fei Fei

First 100 CSC main member cardholders who log in to Zoom on the event day will receive a door gift!

Celebrate Mother's Day from the comfort of your home and enjoy an afternoon of fun and laughter with bubbly Happy Fei Fei! Games and lucky draw prizes to be won!

Pre-registration is required at <https://www.csc.sg/events> | Registration closing date: 2 May '22
Contact Gek Cheng at 6391 5624 or kuagekcheng@csc.sg for enquiries



Scan for full T&Cs



Father's Day

Celebrate Father's Day with Civil Service Club by taking a trip down memory lane. Recreate a favourite childhood photo with your Dad and stand a chance to win \$100 in cash.

Closing date: 3 Jun '22 | Contact Constance at 6391 5607 or constancelow@csc.sg for enquiries

Terms & Conditions

- Open to CSC members only.
- Only one submission is allowed per CSC main/supplementary member.
- Photos re-created must be at least 10 years apart, with the recent photo not older than two years.
- Submissions to be accompanied with participants' particulars: Name, Member ID, email address and contact number. Email to constancelow@csc.sg
- By submitting your photos, you are granting publishing rights for CSC to disclose the photo, with names, applicable particulars.
- The favourite submission will be featured in the next issue of FUSION (Jul-Sep '22) issue.



Scan for full T&Cs



ONLINE FITNESS CHALLENGE PUSH UP

6 Challenge Categories, 6 Prizes

\$100 for Public Service Officers

\$150 for Members

Women	
Age	Repetitions
Below 40	
41 to 54	
Above 55	

Men	
Age	Repetitions
Below 40	
41 to 54	
Above 55	

Terms and Conditions

- Only one submission is allowed per CSC member/public service officer.
- To qualify, every repetition to be in perfect form: Elbows must be locked at the top, chest 2 inches above the floor, hips must be straight and in line with the shoulders and knees must not touch the floor. Submissions showing improper form will be disqualified.
- All submissions to be in MP4 or MOV format without any edits and labelled with participants' particulars: **Name, Member ID or the Ministry you are working at, email address and contact number.**
- By submitting your video, you are giving CSC the rights to use it for publicity purposes.
- Please email jerrentan@csc.sg for link to upload your video submission.

Submission dates: **1 Jul to 1 Aug '22** | Contact **Jerren** at **6391 5641** or jerrentan@csc.sg for enquiries



Scan for full T&Cs



CSC MOVIE DEAL

\$16 per pair (UP: \$27)

Shaw Movie Vouchers

Vouchers validity: 30 Nov '22

- 1 pair of movie vouchers for each CSC Main Card Holder only.
- Vouchers are subsidised by CSC.
- Vouchers are valid till 30 Nov 2022. 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!
- All halls in Shaw Theatres are open to fully vaccinated patrons only.

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



Scan for full T&Cs

In celebration of

#BeTheNew
 Public Service Week • July 2022

CELEBRATING PUBLIC SERVICE WEEK 2022

In celebration of Public Service Week 2022 as we honour the men and women who serve our nation, CSC welcomes public service officers to let down your hair, kick up your heels and unwind at our clubhouses and chalets. Enjoy month long access to our swimming pools as well as members' rates for our facilities, and participate in free social activities. We look forward to having you and your family at our premises!

CLUBHOUSE FACILITIES

FREE weekday access to CSC swimming pools in July



Bukit Batok



Changi



Tessensohn



Members' rate at CSC bowling centres in July



Westwood Bowl, Bukit Batok



Resort Bowl, Changi



Planet Bowl, Tessensohn

Members' rate for booking of CSC facilities in July (Use period: Aug to Oct 2022)

ALL CHALETs



Loyang

ALL FUNCTION ROOMS



Bukit Batok

ALL BBQ FACILITIES



Bukit Batok



Changi II



Changi



Changi

Safe Management Measures apply. Promotions may be subject to change.

Full details and terms will be uploaded on <https://www.publicserviceweek.gov.sg> by end May 2022



In celebration of
#BeTheNew
 Public Service Week • July 2022

FREE ONLINE SOCIAL ACTIVITIES



LIVE VIA ZOOM*

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

GET ACTIVE ▶

Yoga to Boost Your Immunity

Yoga does not only help to calm your body and mind, it also builds cardio, strength and muscle toning. Relax your mind and rejuvenate your body with simple and effective yoga workouts.

Dates: Sat, 2 Jul '22 OR 30 Jul '22

Time: 4pm – 5pm

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

Register by: 28 Jun '22 OR 26 Jul '22



Zumba Fitness

Zumba Fitness is perfect for everybody and every body! A fitness programme that combines Latin and international music with dance moves and incorporates interval training to help improve cardiovascular fitness. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Date: Fri, 15 Jul '22

Time: 7.30pm – 8.30pm

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

Register by: 11 Jul '22



EAT HEALTHY ▶

Healthy Eating for a Busy Lifestyle

This engaging talk covers the challenges of keeping to a balanced yet yummy diet for the busy individuals. There's also a mini activity on the how-to's of choosing nutrient-dense vs calorie-dense local and hawker dishes. Meal times and speed at which one eats will also be covered.

Date: Fri, 15 Jul '22

Time: 3pm – 4pm

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

Register by: 1 week before session



Strawberry Red Bean Mochi Demo

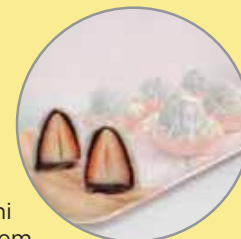
This is a traditional dessert made with soft chewy mochi stuffed with strawberry and sweet red bean paste. Learn how to make the soft mochi dough, add the fillings and mould them into shapes and designs.

Date: Sat, 16 Jul '22

Time: 11am – 12pm

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

Register by: 13 Jul '22



How to Achieve a Healthy Weight

A study in January 2021 of 500 adults in Singapore (age 21–74 years) found that 30% gained an average of 4.8kg over eight months, while 55% wants to lose weight. Weight gain during the pandemic is likely to stem from changes in eating habits, and sleep/exercise patterns, and work-from-home challenges. Come join our Nutrition Educator in an engaging session to learn effective and safe weight management strategies.

Date: Fri, 22 Jul '22

Time: 3pm – 4pm

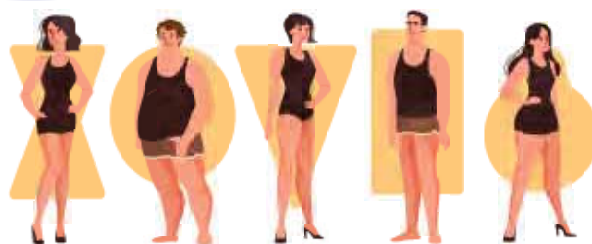
Contact: Jerren at 6391 5641 or jerrentan@csc.sg

Register by: 1 week before session



In celebration of

#BeTheNew
 Public Service Week • July 2022

SELF IMPROVEMENT


Dress Well and Feel Good Everyday

When you are dressed well, you feel good! This is a workshop designed to help you dress well and conduct yourself appropriately in work settings to boost confidence. Participants will also learn how to shop yet save money. Conducted by certified style and high-performance coach Ms Julia, this workshop is suitable for both men and women who desire an outlook change, build new relationships, or are seeking a new career or a new direction in life.

Course Highlights:

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

Date: Sat, 2 Jul '22

Time: 10am – 11am

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

Register by: 29 Jun '22

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

A properly executed Will ensures the smooth distribution of estate among surviving beneficiaries, 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. Come and learn the importance of both instruments.

Date: Sat, 16 Jul '22

Time: 11am – 12.30pm

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

Register by: 1 week before class

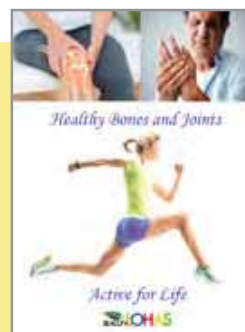

Principles for Healthy Bones and Joints

Singaporeans are living longer. It is important to learn how to take care of our bones and joints so that we can live a healthy and active lifestyle in our golden years. At this workshop, participants will learn potential risks to bones and joints health, the various causes of knee pain, and fundamental principles to keep our bones and joints healthy.

Date: Sat, 16 Jul '22

Time: 2.30pm – 4pm

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

Register by: 1 week before class


Digital Device and Vision: Caring for Your Eyes in Digital Era

Digital devices have become an integral part of our lives making it impossible to imagine a day without using one or more of such devices. Eye care has become not just essential but pressing. Come and listen to Ken Tong, Optometrist and Founder of eyesight.sg how you can save your eyes from the harmful effects and minimise the risks.

Synopsis:

- Digital Transformation – how does it affect our vision
- Debunking the myth of blue light
- Tips and tricks to minimise digital eye strain
- Q&A

Date: Sat, 23 Jul '22

Time: 11am – 12pm

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

Register by: 20 Jul '22


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





CSC ROUND ISLAND CHALLENGE

VIRTUAL CYCLE

SIGN UP FOR THE THREE CHALLENGES & EXPLORE THE NEWLY-OPENED ROUND ISLAND ROUTE!



May 2022

Novice: 40km
Challenge: 150km

June 2022

Novice: 75km
Challenge: 250km

July 2022

Novice: 150km
Challenge: 500km

WIN LUCKY DRAW PRIZES



CHALLENGE	MAY CHALLENGE LUCKY DRAW		JUNE CHALLENGE LUCKY DRAW		JULY CHALLENGE LUCKY DRAW	
CATEGORY	NOVICE CATEGORY	CHALLENGE CATEGORY	NOVICE CATEGORY	CHALLENGE CATEGORY	NOVICE CATEGORY	CHALLENGE CATEGORY
CRITERIA	• Complete May 40km • Upload one selfie	• Complete May 150km • Upload one selfie	• Complete a) May 40km b) June 75km • Upload two selfies at two different points	• Complete a) May 150km b) June 250km • Upload two selfies at two different points	• Complete a) May 150km b) June 75km c) July 150km • Upload three selfies at three different points	• Complete a) May 150km b) June 250km c) July 500km • Upload three selfies at three different points

Selfie Photo Points:

- Rower's Bay
- Changi Bay Point
- Alexandra Garden Trail



The CSC Round Island Challenge is open to Civil Service Club members, Public Service Officers and employees of registered former Statutory Boards, free-of-charge.

Terms and conditions apply.

All data collected is stored on 42Race's cloud as 42Race is the hosting platform for this challenge.



GameOn Nila! Year End Active Holiday! (YEAH!)

DEC '21

As 2021 came to a close, CSC members and public service officers finished healthier by taking part in the December's GameOn Nila! Year End Active Holiday! (YEAH!). They swam, ran or cycled at the ActiveSG Sport Centres islandwide. Others got to immerse themselves in the breathtaking greenery and sceneries by walking or cycling at park connector or heritage trails. They scanned YEAH QR codes during the activities to redeem prizes such as t-shirts and sporty bucket hats. Those luckier ones also won prizes in a lucky draw.

Ore Siew Wah from the Land Transport Authority scanned an impressive 54 QR codes as she tirelessly explored the heritage trails, taking in the sights and learning more about Singapore's history.

"One memorable moment for me was walking up and down to look for particular QR codes along Balestier Road and Toa Payoh Estate. I got to know and understand

a bit more about the heritage sites such as the Sun Yat Sen Nanyang Memorial Hall. I have participated in various virtual walks or runs organised by CSC or ActiveSG in the last two years. Through participating in these programmes, I not only get to exercise and breathe fresh air, but also get to release stress as most of us are working from home and seldom go out during this pandemic period."

Siew Wah also made use of the opportunity to spend quality time with her loved ones. "The biggest benefit for me was the family bonding when visiting various heritage sites and having lunch together at Whampoa Market!"



Public Service Online Chess Tournament

18 DEC '21

The Public Service Chess Tournament held online on 18 December, continued to uphold the decade-long tradition of gathering of public service chess players despite the challenges from the COVID-19 pandemic. Ran on a six-round Swiss System format, 11 teams from seven agencies locked horns on the black and white battlefield, for the coveted championship title.

At the end of the sixth round, it was Team 1 from Ministry of Defence (MINDEF) that clinched the top spot, beating its close rivals from Ministry of Education and Nanyang Technological University.

MINDEF's **Philip Goh** was all smiles for his team's stellar performance. Despite it being his first virtual team tournament, Philip adapted quickly to the play style, winning five of his six games, to boost his team to victory. "In a regular over-the-board tournament, players can readily look at the games of their teammates as they unfold. They can also ask their captain whether to offer or accept a draw in their own game. When playing online, however, these options don't exist."

"However, there is no lack of excitement in online play, especially in the Round 4 match against NTU. The teams traded wins on boards 1 and 4, and the play on boards 2 and 3 was absolutely thrilling! Board 2 saw a remarkable sequence of mutual "chess blindness" ending in a draw, while Francis Teo's resourcefulness and fine technique saw him clinch the match victory for the team on board 3."

Reflecting on the championship win, Philip attributed his team's win to the consistency and perseverance of each member. "Overall, what stood out about this victory

was that it was a true team effort. Everyone performed solidly and didn't let any setbacks affect them."

For his final thoughts, Philip praised the event for fostering a strong sense of fellowship among chess enthusiasts in the public service sector.

"Chess means something different to each participant, but it's events like these that bring the community together to enjoy the game!"



L to R: Francis Teo, Philip Goh, Victor Huang, Goh Yong Han

RESULTS

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

CSC Road to 2022 Virtual Run

NOV'21 TO JAN '22



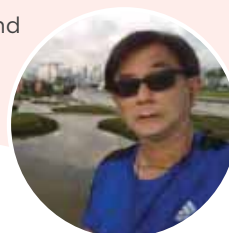
As our avid runners sped along their way, so did the month of January, bringing the CSC Road to 2022 Virtual Run to a close. After three months of rigorous roadwork, a prestigious group of disciplined runners stood a cut above the rest, earning the championship in each of their categories.

The highest honour on the podium went to two overall champions who logged the greatest distance over three events. In the Women's Challenge category, **Jean Chia** from Ministry of Education (MOE) came in first place in all three stages of the run. However, winning was only an afterthought for this iron lady!

"I didn't run to win. Instead, it was for exercise and to keep myself healthy and well, so that I am able to care for the ones I love. Winning is bonus!"

So what was her motivation and her proudest moment?

"Running is the easiest form of exercise for me now that I have a young infant to care for. Also, I would like to be a role model to those around me, hoping that more will be inspired to adopt a healthy and sustainable lifestyle. My proudest moment is to have completed 5 to 10 km daily during my third trimester of pregnancy!"



In a somewhat direct contrast to Jean's narrative is **Raymond Fong's** – overall champion in the Men's Challenge category.

"The day I signed up for the CSC Three Month Challenge, I was determined to win each of the three races, as well as the overall championship. None of my victories happened by chance. They were all planned and systematically carried out, rain or shine."

"Since young, I was never a long-distance runner. In fact, I was a sprinter. However, in July 2020, I started with short walks and runs for health and fitness reasons. Over the months, these grew to long distances, as I started participating in many virtual races. I found myself coming in at the top few positions in most of them! I was also getting fitter, stronger, and faster as I participated in more virtual races over time. One of my proudest achievements was hitting my personal best distance of 63 km in a single day, and I did that on three occasions during the race period. Another proud moment was when many of my friends began to compliment me on my flattened tummy, which used to look like a ball hidden beneath my shirt!"

