

FUSION



One Membership, Three Clubhouses, Four Distinct Experiences | Oct - Dec 2022

MCI (P) 091/11/2021

WHAT'S NEXT

Children's Christmas
Party in the Safari

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CLUB BUZZ

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Terraces
Promotions

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GET SOCIAL

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Activities

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HAPPY HOLIDAYS



ORDINARY TERM MEMBERSHIP PROMOTION (FOR PUBLIC SERVICE OFFICERS)

Promotion period: October to December 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
\$360**



**OSCILLATING
AIR FRYER**

RRP \$399

Gift Code:
MAGICFRY

OR

**\$65 CSC
E-CREDITS**

Membership Details Mandatory fields

Membership Type*

Ordinary Term Member @ \$72 per year

No. of Year(s)*

5

Gift Code*

Please Select
MAGICFRY
\$65 CSC E-Credits

**4 Year
Membership
\$288**



**SMART
WATCH**

RRP \$129

Gift Code:
SWATCH

OR

**\$50 CSC
E-CREDITS**

Membership Details Mandatory fields

Membership Type*

Ordinary Term Member @ \$72 per year

No. of Year(s)*

4

Gift Code*

Please Select
SWATCH
\$50 CSC E-Credits

**3 Year
Membership
\$216**



**WATER
PITCHER**

RRP \$109

Gift Code:
PITCHER

OR

**\$35 CSC
E-CREDITS**

Membership Details Mandatory fields

Membership Type*

Ordinary Term Member @ \$72 per year

No. of Year(s)*

3

Gift Code*

Please Select
PITCHER
\$35 CSC E-Credits

**2 Year
Membership
\$144**



AIR FRYER

RRP \$49.90

Gift Code:
FRYER

OR

**\$20 CSC
E-CREDITS**

Membership Details Mandatory fields

Membership Type*

Ordinary Term Member @ \$72 per year

No. of Year(s)*

2

Gift Code*

Please Select
FRYER
\$20 CSC E-Credits

**1 Year
Membership
\$72**



AIRPHONE 5

RRP \$24.90

Gift Code:
HEADSET

OR

**\$10 CSC
E-CREDITS**

Membership Details Mandatory fields

Membership Type*

Ordinary Term Member @ \$72 per year

No. of Year(s)*

1

Gift Code*

Please Select
HEADSET
\$10 CSC E-Credits

Terms & Conditions Apply.

- All membership gifts are on while-stocks-last-basis.
- 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 should the items run out of stock.

CSC E-credit Terms & Conditions

- CSC E-credit will be valid for 6 months from date of issue and must be used within its validity period.
- CSC E-credit cannot be used for future booking. i.e If E-credit is valid till 31 Dec 2022, it cannot be used for bookings after 31 Dec 2022. If you cancel or postpone your booking, you will still need to use the E-credit within its validity period.
- CSC E-credit cannot be used with other promotion or promotion code.
- CSC E-credit can be used to off-set membership fees,
- facilities, social, chalets booking and bowling (Bukit Batok and Tessensohn only). CSC E-credits cannot be used at Tenanted facilities.
- The value of the CSC E-credit is not transferable, replaceable or exchangeable for cash.
- There will be strictly no extension of CSC E-credit validity period. Any unused balance not utilised will be forfeited.
- The use of CSC E-credit constitutes acceptance of these terms and conditions. CSC reserves the right to amend the terms and conditions without prior notice.





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E: loyang@csc.sg
<https://www.csc.loyang.sg>

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For latest happenings and promotions at CSC, please visit:

<https://www.csc.sg>

Civil Service Club

<https://t.me/civilserviceclub>

feedback@csc.sg



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Highlights

page **4-8**

What's Next?

- Come spend a pawsome day with your family and furkids at the Pets Carnival. Details on page 4



- Ho Ho Ho! Don't miss this unique experience of a Safari themed Christmas Party. Details on page 6



page **9-19**

Sports Scene

- Our CSC cyclists share about their recent adventure to Poseidon Oysterbay Resort, Johor Lama. Details on page 19



page **26-30**

Hey Members!

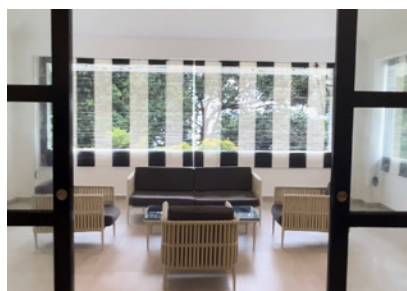
- FREE supplementary membership for your parents and your in-laws! Details on page 30



page **20-25**

Club Buzz

- Check out our newly upgraded Fairy Point Chalets at CSC @ Changi II. Details on page 25



page **31-63**

Get Social

- Take part in the festive activities, ranging from crafts to baking workshops. Details from page 31.





Hello from the CE

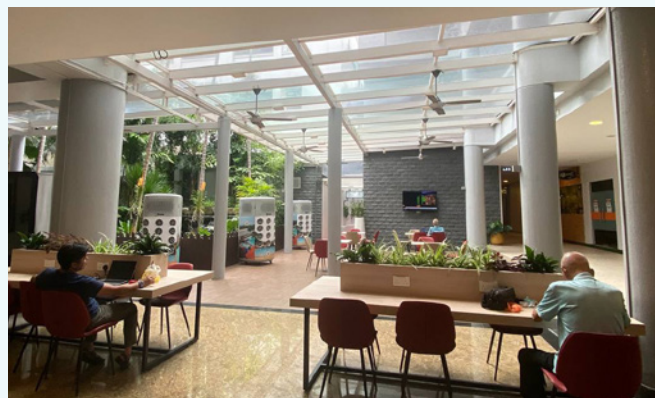
I trust that despite the relaxation of the Safe Management Measures (SMMs), all of you have been adhering to safe distancing and other protocols to keep yourself safe and healthy.

Pent-Up Demand for Sports and Social Activities.

Thank you for your tremendous support as there was a pent-up utilisation of our facilities and participation in our sports and social activities over the past few months. All the in-person sports and social activities enjoyed an increase in the participation rate. The Public Service Sports and Family Day (held in July) experienced an 11% increase in the number of participants compared to pre-Covid, the Public Service Golf tournament was fully subscribed and the National Day Wine and Dine (held in August) was fully booked. The Mid-Autumn Lantern Festival saw a record number of participants, soaking in the festivities. Even the virtual sports and social activities were very well subscribed. The Club will continue to organise both virtual and in-person activities, so that our members will have the choice of participating in such activities, to their convenience. **Do check out some of the interesting social activities that we have lined up for you over the next few months, such as the CSC Singing Star (page 5), Christmas Pawradise Pets Carnival 2022 (page 4), Children's Christmas Party (page 6) and the Lunar New Year Bazaar (page 7). As for the December holidays, we have planned a spectrum of social activities to enable members and their families to bond.**

ECO Friendly Initiatives. I am pleased to announce that the solar panelled roof at Bukit Batok Clubhouse (BBC) is operational since September 2022. With Tessensohn (TC) and BBC having installed solar panelled roofs, we will next focus on setting up solar panelled roof at Changi Clubhouse (CC) and the chalets. These solar panels not only enable the Clubhouse to trim its carbon footprint, they will save cost on electricity consumption. The Club is also harnessing heat pump technology for all the water heaters in our swimming pool changing rooms and Changi I chalets. Going forward, all the chalets will gradually be installed with water heaters that will harness heat pump technology, which will save about 50% of the electricity consumption. The Club is also planning to convert all the aircon systems that are not energy efficient to the specifications that meet the Green Mark Platinum standard, in phases, by FY 2023/24. All these will trim down the Club's carbon footprint and make the Club greener and more eco-friendlier.

Enhancing Membership Experience. The Club is continuously exploring new initiatives to enhance its members experience. One such initiative is to create a co-working space for our members at TC. There are eight workstations in the clubhouse lobby that members can use within a conducive setting. When feeling exhausted, they can either go for a swim, bowl a couple of games or visit the koi pond to relax their eyes. With Tails Up, members with dogs can now enjoy their staycation at Changi Clubhouse by putting their dogs in Tails Up while they stay in the Changi I chalets.



Co-working space at Tessensohn



Interior play space and Sniffari sensory garden

We noticed that members with dogs were quick to explore such an opportunity. A horse-riding facility, at the currently empty plot of land in Changi II, will be set up over the next few months. This will provide an added experience for the chalet stayers. The Club is also planning to create a mini-Club Med in CSC @ Loyang in December 2022. Indoor and outdoor social activities will be organised to enable the chalet guests - both adults and children to participate in these activities while staying in the chalets.