Separately, Fusion also caught up two other champions: MOE's **Ren Junying** (Women's Novice, December) and **Victor Sim** from Ministry of Sustainability and the Environment (Men's Novice, January).

Junying was proud to capture the championship on her very first attempt. She also had high praise for the event.

"The event is well organised. Without a fixed time or venue, we get to run wherever we like at our own pace. This is very convenient, plus participation is free!"

For Victor, consistency was the key to his impressive victory.

"For this run, I ran my usual route from Toa Payoh to Bishan-Ang Mo Kio Park. I did this almost every day and I ran 407 km in 21 days."

Truly, all the winners of the Road to 2022 Virtual Run have achieved something spectacular and are a testament to the power of the human spirit.

A huge kudos to all participants who chose to run 2022 to a good start.

RESULTS

Women's Overall

Champion	► Chia Gek Lan (MOE)
1st Runner-Up	► April Cheong (ITE)
2nd Runner-Up	► Leow Ya Hui (MHA)

Men's Overall

Champion	► Raymond Fong (MOE)
1st Runner-Up	► Wong Hong Wei (MOE)
2nd Runner-Up	► Ng Yeong Kok (MHA)

	Nov '21	Dec '21	Jan '22
Women's Novice	15km	20km	30km
Champion	► Kala Sunuwar Gurung (MHA)	► Ren Junying (MOE)	► Geetha d/o Nallappan (MOE)
1st Runner-Up	► Geetha d/o Nallappan (MOE)	► Geetha d/o Nallappan (MOE)	► Kala Sunuwar Gurung (MHA)
2nd Runner-Up	► Linda Sng (HDB)	► Chen Qi (MHA)	► Loh Ai Hwa (CSC)
Men's Novice	15km	20km	30km
Champion	► Dominic Lim (MOE)	► Dominic Lim (MOE)	► Victor Sim (MSE)
1st Runner-Up	► Tan Rui Feng (NUS)	► Tan Rui Feng (NUS)	► Dominic Lim (MOE)
2nd Runner-Up	► Alvin Lim Tse Khian (MOM)	► Rem Bahadur Nagar (MHA)	► Rem Bahadur Nagar (MHA)
Women's Challenge	50km	70km	100km
Champion	► Chia Gek Lan (MOE)	► Chia Gek Lan (MOE)	► Chia Gek Lan (MOE)
1st Runner-Up	► April Cheong (ITE)	► Leow Ya Hui (MHA)	► Leow Ya Hui (MHA)
2nd Runner-Up	► Eileen Pek Hong Geok (HDB)	► April Cheong (ITE)	► April Cheong (ITE)
Men's Challenge	50km	70km	100km
Champion	► Raymond Fong (MOE)	► Lu Pak Sum (MHA)	► Edwin Koh (MOE)
1st Runner-Up	► Edwin Koh (MOE)	► Edwin Koh (MOE)	► Raymond Fong (MOE)
2nd Runner-Up	► Ng Yeong Kok (MHA)	► Raymond Fong (MOE)	► Rosly Bin Kemat (MHA)

Healthy Lifestyle Virtual Climb

The CSC Healthy Lifestyle Virtual Climb saw participants stepping up to their fitness goals in 2022! Over 800 public officers answered the challenge and gained some serious altitude as they climbed high-rise staircases and scenic nature hikes. Participants set out with the goal of logging at least 300 metres in elevation – the height of the Marina Torch in Dubai! Climbers who reached that altitude were entered into a lucky draw for a chance to win one of five fun packs.



One of the lucky draw winners was Land Transport Authority's **Yang Yang**. While an avid runner, the virtual climb was a welcome change of pace for his exercise regimen.

"I am usually more involved in running on flat surfaces instead of climbing, although I do hike Bukit Timah Hill and Mount Faber at times and have also hiked other hills overseas such as Tai Mo Shan in Hong Kong."

Yang also met his personal goal during the final round of the event, starting the new year strong. He expressed his desire to continue his climbing adventures in the future.

"I joined the event as a personal challenge to see how much I can climb. I managed to achieve a climb of 300 metres in elevation in round three, which is quite rare when Bukit Timah Hill is only half the height. Hope to

have the chance to climb other hills overseas when travel reopens!"

Meanwhile, **April Cheong**, from Institute of Technical Education (ITE) also enjoyed the event thoroughly and shared her motivation for taking part.



"I started panting heavily when getting up the stairs in late 2017 so I decided I needed to do something. I started by running as it is the sports with the least fuss. I went on to run my first Standard Chartered Full Marathon in 2018 and many other races after that. In 2019, I started to participate in virtual climbs.

Climbing events are rare so when I saw this, I was excited and happy that there was a change from the usual virtual running events!"

Here's three cheers to Yang, April and all participants who reached for the sky in 2022!

LUCKY DRAW WINNERS

Yang Yang (Land Transport Authority)

Tang Chee Kong (Ministry of Home Affairs)

Andrew Ang (Temasek Polytechnic)

Tay Khay Heng (Land Transport Authority)

Tan Lian Seng (CSC Member)

Public Service E-Sports Mobile Legends: Bang Bang Team Tournament

JAN '22

January kicked off the first E-Sports event of 2022 with another exciting visit to The Land of Dawn. Teams of five squared off in the wildly popular Mobile Legends: Bang Bang – competing in a best-of-three skirmish. The competition was fierce with each player having trained tirelessly to master their main hero and play their team role successfully.

Breaking onto the podium for the first time ever was the team from Ministry of Trade and Industry (MTI) who finished third overall. To add to the occasion, it was also the first time a team of female players had medaled in the event!



Team member **Michelle Ong** and her squad had rather low expectations as it was their first time entering a tournament.

"We started the team for the CSC tournament, so we are only a few months old. We are a five-member team with four members being female (two are mothers!) and one male member. We wanted to try participating in an e-sports competition. Given that we are a new team, our internal key performance indicator (KPI) was simply to 'last for at least 10 mins before defeat'."

But Team Itchy Fingers did more than just survive, outperforming other teams to finish in the top three. Michelle was thrilled with her team's victory but also

valued the fun she shared with her team on the journey. "We weren't expecting to win, given strong competition from other agencies. Ministry of Home Affairs (MHA) is a typical 'giant' in the game. They were the champions last year and this year as well. Winning the bronze medal match was a fulfilling victory and one that we cherish. The team had been looking forward to the competition and had been training for it despite busy schedules and family commitments. Practice typically began after 9.30 pm when the children had been put to bed. We'd have a great time laughing, bonding and exchanging ideas on different strategies. Was good to meet other fellow civil/public servants who play the game as well."

A hearty congratulations goes out to Michelle and her team. Here's to more success in 2022 as you set your sights on gold and silver!



L-R: Jamie, Kerlyn, Ahmad, Sarah

RESULTS

Champion	► Ministry of Home Affairs (2)
1st Runner-Up	► Ministry of Home Affairs (1)
2nd Runner-Up	► Ministry of Trade & Industry
3rd Runner-Up	► Ministry of Social and Family Development

Public Service Virtual 10-Pin (Doubles) Bowling Competition

NOV TO DEC '21

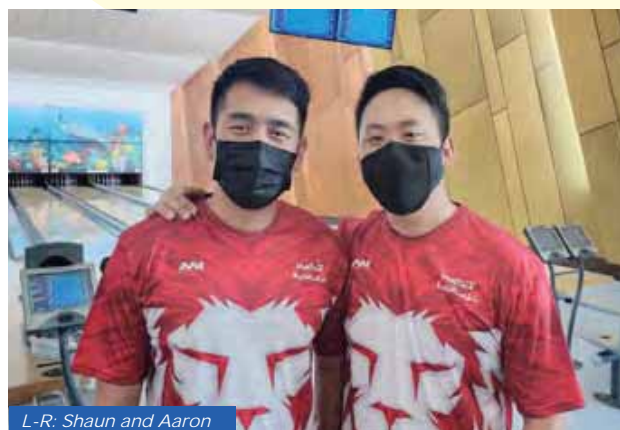
Over the period 27 Nov to 12 Dec 2021, over 200 bowlers paired up for Public Service Virtual 10-Pin Doubles Bowling Competition. Mindful of the group size restrictions, they bowled on different days and times. The scores from three consecutive games of the pairs were aggregated to determine the winners.

In the Men's category, the duo of **Aaron Wan** and **Shaun Lim** from Ministry of Defence (MINDEF) stood ahead of the pack with an impressive total score of 1272, averaging 212 per game each.

When asked about their motivation for the competition, Aaron attributed it to the strong camaraderie and support they received from MINDEF. "We were thankful that we had a sporting bowling community in MINDEF. Everyone cheered for each other regardless of how anyone performed. It was heartwarming to still feel the team spirit within the MINDEF bowling team, even when we were unable to bowl together physically. This motivated all of us to do our best to bring pride to MINDEF."

In the Active Agers category, the top spot went to the duo of **Annie Tan** and **Pamela Teo-Loh** from Nanyang Technological University (NTU) with a score of 1169. "This is the first time Pamela and I decided to participate in the Active Agers Doubles category so we were surprised to become the champions!" said Annie, much delighted with their tournament win.

A 44-year veteran of the sport, Annie is no stranger to bowling glory, having won titles for NTU since 2003! She praised the sport culture at NTU for keeping its players motivated and engaged. "NTU has a group of enthusiastic bowlers, we constantly motivate one another. More importantly, we have a committed captain, who puts in a lot of effort to coordinate and encourage our team. I would like to extend my appreciation to our NTU Captain for his effort and hard work."



L-R: Shaun and Aaron



L-R: Pamela and Annie



RESULTS

Women's Category

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

Men's Category

Champion	► Ministry of Defence (15)
1st Runner-Up	► Ministry of Defence (9)
2nd Runner-Up	► Ministry of Education (2)
3rd Runner-Up	► Ministry of Defence (8)

Active Agers Category

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



NEW YEAR NIGHT RIDE

By Oei Su Cheok

In past years, the CSC Cycling and Adventure Club goes on a night ride each New Year's Day. No exception this year, pandemic or not.

Despite imminent showers on 1 Jan 2022, our participants took a chance and were rewarded with a pleasant ride and breathtaking scenics along the way. Eventually the sprinkle of light showers only served to make our ride more interesting.

We maintained an easy pace throughout, routing through the different Park Connector Networks (PCN) — at Pang Sua, Pandan and Ulu Pandan. Just trying to figure out the connections between each PCN with help from our Google maps turned out to be mini adventures for us. The PCNs were relatively quiet on the night of New Year's Day unlike other times of the day, and this helped to heighten the sound of nature around us. We took all this in with great delight — the sights, the sounds and the senses.

Moving on, the Christmas and New Year lights along Tanglin and Orchard Road put us in a festive mood. We took the opportunity to snap selfies and wefies against the backdrop of festive lights. We felt like tourists in our own home country! Continuing our ride to Marina Bay, we spent some contemplative moments at Jubilee Bridge to appreciate the Merlion with Marina Bay Sands in the background.

Finally, looping around the bay to Marina Barrage we took another pause to admire the beautiful cityscape flanked by the iconic Flyer and Flower Domes of Gardens by the Bay. Simply stunning and pure tranquillity! No wonder *Big 7 Travel*, the British-based publication recently ranked Singapore as the world's "most Instagrammable place," outranking the likes of Paris and London to clinch top spot.

Join us to rediscover Singapore.





Take Your Corporate Events to the Next Level at CSC @ Bukit Batok

Need a versatile venue for your next corporate event? CSC @ Bukit Batok provides a flexible range of rooms to suit all event styles.

The **Jasmine Rooms** offer a comfortable meeting space complete with essential AV amenities to enhance seminars and workshops. For a breezier, open-plan experience, the **Orchid Rooms** are pillarless event spaces with lots of natural light and excellent ventilation to give your function a touch of elegance. All our spaces have access to complimentary Wi-fi so you and your guests can stay connected throughout the day.

Each rental package accommodates up to 50 people per room, subject to prevailing Safe Management Measures. We are also fully equipped for video conferencing, so you can take your event online with ease!

CSC is Demand Aggregation (DA) approved!

We provide event venue packages and rental rates to government agencies through VITAL's government-wide DA contract.



For more information on our rooms, visit <https://www.cscbukitbatok.sg> or contact our friendly team for enquiries:



For corporate events, contact Huda at hudahidya@csc.sg or 6513 7484



For bowling cohesion events, contact Jack Foo at foomoojack@csc.sg or 6513 7489





Welcome to Loyang

Check out our Reopening Promotion!



15% OFF
1-night stay

25% OFF
2-night stay

35% OFF
3/4/5-night stay

Valid for stays from
21 Mar '22 to
31 May '22 only

Our **Garden Bungalows** are refurbished with garden themed furniture featured in the living room, dining room, guest rooms and even the outdoor area. The Garden Bungalow theme presents a rich green and brown colour palette which brings our guests closer to nature. If you love the outdoors and/or the colour green, you will definitely love our Garden Bungalow chalet!

*Garden
Bungalows*

New
Features



Seamless Keycard
System that can enable
power-saving mode



Outdoor Parasol suitable
for barbecues or breezy
chill-out sessions



Sofa and
TV Console

New
Furniture



Dining Table

*Sea View
Bungalows*

Our **Sea View Bungalows** offer a seafront view with convenient park access from the beach gate. This makes for easy access to go for morning and evening walks. The Sea View Bungalow has a nautical theme and is fully furnished with blue and white designer furniture!

New
Features



Seamless Keycard
System that can enable
power-saving mode



Outdoor Parasol suitable
for barbecues or breezy
chill-out sessions



Sofa and
Coffee Table

New
Furniture



Dining Table

The **Sea View Dog-Friendly Bungalows** offer a common dog run area and clean-up bay for all dog lovers. Pawrents can walk their dogs (on a leash) in a spacious area around their units. The bungalows are designed with adorable feature walls that can act as an eye-catching birthday party backdrop for your furkids! Not forgetting the cosy dog house, dog bowls and dog beds that are provided at each chalet, saving you the trouble of extra packing!

*Dog
Friendly
Chalets*

New
Features



Seamless Keycard
System that can enable
power-saving mode



Feature Walls inside the chalet unit and car porch



Clean-up Bay



Dog Run



Chalet units are now
equipped with dog
houses, dog beds
and dog bowls





CLUB BUZZ

Changi I Function Rooms

ENJOY UP TO
30% OFF

Corporate

Looking for a one-stop venue for Stay, Meet & Play? Book our function rooms for team meetings, workshops or product trainings, etc. Contact us today to enjoy special packages for your corporate events.



Wedding/Birthday

Check out our venue for an intimate wedding reception or solemnisation. Hold a solemnisation or birthday party with a view and we can also take care of your preferred decoration needs.

All bookings are subjected to Safe Management Measures. For more information, please email changi@csc.sg

Enjoy Peaceful and Idyllic
staycations at Changi I

BYKido



The Club hosted parenting platform BYKido at one of our family suites at CSC @ Changi I.

Scan the QR to find out more about their staycation.



Check out the **Staycation Playbook** and be inspired by the many things to do and eat around the Changi Village Precinct.

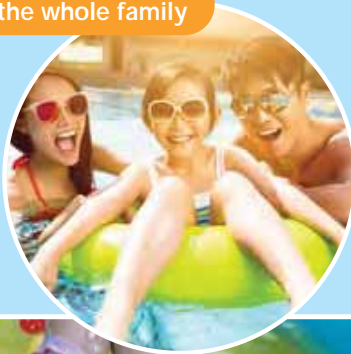


FAMILY FUN IN THE CITY

In and around CSC @ Tessensohn is a hive of activity for the whole family to enjoy!