Chalet Upgrading

The Fairy Point (FP) and the Changi Cottage chalets have been renovated and upgraded. The FP chalets have been refurbished to look like the black and white bungalows of yesteryear. The external façade as well as the internal furnishings are centred on the black and white theme. As for the Changi Cottage Chalet, that used to be the favourite chalet of our nation's founding father, Mr Lee Kuan Yew, it will be furnished with rustic theme with a bookcase of books relating to him for chalet guests to enjoy. We will collate photos of his achievements to be placed on the walls of the chalet, to add a touch on some of his achievements during his era as the Prime Minister. Beside these chalets upgrading,



Newly upgraded Fairy Point Chalets



the Club is creating a corporate setting at the Yacht Club cluster to cater for corporate events for both members and public service officers to patronise.

The Civil Service Club team looks forward to continue serving the members with passion. Do drop in to experience the upgrading initiatives that we have arranged and we look forward to seeing you and your family at the Club, soon!

With that, I wish all our members and their families a Happy Deepavali, an enjoyable and fun December Holiday, a joyous and blessed Christmas and a great year ahead in 2023.

Charlie Ng
Chief Executive Officer
Civil Service Club

Did You Know?



Artist's impression of Canopy at Changi

Canopy Restaurant. Canopy Restaurant is taking over the place left vacant by KiBar. They will provide a new dining experience by the sea with its Mediterranean theme. It will provide an enlarged indoor and outdoor dining experience. The outdoor dining is dog friendly which integrates nicely with that of Tails Up. Their operating hours will be extended to include breakfast. Barring any delays, it will be operating in early December 2022. Do check out on its opening.



Artist's impression of poolside cafe at Tessensohn

TC Poolside Café. The sheltered walkway to the poolside café is up. Once the authority approves the change of use to the open terrace, the appointed vendor will set up the café and other related fusion food to tantalise the members tastebud and further enhance the experience of members using the family fun pool over the weekends.






**Fun chalet stay experience at
CSC @ Loyang this coming school holidays!**

Fees	Free for Members	Public Service Officers \$5	Guests \$8
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Sat & Sun Weekend Activities*

- 9.00-10.00am Yoga
- 9.30-10.15am Kayaking*
- 1.30-2.30pm Craft-A-Scent
- 3.30-4.30pm The Art Bar
- 4.00-4.45pm Kayaking*

TERMS & CONDITIONS

- *Available on 4 weekends starting from 26 Nov - 18 Dec '22.
- Activities are for chalet occupants only.
- Up to maximum of 4 CSC members per chalet unit will be free.
- Fees for non-members to be paid at CSC @ Loyang check-in counter during check-in.
- Pre-registration required upon check-in. Registration can be done at Loyang chalet check-in counter on first come, first served basis, subject to slots availability.

*Suitable for children 7 years old & above; children must be accompanied by an adult in a double kayak.
Contact loyang@csc.sg or 6581 9033 for enquiries.



Scan for full T&Cs



CHRISTMAS PAWRADISE PETS CARNIVAL

3 - 4 DEC | 11AM - 8PM | CSC @ Changi I

COME AND SPEND A SPECIAL DAY WITH YOUR FAMILY AND FURKIDS.
ALL ARE WELCOME AND ADMISSION IS FREE!

FREE GOODIE BAG
First 30 CSC main member who registers for each day

Pre-registration required via our events portal:
www.csc.sg/events using Member's login account.
Each registrant is entitled to one Goodie bag per registration
Registration closes on 17 NOV '22

LUCKY DRAW ON 3 DEC '22
win a one-night stay at our dog-friendly chalet!

HIGHLIGHTS

- ✳ Competitions (Best dressed, Photogenic and so on)
- ✳ Adoption Drive
- ✳ Live Music and Stage Activities
- ✳ Food & Shopping for you and your furkids
- ✳ And Many more for all to enjoy

Organisers:



clubpets
www.clubpets.com.sg

Contacts:
Chang Chen | 6391 5641 | gohchongchen@csc.sg
Constance | 6391 5607 | constancelow@csc.sg

SCAN FOR FULL T&CS





PRIZES

CHAMPION
\$500 cash

1ST RUNNER-UP
\$300 cash

2ND RUNNER-UP
\$200 cash

MOST POPULAR SINGER
(BY FACEBOOK VOTING)
\$100 cash

CSC SINGING STAR 2022
Finals will be held on 4 Dec '22, 2pm – 5pm

RULES AND REGULATIONS:

1. This competition is open **FREE** to all **CSC Members** and **\$5** for **Public Service Officers**, 18 years old and above.
2. Categories of songs: English & Mandarin only.
3. This competition is for solo singing only.
4. Contestants are only allowed to submit 1 entry in 1 of the categories (English or Chinese Language).
5. Contestants to start the video with an introduction of their name and title of the song.
6. Contestants to email events@csc.sg for the submission link. Submission to include Name, Membership ID (for CSC members), contact number and ministry (for PSO).

Closing date: 17 Nov '22 | Contact Constance at 6391 5607 or constancelow@csc.sg for enquiries

Scan for full T&Cs



CSC FUN MAHJONG CHALLENGE
Sun, 12 Feb '23 • 9.30am to 4pm
CSC @ Tessensohn

FEES INCLUSIVE OF LUNCH	Members	Public Service Officers	Guests
	\$20	\$25	\$28

A veteran mahjong player? Relish the prospect of going head-to-head against the best mahjong players in the Club? Then sign up for this Fun Mahjong Challenge. Play 2 rounds of mahjong & accumulate as many points as possible. Player with the highest overall points will be the champion and win attractive prizes!

Closing date: 5 Feb '23
Contact Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

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IT'S MOVIE TIME

CSC MOVIE DEAL

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

Vouchers validity: 31 Oct '23

Please scan for more details

Contact Constance at 6391 5607 or constancelow@csc.sg

CSC CHILDREN'S CHRISTMAS PARTY

In The Safari

Sat, 10 Dec '22 | 11am – 1.30pm

Fees: Supplementary Member \$10, Guest \$20
[Each child can be accompanied by 1 adult]

Programme Highlights

- Balloon Sculpting & Face Painting
- Candy Bar, Popcorn & Candy Floss
- Bouncing Castle
- Game Booths
- Magic Show
- Santa Claus Meet & Greet
- Christmas Present for every child
- Macdonald Happy Meal

Best Dressed Contest

Come dressed in
Safari-themed costumes
and win attractive prizes!

Lucky Draw Prizes

Stand a chance to win a
pair of Parent-and-Child
tickets to River Wonders!



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Suitable for children aged 5 – 12 years old

Pre-registration is required at www.csc.sg/events using your supplementary member's account.

Closing date 3 Dec '22 | Contact Chong Chen at 6391 5641 or gohchongchen@csc.sg

FREE Admission!

All are welcome

WHAT'S NEXT

Lunar New Year Bazaar

2023



Scan for full T&Cs

Immerse yourself in the LNY festivities with wide range of festive goodies! Don't miss this chance to load up your LNY necessities!

Sat, 7 Jan '23 | 10am – 4pm

CSC @ Tessensohn, Lobby (Level 1)

BAZAAR LUCKY DRAW*

Stand a chance to win attractive lucky draw prizes for every \$20 spent at our LNY Bazaar stalls.

- 1st Prize:** \$300 Shopping Vouchers
- 2nd Prize:** \$200 Shopping Vouchers
- 3rd Prize:** \$100 Shopping Vouchers

Sure-Win Lucky Dip*

How to participate?
Spend \$20 at any of our LNY Bazaar stall for a Sure-Win Lucky Dip.

GOODIE BAG FOR CSC MAIN CARD HOLDERS*

- Goodie bag redemption for CSC main card holders only.
- 1 redemption with 1 valid CSC Membership card.
- On first-come-first-served basis, while stocks last!

CHILDREN COLOURING CONTEST (11AM – 12PM)

- Attractive prize to be won!
- Colour pencils will be provided. Children can bring home the colouring set after the contest.
- Limited to first 30 children on first-come-first-served basis, pre-registration required.
- For children 5 – 10 years old

FREE CHUN LIAN (11am – 1pm)

CHINESE KNOT (2pm - 4pm)*

1 redemption per pax on first-come-first-served basis

NECK & SHOULDER MASSAGE

SPONSORED BY ATOS WELLNESS

(10am – 3pm)

First-come-first-served basis

Contact Serene Cho at 6391 5620 or serenecho@csc.sg for enquiries. *Terms and Conditions apply.

USHER IN A SMOOTH AND PROSPEROUS YEAR Feng Shui Talk @ Auditorium (FREE for All) 11am – 12pm

Start the new year right by creating strong auspicious energy around yourself. Learn how to enhance fortune luck for different zodiacs and mitigate negative energies for a smooth year ahead. This talk will be conducted in mandarin by Master Ang.

Pre-registration required.