Make a splash with the whole family



Thanks to its convenient location, a quality weekend for mum, dad, and the little ones is never too far away; even the grandparents can partake in the fun if they are feeling up to it! For just a stone's throw away from Farrer Park MRT and City Square Mall, you'll discover Tessensohn Clubhouse, the perfect destination to plan your family weekend at.

Family time in the water

For a treat that's good for the whole family, look no further than the Weekend Fun Pool*. Come Saturday and Sunday as well as public holidays, the Club's Olympic-sized swimming pool takes on a whole new persona: think giant floats, water slides, and other fun inflatables. Now you get the drift? There's no better way to let your kids play while letting your inner child join in the fun too. In addition, the wading pool was recently renovated as well, making it perfect for your little ones to have a splashing good time!

Be one with nature

Urban farming and sustainability have never been more pertinent than it is now, and the newly opened Eco Garden located on Level 3 is a great way for the family to get a first-hand look and learn more about nature. At the Eco Garden, one can expect an assortment of edibles such as hydroponic vegetables, grafted fruit trees, thriving local herbs, as well as visually appealing flowers of all sorts. Apart from the flora, don't miss the fauna too. At Level 1 of the clubhouse, be fascinated by the colourful fish swimming in the Koi Pond and the five tanks; a good way to appreciate the beauty of aquatic life if you ask us!

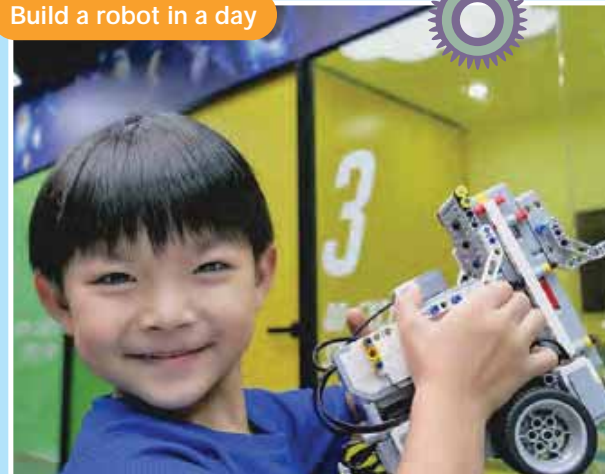
The future is now

Robotics is no longer a futuristic dream, but an integral part of one's life. At the NK Robotics Centre, through fun and engaging workshops you and your children can live out your engineering

Flora and fauna await



Build a robot in a day



dreams by assembling your very own robot from LEGO bricks as well as learning all about computer coding; who says learning has to be boring?! With what NK Robotics has to offer, this might just be the very thing to spark your little ones' interest in Science, Technology, Engineering, Arts and Math!



An active lifestyle[#]

Being active is easy with the choices of activities available at CSC @ Tessensohn. Get nimble with your hands or feet while making like-minded friends at classes for cooking, aerobics, or dance. Or for something that strengthens the body, martial arts classes such as Taekwondo, Karate, and Wing Chun are held regularly. For those looking to get a game going; tennis, badminton, and futsal courts are available. As for those preferring to exercise at their own pace, you can consider working out at Pro Gym, scale rock climbing walls at Ground Up Climbing or meditate at Vyasa Yoga's studios. For bowling enthusiasts, you'll be pleased to know that the clubhouse's 20-lane bowling centre is one of Singapore's most affordable. Like we said, the choices are plenty! But

that's not all. Near the clubhouse is one of our newest merchant partners Cyclogic; for those looking to buy bicycles and cycling accessories, do check out their latest store on Tyrwhitt Road.

A foodie's paradise[#]

One of the best things about the Tessensohn clubhouse is its proximity to a host of food options by our partnering merchants. Within the clubhouse itself is Biscotti Bakery, known for handcrafting delicious biscotti on a daily basis, while a walking distance away on Rangoon Road one will find a host of delectable delights. Brunches Cafe is the go-to spot for brunch staples, while Taste of India is a great option for both Halal and vegetarian eaters. In fact, further exploration of the area yields much for the epicurean you, as the likes of Suk's Thai Kitchen for its Thai cuisine, Mosanco Enchanted Café for its signature cold-brew coffees, Daizu Cafe for its modern Japanese-Western fusion cuisine, as well as Cherry & Oak for its Halal artisanal wood-smoked cuisine is set to make you want to come back to the area repeatedly for more.

Be spoilt for choice when it comes to food options



Get active!



For more information, please email to tessensohn@csc.sg or call 63915600.

**From April 2022. Subject to prevailing Safe Management Measures*

**View all partnering merchant and tenant discounts on <https://www.csc.sg/membersperks>*

PERFECT GAME

\$10K Winner

Bowling a perfect game is a rare and spectacular occurrence, even in the top flights of competition. To achieve such a feat, one has to roll 12 strikes in a row for a score of 300 perfect game in a sanctioned League which CSC organises for all our bowlers. Their reward? Bragging rights for years to come and a whopping cash prize of \$10,000!

The prize was recently claimed at Planet Bowl @ Tessensohn by **Andrew Lee** from **Singapore Civil Defence Force (SCDF)**. When he is on duty, Andrew engages the public and educates them on home fire safety. In his free time however, he is a kingpin in the club bowling scene. Having already bowled four perfect games before, it was only matter of time before he secured his fifth!

"I picked up bowling when I was 13 years old. I generally bowl three or four times a week and participate in the leagues at CSC Planet Bowl and Westwood Bowl. I was happy to bowl another perfect game. I had good timing and some luck that day!"

As a testament to his love for the sport, Andrew was very clear about how he would celebrate with his winnings.

"I'm going to spend some of the money upgrading my bowling equipment and my next aim is to improve my skills and bowl more sanctioned perfect games. Many thanks to my league team captain, Jessica Ong, who invited me to join her team at Planet Bowl."

Congratulations Andrew! Enjoy your well-earned prize and may perfect game number six be right around the corner!



FROM \$12 PER HOUR PER LANE UNLIMITED GAMES IN ONE HOUR!

With the best rate in town, bring your friends to knock some pins down. Planet Bowl is also kids friendly and equipped with lane bumpers and 5-pounder balls with 5 holes for easy grip.

T: 6391 5693 E: planetbowl@csc.sg

Terms and conditions apply.



Join the CSC Bowling Interest Group (BIG)

Enjoy bowling benefits and privileges at CSC bowling centres. Scan QR code to join.



CSC Members Enjoy Exclusive Discounts on KLOOK



8% OFF

ALL KLOOK ACTIVITIES

*with minimum spend of S\$50, capped at S\$10*PROMO
CODE**CSCMEMBER2022**12-time use per user only. Limited redemptions available.
Valid till 31 Jan '23

Scan to redeem your promo code or for more information.

CSC Monthly Facebook Giveaways

Follow our CSC Facebook page and take part in our monthly Facebook giveaways to win attractive prizes. Only for CSC Members!

Mark the dates!



Follow us

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

Scan for full T&Cs

**Atos Wellness****21 – 22 Apr '22**Wellness Treats Voucher
(worth \$280)**NK Robotics****19 – 20 May '22**5 x Group Entry Tickets
(worth \$100)**Mosanco Enchanted Cafe****23 – 24 Jun '22**Snow White & the 7 Dwarfs
Cold Brew Set (worth \$50)

MEMBERS' PRIVILEGES

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

Promotion is valid till 31 Dec '22 (unless stated otherwise). Terms & Conditions apply.

Deals may be subject to changes due to the prevailing COVID-19 situation.

<p>ZAREEN'S KITCHEN</p>  <p>10% OFF TOTAL BILL</p> <ul style="list-style-type: none"> 121 Telok Ayer Street #01-01 Singapore 068590 https://www.facebook.com/zareenskitchensg 	<p>GLORIA JEAN'S COFFEES</p>  <p>10% OFF TOTAL BILL</p> <ul style="list-style-type: none"> https://www.facebook.com/GloriaJeansCoffeesSingapore 	<p>CHERRY & OAK</p>  <p>10% OFF TOTAL BILL</p> <ul style="list-style-type: none"> https://www.cherryoak.sg/ 	<p>BANGALORE LYENGAR BAKERY</p>  <p>10% OFF TOTAL BILL</p> <ul style="list-style-type: none"> https://www.facebook.com/bibakery.singapore/
<p>PAWLYCLINIC</p>  <p>15% OFF ON CONSULTATION FEE</p> <ul style="list-style-type: none"> For both teleconsultations and physical visits booked on Pawlyclinic Promo code: CSC15OFF https://www.pawlyclinic.com/ 	<p>ASCENT BIKES</p>  <p>FREE UPGRADES WITH PURCHASE OF BICYCLE OR WHEELS</p> <ul style="list-style-type: none"> Get FREE upgrade to Ascent Revolution ultrasmooth bottom bracket with purchase of bicycles Get FREE tyres with purchase of carbon wheels At Win5 Building, near Yishun MRT https://www.ascent-bikes.com/ 	<p>CYCLOGIC BIKE EXPRESS</p>  <p>10% OFF SELECTED ITEMS</p> <ul style="list-style-type: none"> https://www.facebook.com/crius.sg 	<p>TOYSDACHI</p>  <p>UP TO 10% OFF PRODUCTS</p> <ul style="list-style-type: none"> 10% OFF figurines and model kits 5% OFF trading card game products https://toysdachi.com/
<p>LEE KONG CHIAN NATURAL HISTORY MUSEUM</p>  <p>10% OFF ADMISSION TICKET</p> <ul style="list-style-type: none"> Near Kent Ridge MRT https://www.lkcnhm.nus.edu.sg/ 	<p>MUSEUM OF ICE CREAM SINGAPORE</p>  <p>FREE SPECIAL MOIC MOCKTAIL WITH TICKETS PURCHASED</p> <ul style="list-style-type: none"> Near Orchard MRT https://www.museumoficecream.com/ 	<p>SENTOSA</p>  <p>15% OFF SENTOSA FUNPASS TOKENS (1 APR '22 – 31 MAR '23)</p> <ul style="list-style-type: none"> For July, SDC will give \$5 off 3 attractions, limited to the first 1,000 redemptions per attraction (1 – 31 Jul '22) https://www.sentosa.com.sg/en/ 	<p>HOLEY MOLEY GOLF CLUB</p>  <p>9 HOLES AT \$10++/PAX Sun to Thu, up to 8pm only. Promo code: CSCGOLF9</p> <p>20% OFF A LA CARTE F&B</p> <ul style="list-style-type: none"> Till 30 Sep '22 Near Fort Canning MRT Station https://www.holeymoley.com.sg/



Don't miss any Members' privileges.
Follow us @civilserviceclub



Scan for full listing,
details and terms

ADVERTISE WITH US! Media Rates

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

With a growing membership of 62,000 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 26,000, 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

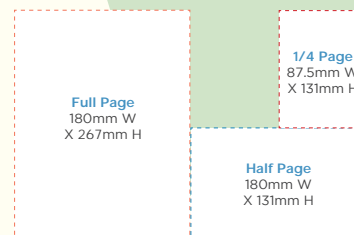
Back Cover (Full Page)	\$2,400
Inside Front Cover (Full Page)	\$2,100
Inside Back Cover (Full Page)	\$2,000
Double Page Spread	\$3,800
Centre Page Spread	\$4,200
Full Page*	\$1,800
Half Page*	\$1,000
Quarter Page*	\$500

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

Terms and Conditions

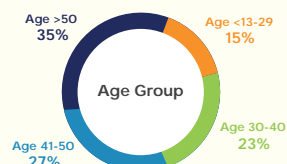
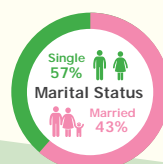
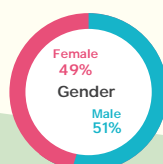
- The management reserves the right to reject any advertisement with content that is deemed unsuitable or inappropriate for publication.
- The decision of the management shall be final.
- Artwork fee will be charged separately depending on size of artwork.
- Artwork submitted must be in jpeg or pdf format.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

ADVERTISEMENT PAGE SPECIFICATIONS

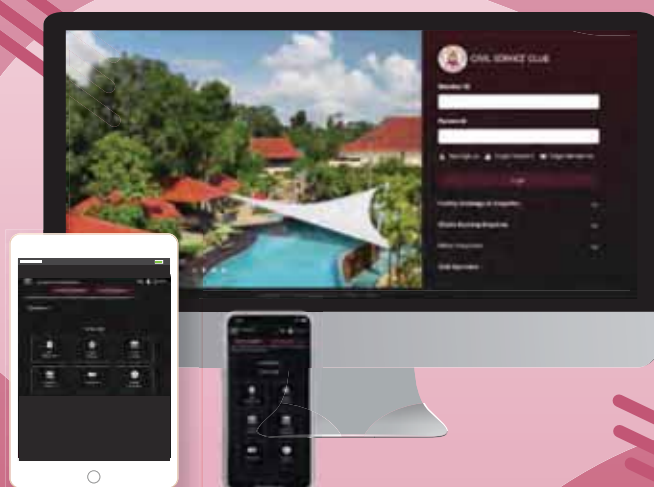


For Special Package Rates and more details, contact marcomms@csc.sg

MEMBER DEMOGRAPHICS



Introducing the New Membership Portal! Enjoy the full convenience at your fingertips.



The new membership portal is mobile responsive.

One portal for all bookings, from facilities, chalets to social activities.



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

ASSOCIATE MEMBERSHIP

(FOR NON-PUBLIC SERVICE OFFICERS)

Promotion ends 30 June 2022

3 Years
Membership
\$900



**LUMINOX
WATCH**

RRP \$465

Gift Code: LUMINOX

Membership Details <small>Mandatory fields</small>	
Membership Type*	
Associate Member @ \$300 per year (Singaporean and PR only)	
No. of Year(s)*	Gift Code*
3	LUMINOX

2 Years
Membership
\$600



**OSCILLATING
AIR FRYER**

RRP \$399

Gift Code: MAGICFRY

Membership Details <small>Mandatory fields</small>	
Membership Type*	
Associate Member @ \$300 per year (Singaporean and PR only)	
No. of Year(s)*	Gift Code*
2	MAGICFRY

1 Year
Membership
\$300



**GRUNN STEAM
CLEANING MOP**

RRP \$139

Gift Code: MOP

Membership Details <small>Mandatory fields</small>	
Membership Type*	
Associate Member @ \$300 per year (Singaporean and PR only)	
No. of Year(s)*	Gift Code*
1	MOP

Terms and conditions apply.

- Associate Membership is applicable to Singaporeans and PRs only
- 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.

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



APPLY NOW

FREE VIRTUAL SUPPLEMENTARY MEMBERSHIP



Terms & Conditions

- Supplementary Membership is only applicable to parents, parents-in-law, spouse and children aged 5 to 21 years old.
- There will be no card issued for Free Virtual Supplementary membership. An admin fee of \$10 is applicable for each physical membership card.
- Supplementary members will need to log in to the Member's Portal to access their virtual card to use the Clubhouse facilities.
- CSC reserves the right, at any time, to amend the Terms and Conditions at its absolute discretion without prior notice.



membership@csc.sg



6391 5604/6514 6396



<https://www.csc.sg>



“Would like to congratulate the Bowling Section for the pleasurable time spent playing at your Club. We commend the staff who provided excellent service with a smile. In particular, we would like to mention **Julie** and **Azurah** for their splendid service. Cheers and we look forward to lots of future fun at the Bowling Alley.”