Register by: 2 Jan '23

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



洪文顺 师傅

Master Ang at Yuan Zhong Siu
Popular Feng Shui & Astrology Master



LUNAR NEW YEAR DEMO WORKSHOP

by Chef Lisa

LNY Chui Dá Ròu Piàn (锤打肉片)
LNY Recipe of the Day (特别食谱)
Crafty Planta Tokyo Rolls

Time: 2pm to 5pm

Fee per workshop: FREE for Members*, Public Service Officers/Guests \$38

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

Register by: 2 Jan '23

*On first-come-first-served basis





Lunar New Year Lohei Dinner

Sat, 28 Jan '23 | 7pm - 10pm
CSC @ Tessensohn


Usher in the New Year with a Sumptuous 8-course

- Lucky Raw Fish
- Fish Maw Soup with Crab Meat
- Braised Chicken with Mushroom
- Fried Prawn with Broccoli
- Thai Style Fried Sea Bass
- Stewed Pork Trotter
- Fried Rice in Lotus Leaf
- Red Bean Paste with Lotus Seed

Fees (per table)		
Members	Public Service Officers	Guests
\$488	\$538	\$558

Closing date: 13 Jan '23 | Contact Gek Cheng at 6391 5624 or kuagekcheng@csc.sg for enquiries

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CIVIL SERVICE CLUB MOBILE APP

ACCESS TO ALL OUR ONLINE PORTALS & LATEST CLUB UPDATES

CLUB PROMOTIONS & PRIVILEGES

ONLINE

50th Anniversary

COVID-19

Go Online

Club Promos

Virtual Tours

Our Portals

Join Us

Locate us

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Download on the App Store

SCAN ME

Virtual 9-pin Tap Bowling Competition

14 MAY TO
5 JUN '22

Held on a hybrid format from 14 May to 5 June, the Public Service 9-Pin Tap Bowling Competition, saw 71 teams from 18 government agencies taking part in the event. The format gave participants the flexibility to bowl at their preferred days and time. Their teams' scores were then tallied at the end of the competition period to determine the overall ranking.

The hybrid format and fun event provided for cross-agency bonding as represented by the winning team in the Men's category led by **Yeo Wee Siong**. His team is made up of players from both the Ministry of Health (MOH) and Land Transport Authority (LTA). Wee Siong expressed his appreciation of the format's fluidity, "The flexibility was key as we were allowed to form cross-agency teams and bowl according to our preferred timing."

Participant and winner of the Women's team category, **Pamela Teo**, shared how her team appreciated the added convenience of the format. "The hybrid bowling event gave us the flexibility of selecting suitable dates and timings. Throughout the event, we felt relaxed as without the presence of the opponents, we could enjoy the games."

Tan Hong Kwang from the LTA shared the same sentiments, "We could bowl whenever we wanted. In fact, we treated one of our weekly bowling sessions as the event itself." Hong Kwang and his team eventually emerged top in the Active Agers' Category with a combined score of 2,520 pin-falls.

As much as the winners valued the convenience of a virtual event, the thrill of in-person competitions was not forgotten. Enthused Wee Siong, "We still miss those times when the teams could bowl together, especially during the finals where there'll be more interactions and cheering." Affirming this, Hong Kwang shared, "Hybrid events are great! But nothing can beat the atmosphere of a tournament where everyone is competing simultaneously."



RESULTS

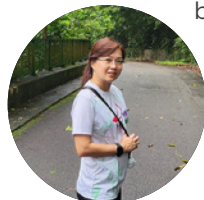
	Women	Men	Active Agers
Champion	▶ NTU	▶ MOH	▶ LTA
1st Runner-Up	▶ MOE	▶ MOE	▶ MSE
2nd Runner-Up	▶ MINDEF	▶ MINDEF (1)	▶ NTU
3rd Runner-Up	▶ MOH	▶ MINDEF (7)	▶ MOH

Healthy Lifestyle Virtual Climb #4 TO #6

MAY TO JUL '22

The CSC Healthy Lifestyle Virtual Climb, comprising a series of 3 virtual climbs, aimed to encourage Public Service officers and CSC members to stay active amidst the Covid-19 pandemic. Participants performed their climbs at their own pace and time to achieve the elevation goals.

Held in the month of May, June and July 2022, the three virtual climbs attracted a total of 440 participants. Participants scaled new heights as they surmounted buildings and hills to achieve the required elevation targets of 400M to 600M! Those who managed to achieve the targets were rewarded with goodie bags from CSC.



Pauline Low, a first-time attendee from the People's Association, shared how it was the "cute Pokémon goodie bag" which drew her to the event initially. However, she subsequently "enjoyed the journey of clocking steps and the climb which improved (her) stamina".

The event left a memorable impression for Pauline, who was one of the five lucky draw winners. "Through this event, I explored new climbing places in Singapore. I learnt that there is a function in my exercise app to track elevation gain too!"

For returning participant **Sandra Loke** from the Land Transport Authority, it was the flexibility of the virtual format that attracted her to the challenge. With a virtual event, participants could

complete the challenge at their own preferred time and place. Sandra said, "This virtual climb event came at a perfect timing for us, a group of 40 like-minded hikers, as we were embarking on a Gunung Pulai hike at that time."

The self-proclaimed "healthy lifestyle endorser", exercises frequently, clocking in mileages daily by cycling to work and joining fitness classes offered by the Health Promotion Board.

As added incentive to encourage participants to take part in at least two of the three virtual climbs, a lucky draw was held after the third Climb. Five lucky participants walked away with attractive fun packs.



LUCKY DRAW WINNERS

1st	▶ Pauline Low Hui Fang (PA)
2nd	▶ Sim Hock Soon (LTA)
3rd	▶ Yap Hwee Heong (PA)
4th	▶ Ng Shi Wei Rachel (LTA)
5th	▶ Mohamad Zaid Bin Mohamed Yusoff (MHA)



Round Island Virtual Cycle Challenge

MAY TO JUL '22

The CSC Round Island Virtual Cycle Challenges saw cyclists from the Club and Public Service agencies exploring the newly-opened Round Island Route. Held from 1 to 21 in the months of May, June and July, the cyclists did so virtually at their own time and convenience.

Unveiled on 22 Jan '22, the 75km cycling route covers Alexandra Garden Trail in the south of Singapore through Gardens by the Bay towards the east to conclude at Rower's Bay in the north-eastern end of the island.

The three Challenges took participants across scenic routes like the coastal areas of the Tanjong Rhu Promenade, East Coast Park and even the new 3.6km park connector at Changi Bay Point!

Offering three sets of monthly challenges, participants could embark on any of them and complete the missions allotted for either the Novice or Challenge categories, to be eligible for a lucky draw!

Participants honed their cycling skills and stamina through the ride distances that were progressively increased over the three challenges. Cyclists in the Novice Category covered distances of 40km in May, 75km in June and 150km in July. The distances for Challenge Category were even more challenging: 150km in May, 250km in June and 500km in July.

The choice of biking trails was a hit with participants. CSC Round Island Challenge participant **Jeffrey Chia** from the Ministry of Home Affairs (MHA) appreciated the ride amidst nature. "The experience was great as I love cycling. I enjoyed the cycling route and sightseeing around the island," he shared.

He loved how the Challenge enabled him to stay active whilst basking in Singapore's nature spots. Expressing his appreciation to CSC, Jeffrey said, "I hope CSC can organise more of such events. Anyway, a great job to the organising committee, thumbs up!"

Heartiest congratulations to the following Lucky Draw winners.

CHALLENGE CATEGORY LUCKY DRAW WINNERS

MAY (150KM)	JUNE (250KM)	JULY (500KM)
Bernard Tham WH	Phang Yew Hong	Koh Kah Khen
Then YC Angelina	Lam Chi Kong	Heng Tze Chow
Seah Eng Leong	Koh Kah Khen	Loh Nan Yan
Mavila Puthen Veettil Suraj	Loh Nan Yan	Lam Chi Kong
Satish Kumar Gurung	Xun Haitao	Aaron Lee KY

Xiangqi Competition

16 JUL '22

Seven gruelling hours of brainwork and strategizing... such was the scene at the Orchid Ballroom of CSC @ Bukit Batok where seven teams from six public service agencies faced off in the Public Service Xiangqi Competition 2022.

Ten-time winner Ministry of Health (MOH) took home the honours of being the champions again, garnering their seventh consecutive win at the competition.

Shared Team Captain, **Dr Kong Jing Wen** on their victory, "The MOH team strategised on how we could capitalise our three red games... fighting with one man down, we managed to secure a 3-2 win narrowly over Ministry of Education (MOE)."

In Xiangqi, those bearing red pieces open the game, giving them an advantage known as the 'First Move Initiative'. Citing MOE as their toughest rival, Jing Wen let on that his team almost missed making it this far.

"Historically, MOH Team A largely comprises Grade A players. This year, only two out of our six Grade A players were able to make it for the competition. We managed, albeit with difficulty, to come up with a team of five players." However, as they say, misfortunes never come singly and the team received news that a teammate had to withdraw due to COVID-19 just five days before the match.

In the spirit of sportsmanship, the MOH team continued competing despite the "uphill task of having only four players to field five boards."

Explaining his winning strategy, Jing Wen shared, "I used the power of visualisation, creating mental images of the team winning our opponents effortlessly, going up on stage to receive the gold medals and challenge trophy (to motivate the team)."

Looks like the sheer grit of Team MOH has paid off with their defence of the championship title!

CSC thanks Mr Liang Wee Siah, CSC Executive Committee member, for gracing the event as Guest-of-Honour and giving away the prizes to the winning teams.



RESULTS

Champion	► Ministry of Health
1st Runner-Up	► Ministry of Education
2nd Runner-Up	► Monetary Authority of Singapore
3rd Runner-Up	► Ministry of Sustainability & the Environment

Sepaktakraw (Inter-Regu) Tournament

11 JUN '22

It was a clean sweep for the Ministry of Home Affairs (MHA) at the Public Service Sepaktakraw Tournament held on 11 June 2022 at the PERSES Centre, winning all the four podium spots. MHA Team 6, comprising players from the Immigration and Checkpoint Authority, had the honours of being crowned champions.

"I am not an avid sportsman nor do I play sepaktakraw competitively but the strong desire to emulate the past performances of Team MHA in the STAR Games spurred me to learn sepaktakraw as well as I could," shared Team Captain **Saifulbahri**. "Furthermore, with the strong support of senior players and our kampung spirit, I managed to grasp the rules of the game and management of the team within three months," added Saifulbahri.

This year's season of the Games drew a total of 22 teams from five public service agencies. Saifulbahri noted the orderliness of the event, stating that it was "very well-organised with all the Safe Management Measures (SMMs) in place".

He was particularly thankful that the tournament could be held in-person, sharing that many of his teammates had been eagerly waiting for its return. Recalling nostalgically how the teams could physically train together pre-pandemic days, Saifulbahri let on that the team only met one month before the competition for training this round and prepped themselves individually in the meantime.

His hopes for sepaktakraw at MHA? "To be able to sustain the interest of players and scout for other talented players within MHA. With the influx of virtual sports and events, traditional sports like sepaktakraw may not be very appealing to the younger generations. Of course too, I hope for many more accolades and podium finishes for Team MHA in the years to come!"

CSC thanks Mr Charlie Ng, Chief Executive, CSC, for gracing the event as Guest-of-Honour and giving away the prizes to the winning teams.



RESULTS

Champion	▶ Ministry of Home Affairs (6)
1st Runner-Up	▶ Ministry of Home Affairs (4)
2nd Runner-Up	▶ Ministry of Home Affairs (7)
3rd Runner-Up	▶ Ministry of Home Affairs (5)

Rock Climbing Competition

28 MAY TO 12 JUN '22

This year's Public Service Rock Climbing Competition, held on a hybrid format, was one of intensity, exuberance and honour. A total of 37 teams from 7 agencies fought to bring home the championship crown for their respective agency. The event started on 28 May and ended on 12 June 2022.

It was the Ministry of Home Affairs (MHA) Team 1 and Ministry of Defence (MINDEF) Team 1 that eventually took home the honours for the Women and Men's categories respectively with the MHA emerging as the Overall Champions.

Teamwork and bonding featured heavily in this year's inaugural hybrid edition of the competition, not unlike that experienced at physical meets. **Noel Foo**, member of MINDEF Team 1, shared, "Even though it was a hybrid competition, team building was apparent within the ministries, and am glad that everyone was excited and enjoyed the competition."

Noel, who garnered the 'Fastest Climber Award' amongst male climbers for clocking an impressive timing of 9.53 seconds, attributed both his team's win and sterling climb record to the "time and effort" from his team manager, Randy Yeo, and his teammates, Noel Ong and Rayle Hung.

"We enjoyed coming together to figure out the best beta and ways to achieve the best timing. Without them, we would not have been able to maintain being the men's champion team and I could not have gotten the fastest climber this year," said Noel.



RESULTS

	Women	Men	Overall
Champion	▶ MHA	▶ MINDEF	▶ MHA
1st Runner-Up	▶ MOE (1)	▶ MHA (1)	▶ MOE
2nd Runner-Up	▶ MCCY	▶ MOE	▶ MINDEF
3rd Runner-Up	▶ MOE (4)	▶ MHA (2)	▶ MCCY

Table Tennis Tournament

28 JUN TO 13 JUL '22

The Public Service Table Tennis Tournament finally returned to the halls of Sengkang Sports Centre on 28 June '22 after a hiatus of two years. Twenty-two teams of paddlers from 12 agencies battled it out over several nights, displaying dexterity, nimble footwork and sterling smashes.

After some intense competition across the three categories of Men, Women and Seniors/Active Ageds, the finals on 13 July saw Ministry of Education (MOE) emerged as Overall Champion, after taking top spots in the Men and Women categories.

Lee Hock Joo, Team Coordinator for MOE, acknowledged that the win did not come easy as there were plenty of other worthy opponents on the court. "Every season of the competition is an intense one as all teams are equally strong. Usually, we arrange for training sessions about 6 weeks before the competition. This year, we had our Friday trainings at New Century Table Tennis Academy and the effort paid off. We managed to marginally win the Men and Women championships," he shared.



Knowing that it was not easy getting the team together for practices amidst individual family commitments, Hock Joo pays tribute to his teammates for their efforts in bringing about the victory. "To my MOE teammates, thank you so much for sacrificing

your Friday evenings to train and the time spent at the competition," Hock Joo said.

Not forgetting the inter-agency friendships formed at the matches, Hock Joo expresses his appreciation of them. "It was really nice to 'meet up' with some of these 'old rivals' who are also friends outside the competition," he expressed, adding that he hoped to see them at the 2023 STAR Games Table Tennis Tournament!

CSC thanks Mr Koh Chee Keat, CSC Executive Committee member, for gracing the event as Guest-of-Honour and giving away the prizes to the winning teams.



RESULTS

	Men	Women	Active Ageds	Overall Placing
Champion	▶ MOE	▶ MOE	▶ MINDEF	▶ MOE
1st Runner-Up	▶ MINDEF	▶ MHA (1)	▶ LTA	▶ MINDEF
2nd Runner-Up	▶ GOVTECH	▶ MHA (2)	▶ HDB	▶ GOVTECH
3rd Runner-Up	▶ MHA	▶ MCI	▶ MHA	▶ MHA

Chess Competition

2 JUL '22

On Saturday, 2 July 2022, 15 chess teams from 12 government agencies congregated at the CSC @ Bukit Batok for an in-person battle for the crown of the Public Service Chess Competition. After 5 mentally-strenuous rounds, Team 1 from the Ministry of Education (MOE) eventually took the top spot, edging out hot favourite the Ministry of Health (MOH) and rival Nanyang Technological University (NTU) in a series of closely-fought games.

The NTU team, who fielded skilled players such as Alexandru Crivoi and Alvin Ong, delivered an upset draw against MOH who boasted equally "daunting masters" such as FIDE Masters Jonathan Koh and Dominic Lo. This surprise draw of 2-2 paved the way for MOE to secure their win against NTU in round 3 with a score of 2.5 to 1.5.

MOE, with equally impressive stalwarts such as ex-international Candidate Masters Quek Suan Shiau and Pok Wern Jian and SEA Games Chess Captain Seow Yongli, put up a good fight that afternoon. According to **Suan Shiau**, "The MOE Team 1 was on fire with four straight team wins, taking out NTU in round 3 and MINDEF in round 4...so the stage was set for a thrilling finish."



Heartiest congratulations to Team MOE and all participants of the Chess Competition. Truly, it is the spirit of sportsmanship behind the wins and the striving towards one's best that truly matters at the end of the day.

CSC thanks Mr Lau Wah Ming, CSC Executive Committee member, for gracing the event as Guest-of-Honour and giving away the prizes to the winning teams.



RESULTS

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

Tennis Tournament

20 JUN TO 5 JUL '22

The Public Service Tennis Tournament kicked off the evening of 5 July at the Kallang Tennis Centre. The 2022 edition of the Games saw a total of 140 participants from 13 agencies competing for the championship crown.

Victory eventually went to Team Ministry of Health (MOH), beating perennial favourites such as Sport Singapore and the Ministry of Education (MOE).

The victory was specially memorable to MOH as there were many members who had just newly joined the team. Team Captain **Brian Goh** shared, "We were definitely surprised to win as most of us have never played together before."

Despite being largely leisure players and playing competitively together as a team for the first time, the players' strong foundational skills in tennis and cohesive teamwork must have propelled them to their win.

Brian shared, "Our team members were competitive players but that was during our school and college days. Now, we are just social players and that also, only during the weekends due to our busy work schedules."

Amidst the team's success, Brian attributes the memorability of the STAR Games to the opportunities for fellowship which the Games offered. "The tournament

was a good opportunity to meet new friends and colleagues who share the same interests. Even within our MOH team, many of us actually met for the first time through the competition," said Brian.