– Alan & Anne Kwong
(Planet Bowl @ Tessensohn)

“A staff by the name of **Diana Heng** promptly attended to us, as she willingly listened to our feedback. She was very patient and understanding in trying to solve things. She even went the extra mile, buying hot drinks for us and making us feel relaxed as she explained the club's procedures and assured us that such incidents will not happen again. I really appreciate the way she handled our feedback and felt relieved after that.”

– Philip Tan & Karen
(Tessensohn)

STAFF SHOUT OUTS

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

“Both **Isabelle** & **Brenda** did a very great job. Both of them explained clearly about the membership.”

– Murlidharan S/O Muhundan
(Changi 1)

“I am impressed with the great energy displayed by **Lifeguard Wardi**. He was extremely watchful over my two kids and kept them very engaged! My kids had so much to tell me during lunch how much they enjoyed the company of Lifeguard Wardi. They said he took time to explain to them the potential dangers of being at the pool and that is what makes him awesome! Thank you LG Wardi, you've made the stay memorable!”

– Huber Adrian Mark (Changi 1)

“I'll like to thank **Asst. Facilities officer Mani** and **Technician Rahim** in responding to an unsafe workplace practice in Thinkel tuition centre ('site') level 3 on 20 Jan, at about 4.15pm.”

– Eugene Mark (Bukit Batok)

CIVIL SERVICE CLUB MOBILE APP



ACCESS TO ALL OUR ONLINE PORTALS & LATEST CLUB UPDATES

CLUB PROMOTIONS & PRIVILEGES

ONLINE

GET IT ON
Google Play

Download on the
App Store



SCAN ME



SCIENCE & ROBOTICS LOGIC

Taptilo Braille Workshop

Age 6 yrs and above

Register as a family, or with a group of friends. Together, we shall put values in action to make Singapore a more inclusive society.

In this workshop, we learn about the world without vision, and how the blind learns and communicates through Braille. We will explore the various ways in which we can outreach to support the blind.



Date: Sun, 29 May '22

Time: 2pm – 4pm

Fees: Members \$50, Public Service Officers \$60, Guests \$70

Venue: CSC @ Tessensohn

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

Mobile App Development

online

Age 9 yrs and above

Students learn UI (User Interface) designing and practise key coding concepts while building mobile applications with focus on creating digital art app.



Ninja skills acquired –

- Learn to design UI user interfaces using buttons, canvas, images and alignments
- Basic coding concepts like sequencing, events, loops and concepts of polygons and geometry
- Write programs using block coding

Date: Fri, 3 Jun '22

Time: 10am – 12pm

Fees: Members \$85, Supp Members \$85, Guests \$95

Platform: Live via Zoom*

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

Register by: 3 days before class

Math Marvels An Episode in Geometry and Logic Games

Age 7 to 10 yrs



Date: Thu, 2 Jun '22

Time: 2pm – 5pm

Fees: Members \$50, Public Service Officers \$60, Guests \$70

Venue: CSC @ Tessensohn

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

Register by: 1 week before session

Interactive VR Workshop

Age 6 yrs and above

While time travel is still not possible, extended Reality XR can immerse us in realistic versions of the past, the future and take us into different worlds. In this workshop, we will learn the following:



- Basics of virtual reality
- Creating panorama and 3D objects
- Importing panorama and 3D objects and manipulating them in Varwin's Reality Management System
- Exploring the Varwin interface where Blockly coding can be used to make the VR content interactive

Participants are required to have their own PC/laptops with reasonably fast CPU and graphics processors.

Date: Sun, 5 Jun '22

Time: 2pm – 4pm

Fees: Members \$50, Public Service Officers \$60, Guests \$70

Venue: CSC @ Tessensohn

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.

Kinder STEMaker

Age 7 to 10 yrs

Explore the basics of Science, Technology, Engineering, and Mathematics (STEM) with the use of technology-enabled toys through a thematic approach.

Participants get to:

- Join the story characters on a learning journey to discover new concepts
- Engineer solutions to solve the problem with the characters
- Gain exposure to teacher-guided early digital literacy with technology-enabled toys
- Develop reasoning skills and computational thinking
- Nurture an interest in STEM and learning

Date: Thu, 2 Jun '22

Time: 10am – 12.30pm

Fees: Members \$50, Public Service Officers \$60, Guests \$70

Venue: CSC @ Tessensohn

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

Register by: 1 week before workshop

Drones Workshop

Age 6 to 12 yrs

Drone technology has broad applications beyond the aviation industry such as, in surveillance, transportation and aerial filming. Participants learn to build a drone and get to bring it home too.

Learning outcomes:

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

Date: Tue, 7 Jun '22

Time: 9am – 12pm

Fees: Members \$80, Guests \$90

Venue: CSC @ Tessensohn

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

Register by: 1 week before workshop



Coding Appreciation Workshop

Age 6 yrs and above

A workshop where every student gets to become a scientist, technologist, roboticist, engineer, artist and mathematician (STREAM) while coding the Thymio II robot. Participants learn the fundamentals of coding and STREAM, and then code to control robots to meet set objectives. All done in 6 programming languages (VPL, Scratch, VPL3, Blockly, Aseba & Python)!

Participants are required to have their own PC/laptops to do the coding.

Date: Sun, 12 Jun '22

Time: 2pm – 4pm

Fees: Members \$50, Public Service Officers \$60, Guests \$70

Venue: CSC @ Tessensohn

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

Register by: 1 week before talk



online

Python: Create Games and Spirographs

Age 10 yrs and above

This course introduces students to the super popular programming language Python. Students will write programs mingled with the concepts of maths and geometry.

Ninja skills acquired:

- Learn to code with Python
- Basic coding concepts like loops, variables, conditionals and operators
- Create colourful 2D Graphics with Turtle library
- Fall in love with Maths - explore concepts in an exciting way
- Create number games and digital art

Date: Fri, 10 Jun '22

Time: 10am – 12pm

Fees: Members \$85, Supp Members \$85, Guests \$95

Platform: Live via Zoom*

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

Register by: 3 days before class



Fun Science – Rockets and Pressure Workshop

Age 6 yrs and above

A workshop of fun experiments to teach your kids the concepts of air pressure and Newton's second law of motion. Your child will get the chance to design their rockets as well as launch them into the air!

Date: Sun, 12 Jun '22

Time: 9am – 11am

Fees: Members \$42, Public Service Officers \$45, Guests \$48

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

By assembling a hovercraft and learning the functions of its different parts, participants get practical with science concepts. They will be guided in testing out the self-assembled hovercraft, 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: Thu, 16 Jun '22

Time: 9am – 12pm

Fees: Members \$80, Guests \$90

Venue: CSC @ Tessensohn

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

Register by: 1 week before workshop



Roblox: 3D Game Design and Development

Age 10 yrs and above

In this course students design and build their own 3D obstacle courses and terrains. They will also learn to write scripts in Lua programming language, to add visual effects and animations in the game.

Ninja skills acquired:

- Design and build a virtual 3D world while learning how to change and edit 3D parts like sphere, cube, cylinder and wedges
- Create exciting obbies in Roblox
- Bring imagination to life and delve into an enjoyable experience

Date: Fri, 17 Jun '22

Time: 10am – 12pm

Fees: Members \$85, Supp Members \$85, Guests \$95

Platform: Live via Zoom*

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

Register by: 3 days before class



Mindstorm Mania LEGO®

Robotics Camp (Half-Day Programme)

Age 6 - 12 years old

Experience technology's cutting edge with LEGO® MINDSTORMS® EV3 Robotics! Children are captivated by the newest generation of motors, sensors and software, which is able to program commands directly into the intelligent brick. This camp is a fun and challenging introduction to the world of robotics for the advanced LEGO® enthusiast!

Date: Fri, 17 OR 24 Jun '22

Time: 9.30am – 12.30pm

Fees: Members \$70, Guests \$80

Venue: CSC @ Tessensohn – Dance Studio

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

Register by: 3 days before camp



*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.

3D Durian Food Printing Workshop

Age 6 yrs and above

Have fun at this 3D food printing workshop. Beginning with a brief introduction to the technology of 3D food printing in work-learn-and-play environment, the workshop will cover:

- Applications of 3D food printing
- Ingredients preparation
- Operations of Foodbot 3D printer
- Printing of 3D Durian Chocolate Food Art

Date: Sat, 18 Jun '22

Time: 10am – 12pm

Fees: Members \$50, Public Service Officers \$60, Guests \$70

Venue: CSC @ Tessensohn

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

Register by: 1 week before talk



CRAFTS & HANDS-ON FUN

online

FREE for members

School Holidays Kids Craft Workshops

Age 5 to 12 yrs

Have fun with your child on these craft activities to build their fine motor skills and develop their creativity using easy-to-find materials at home.

Flipping Hearts Notes

Date: Sat, 28 May '22

Register by: 25 May '22

Materials required: Coloured papers, Scissors, Glue



UFO Craft

Date: Sat, 4 Jun '22

Register by: 1 Jun '22

Materials required: 2 Paper plates, Recycled disposable cup (best if transparent), Paint, Paintbrush, Transparent tape, Paper



Microbit 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 everyday lives.

Learning Outcomes:

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

Date: Mon, 20 Jun '22

Time: 9am – 12pm

Fees: Members \$80, Guests \$90

Venue: CSC @ Tessensohn

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

Register by: 1 week before workshop



Rainbow Fish Deco

Date: Sat, 11 Jun '22

Register by: 8 Jun '22

Materials required: Cardboard, Coloured paper, Scissors, Glue, String (to hang the deco, optional)



Surprise Dinosaur Egg

Date: Sat, 18 Jun '22

Register by: 15 Jun '22

Materials required: A4 papers, Colouring materials, Scissors, Ice cream stick (or chopstick as an alternative)



Paper ice-cream

Date: Sat, 25 Jun '22

Register by: 22 Jun '22

Materials required: Origami papers



For the above workshops:

Time: 2pm – 3pm

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

Platform: Live on Zoom*

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

Hands-On Children Craft Workshops

Age 5 to 12 yrs

Let your children unleash their creativity as they go hands-on and get crafty with these activities with guidance provided by our experienced craft trainer guide. Inclusive of craft materials.

DIY Kaleidoscope

Date: Fri, 3 Jun '22
Venue: CSC @ Changi
Register by: 30 May '22



Shrink Plastic Craft

Date: Fri, 10 Jun '22
Venue: CSC @ Tessensohn
Register by: 2 Jun '22



DIY Globe

Date: Fri, 17 Jun '22
Venue: CSC @ Bukit Batok
Register by: 9 Jun '22



For the above workshops:

Time: 10am - 11.30am

Fees: Supp Members \$30, Guests \$36

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

Clay Modelling

Age 6 yrs and above

Put clay into the hands of a child and watch his/her face light up! Let them learn how to create animals using air-dry clay! Clay play stimulates creativity and develops their hand-eye coordination and fine motor skills. It also encourages experimental learning as they start with simple shapes and advance to other more complex forms. materials.

Date: Sun, 5 Jun '22
Time: 9am - 11am
Fees: Members \$42, Public Service Officers \$45, Guests \$48
Venue: CSC @ Tessensohn
Contact: Jerren at 6391 5641 or jerrentan@csc.sg
Register by: 1 week before workshop



online

FREE for members

Wooden Coaster Painting [Parent Child Bonding]

Age 5 to 12 yrs

A simple activity but an excellent opportunity for precious bonding time with your child as you craft a beautiful coaster together.

Date: Sat, 11 Jun '22
Time: 10am - 11am
Fees: FREE for Members, Public Service Officers \$5, Guests \$8
Platform: Live on Zoom*
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 8 Jun '22



*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.

Hands-on Holiday Craft

Age 5 to 12 yrs

A two-in-one workshop for maximum fun - your children will learn scrapbooking and creating a jelly candle with guidance from an experienced instructor. Fee includes materials and delivery.

Date: Fri, 17 Jun '22

Time: 9.30am - 11.30am

Fees: Supp Members \$30, Guests \$36

Venue: CSC @ Bukit Batok

Contact: Serene Cho at 6391 5620

or serenecho@csc.sg

Register by: 5 Jun '22



Boogie Bounce Kidz

Age 6 - 13 yrs

Do your kids love music? Have they got a ton of energy in reserve? Boogie Bounce Kidz is a fun and exciting activity where children bounce to the beat of chart-topping music on a specially designed trampoline! Complete with an attached safety bar, the trampolines provide a safe and lively cardio workout for your little ones.

Benefits from this bouncing workout includes motor-skills development for young children, better concentration, good balancing skills, cardiovascular fitness and many more.

Dates: 4 Sundays, 5 - 26 Jun '22

Time: 11am - 11.50am

Fees: Members, Supp Members \$70, Public Service Officers \$75, Guests \$80

Venue: CSC @ Tessensohn

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

Register by: 1 week before class



Volcano Creation Workshop

Age 6 yrs and above

Join us at this interactive workshop to learn all about volcanoes and what causes them to erupt. Also learn to build your own volcano using easy to find materials around the house such as recycled Yakult bottles, balloons and bicarbonate soda. For decoration, participants may use air-dry clay if available; or else, substitute it with any decorative materials.

Date: Sun, 12 Jun '22

Time: 12pm - 1pm

Fees: Members \$30, Public Service Officers \$40, Guests \$50

Venue: CSC @ Tessensohn

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

Register by: 1 week before workshop



Holiday Baking Workshop by Harry

[Parent Child Bonding]

Age 4 to 11 yrs

Hokkaido Cream Cheese Muffins

Soft and fluffy muffins filled with rich cream cheese



Doughnuts

A favourite among children, whether baked or fried, and accompanied by a delicious topping. One bite is never enough.



Date: Sat, 18 Jun '22

Time: 2pm - 5pm

Fees: Members \$65, Public Service Officers \$75, Guests 80

Venue: CSC @ Tessensohn

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

Register by: 10 June '22

SOCIAL ACTIVITIES

Keen on participating? Sign up now by scanning the QR to book the activities that you are interested in!



online

FREE for members

Kids Crafts Workshops

Age 5 to 12 yrs

Have fun with these online craft activities with your children and help them develop their fine motor skills, creativity as well as learn basic math concepts.

Mother's Day Flower Heart Bouquet

Date: Sat, 7 May '22

Register by: 4 May '22

Materials Required: Origami papers, Scissors, A4 coloured papers, Tape

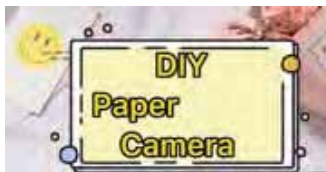


DIY Paper Camera

Date: Sat, 9 Jul '22

Register by: 6 Jul '22

Materials Required: Cardboard, Paper, Drawing and colouring materials, Scissors



For the above workshops:

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

online

FREE for members

Fun Handicraft workshops

Get creative and kick off a new hobby by keeping those fingers busy with our fun handicraft workshops!

Mother's Day - Beaded Mask Chain

Face masks are here to stay along with all forms and fashions of face mask accessories. Learn to create a beautiful and stylish beaded mask chain for your Mum this Mother's Day.