CSC thanks Mr Liang Wee Siah, CSC Executive Committee member, for gracing the event as Guest-of-Honour and giving away the prizes to the winning teams.



RESULTS

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

Scrabble Competition

13 AUG '22

The Public Service Scrabble Competition made its return at CSC @ Bukit Batok on 13 August as a physical meeting of the wordsmiths! A total of eleven teams from six government agencies, participated in this year's edition.

The Housing and Development Board (HDB) Team 1 and 2 took the coveted championship and third runner-up placings respectively. HDB Team 1 member **Toh Weibin** expressed, "We'd like to thank the organisers for running this event smoothly, and also Club HDB for supporting us all the way. Kudos to all our players especially our new players, and I hope they had a fun experience." The community bonding throughout the competition was also memorable. With a team comprising a mix of old-timers and beginners, Weibin shared that he found it "nice for the more experienced players to connect with the newer players and share their infectious passion".

While one might presume there was a secret behind his team's repeated victories, Weibin confessed "there's no secret - we just try our best, remain calm and composed and hope for the best." HDB Team 2 member **Sharon Chia** agrees and affirms that "regular practice either online or in-person" is what is most important to take a person far in the game.

While many may feel that a love for reading and writing is crucial in Scrabble, both Weibin and Sharon agree that having the right strategy is what matters and sets the winner apart. Weibin shared, "There's definitely strategy

in Scrabble! It's important to gain experience by playing the game and to continually improve oneself." Chiming in, Sharon said, "Keep practicing Scrabble and keep learning new words - nothing beats that."

CSC thanks Mr Vincent Goh, CSC Executive Committee member, for gracing the event as Guest-of-Honour and giving away the prizes to the winning teams.



RESULTS

Champion	▶ Housing and Development Board (1)
1st Runner-Up	▶ Land Transport Authority
2nd Runner-Up	▶ Ministry of Education
3rd Runner-Up	▶ Housing and Development Board (2)

Golf Championship 2022

15 TO 17 AUG '22

Last held in 2019, the Public Service Golf Championship made its return on the greens of Orchid Country Club from 15 to 17 August 2022. The Championship enabled golfing enthusiasts in the public service sector to meet like-minded peers and hone their expertise.

The championship's much-anticipated return attracted 26 teams from 12 agencies with the Ministry of Defence (MINDEF) clinching the top two spots yet again, making it their fifth consecutive win as victors.

Team manager and captain, **Yong Shao Chang**, paid tribute to his colleagues for accommodating the team's competition schedule and commended his teammates for their efforts taken in readying for the match. "We had the strategic depth and the best, consistent golfers" he added.

However, not all was smooth-sailing as Shao Chang shared, "Golf is a reasonably tough sport of which the results are unpredictable...I wasn't sure if we could win till the results were announced."

Indeed, that unpredictability brought a pleasant surprise to agencies other than MINDEF that day.

Land Transport Authority (LTA) was one of those who walked away with full hearts and smiles. Clinching the third spot in the Championship, LTA Team Captain **Sunarti Abdul Rahman** explained that the win was

especially memorable for them as it had been some years ago that the team last achieved podium placing.

"We were up against the reigning champions and strong contenders. We were expecting some hiccups and even a need to 'polish the rust'. However, with more slots and the chance for mixed players available this time round, we took the chance. The members enjoyed playing together – winning was just the cherry on top!" said Sunarti.

CSC thanks Mr Tan Boon Huat, Chairman, Board of Games, for gracing the event as Guest-of-Honour and giving away the prizes to the winning teams.



RESULTS

Champion	► Ministry Of Defence (2)
1st Runner-Up	► Ministry Of Defence (3)
2nd Runner-Up	► Land Transport Authority
3rd Runner-Up	► Ministry of Home Affairs

Darts Competition

27 AUG '22

On 27 August, dart teams from the Ministry of Home Affairs (MHA) had a reason to cheer at the Public Service Darts Competition held at the AUPE Sports & Recreation Club. Of the five teams that MHA fielded, three teams clinched the top 3 podium spots in the competition involving 12 teams from 6 government agencies.

"We were confident of a podium finish this year but were surprised that MHA secured the top three placings too. This could not have been done without the commitment and hard work from all the players. Although this is a competition where winners must be crowned, I feel that everyone is a winner as I see that in this event, old ties were renewed and new friends were made over the passion for the sport," shared MHA Team 3 Captain **Edmund Neo**.

He added, "It was an enjoyable experience getting to know and catching up with officers from SPF counterparts as well as people from other ministries."

However, the competition was not without its challenges. "It is very different playing darts wearing masks. The competition format also changed from double knockout to single elimination which gives teams additional pressure as we need to field the best players in order to advance in the competition," Edmund explained.

Despite the tougher winning conditions, he observed that the event ended quicker through the use of new match technologies. "The event ran smoothly and

faster than previous years due to the utilisation of technology in the matchup system as compared to the past years where players had to calculate the score on the dartboard before writing it down on a scoreboard," said Edmund.

CSC thanks Mr Teo Tze Fang, CSC Executive Committee member, for gracing the event as Guest-of-Honour and giving away the prizes to the winning teams.



RESULTS

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

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CSC PUBLIC SERVICE SPORTS & FAMILY DAY

Bay East Garden | Saturday, 30 July 2022



Engaging, exhilarating beats filled the carnival space at Bay East Garden on Saturday morning of 30 July 2022.

The atmosphere was bustling, with attendees looking forward to a full line up of events – from telematch games and dragon boat races to carnival booths and sports try-outs. The Public Service Sports & Family Day (PSSFD) finally returned after a two-year hiatus.

There was a great anticipation and jubilation for the more than 5,000 public service officers, CSC members and their families as they gathered at the scenic spot.

The excitement of being back at an in-person sports and family event of this scale was clearly displayed with close to 1,000 participants registering for the four agency sports events – Telematch Games, Dragon Boat Race, Explorer Challenge and CSC Cycle.

Kicking off the PSSFD

The day began at 8am with the arrival of Guest-of-Honour, **Mr Leo Yip**, Head, Civil Service and President, Civil Service Club. This was followed by the mass workout which opened to the lively beat of the song 'Boom, Boom, Boom, Boom'.

The vivacious energy from the aerobic instructor soon got the crowd on their feet. It was a spectacular sight to see participants from the Ministry of Defence (MINDEF) decked in their agency tees exercising in unison. Even the seven national public service mascots including Becky Bunny and Merli moved to the pulsating beat. As the mass workout came to a close, Mr Yip returned to the stage for the flag-presentation ceremony.

Then came another memorable moment – the sounding of the air horn as Mr Yip flagged off the Healthy Lifestyle Walk which drew more than 2,000 participants.

Camaraderie amidst competition

The Healthy Lifestyle walkers – some with strollers in tow – took a measured pace to cover their 3.2km distance along the marina reservoir so as to soak in the waterfront scenic.

The Telematch competition saw six teams from five different agencies competing over four games which





included relays, obstacle courses and a novelty race of 'Dragon Boating' on land.

Everyone played hard. The fervour, determination and teamwork were evident as teams took advantage of break-times to plan and re-plan strategies!

Sweet victory eventually went to the Ministry of Home Affairs (2). Team captain **Tan Yi Zhong** shared that the enthusiasm and the 100% effort from all team members heartened him. He also valued the family and team bonding opportunities.

Echoing these sentiments were **Sarin** and **Fawzie**, both first-time participants of the CSC Cycle – another successful activity held in conjunction with PSSFD. More than 300 eager cyclists had gathered over at the Changi Clubhouse by 8am for the flag-off by the Vice-President of Civil Service Club, **Mr Chew Hock Yong**. Nobody was disappointed as the 30km route was a scenic one along the PCN from Changi Village to Bay East Garden via Tanah Merah Road and the ECP.

Riding at an easy 20kph, the bikers finished on time despite breaks at two pitstops where they were

pampered with drinks and refreshments. Sarin enthused: "We're happy to be a part of this mass outdoor event as it's also a sign that Singapore is back into the swing of things."

Celebrating ties

Meanwhile, music duo ShiLi & Adi kept the atmosphere alive with their catchy pop remixes whilst families and participants engaged in numerous booth activities and ActiveSG sports try-outs with great zest.



The art colouring competition booth proved hugely popular! Families like **Karen Chen's**, who visited the colouring booth with her sister, Eve, their kids and 80-year-old dad, delighted in the family bonding opportunities. "My dad likes this feeling of 'togetherness' at such events."

Other families like Jeya's were thrilled by the sports try-outs. Her mum, Madam Selva, had fun shooting hoops with her granddaughter. Fans at the soccer booth were in for a treat when local football legend Aleksandar Đurić was spotted facilitating try-outs!

Other family fringe activities included inflatable playgrounds and even a family treasure hunt.



Congratulations to **SRI HARAN S/O RAVEE** for being the lucky winner at the Membership Lucky Draw.