Date: Sat, 7 May '22

Register by: 4 May '22

Dragon Boat Festival - Zongzi Sachets

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



Date: Sat, 28 May '22

Register by: 25 May '22

Flower Ribbon Sewing

You will learn to sew a beautiful bloom using fabric ribbons. It can be used as hair accessory, gift wrapping or scrapbook decoration. Basic sewing skills required.



Date: Sat, 2 Jul '22

Register by: 29 Jun '22

For the above workshops:

Time: 10am - 11am

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Platform: Live on Zoom*

Contact: Serene Cho at 6391 5620 or serenecho@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.



FREE for members

Pastel Nagomi Art Demo Workshops

Pastel Nagomi Art is a style of art healing originating from Japan. Learn the joy of creating gentle, soft and beautiful art form through simple techniques using soft pastels and your fingers.

Lovely Carnation Flower

Date: Sat, 14 May '22
Register by: 11 May '22



Under the Sea

Date: Sat, 4 Jun '22
Register by: 1 Jun '22



Traditional Kueh

Date: Sat, 9 Jul '22
Register by: 6 Jul '22



For the above workshops:

Time: 11am - 12pm

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

Platform: Live on Zoom*

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

Master the Erhu

If you appreciate oriental music, try the erhu as this two-stringed instrument is easy to learn. Under Instructor Pang Chin Soon, who has close to 30 years of teaching experience, 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, 13 Apr '22 to 15 Jun '22

Time:

Session 1: 7:15pm - 8:15pm

Session 2: 8:15pm - 9:15pm

Fees: Members \$175, Public Service Officers \$188, Guests \$194

Venue: CSC @ Tessensohn

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

Register by: 6 Apr '22



Learn to Play Violin

Learn to play this classical string instrument under Instructor Leong Gah Chiong who has more than 20 years of experience teaching and performing at schools, 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:

Beginner	Members \$155, Public Service Officers \$165, Guests \$175
Intermediate	Members \$170, Public Service Officers \$180, Guests \$190
Advance	Members \$185, Public Service Officers \$195, Guests \$205

Dates: 8 Mondays, 18 Apr '22 to 20 Jun '22

(No class on 2 & 16 May)

Time: 7pm - 8:15pm

Venue: CSC @ Tessensohn

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

Register by: 11 Apr '22



online

FREE for members

Preview: Managing Stress with Mindfulness

The course is 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. It has been found that practising mindfulness improves well-being, reduces stress and helps one 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, 9 Apr '22 OR 14 May '22 OR 18 Jun '22

Time: 10am – 11.30am

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

Platform: Live on Zoom*

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

Register by: 3 days before workshop

online

FREE for members

Managing Stress with Mindfulness Foundation Course

This four-lesson Mindfulness Foundation course will help you gain understanding on mindfulness, its benefits and daily practical applications.

You will be guided through various mindfulness practices, some scientific studies in support of the subject, as well as to explore stress triggers, and how to respond to them.

Date: 4 Saturdays, 16 Apr – 7 May '22 OR 21 May – 11 Jun '22 OR 25 Jun – 16 Jul '22

Time: 10am – 12pm

Fees: Members \$88, Public Service Officers \$95, Guests \$100

Venue: CSC @ Tessensohn

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

Register by: 1 week before class



online

FREE for members

Aromatherapy For Stress Relief

Aromatherapy can be a natural remedy for stress relief. Learn tips on how to use the right essential oils to help in reducing stress symptoms such as headaches, aches and pain, anxiety, depression and insomnia.

Date: Sun, 5 Jun '22

Time: 2pm – 3pm

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Platform: Live on Zoom*

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

Register by: 1 Jun '22



*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.



FREE for members

Beauty Talks by Candy Lim

4 Tips for Radiant Skin

Synopsis:

What you need to know to achieve that glow

Dates: Sat, 9 Apr '22 OR 14 May '22 OR 11 Jun '22



Look 5 Years Younger with Effortless 5mins Everyday

Synopsis:

- Three steps to reverse ageing
- Confidence through radiant and beautiful skin

Dates: Sat, 21 May '22 OR 18 Jun '22



Unlock the Secret to Look Fabulous Everyday

Dates: Sat, 28 May '22 OR 25 Jun '22



5 Secrets to 5kg Slimmer Visually in 5 Minutes

Synopsis:

- Putting the art and science in your OOTD
- Learn how to use outfit colours and style as well as your accessories to bring out the best of you!

Date: Sat, 4 Jun '22



For the above workshops:

Time: 2pm – 3pm

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Venue: Live via Zoom*

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

Register by: 3 days before workshop



Beauty Workshops by Gelainza Kong (GEL)

Understand Your Skin Types

Date: Sat, 14 May '22

Time: 2pm – 3.15pm

Fees: Members \$10, Public Service Officers \$15, Guests \$20 (including a door gift for each participant)

Venue: CSC @ Tessensohn

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

Register by: 6 May '22



FREE for members

Relaxing Eye Spa

Date: Sat, 16 Apr '22

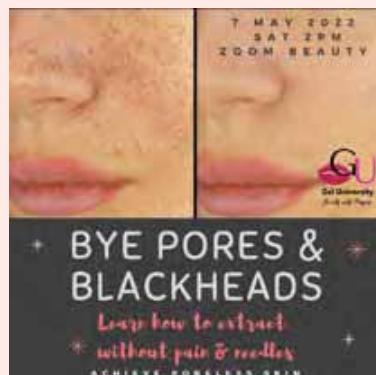
Register by: 12 Apr '22



Bye Pores & Blackheads

Date: Sat, 7 May '22

Register by: 3 May '22



Lighten Dark Spots

Date: Sat, 11 Jun '22

Register by: 7 Jun '22



Korean Eye Makeup

Date: Sat, 18 Jun '22

Register by: 14 Jun '22



For the above workshops:

Time: 2pm – 3.15pm

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Platform: Live on Zoom*

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.

online

FREE for members

Eat to Lose

How Women after 40 can easily lose weight

Dates/Time:

Tue, 12 Apr '22 7pm – 8pm OR

Sat, 18 Jun '22 2pm – 3pm



Eat well to burn vs Eat less to Lose

Date: Sat, 14 May '22

Time: 2pm – 3pm



For the above workshops:

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Platform: Live via Zoom*

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

Register by: 3 days before activity date

online

FREE for members

Eatright Nutrition Workshops

Eating Well on a Tight Budget

Date: Fri, 6 May '22

A common misconception is that healthy eating is expensive.

Well, it can be if you're eating out often, buying mostly pre-packaged foods and in-trend new foods like acai bowls plant based "meats" or focusing on items with label claims like "healthy" or "organic" or "natural".

This talk will give you the basics of nutrition and how healthy eating can be achieved through choosing simple, whole and affordable foods.

Tips such as

- advanced meal planning or deliveries
- budget-friendly grocery shopping (buying house-brands, buying local, group buy, etc), and creating a dish
- how to transform the home for healthy eating & snacking and meal prep environment.

Some yummy but cost-effective family friendly recipes will also be highlighted for home chef enthusiasts.



Boosting Your Immunity with Optimal Nutrition & Exercise

Date: Fri, 13 May '22

Boosting one's immune system has become a hot topic of late given the current COVID-19 situation.

It's important to understand how our body's immune system works, and the nutrients that would boost it. This talk gives the low down on nutrients that matter, namely Vitamin C and D, Zinc, Polyphenols and Probiotics, and the types of foods that contain these nutrients.

The importance of getting enough exercise (not too much and not too little) and sleep will also be discussed as part of a holistic approach towards boosting one's immune system.



Understanding Food Labels

Date: Fri, 20 May '22

Food labels can be tricky and mind-boggling as nutrition information panels are presented differently depending on the country of origin. Let our nutrition educator show you how to go beyond simply looking at calories, sugar and fat content. Learn how to read food labels accurately and be an informed consumer to make smart and healthier purchases.



Top 7 Nutrition Myths

Date: Fri, 27 May '22

This talk will bust commonly held nutrition myths or half-truths with the latest evidence. Myths such as:

- Intake of apple cider vinegar or grapefruit will speed up metabolism and burn fat
- Brown or coconut sugar and honey are healthier than white sugar
- Meals after 8pm will cause weight gain
- Egg yolks are high in cholesterol so take only egg whites



Eat Right for Good Bone Health

Date: Fri, 3 Jun '22

Bone health is not just for seniors, but for younger people too. Good bone health in your prime years helps ensure healthy ageing later in life.

Our Nutrition Educator will discuss the importance of calcium, vitamin D and weight bearing exercises in the prevention of osteoporosis, plus give practical tips on how to achieve optimal intake of nutrients for good bone health.



Good Fats Bad Fats

Date: Fri, 10 Jun '22

Are all fats bad for me? Are eggs bad for my cholesterol levels? What about loading up on seeds, coconut oil and MCT (medium chain triglycerides) and the ketogenic diet? Why should I care about triglycerides or trans fats?

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



Fabulous or Fad Diets?

Date: Fri, 17 Jun '22

Lifestyle diets such as ketogenic and intermittent fasting have a wide appeal especially for those looking to drop 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?

Come and listen to Sharon, our very entertaining and knowledgeable Nutrition Educator who will equip you with useful, practical and medically safe advice for maintaining a healthy weight for the long term.

Remember, diets come and go... understanding fundamental nutrition logic improves your health and lasts a lifetime.



For the above workshops:

Time: 3pm – 4pm

Fees (per workshop): 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

*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

FREE for members

Science of Healthy Weight Loss

Weight management is a challenge for many. With so much information on the different methods and ways to lose weight, how do we know which to follow? Which is the best exercise routine? Which diet is the most suitable and most sustainable?

This one-hour talk seeks to address all these common concerns and offer a plan you can implement to lose weight in a healthy manner and, more importantly, how to keep the weight off for life!

Date: Sat, 14 May '22

Time: 3pm – 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: 1 week before workshop



online

FREE for members

Art of Aroma Body Massage

Aroma massage is the use of essential oils to activate the healing properties in the human body. Essential oils is absorbed through the skin into the blood system and carried to the various body systems. At this workshop, you will learn aroma massage techniques and how to make your own massage blends.

Date: Sat, 7 May '22

Time: 11am – 12pm

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Platform: Live on Zoom*

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

Register by: 4 May '22



online

FREE for members

Essential Oil Workshops

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

Boost Your Immunity with Essential Oils

Improve your immunity by using the right essential oil. Our speaker will share on various types of immunity boosting essential oils which can protect you from bacteria and virus.

Date: Sat, 21 May '22

Register by: 18 May '22



How Essential Oils Can Help Manage Eczema

While there is no cure for eczema, there are ways to ease irritation. Our speaker will share on how to pick the right essential oil and use it correctly to help relieve eczema discomfort.

Date: Sat, 18 Jun '22

Register by: 15 Jun '22

Facial Guasha with Essential Oils

Understand the useful properties in essential oil and how to use the right oils for facial Guasha.

Date: Sat, 23 Jul '22

Register by: 20 Jul '22

For the above workshops:

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

online

FREE for members

Relieve Back Pain with Meridian Self-Therapy

Causes for back pain range from a pulled muscle to a more serious condition on the spine. In this workshop, participants will gain a better understanding of back pains. They will also learn and get to practise self-care techniques to relieve and avoid the nagging pain.

Date: Thu, 28 Apr '22

Time: 7.30pm – 9.30pm

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Platform: Live on Zoom*

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

Register by: 22 Apr '22



Integrative Solutions for Back Pain

Back pain is a common issue, with causes ranging from injury, bad posture, disc degeneration and osteoarthritis. In this program, participants will learn an integrative approach in back care, to relieve nagging pain and to strengthen the back to prevent future occurrences. Integrative approach combines the best practices of meridian self-therapy techniques with musculoskeletal knowledge for holistic care of your back.

Dates: 3 Saturdays, 21 May to 4 Jun '22

Time: 2.30pm – 4.30pm

Fees: Members \$65, Public Service Officers \$75, Guests \$80

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

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

Register by: 13 May '22

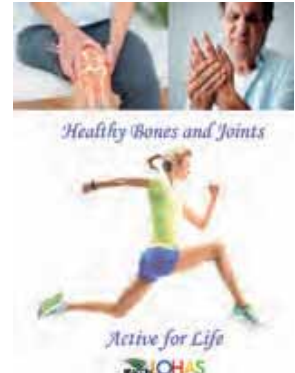


online

FREE for members

Fundamental Principles for Healthy Bones and Joints

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



Date: Sun, 22 May '22

Time: 2.30pm – 4pm

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Platform: Live on Zoom*

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

Register by: 17 May '22

online

FREE for members

Get Healthy with Meridian Qi-Flexercise

The 12 meridians in our body are the “super highways” for your body Qi and blood flow. Blockages in the meridians may result in physical discomfort and ailments, such as aches and pain, numbness, indigestion, lethargy, overweight or underweight. Meridian Qi-Flexercise helps in clearing the blockages in your meridians to revitalise your health.

Date: Sat, 4 Jun '22

Time: 10am – 11.15am

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Platform: Live on Zoom*

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

Register by: 31 May '22



*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 Program (Renew & Regrow)

Learn the important four-step framework to improve knee and joint functions. Participants will learn Meridian Qi-Flexercise and self-therapy techniques, daily routines that make a big difference and practical food remedies. Renew your knowledge, and regrow your cartilage.

Date: 4 Thursdays, 9 Jun to 30 Jun '22

Time: 7pm - 8.30pm

Fees: Members \$75, Public Service Officers \$85, Guests \$90

Venue: CSC @ Tessensohn

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

Register by: 2 Jun '22



LOHAS Meridian Self-Therapy Program (LOHAS-MSP)

Meridian system is the vital pathway for Qi and blood circulation in our body. Sluggish Qi & blood flow causes health issues such as headache and migraine, lethargy, sensitive nose and skin, aches and pains, weight and digestion issues, insomnia, low immunity and many more. Learn LOHAS Meridian Self-Therapy Program to relieve and resolve these health issues and gain energy and vitality naturally.

Date: 4 Saturdays, 18 Jun to 9 Jul '22

Time: 2pm - 6pm

Fees: Members \$370, Public Service Officers \$380, Guests \$390

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

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

Register by: 13 Jun '22



online

FREE for members

Relax and Release the Tension with Meridian Self-Therapy

Stress and anxiety is common in our modern living. Self-care techniques to relax and release tension will come in handy in the current uncertain times. Participants will be guided through practical techniques to relax and refresh their mind and emotion. The relaxation technique is going to help them relieve the tension in the body and sleep better too.

Date: Fri, 24 Jun '22

Time: 7.30pm - 9pm

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Platform: Live on Zoom*

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

Register by: 17 Jun '22



online

FREE for members

Understanding Diabetes

Singapore has one of the highest rates of diabetes in the world. Learn more about the condition, understand the differences between Diabetes I and II, the complications they may lead to and how to adopt a healthier lifestyle to prevent diabetes.

Date: Sat, 14 May '22

Time: 11am - 12.30pm

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Platform: Live on Zoom*

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

Register by: 11 May '22



online

FREE for
members

Talk on Ageing Well

Join Dr Vina Doshi, a consultant physician and specialist with a rich experience in caring for the elderly as she speaks on her expertise subject of the normal changes with ageing and how we can prevent or slow down some of these processes

so that we can continue to be functional and live life to the fullest.