First team, first race, first win

Over at the Dragon Boat Race, it was a burst of energy and colours. After an exuberating and adrenaline-pumping race which saw a total of 25 teams competing in four categories, it was, perhaps, the Women's Team from Sport Singapore which provided the most surprises that day.

Coming in first in the Women's category of the Dragon Boat Race, **Cheryl Tay**, Captain of SportSG team, let on that the victory was especially meaningful as this was an inaugural race for the team which was just a month old!

Cheryl shared that it was the uniting of various divisions towards a mutual goal that moved her. "Competitions bring out the best in everybody and lead all towards a common goal."

This view was echoed by overall champion of the Dragon Boat Race, team MHA. Team captain **Alan Wong** affirmed the cohesiveness of sports noting that it is a good chance to bring people from different ministries together. Alan attributed his team's success to an emphasis on off-season training, discipline and team spirit.

Participants of the Explorer Challenge had their fair share of team bonding and comradeship too.

A total of 29 teams from nine agencies participated in the Explorer Challenge which took them around various historical landmarks of Singapore. The heat was no deterrent for the teams as they raced to locate "hotspots" and perform different challenges using a series of game apps. It was the Inland Revenue Authority of Singapore who eventually emerged winners of the Explorer Challenge.

Meanwhile, staff at the Ministry of Social and Family Development (MSF) had plenty to rejoice over their triumph in the Corporate Steps Challenge by clocking in the most number of steps. The virtual inter-agency challenge fostered camaraderie and a shared sense of identity among MSF staff as they worked towards a common goal.

Indeed, it was the comradeship that participants appreciated the most. As JTC Corporation dragon boater **Kelly Lim** summed up, "I enjoy this spirit of togetherness, when we see One Public Service coming together!"

PUBLIC SERVICE DRAGON BOAT RACE

RESULTS

PLACING	MEN	MEN'S SENIOR	WOMEN	ACTIVE AGERS	OVERALL PLACING
CHAMPION	▶ MINDEF	▶ MOE	▶ SportSG	▶ LTA	▶ Ministry of Home Affairs
1 ST RUNNER-UP	▶ MHA (C)	▶ MINDEF	▶ MOE	▶ MHA	▶ Ministry of Education
2 ND RUNNER-UP	▶ MOE	▶ MHA	▶ MHA	▶ HDB	▶ Ministry of Defence
3 RD RUNNER-UP	▶ MHA (B)		▶ LTA	▶ MOH	▶ Land Transport Authority

INTER-AGENCY SPORTS

PLACING	TELEMATCH	EXPLORER CHALLENGE	CORPORATE STEPS CHALLENGE
CHAMPION	▶ Ministry of Home Affairs (2)	▶ Inland Revenue Authority of Singapore	▶ Ministry of Social and Family Development
1 ST RUNNER-UP	▶ Ministry of Defence	▶ Ministry of Home Affairs (10)	▶ Ministry of Communications and Information
2 ND RUNNER-UP	▶ Ministry of Home Affairs (1)	▶ Ministry of Law	▶ Ministry of Education
3 RD RUNNER-UP	▶ Ministry of Health	▶ Ministry of Home Affairs (8)	▶ Sport Singapore



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RIDE TO POSEIDON OYSTERBAY RESORT

25 - 26 Jun 2022

Oei Su Cheok

Riding on our convoy of cyclists into Johor Lama felt like homecoming. Having journeyed 100 km from Johor Bahru along the motorway, the scenery at Johor Lama was cool and calm under the overcast sky. Rolling down the gentle gradient to Teluk Sengat jetty was a pleasing closure of our ride from the Causeway with detours for lunch and shopping!

Cyclists, bags and bikes were quickly transferred by boat to Poseidon Oysterbay Resort floating on the Johor River. CSC cyclists last visited this resort in 2019, having taken a different approach to reach this destination.

At Poseidon Oysterbay, nothing seems to have changed over the intervening years of Covid-19 travel restrictions. We enjoyed the same welcoming hospitality throughout our stay.

We had plenty to eat, starting with tea upon arrival, sumptuous dinner with steamboat and barbeque and yummy breakfast, all featuring oysters, of course.

After a good night rest, we were recharged to embark on the 75 km return journey. Our riders took the rolling hills in stride and successfully completed the journey under brilliant sunshine, pit-stop by pit-stop. Thanks to Paul & Jasmine for leading the well-planned route with clear instructions to designated pit-stops at approximately 20 km intervals to refresh and regroup our cyclists.

Our participants have certainly enjoyed this trip to Poseidon Oysterbay. CSC cyclists were delighted to be able to ride out of Singapore now after Covid-19 travel restrictions were lifted. Biking is our reason to travel, to make new friends and enjoy chosen destinations. We look forward to other exciting destinations for our future rides.



A Swirlin' Good Time

CSC Wine & Dine

CSC National Day Wine & Dine made its return after a two-year absence! It didn't take long for all 350 tickets to be snapped up as soon as they became available!

Fast forward to the much-anticipated event night. There was a lot of excitement that evening of Friday, 5 August as participants streamed into the ballroom, all dressed in red, to commemorate the nation's 57th birthday.

It was heartwarming to see long-time friends and colleagues meeting up again after all the Safe Management Measures of the recent past. As Ministry of Manpower (MOM) officer and first-time attendee of the dinner Thomas Jeremy said, "This is the first time in two years that our ministry is attending an event together."

Concurring were fellow MOM colleagues Jacqueline Teo and Isabelle Ong. Jacqueline said, "Before COVID, we've always participated in CSC's annual National Day Wine & Dine. Imagine our excitement when we learnt that we could do so this year." Added Isabelle, "It was definitely something to look forward to, being able to network again." Indeed, many of the agencies enjoyed a boisterous reunion of feasting and toasting.



Hitting the right notes

It was the vivacious – "Singapooooore, are you ready!" – greeting from the emcee that broke the busy chatter and kickstarted the night's programme. National fervour was unmistakably high. Guests sang along to the hot favourite 'One People, One Nation, One Singapore' as they waved their flags and witnessed the cutting of the the National Day cake.

Then began the eight-course banquet which was served to the accompaniment of some upbeat tunes from pop duo, The Coincidence Maker, who also delighted the crowd with popular hits such as 'Top of the World' and 'Pang Yau' (Friends).



Helen Loh from CSC Line Dance particularly enjoyed the dinner with her fellow line dancers. She enthused, "It's like a get-together, to socialise outside line dancing."

Adding to the vibrancy of the night were National Day-themed games such as 'Guess the NDP song' which drew much laughter from the crowd as the cheeky emcee bantered with unsuspecting game participants.

The night's programme also included a National Day sing-along segment which had participants chiming in to a string of familiar songs while gamely taking to the floor to form a human 'train'.

This is Home, truly

Clearly, many appreciated the return of CSC National Day Wine & Dine. For attendees like Constance Tan and family, the event held even more special memories. Shared Constance, "Many of us have birthdays in August and the last time we were here was in 2020. Now that we can re-group, we wanted to commemorate the occasion as a family again."

Added Constance's niece Joanna Portilla, "Some of us live overseas. Being back in Singapore in August to celebrate the nation's birthday is meaningful as we are proud to be Singaporeans."

There was no better testament to this national pride than when the diners held up their mobile phone beams to set the room aglow while belting out "This is Home, truly."

Mid-Autumn Celebration by the Pool

Old-school street-styled booths hawking wares such as tea, mooncakes, pomelo, buttered corn and yam. Festive decorations such as a giant-sized Chang-Er balloon and an inflatable white rabbit adorning the swimming pool.

A palpable buzz could be felt as 'stall holders' – CSC's very own staff members – readied their wares for guests comprising CSC members and their families who were waiting eagerly nearby for the event to begin.

Ah, the night was a perfect setting for some festive fun that eve of Mid-Autumn Celebration.

Hou Yi comes to life

Guzheng Master Mr Neo Sek Loon opened the night with an evergreen classic of 'yue liang dai biao wo de xin' otherwise known as 'The Moon Represents My Heart' mesmerising everyone present.

The animated emcee, appearing in a get-up of waiter's wear, cheekily introduced himself as 'Hou Yi', a legendary character from Mid-Autumn fables. Throughout the evening, he continued to tease the audience with his witty jokes.

Guests Sonala Sharma and family were among those attending the Mid-Autumn event for the first time. Explaining that they came to learn of this event from the

Fusion magazine, Sonala shared that they were looking forward to experience their first-ever Mid-Autumn experience.

"My kids are very excited. We've been CSC members for three years but have not joined any event due to the pandemic. This is the first time we're attending an event at CSC," enthused Sonala. Her

10-year-old daughter, Prisha, added, "It sounds fun, especially the magic show."

Love, laughter and lanterns

Guests were treated to a free-flow sampling of traditional Mid-Autumn delights like mooncake and pomelos, while games such as quizzes and a Pomelo Peeling Competition kept guests entertained.