Date: Sat, 11 Jun '22

Time: 11am - 12pm

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Platform: Live on Zoom*

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

Register by: 6 Jun '22



Benefits of Infused Enzymes Drinks

Want to learn how enzymes drinks can help boost your digestive and immune health? Look no further than this enzymes drinks workshop where you will learn how to use fruits and herbs to make naturally fermented vinegars - to drink and to use as salads dressing.

Date: Sat, 16 Jul '22

Time: 11am - 1pm

Fees: Members \$42, Public Service Officers \$48, Guests \$50

Venue: CSC @ Tessensohn

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

Register by: 10 Jul '22



online

FREE for
members

How to Restore and Rebuild Your Gut Health

All foods we take ultimately end up in our gut where it's broken down suitably into nutrients to be delivered into our bodies through the bloodstream. Hence the importance of a healthy digestive system.

Outline:

- Functions of the digestive system
- Signs and symptoms of unhealthy gut
- What to eat for good gut health?

Date: Sat, 25 Jun '22

Time: 11am - 12.30pm

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Platform: Live on Zoom*

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

Register by: 22 Jun '22



*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.

Fitness Classes

FREE for members

Animal Flow by Vienna Goh

Crawl like a bear, scuttle like a crab, reach like an ape. A bodyweight movement fitness workout focused largely around ground-based work which aims to improve mobility, stability, strength and power. It challenges the body through multiple planes of movement and is a great compliment to barbell work and explosive power athletes (runners, jumpers, martial arts, etc.)

Dates: 8 Apr '22 OR 3 Jun '22



3 June Special
FREE for
Public Service
Officers

Virtual Sound Bath Experience by Selena Heng

Sound Bath is an immersion of sound and vibrations created from different sound instruments that heals our body, mind and spirit. A meditative experience to help you reconnect, rejuvenate from within.

Date: Fri, 22 Apr '22 OR 17 Jun '22



Yoga Flex by Alice Ong (Ally Wang)

Yoga Flex is a dynamic movement class that brings together total body stretching, strengthening yoga postures, and balance and mobility training. The class is set to engaging world beats and combines an athletic focus with mental relaxation techniques.

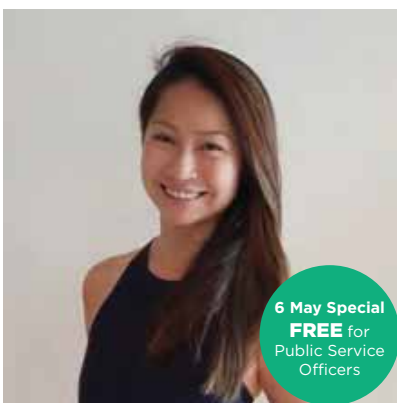
Date: Fri, 29 Apr '22 OR 20 May '22



Hatha Flow by Pamela Tan

Using Hatha yoga fundamentals, Hatha Flow combines the strength of held postures and the serenity of breath-directed movements. A Hatha flow class focuses on every movement. It offers longer holds so that there is time to adjust as you move in transition from one movement to the next.

Date: Fri, 6 May '22



6 May Special
FREE for
Public Service
Officers

Zumba Gold by Sue Kromaino (Pinky)

Enjoy a mellow version of this dance-inspired workout! Get your heart rate up and build endurance in a low impact format. A modified Zumba class that recreates the original moves you know and love, and a lower intensity. Immerse yourself in easy to follow Zumba choreography with a focus on balance, range of motion and coordination. Come ready to move your body and build your energy, and leave feeling strong and empowered. This class is open to all fitness levels.

Date: Fri, 13 May '22 OR 10 Jun '22



Zumba Fitness by Grace Chiang

A fitness program that combines Latin and international music with dance moves and incorporates interval training to help improve cardiovascular fitness. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Date: Fri, 27 May '22 OR 24 Jun '22



For the above workshops:

Time: 7.30pm – 8.30pm

Fees: FREE for Members, Public Service Officers \$5, Guests \$8 (except otherwise indicated)

Platform: Live on Zoom*

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

Register by: 3 days before class

online

FREE for members

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: 9 OR 30 Apr '22 OR 21 May '22 OR 18 Jun '22

Time: 4 – 5pm

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Platform: Live on Zoom*

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

Register by: 3 days before class



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: 6 – 27 May '22 OR 3 – 24 Jun '22 OR 1 – 29 Jul '22 (5)

Time: 7.30pm – 8.30pm

Fees*: Members \$40, Public Officers \$45, Guests \$50

Venue: CSC @ Tessensohn

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

Register by: 1 week before class



online

FREE for members

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.

Dates: Sun, 19 OR 26 Jun '22

Time: 11am – 12.30pm

Fees: FREE for all

Platform: Live on Zoom*

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



Cardio Kickboxing

Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio to build stamina, improve coordination and flexibility, and burn calories.

No lesson on PH

CSC @ Tessensohn 7pm – 8pm	4 Thursdays 5 – 26 May '22 OR 2 – 30 June '22 (5) OR 7 – 28 July '22
CSC @ Bukit Batok 7pm – 8pm	4 Fridays 6 – 27 May '22 OR 3 – 24 Jun '22 OR 1 – 29 Jul '22 (5)

Fees*: Members \$70, Public Service Officers \$75, Guests \$80

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

Register by: 1 week before class



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

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

Pilates

Pilates is a great way to build strength, flexibility and posture. It 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
7 – 28 May '22 OR 4 – 25 Jun '22 OR 2 – 30 Jul '22 (5)	9 – 30 May '22 (3) OR 6 – 27 Jun '22 OR 4 – 25 Jul '22

Fees*: Members \$40, Public Service Officers \$45, Guests \$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: 10 – 31 May '22 OR 7 – 28 Jun '22 OR 5 – 26 Jul '22

Time: 6.50pm – 7.50pm (Tessensohn)
7pm – 8pm (Bukit Batok)

Fees*: Members \$50, Public Service Officers \$55, Guests \$60

Venue: CSC @ Tessensohn and CSC @ Bukit Batok

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

Register by: 1 week before class



Boogie Bounce Extreme (BBX)

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 chart topping music and enjoy an effective cardio and muscle toning session. Suitable for all ages.

Schedule (no lessons on PH)

CSC @ Bukit Batok	Mondays, 8pm – 9pm 9 – 30 May '22 OR 6 – 27 Jun '22 OR 4 – 25 Jul '22
	Wednesdays, 7pm – 8pm 4 – 25 May '22 OR 1 – 29 Jun '22 (5) OR 6 – 27 Jul '22
CSC @ Tessensohn	Sundays, 10am – 11am 3 – 24 April '22 OR 8 – 29 May '22 (3) OR 5 – 26 Jun '22 OR 3 – 31 Jul '22 (4)
	Wednesdays, 7pm – 8pm 4 – 25 May '22 OR 1 – 29 June '22 (5) OR 6 – 27 Jul '22
	Fridays, 6.30pm – 7.30pm 6 – 27 May '22 OR 3 – 24 Jun '22 OR 1 – 29 Jul '22 (5)



Fees*: Members \$70, Public Service Officers \$75, Guests \$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.

Inline Skating for Beginners

A sport that enhances your health and mental fitness, while providing hours of fun. Suitable for adults and children aged 4 and above. Participants may re-arrange class schedule with the instructor 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	1 Jun – 20 Jul '22 OR 27 Jul – 14 Sep '22 Time: 6pm – 7pm OR 7.30pm – 8.30pm
8 Wednesdays @Punggol	1 Jun – 20 Jul '22 OR 27 Jul – 14 Sep '22 Time: 6.30pm – 7.30pm OR 8pm – 9pm
8 Fridays @Pinnacle at Duxton	3 Jun – 22 Jul '22 OR 29 Jul – 16 Sep '22 Time: 6.30pm – 7.30pm OR 8pm – 9pm

WEEKEND GROUP CLASS

8 Saturdays @East Coast Park Car Park E1	28 May – 16 Jul '22 OR 23 Jul – 10 Sep '22 Time: 11:30am – 12:30pm OR 3:30pm – 4:30pm OR 5pm – 6pm
8 Sundays @East Coast Park Car Park E1	12 Jun – 7 Aug '22 OR 14 Aug – 2 Oct '22 Time: 11:30am – 12:30pm OR 3:30pm – 4:30pm OR 5pm – 6pm

Fees: Members \$170, Public Service Officers \$180, Guests \$190

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

Register by: 1 week before class

Swimming for Ladies

Learn to swim with veteran Coach Ms Thipa who has been training adults and young learners for more than 10 years. In particular, she is able to help new swimmers overcome fear of water in a short time.

For beginners, she offers an **8-lesson** programme that covers: Confidence building, introduction of the front and back paddle as well as breaststroke.

WEEKDAY GROUP CLASS	
8 Wednesdays	6 Apr – 25 May '22 OR 8 Jun – 27 Jul '22
8 Thursdays	7 Apr – 26 May '22 OR 9 Jun – 28 Jul '22

Time: 9am – 10am

Fees: Members \$280, Public Service Officers \$300, Guests \$320

Venue: CSC @ Tessensohn

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

Register by: 1 week before class



Deep Aqua Aerobics

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

Class Schedule (4 lessons per class unless otherwise indicated, no lessons on PH)	
4 Mondays 9am – 10am OR 6.30pm – 7.30pm OR 7.30pm – 8.30pm	9 – 30 May '22 (3) OR 6 – 27 Jun '22 OR 4 – 25 Jul '22 (3)
4 Tuesdays 8am – 9am OR 6.30pm – 7.30pm OR 7.30pm – 8.30pm	10 – 31 May '22 OR 7 – 28 Jun '22 OR 5 – 26 Jul '22
4 Wednesdays 6:15pm – 7:15pm OR 7:15pm – 8:15pm	4 – 25 May '22 OR 1 – 29 Jun '22 (5) OR 6 – 27 Jul '22
4 Thursdays 6:30pm – 7:30pm OR 7.30pm – 8.30pm	5 – 26 May '22 OR 2 – 30 Jun '22 (5) OR 7 – 28 Jul '22
4 Fridays 9am – 10am OR 6:30pm – 7:30pm OR 7.30pm – 8.30pm	6 – 27 May '22 OR 3 – 24 Jun '22 OR 1 – 29 Jul '22 (5)

Fees*: Members \$40, Public Service Officers \$45, Guests \$60

Venue: CSC @ Tessensohn

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

Register by: 1 week before class



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

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

Food Solutions Workshops Our Forgotten Foods

Kueh Ubi Blue
Comfort Olive Rice Special
Penang Style Tau You Bak

Date: Sat, 9 Apr '22
Register by: 4 Apr '22



Velvety Cake Sponge
Coriander Ayam Sioh
Waterless Soup Special

Date: Sat, 23 Apr '22
Register by: 18 Apr '22



Banana Yoghurt Loaf
Hokkien Fried Rice
Recipe of the Day 今日特别食谱

Date: Sat, 7 May '22
Register by: 2 May '22



Fudgy Brownies
Nyonya Hong Ark
Recipe of the Day 今日特别食谱

Date: Sat, 21 May '22
Register by: 16 May '22



Cantonese Dong Cai Meat Patties
Nourishing Budock Soup Brewed
Recipe of the Day 今日特别食谱

Date: Sat, 11 Jun '22
Register by: 6 Jun '22



Cantonese Clam Chicken
Artisan Korean Mochi Bread
Waterless Morels Chicken Tonic

Date: Sat, 25 Jun '22
Register by: 20 Jun '22



For the above workshops:

Time: 2pm – 5pm

Fees: Member \$35, Public Service Officer/Guest \$38 per workshop.
S\$2 for take away packaging per person to be paid to the instructor.

Venue: CSC at Tessensohn

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

Collaboration Partners:





online

FREE for members

Cooking with Chef Michelle

Chicken Floss Bun

A milk bun topped with luscious chicken floss

Date: Sun, 17 Apr '22
Register by: 12 Apr '22



Modern Seafood

- Vongole
- Clams cooked in a white wine sauce
- Herb crusted Salmon
Herbs will be made from scratch using a combination of sundried tomatoes, green peppers and coriander.

Date: Sun, 1 May '22
Register by: 26 Apr '22



Kimchi and Kimchi Fried Rice

Date: Sun, 15 May '22
Register by: 10 May '22



All About Sushi

California roll, various Nigiri, Tamago

Will demonstrate the making of sushi rice, and various techniques of different sushi.

Date: Sun, 29 May '22
Register by: 24 May '22



Quiche with Smoked Salmon

Quiche made from scratch and filled with cheese and salmon smoked in a wok.

Date: Sun, 12 Jun '22
Register by: 7 Jun '22



Doughnuts

Krispy creme doughnuts from scratch.

Date: Sun, 26 Jun '22
Register by: 21 Jun '22



For the above workshops:

Time: 10am – 11am

Fees: FREE for Members, Public Service Officers \$8, Guests \$12

Platform: Live on Zoom*

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

Hands-on In-person Workshops

Kimchi Workshop

- Sundae Jjigae (Soft tofu stew)
- Kimchi fried rice
Get to make your own kimchi and take home to ferment. Also learn to transform kimchi to two exciting dishes suitable for vegetarians!



Date: Sun, 5 Jun '22
Time: 10am – 12pm
Fees: Members \$60, Public Service Officers \$70, Guests \$75
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 30 May '22

Macaron K

Or 'fat-carons'... while a typical French-style macaron is usually piped simply with a layer of buttercream, its roly-poly Korean counterpart is stuffed almost to bursting with all kinds of ingredients like whole strawberries, sponge cake & buttercream.



Date: Sun, 10 Jul '22
Time: 10am – 12pm
Fees: Members \$60, Public Service Officers \$70, Guests \$75
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 4 Jul '22

*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 & Cooking with Stephanie

Cottage Pie

Students work in pairs to learn how to marinate the chicken meat filling, and how to make the mash topping from scratch. A freshly baked pie is always a special treat for the family on a Sunday afternoon!

Date: Sun, 24 Apr '22

Fees: Members \$60,
Public Service Officers \$70,
Guests \$75

Register by: 18 Apr '22



Pandan Butter Loaf with Gula Melaka Buttercream

Learn how to do a dense butter cake with fresh pandan flavour. Also, how to do Italian meringue buttercream – a medium that is more stable in our humid weather – and how to flavour it with gula melaka. Participants get to take home a 6" loaf each.

Date: Sun, 8 May '22

Fees: Members \$60,
Public Service Officers \$70,
Guests \$75

Register by: 3 May '22



Ayam Buah Keluak

Students will learn how to select buah keluak nuts, prepare them, and make the rempah for the dish. While this is not the meat stuffed in the nut version, the recipe is easily adaptable. Participants get to take home a portion of the dish and a few buah keluaks – bring your own container (about 4" in height).

Date: Sun, 22 May '22

Fees: Members \$55,
Public Service Officers \$65,
Guests \$70

Register by: 16 May 22



Pineapple Prawn Curry

Learn how to make the sweet spicy pineapple curry, and how to simmer the rempah till it's a rich gravy.

Date: Sun, 12 Jun '22

Fees: Members \$55,
Public Service Officers \$65,
Guests \$70

Register by: 7 Jun '22



Carrot Cake Loaf with Cream Cheese

Learn to make a carrot cake from a well-loved recipe, and a cream cheese recipe to complement the carrot cake. Participants go home with a 6" loaf each.