The kids, meanwhile, enjoyed delightful surprises as they mingled with friendly Mid-Autumn mascots such as Chang-Er and the Jade Rabbit, showering them with hugs and photo requests. It was the magic show, however, that dazzled both parents and children as the magician pulled tricks up his sleeves one after another.

For regular attendees like Lim Pei Yng and family, it was the festive appeal that brought them back again. "We enjoyed the experience the first time so we came back this year. Mid-Autumn is a cultural celebration so it is a meaningful way to keep traditions alive for our children," shared Pei Yng.

Concluding the evening's programme was the ever-popular lantern parade. Parents and young ones came in throngs, lining up the walkway with pretty lanterns in hand. The kids were also overjoyed to receive a balloon sculpture of their choice at the end of the parade. The event touched returning visitors like Deepak Choudhury. Calling his family "proud members" of CSC, the dad of three expressed, "We love the gathering, the ambience, the culture." His daughter, 7-year-old Tanvee added, "I like the magic tricks! And there are a lot of lanterns too!" Truly, it was a night of big joy for the little ones.



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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**, **Lilies Room**, **Clover Room** & **Dance Studio** 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.

We are also fully equipped for video conferencing*, so you can take your event online with ease!

**Subject to availability.*

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**



EXTENDED DUE TO *Popular Demand!*

NETHERAVON TERRACES PROMOTIONS



BOOK 2 UNITS*

**15%
OFF**

*Include at least 1
Netheravon Terrace
(Queen-sized bed) unit

BOOK 4 UNITS*

**25%
OFF**

*Include at least 2
Netheravon Terrace
(Queen-sized bed) unit

Terms & Conditions:

- Valid for stays from 12 Sep '22 to 18 Nov '22
- Applicable for all rate types for Netheravon Terrace at CSC @ Changi II only
- Blackout dates: Super-peak periods (eve of PH, PH and school holidays)
- Strictly applicable for bookings via email or walk-in only
- Offer does not apply to any existing bookings made before 12 Sep '22
- Promotions not valid in conjunction with other discounts, promotions or vouchers and not valid corporate or wedding bookings
- All bookings will be subjected to the prevailing authorities' guidelines and to any additional premise owners' house rules

For enquiries, please email Changi II:
changi2@csc.sg or contact 6545 2343

WOW20

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

USE PROMO CODE: **WOW20**

VALID FOR STAYS FROM **12 SEP 2022 TO 18 NOV 2022**

Terms & Conditions:

- Valid for stays from 12 Sep '22 to 18 Nov '22
- Applicable for all room types and rate types at CSC @ Changi I, CSC @ Changi II & CSC @ Loyang
- Blackout dates: Super-peak periods (eve of PH, PH and school holidays)
- Strictly applicable for online bookings from 12 Sep '22 using promo code 'WOW20'
- Offer does not apply to any existing bookings made before 12 Sep '22
- Promotions not valid in conjunction with other discounts, promotions or vouchers and not valid corporate or wedding bookings
- All bookings will be subjected to the prevailing authorities' guidelines and to any additional premise owners' house rules

For enquiries, please email

Changi I: rooms@csc.sg or contact 6709 4706

Changi II: changi2@csc.sg or contact 6545 2343

Loyang: loyang@csc.sg or contact 6581 9033





**NEWLY
UPGRADED**



FAIRY POINT CHALETS AT CSC @ CHANGI II (FORMER ALOHA CHANGI)

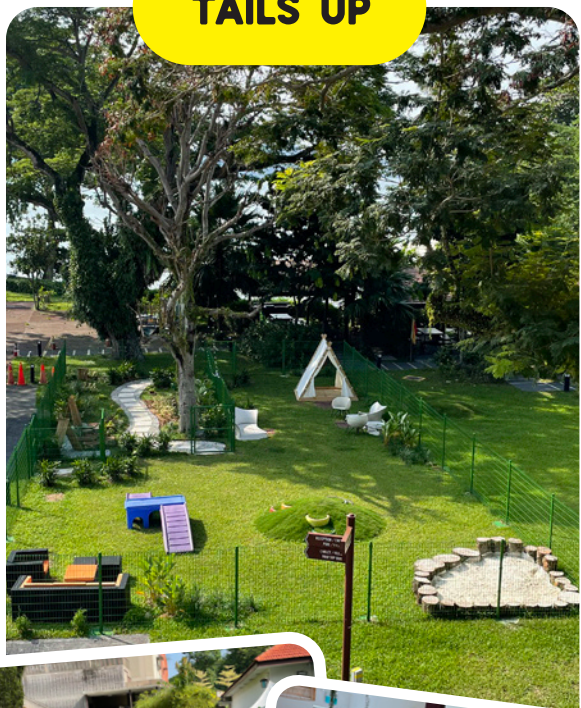
Stay in the revitalised black and white colonial bungalows, now ready to welcome members and guests. Revel in its grandeur and soak in the striking classic room palettes - black and white themed furnishing.

For more information, please check out our Facebook page in October.



SCAN TO BOOK

TAILS UP



PLAY, BOARD AND LEARN WITH TAILS UP

FUN & ADVENTURE FOR YOUR DOGS!



Send your furkids on an island vacation for a home-away-from-home experience.

With over 1,800 sqft of interior space and 3,200 sqft of lush greenery, your furkids will be able to enjoy landed living, basking in the sun, sand, sea! With a one-of-a-kind first in class sensory garden Sniffari, sandpit, mound, playground, relaxing area, there is enough space for all our dogs!

Here at Tails Up, we practise positive reinforcement in a cage-free, force-free environment, backed by science and education.

Come play, board, learn with us! Book an evaluation slot at tailsup.sg today!

🌐 www.tailsup.sg

📞 8857 4534

📱 tailsup.sg

ASSOCIATE MEMBERSHIP

(FOR NON-PUBLIC SERVICE OFFICERS)
Promotion ends 31 December 2022

3 Years
Membership
\$900



**LUMINOX
WATCH**

RRP \$465

Gift Code:
LUMINOX

**\$90 CSC
E-CREDITS**

Membership Details <small>Mandatory fields</small>	
Membership Type*	
Associate Member @ \$300 per year (Singaporean and PR only)	
No. of Year(s)*	Gift Code*
3	Please Select LUMINOX \$90 CSC E-Credits

2 Years
Membership
\$600



**OSCILLATING
AIR FRYER**

RRP \$399

Gift Code:
MAGICFRY

**\$60 CSC
E-CREDITS**

Membership Details <small>Mandatory fields</small>	
Membership Type*	
Associate Member @ \$300 per year (Singaporean and PR only)	
No. of Year(s)*	Gift Code*
2	Please Select MAGICFRY \$60 CSC E-Credits

1 Year
Membership
\$300



**GRUNN STEAM
CLEANING MOP**

RRP \$139

Gift Code:
MOP

**\$30 CSC
E-CREDITS**

Membership Details <small>Mandatory fields</small>	
Membership Type*	
Associate Member @ \$300 per year (Singaporean and PR only)	
No. of Year(s)*	Gift Code*
1	Please Select MOP \$30 CSC E-Credits

Terms & Conditions Apply.

- Associate Membership is applicable to Singaporeans and PRs only.
- All membership gifts are on while-stocks-last basis.
- 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 should the items run out of stock.

CSC E-Credit Terms & Conditions

- CSC E-credit will be valid for 6 months from date of issue and must be used within its validity period.
- CSC E-credit cannot be used for future booking. i.e If E-credit is valid till 31 Dec 2022, it cannot be used for bookings after 31 Dec 2022. If you cancel or postpone your booking, you will still need to use the E-credit within its validity period.
- CSC E-credit cannot be used with other promotion or promotion code.
- CSC E-credit can be used to off-set membership fees,

facilities, social, chalets booking and bowling (Bukit Batok and Tessensohn only). CSC E-credits cannot be used at Tenanted facilities.

- The value of the CSC E-credit is not transferable, replaceable or exchangeable for cash.
- There will be strictly no extension of CSC E-credit validity period. Any unused balance not utilised will be forfeited.
- The use of CSC E-credit constitutes acceptance of these terms and conditions. CSC reserves the right to amend the terms and conditions without prior notice.



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

APPLY NOW

Calling all Members on Payroll Deduction!

Convert your monthly payroll deduction to Term Membership Now.

Promotion is only applicable for existing members on payroll deduction. Valid from 1 October to 31 December 2022.

1st 50 members will receive an additional thermos flask. While stocks last!