Date: Sun, 19 Jun '22

Fees: Members \$60,
Public Service Officers \$70,
Guests \$75

Register by: 13 Jun '22



For the above workshops:

Time: 10am – 1pm

Venue: CSC @ Tessensohn

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

Baking by Harry

Tarts Special

Pear Frangipane Tarts

This classic French poached pear tart is made with a sweet tart dough and filled with poached pears and frangipane (almond cream). It makes for an ideal treat for family and friends on special occasions.



Gluten-free Brownie Pecan Tarts

The tart shell is made with gluten-free flour. If your guest is gluten intolerant, you can make these petite tarts filled with the flavours of pecan pie and brownie.



Date: Sat, 30 Apr '22

Fee: Members \$70,
Public Service Officers \$80,
Guests \$85

Register by: 22 Apr '22

Gluten Free Breads

Bread lovers can rejoice with these breads that are made with gluten-free flour. Enjoy them with different flavours:

- Multigrains Buckwheat
- Banana Coconut
- Pumpkin



Date: Sat, 14 May '22

Fee: Members \$70, Public Service Officers \$80,
Guests \$85

Register by: 6 May '22

Popular Local Bites

Ang Ku Kueh, Black Ku Kueh, Green Ku Kueh – It is a much-loved steamed “kueh” whose influences stretch across several communities as a shared heritage.



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



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



Date: Sat, 4 Jun '22

Fees: Members \$60, Public Service Officers \$70,
Guests \$75

Register by: 10 Jun '22

For the above workshops:

Time: 2pm – 5pm

Venue: CSC @ Tessensohn

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

online

FREE for members

Baking with Nanatang

Nanatang started as a home-based bakery selling her own creations in 2013. She now runs a Korean-style dessert shop and a baking studio where she and a team of professional instructors conduct classes teaching insta-worthy sweet treats. She is passionate to share her easy-to-learn recipes with like-minded home bakers.

Ondeh Ondeh Cupcakes

Pandan and Gula Melaka have always been a perfect match. Learn to bake soft and moist pandan cupcakes and whip fluffy cream cheese frosting.



Date: Sat, 30 Apr '22

Register by: 27 Apr '22

Bean Paste Floral Cupcakes

Learn how to bake soft and spongy cupcakes, and the techniques to pipe realistic-looking floral designs using bean paste.



Date: Sat, 7 May '22

Register by: 4 May '22

Yuzu Macarons

Learn tips and tricks from Serena to make perfect macaron shells with yuzu fillings. You will also learn the piping techniques to create smooth macaron shells with ruffled feet.



Date: Sat, 28 May '22

Register by: 25 May '22

Korean Daisy Wording Cake

Learn how to bake soft and moist cake and create the trendy Korean-style palette effect with Swiss meringue buttercream frosting.



Date: Sat, 11 Jun '22

Register by: 8 Jun '22

Hidden Gems Cake

Learn to create this insta-worthy dazzling gems cake which can be customised to your own birthstone.



Date: Sat, 25 Jun '22

Register by: 22 Jun '22

For the above workshops:

Time: 11am – 12pm

Fees: FREE for Members, Public Service Officers \$5,
Guests \$8

Platform: Live on Zoom*

Contact: Serene Cho at 6391 5620 or
serenecho@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.

Ballroom Waltz and Latin Cha Cha for Beginners

Ballroom dancing helps develop both mind and muscles. It tones up your body and teaches social graces, while boosting self-confidence and creating opportunities to make new friends.

Dates: 8 Sundays, 10 Apr '22 – 12 Jun '22 (No class on public holidays)

Time:

Ballroom Waltz 4pm – 5pm

Latin Cha Cha 3pm – 4pm

Fees per class: Members \$125, Public Service Officers \$135, Guests \$145

Venue: CSC @ Tessensohn

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

Register by: 5 Apr '22



Organic Gardening

Growing Organic Culinary Herbs & Spices

A hands-on workshop to put your green fingers to work and start a garden of organic herbs and spices right where you are! Organic herbs are natural remedies for common cold and flu, a weak stomach, detoxification, easy breathing, and for slimming and healthy skin and hair. Not to mention the culinary properties in some of them, making them perfect ingredients for your home-made dishes. All participants will receive a free starter care kit worth \$50.

Outline:

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

Dates: Sun, 17 Apr '22 OR Sat, 14 May '22 OR 18 Jun '22



100%
SkillsFuture
Credit Claimable

Growing Organic Vegetables for Beginners

A hands-on workshop that provides all the practical tips you need to start an organic vegetable garden and be able to enjoy a harvest within three weeks. All participants will receive a free starter care kit worth \$50.

100%
SkillsFuture
Credit Claimable

Outline:

- Green finger tips – Grow anything and anywhere (HDBs, landed properties, farms, etc)
- Selection of veggies to grow
- How to obtain seeds for growing
- Seedling and plantlet care
- Sunlight and watering requirements
- Use of organic fertilisers and pesticides
- Shortcuts and time-savers
- Soil-less and container planting
- Aquaponics concepts

Dates: Sun, 24 Apr '22 OR Sat, 7 May '22 OR 4 Jun '22



Fees per pax per workshop:

Single Early Bird	\$220
Buddy Early Bird	\$201
Single	\$230
Buddy Special	\$211

Advanced Gardening

Pre-Requisites: Must have already attended the 1-Day Organic Vegetables or the 1-Day Culinary Herbs workshop.

Date: Sat, 18 Jun '22



100%
SkillsFuture
Credit Claimable

Fees per pax per workshop:

Single Early Bird	\$331
Buddy Early Bird	\$306
Single	\$360
Buddy Special	\$335

For the above workshops:

Time: 9.30am – 5pm

Discounts on all pricing tiers: Members 6% OFF (use promo-code "CSCM123"), Public Officers/Guests 3% OFF (use promo-code "CSCPO/G2022")

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

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

Register by: 2 weeks before class

Angler Course for Beginners

This one-day trip out to scenic Lazarus Island is ideal for those interested to try out fishing as a new hobby. Participants will learn both basic theory and practical aspects of the sport. Upon course completion, you will be able to use a fishing setup confidently as well as handle a hooked fish.



Age limit: Minimum 5 years old (Kids between 5-12 years must be accompanied by an adult.)

Bring your own: Drinking water (about 1.5l per pax), Sunblock, Sunglasses, Pouch to keep your starter kit, Raincoat, Insect repellent, Swimwear, Packed lunch

Notes: Water on the island is not potable. There is no F&B for sale. Also no bathing facilities, only toilet with water hose for washing up.

Dates: Sat, 24 Apr '22 OR 12 Jun '22

Time: 9am - 4pm

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

Fees: Members \$130, Public Service Officers \$132, Guests \$135

(Fees include: 2-way ferry transfer to/from Lazarus Island, Beginner Angler's course handbook and starter kit, Fishing equipment and accessories, and Light refreshments. Lunch is not provided.)

Venue: Embarkation point at Marina South Pier

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

Register by: 1 week before course

Family Fishing at ORTO

If you are considering fishing as a family hobby, this clinic is for you. Conducted at a local Amazonian fishing pond which is home to a variety of river monsters, participants will learn all the fishing tactics and techniques. Here is the chance for you to experience hooking and fighting a fish!

Dates: Sat, 4 Jun '22 OR 18 Jun '22

Time: 9am - 12pm

Fees: Members \$45, Public Service Officers \$48, Guests \$52

Venue: ORTO Leisure Facility (near Khatib MRT)

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

Register by: 1 week before workshop

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



Yacht Fishing Trip

Take a fishing trip out on a yacht to the southern islands, a good bet if you are looking to break your personal heaviest catch record. The water here is known to hold Singapore's largest reef eco system and a rich community of fish species including snappers and giant groupers.

Experience required: Able to tie your own fishing rigs

No. of Anglers: Max 8

Bring your own: Packed lunch, Sunblock, Sunglasses, Plastic bags to hold your catch, Seasick medication, Raincoat

Dates: Sun, 1 May '22 OR 18 Jun '22

Time: 9am - 3pm

Fees*: Members \$228, Public Service Officers \$230, Guests \$232 (Min age, 5 years)

(Fees include: Experienced fishing master as guide, Mineral water onboard, Fresh catch of your own to bring back, Ice for storage of catch, Fishing equipment, Live prawns for bait)

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



*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.

Chek Jawa Boardwalk Adventure

Join us on this boardwalk tour to discover and learn about Chek Jawa's six ecosystems and the diverse array of animals and species that inhabit these unique habitats. Get up close and see fiddler crabs and monitor lizards in action. Learn interesting facts of some faunas and floras and the importance of mangroves. Suitable for children aged 3 and above.

Dates:

Sun, 8 May '22 OR 12 Jun '22 OR 26 Jun '22
Sat, 28 May '22 OR 4 Jun '22 OR 25 Jun '22 OR
16 Jul '22

Time: 8am – 11:15am

Fees: Members \$22, Public Service Officers \$28, Guests \$32

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

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



Nature Kayaking

Take a fun tour by kayaking through the nature reserves. Not only to experience its tranquillity, but also to better visualise the vulnerability of our environment. Kayaking equipment and safety gears will be provided.

Dates: Sat, 14 May '22 OR 11 Jun '22 OR 9 Jul '22

Time: 9am – 12pm

Fees: Members \$40, Public Service Officers \$46, Guests \$48

Venue: Assemble at Loyang

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

Register by: 1 week before each session



1 Star Kayaking Course

A 2-day program emphasising safety and skill acquisition for entry-level paddlers. Sign up now to gain certification as a 1 Star (Accredited by Singapore Canoe Federation) kayaker!

Course will be conducted at Ohana Beach House (Pasir Ris). Pre-entry requirement: Swimming 50m with PFD and minimum age limit of 12 years old.

Technical skills covered:

- Lifting & carrying
- Launching & coming ashore
- Embarking & disembarking
- Forward paddle a circuit of 100m with directional control
- Reverse paddle a circuit of 25m with directional control
- Stopping
- Forward & reverse sweep strokes
- Planned capsize followed by swim ashore with retention of kayak and paddle
- Emptying of water
- Simple beginnings of moving sideways ('J' draw and classic draw)
- Simple beginnings of stern rudder (going in a straight line)
- Simple beginnings of low recovery
- Rafted 'X' rescue

Dates: Sat & Sun, 21 & 22 May '22 OR 18 & 19 Jun '22 OR 16 & 17 Jul '22

Time: 10am – 5pm (with 1-hr lunch break)

Fees: Members \$87, Public Service Officers \$93, Guests \$95

Venue: Ohana Beach House (Pasir Ris)

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

Register by: 1 week before session



Stand-Up Paddling

If you love the sea, the sun and the 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.

Dates: Sat, 28 May '22 or 25 Jun '22 or 23 Jul '22

Time: 9am – 12pm

Fees: Members \$45, Public Service Officers \$50, Guests \$52

Venue: Assemble at Loyang

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

Register by: 1 week before each session



Resin Tray Workshop

Gloss up a tray with a splash of colours using the unique art form of resin pouring. At this hands-on workshop for beginners, you get to work with resin as a medium, create glossy, slick art; and take home your own masterpiece

Techniques: Puddle pour and Dirty pour – 3 to 5 colours. Single pour on bronze tray of size 38cm.

All materials for the workshop will be provided. Resin takes 24 hours to dry completely so we recommend that you collect your artwork the next day.

Dates: Mon, 23 May '22 OR 30 May '22 OR 13 Jun '22 OR 20 Jun '22

Time: 10am – 1pm

Fees: Members \$145, Public Service Officers \$155, Guests \$160 (inclusive of all materials required)

Venue: Novena (near MRT)

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

Register by: 1 week before class



online

FREE for members

Make Your Own Aroma Massage Ball

The Aroma Ball is made from various dried herbs to alleviate pain or inflammation and to induce relaxation. In this workshop, you will learn:

- How to select ingredients
- Art of folding and knotting
- Applications

Date: Sat, 9 Jul '22

Time: 11am – 12pm

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Platform: Live on Zoom*

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

Register by: 3 Jul '22



Kampung Glam Tour

Kampung Glam is one of the oldest neighbourhoods in Singapore. Once a Muslim quarter and the seat of the Sultanate, it has been transformed into an eclectic enclave. The tour explores the cultural and heritage roots of this district and the colourful wall murals that the neighbourhood is renowned for. It includes visit to the Malay Heritage Centre, Aliwal Arts Centre and Sultan Hotel.

Date: Sat, 11 Jun '22

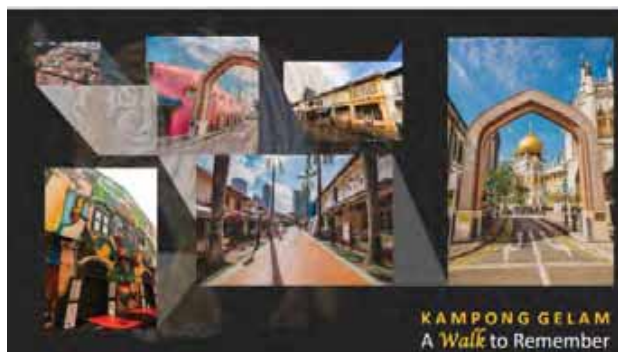
Time: 10am – 12.30pm

Fees: Members \$40, Public Service Officers \$45, Guests \$50

Venue: Kampung Glam

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

Register by: 1 week before workshop



Hainanese Heritage Tour

Hainanese came from Hainan Island in the southern part of China. This tour of the Hainanese enclave in Singapore – comprising Beach Road, Middle Road, Seah Street and Purvis Street – traces the roots of the Hainan dialect group here, including their early work and life in Singapore, and the evolvement of their cuisine resulting in dishes like Hainanese chicken rice, fried pork chop, meat pies and ox-tail stew.

Date: Sat, 18 Jun '22

Time: 10am – 12.30pm

Fees: Members \$40, Public Service Officers \$45, Guests \$50

Venue: Beach Road

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

Register by: 1 week before tour



*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

FREE for members

Marketing Talks

Discovering Your Searchability Factor

- **Being Discoverable and Searchable in Google** opens up a wealth of opportunities for your business
- What if there is a **Searchability Blueprint** that you can follow and implement that allows your business to be set on the path of searchable success
- Come discover the **Foundational Blocks needed to build a Strong Searchability Factor** for your business that goes beyond Search Engine Optimisation
- Learn **Market Positioning & Magnetic Persuasion Hacks** that are optimised for Best Searchability
- Discover the immediate actionable steps you can take after the webinar to improve your searchability online

Date: Sat, 16 Apr '22

Secrets to a Searchable Video

- Importance of Video as a communication medium
- Importance of Youtube in Search
- Checking out Competition in Youtube using Tools
- Configuration of a Youtube Channel for Search
- Researching the Video Ideas & Content
- Recording the Video – Tips
- Uploading & Configuring the Video for Search

Date: Sat, 14 May '22

Secrets to a Searchable Profile in LinkedIn

- Discover the Components of a Good Profile
- Knowing our target Audience Persona & The Right Content
- Setting up Your LinkedIn Profile for Success
- Updating Experiences to be searchable & relevant
- Getting Recommendations for Credibility
- Social Media Ethics

Date: Sat, 4 Jun '22



For the above workshops:

Time: 2pm – 3pm

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Platform: Live via Zoom*

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

Register by: 3 days before workshop

online

FREE for members

Will Planning & Lasting Power of Attorney (LPA) Talk

A Will and a Lasting Power of Attorney are two of the most common legal documents that authorise another person/s to take control of your affairs. Yet the two instruments perform very different functions, in fact, they come into effect under different circumstances.

Come and learn their differences, importance and how to go about 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/Time:

Sat, 30 Apr '22 OR 28 May '22 OR 25 Jun '22/11am – 12.30pm
OR Thu, 5 May '22/7.30pm to 9pm

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Platform: Live on Zoom*

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

Register by: 1 week before class



online

FREE for members

Retirement 101

A dream retirement requires early and careful planning. This online talk would be a good start.

Talk outline:

- Different facets of retirement planning
- The core characteristics of an ideal retirement portfolio
- How to create a well-structured retirement plan
- How to build a retirement portfolio that generates high stable passive lifetime income
- How to protect your retirement nest egg against longevity risk, inflation risk and market risk

Date: Sat, 14 May '22

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: 1 week before talk



online

FREE for members

CPF Changes and You

If you feel overwhelmed by the frequent changes in CPF schemes and options, and how each is different from the other, this talk is for you. Come and learn how to optimise 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, 21 May '22

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: 1 week before talk



online

FREE for members

CPF & Stocks Investing Webinar

Do you think you can retire comfortably just by relying on what you are doing right now? Most people work hard, accumulate their savings and their CPF but they do little to protect them.

Do you know it is possible to squeeze more from your existing CPF to generate income passively so as to bring forward your retirement by several years. In addition, you can invest in the top 500 global companies using an auto-pilot method recommended by none other than Warren Buffet, one of world's richest men. Learn how to do so at this webinar, and have your burning concerns addressed by Lim Wen Qi (AIA Financial Services Consultant) and Cayden Chang (Award-winning, author of four books and founder of ViA, Value Investing Academy).



Date: Tue, 24 May '22

Time: 7.15pm – 9.00pm

Fees: FREE for Members, Public Service Officers \$5, Guests \$8

Platform: Live on Zoom*

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

Register by: 19 May '22

online

FREE for members

Planning Beyond Your Generation

Planning for future generations is a daunting task. How do you ensure that your next generations are taken care of when you are no longer around? How do you ensure their financial security? Would you like to create a legacy that lasts way beyond your years? If these concerns have captured your attention, then come to this course for the answers!

In this session, you will learn how to:

- Avoid family disputes
- Prepare and plan for your loved ones especially those with young children
- Maximise CPF nominations
- Analyse real life case studies of celebrities like Whitney Houston, Paul Walker and Michael Jackson



Date: Sat, 25 Jun '22

Time: 3pm – 4pm

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

Platform: Live via Zoom*

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

Register by: 22 Jun '22

*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.


FREE for members

Talks by Life Coach Josey Koh

Josey is an ACTA certified and MOE registered trainer, life coach and Certified Parent Facilitator who has delivered more than 1,000 hours of workshops, trainings and talks to adults from all walks of life. Josey has received overwhelmingly positive feedback from her participants.

Beyond the statistics, Josey's sessions are always fun, interactive and engaging. Here is her new lineup of talks. Whether you would like to delve into communication skills, customer service, or even emotional training, there's a something for everyone in Josey's diverse repertoire.

Work Life Balance

Date: Sat, 9 Apr '22

Today, in our lightning speed world, we are so tied up with work and life responsibilities that we rarely have time to kick back and take in the sunshine. Now, more than ever, self-care should be a priority as it gives us the chance to blow off steam and reset our tired minds. Would you like to discover some great ways to soothe your body and mind during and after work? Look no further!



Public Speaking

Date: Sat, 28 May '22

We know the old saying that most people fear public speaking more than they fear death! But it doesn't have to be your greatest fear anymore. When was the last time you spoke in public? Are you ready to face the crowd after years of hiding behind your webcam? Pick up some new ideas on how to engage your audience.



Mental Wellness

Date: Sat, 30 Apr '22

With the current climate sending stress levels soaring, we'd like to ensure our loved ones are coping well. However, it's not always easy to know if someone is struggling. How can we tell when someone needs support? What are the mental health signs and symptoms to look out for? How can we support and guide our loved ones? Mental Wellness deserves our attention. If you agree, then this talk is for you.



Be A Role Model To Your Child

Date: Sat, 21 May '22

Children's very first role models are their parents. Our behaviour is constantly being observed and picked up by our little ones so we need to be mindful of our words and actions. As a Certified Parent Facilitator with over 1,000 parenting talks under her belt, speaker Josey Koh knows more than a thing or two about setting a good example for children. Listen to her first-hand experiences in the wild and wonderful world of parenting.



Anger Management

Date: Sat, 11 Jun '22

As we juggle life's responsibilities, there's one question we need to ask ourselves regularly: Are we managing our emotions well? Does your temper get the best of you at times? Do you feel terrible after raising your voice at someone? Put on a pot of calming tea, sit back, and let speaker Josey Koh guide you on how to manage anger and face challenges with a clear head.



Resume Writing

Date: Sat, 25 Jun '22

You have sent out many resumes but received few responses. What have you missed out? Join us at this one-hour session to pick up the important tips in effective resume writing.



For the above workshops:

Time: 11am - 12pm

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

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

Register by: 1 week before workshop


FREE for members

Retirement Planning Workshop

As a rule of thumb, Forbes suggests an annual savings goal of at least 10 to 15% of your salary.

Outline:

- How much do you need for retirement?
- Retirement planning strategy for ages 35, 45 and 55
- Planting the seed to build a \$1mil retirement fund

Dates: Fri, 6 May '22 OR 3 Jun '22



Estate Planning

Estate planning is not just for the sole purpose of efficient distribution of a person's assets upon death. Many people neglect planning for their loss of mental capacity.

Outline:

- What are the different objectives of estate planning?
- What are the common estate planning tools?
- Self Assessment - Can I DIY estate planning?

Dates: Fri, 13 May '22 OR 10 Jun '22



Personal Finance for Children (Parent-Child Workshop)

Research shows that many financial habits are set by age 7. This is a parent and child workshop to kick start healthy financial habits this school holiday.

Outline:

- Discuss needs vs wants and trade-offs
- Activity on how to budget and save
- Set a financial goal

Dates: Fri, 17 Jun '22 OR 24 Jun '22



For the above workshops:

Time: 11am - 12pm

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

Platform: Live via Zoom*

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

Register by: 3 days before activity date

Positive Thinking and Personal Wellbeing Workshops


FREE for members

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 interactive workshops to help you better understand yourself and overcome life barriers to bring out the best of you.

Secrets to Living A Stress-Free Life!

Today almost everyone is experiencing some form of stress and anxiety - school pressure, job switch, moving house, financial stress, marriage etc.

Anxiety disorders are developed from a complex set of risk factors such as personality, brain chemistry, life events and genetics.

We all want success in our personal and professional lives but truth is, not all of us gets to live the life we desire.

Do you know why? Anxiety is the main obstacle that prevents many of us from reaching full potential. Learn from style & performance coach Julia Shantal on the secrets for a stress-free life.

Date: Sat, 21 May '22

Register by: 18 May '22



How to Dominate Your Life with Unshakeable Confidence

If you are struggling to achieve all your set goals, frustrated with how your life is right now, and feel that you deserve more, then you have to pay attention to this. Learn how to have self-confidence to overcome all obstacles and adversities in life and the three secret languages of rock-solid confident people.

Date: Sat, 18 Jun '22

Register by: 15 Jun '22

For the above workshops:

Time: 10am - 11am

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

Contact: Serene Cho at 6391 5620 or serenecho@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.

TESSENSOHN

*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 Mondays, 9 – 30 May '22 (3) or 6 – 27 June '22 or 4 – 25 July '22 (3)	9am – 10am 6.30pm – 7.30pm 7.30pm – 8.30pm	Thipa (AM session) Cecilia (PM session)	\$40	\$45	\$60	1 week before class
	4 Tuesdays, 10 – 31 May '22 or 7 – 28 June '22 or 5 – 26 July '22	8am – 9am 6.30pm – 7.30pm 7.30pm – 8.30pm	Renuka (AM session) Anthea (PM session)	\$40	\$45	\$60	1 week before class
	4 Wednesdays, 4 – 25 May '22 or 1 – 29 June '22 (5) or 6 – 27 July '22	6.15pm – 7.15pm 7.15pm – 8.15pm	Cecilia	\$40	\$45	\$60	1 week before class
	4 Thursdays, 5 – 26 May '22 or 2 – 30 June '22 (5) or 7 – 28 July '22	6.30pm – 7.30pm 7.30pm – 8.30pm	Anthea	\$40	\$45	\$60	1 week before class
	4 Fridays, 6 – 27 May '22 or 3 – 24 June '22 or 1 – 29 July '22 (5)	9am – 10am 6.30pm – 7.30pm 7.30pm – 8.30pm	Thipa (AM session) Renuka (PM session)	\$40	\$45	\$60	1 week before class
STUDIO FITNESS For info, contact Constance @6391 5607 or constancelow@csc.sg							
Pilates 14 Persons (Max)	4 Mondays, 9 – 30 May '22 (3) or 6 – 27 June '22 or 4 – 25 July '22	7pm – 8pm	Mabeline	\$40	\$45	\$50	1 week before class
	4 Saturdays, 7 – 28 May '22 or 4 – 25 June '22 or 2 – 30 July '22 (5)	2pm – 3pm					
Yoga 14 Persons (Max)	4 Fridays, 6 – 27 May '22 or 3 – 24 June '22 or 1 – 29 July '22 (5)	7.30pm – 8.30pm	Huay Lin	\$40	\$45	\$50	1 week before class
SWIMMING For info, contact Constance @6391 5607 or constancelow@csc.sg							
Children 4 Persons (Max)	4 Lessons, April / May / June Choice of Thursday	Instructors will advise on swimming level & age	Coach Seng Yung	Supp Member \$80	-	\$95	1 week before class
MARTIAL ARTS For info, contact Jerren @6391 5641 or jerrentan@csc.sg							
Wing Chun Kung Fu 10 Persons (Max)	4 Thursdays, 7 – 28 April '22 (No Lessons on PH)	8pm – 10pm	Sifu Ken	\$90	\$95	\$100	1 week before class
	4 Thursdays, 5 – 26 May '22 (No Lessons on PH)						
	5 Thursdays, 5 Thursdays 2 – 30 June '22						
WingChun Kung Fu (Children 6 – 12 yrs) 10 Persons (Max)	5 Saturdays, 2 – 30 April '22 (No lessons on PH)	10.30am – 11.30am	Sifu Ken	\$90	\$95	\$100	1 week before class
	4 Saturdays, 7 – 28 May '22 (No lessons on PH)						
	4 Saturdays, 4 – 25 June '22 (No Lessons on PH)						

TESSENSOHN

*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							
WingChun Kung Fu (Adult Beginner) 10 Persons (Max)	5 Saturdays, 2 – 30 April '22 (No lessons on PH) 4 Saturdays, 7 – 28 May '22 (No lessons on PH) 4 Saturdays, 04 – 25 June '22 (No Lessons on PH)	9am – 10.30am	Sifu Ken	\$90	\$95	\$100	1 week before class
WingChun Kung Fu (Adult Intermediate) 10 Persons (Max)	5 Saturdays, 2 – 30 April '22 (No lessons on PH) 4 Saturdays, 7 – 28 May '22 (No lessons on PH) 4 Saturdays, 4 – 25 June '22 (No Lessons on PH)	11.30am – 1pm	Sifu Ken	\$90	\$95	\$100	1 week before class
Traditional Taekwon-Do 15 Persons (Max)	5 Saturdays 2 – 30 April '22 (No lessons on PH) 4 Saturdays 7 – 28 May '22 (No lessons on PH) 4 Saturdays 4 – 25 June '22 (No Lessons on PH)	3pm – 4.30pm (Beginner & Coloured Belt Or 4.30pm – 6pm (Red and Black Belt Only)	Singapore Taekwon-Do Academy	\$90	\$105	\$120	1 week before class
				\$135 parent & child pair \$180 parent & 2 children (note that parent and child is for members only)			

BUKIT BATOK

MARTIAL ARTS For info, contact Jerren @6391 5641 or jerrentan@csc.sg							
Aikido (Adult) 20 Persons (Max)	4 Sundays, 3 – 24 April '22 5 Sundays, 1 – 29 May '22 4 Sundays, 5 – 26 June '22	11am – 12.30pm	Mr Steven Goh	\$48	\$52	\$54	1 week before class
Aikido (Children) 20 Persons (Max)	4 Sundays, 3 – 24 April '22 5 Sundays, 1 – 29 May '22 4 Sundays, 5 – 26 June '22	10am – 11am	Mr Steven Goh	\$48	-	\$54	1 week before class
Traditional Taekwon-Do 15 Persons (Max)	5 Saturdays 2 – 30 April '22 (No lessons on PH) 4 Saturdays 7 – 28 May '22 (No lessons on PH) 4 Saturdays 4 – 25 June '22 (No Lessons on PH)	3pm – 4.30pm (Beginner & Coloured Belt Or 4.30pm – 6pm (Red and Black Belt Only)	Singapore Taekwon-Do Academy	\$90	\$105	\$120	1 week before class
				\$135 parent & child pair \$180 parent & 2 children <i>(note that parent and child is for members only)</i>			

CHANGI

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

Children 10 Persons (Max)	4 Lessons, April / May / June Choice of Monday	Instructors will advise on swimming level & age	Coach Chang	Supp Member \$80	-	\$95	1 week before class
-------------------------------------	---	---	-------------	------------------	---	------	---------------------

CHALET PROMOTIONS

ONLINE BOOKINGS ONLY



Scan to book
<https://www.cscchalets.sg>

WOW20 CSC @ CHANGI I

**ENJOY 20% OFF WHEN YOU
BOOK A MINIMUM 2-NIGHT STAY**

Valid for stays from 21 Mar '22 to 31 May '22 only

USE PROMO CODE

WOW20

Terms & Conditions:

- Applicable for all room types and rate types at CSC @ Changi I only.
- Blackout dates: Super-peak periods (Eve of PH, PH & school holidays).
- Strictly applicable for online bookings from 25 Feb '22 using promo code 'WOW20'.
- Free 4 bowling games for Off-Peak bookings (Mon-Thu, excluding School Holidays, Eve of PH & PH).
- Offer does not apply to any existing bookings made before 25 Feb '22.
- Promotions not valid in conjunction with other discounts, promotions or vouchers and not valid for corporate or wedding bookings.
- All bookings subjected to authorities' guidelines and in-house SMM (Safe Management Measures).

For enquiries, please email
rooms@csc.sg or contact 6709 4706

REOPENING PROMOTION CSC @ CHANGI II & CSC @ LOYANG

15% OFF
1-night stay

25% OFF
2-night stay

35% OFF
3/4/5-night stay

Valid for stays from 21 Mar '22 to 31 May '22 only

Terms & Conditions:

- Applicable for all room types and rate types at CSC @ Loyang (former Aloha Loyang) and CSC @ Changi II (former Aloha Changi) only.
- Strictly applicable for online bookings from 1 Mar '22 only.
- Discounted price will automatically be given upon booking.
- Offer does not apply to any existing bookings made before 1 Mar '22.
- No cancellations or refunds for all confirmed bookings.
- Promotions not valid in conjunction with other discounts, promotions or vouchers and not valid for corporate or wedding bookings.
- All bookings subjected to authorities' guidelines and in-house SMM (Safe Management Measures).

For enquiries, please email

CSC @ Loyang | Email: loyang@csc.sg or Hotline: 6581 9033

CSC @ Changi II | Email: changi2@csc.sg or Hotline: 6545 2343