5 Year Membership
\$360



OSCILLATING AIR FRYER

RRP \$399

Gift Code:
MAGICFRY

OR

\$65 CSC E-CREDITS

Membership Details Mandatory fields

Membership Type*

Ordinary Term Member @ \$72 per year

No. of Year(s)*

5

Gift Code*

Please Select

MAGICFRY

\$65 CSC E-Credits

4 Year Membership
\$288



SMART WATCH

RRP \$129

Gift Code:
SWATCH

OR

\$50 CSC E-CREDITS

Membership Details Mandatory fields

Membership Type*

Ordinary Term Member @ \$72 per year

No. of Year(s)*

4

Gift Code*

Please Select

SWATCH

\$50 CSC E-Credits

3 Year Membership
\$216



WATER PITCHER

RRP \$109

Gift Code:
PITCHER

OR

\$35 CSC E-CREDITS

Membership Details Mandatory fields

Membership Type*

Ordinary Term Member @ \$72 per year

No. of Year(s)*

3

Gift Code*

Please Select

PITCHER

\$35 CSC E-Credits

2 Year Membership
\$144



AIR FRYER

RRP \$49.90

Gift Code:
FRYER

OR

\$20 CSC E-CREDITS

Membership Details Mandatory fields

Membership Type*

Ordinary Term Member @ \$72 per year

No. of Year(s)*

2

Gift Code*

Please Select

FRYER

\$20 CSC E-Credits

1 Year Membership
\$72



AIRPHONE 5

RRP \$24.90

Gift Code:
HEADSET

OR

\$10 CSC E-CREDITS

Membership Details Mandatory fields

Membership Type*

Ordinary Term Member @ \$72 per year

No. of Year(s)*

1

Gift Code*

Please Select

HEADSET

\$10 CSC E-Credits

Terms and conditions apply.

- Three months' notice is required to stop payroll deduction.
- 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.

CSC E-credit Terms & Conditions

- CSC E-credit will be valid for 6 months from date of issue and must be used within its validity period.
- CSC E-credit cannot be used for future booking. i.e If E-credit is valid till 31 Dec 2022, it cannot be used for bookings after 31 Dec 2022. If you cancel or postpone your booking, you will still need to use the E-credit within its validity period.
- CSC E-credit cannot be used with other promotion or promotion code.
- CSC E-credit can be used to off-set membership fees, facilities, social, chalets booking and bowling (Bukit Batok and Tessensohn only). CSC E-credits cannot be used at Tenanted facilities.
- The value of the CSC E-credit is not transferable, replaceable or exchangeable for cash.
- There will be strictly no extension of CSC E-credit validity period. Any unused balance not utilised will be forfeited.
- The use of CSC E-credit constitutes acceptance of these terms and conditions. CSC reserves the right to amend the terms and conditions without prior notice.






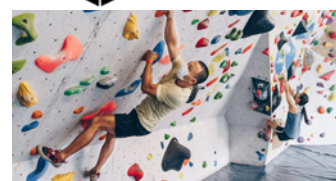



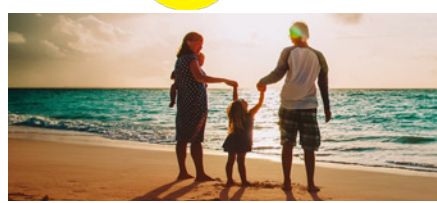




APPLY NOW

MEMBERS' PRIVILEGES

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

Terms & Conditions apply. Deals may be subject to changes due to the prevailing COVID-19 situation.

<div><div>ASAP & CO</div><div></div><div></div><div><div>10% OFF TOTAL BILL</div><div><div>• https://www.asapnco.sg</div></div></div></div>	<div><div>ENJOY EATING HOUSE</div><div></div><div></div><div><div>20% OFF TOTAL BILL (Weekday lunch, 11am to 4pm)</div><div><div>10% OFF TOTAL BILL (All day)</div><div><div>• https://enjoyeating.sg</div></div></div></div></div>	<div><div>GATHERTHEMISFITS</div><div></div><div></div><div><div>10% OFF TOTAL BILL</div><div><div>• https://gatherthemsfits.com</div></div></div></div>	<div><div>RUHENS</div><div></div><div></div><div><div>\$300 OFF RUHENS V & \$700 OFF RUHENS ICE</div><div><div>• Valid for in-store purchase</div><div><div>• https://www.ruhens.com.sg</div></div></div></div></div>
<div><div>FURRY'S KITCHEN</div><div></div><div></div><div><div>10% OFF TOTAL ONLINE ORDER</div><div><div>• Online store</div><div><div>• Email marcomms@csc.sg for promo code</div><div><div>• https://furrykitchen.sg</div></div></div></div></div></div>	<div><div>MULTI FLORA</div><div></div><div></div><div><div>60% OFF ALL TREATMENTS</div><div><div>• Appointment to be made prior to visit</div><div><div>• https://www.multifloranoibara</div></div></div></div></div>	<div><div>GROUND UP CLIMBING</div><div></div><div></div><div><div>DISCOUNTED ENTRY RATES & 20% OFF PROGRAM & COURSES</div><div><div>• https://www.groundupsg.com</div></div></div></div>	<div><div>TAIL'S UP</div><div></div><div></div><div><div>10% OFF DAYCARE & BOARDING SERVICES</div><div><div>• Promo code: tailsup10</div><div><div>• https://tailsup.sg</div></div></div></div></div>
<div><div>LITTLE RANGERS CLUB</div><div></div><div></div><div><div>DISCOUNTED RATES FOR COURSES, PLAY SESSIONS AND PACKAGES</div><div><div>Promo codes:</div><div><div>• CSC10off (Little Ranger Club courses)</div><div><div>• CSCWED20 (3 kids play to get 20% off)</div><div><div>• CSCFriday25OFF (2 hours of play session)</div><div><div>• CSCBirthdayDeal (Birthday event package)</div><div><div>• https://www.littlerangers.sg</div></div></div></div></div></div></div></div></div>	<div><div>DIRECTASIA</div><div></div><div></div><div><div>RECEIVE UP TO \$150 NTUC FAIRPRICE VOUCHERS</div><div><div>• Valid with sign-up of DirectAsia Travel, Car or Motorcycle insurance plans</div><div><div>• Email marcomms@csc.sg for details</div></div></div></div></div>	<div><div>RESORTS WORLD CRUISES</div><div></div><div></div><div><div>DISCOUNTED RATES FOR CRUISES</div><div><div>Promo codes:</div><div><div>• RWCWL50 (2 Nights Wed Cruise)</div><div><div>• RWCWL100 (3 Nights Sun Cruise)</div><div><div>• RWCWL150 (5 Nights Sun Cruise)</div><div><div>• https://rwcruises.com/</div></div></div></div></div></div></div></div>	



f @cscsingapore

CSC
MEMBERS
ONLYCSC
Monthly

Facebook Giveaways



Scan for full T&Cs

Don't miss out these year-end giveaways for CSC members!
Follow us on Facebook, and mark the dates!



ENJOY EATING HOUSE

20 to 23 Oct '22

\$50 Dining Voucher



RACK 85

17 to 20 Nov '22

Mibro C2 Smartwatch
(worth \$69)

MUSEUM OF ICE CREAM

15 to 18 Dec '22

1 Pair of Daytime
Admission Tickets
(worth \$84)FOLLOW US ON
SOCIAL MEDIA!

.....

Follow the Club's Facebook page to get the latest updates, events, activities and announcements.



.....

Don't miss any members' perks, promotions and other deals. Have them delivered to you on Telegram!



.....

The Club is now on Tik Tok! Check out what we have for you, and rediscover our clubhouses and chalets.

To follow us, search
Civil Service Club on these platforms 🔍



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.

LOGIN HERE



membership@csc.sg



6391 5604 / 6514 6396



<https://www.csc.sg>

“I would like to pay compliments to **staff at the Tessensohn Clubhouse**. I attended the Mother's Day lunch and Weekend Swimming Pool Fun with my family. Both events were well-planned down to the details.

We greatly enjoyed the programs. Kudos to Tessensohn team! You have once again outshone yourselves!”

– **Emily Lin on CSC @ Tessensohn**

“I was running late for my bowling league and in my rush, I fell. Your staff **Ms Azurah** – who was in her advanced stage of pregnancy – was very concerned and was there to reassure me. I want to thank Ms Azurah for her selflessness in her service to the public.”

– **Steven Yam on CSC @ Tessensohn**

STAFF SHOUT OUTS

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

“Your **Facebook** is so user-friendly that even children can access it. I am so proud of it! Keep up the amazing work!”

– **Nur Amilia Falishah on Marcomms**

“I wish to thank **Kua Gek Cheng** for the wonderful evening at last night's National Day Wine and Dine.

Our table had a fun and enjoyable evening, singing and swinging with the band and waving our flags (we love the Cantonese numbers). Though it was a simple event, it was enjoyable.

We were also glad that we had a table at the side of the room, not too far from the stage, because as nurses we still try to observe social distancing while enjoying ourselves.

So thank you very much for organising this event and hope there will be more to come.”

– **Susan Loh on Social**

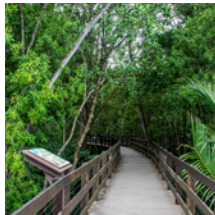
SCHOOL HOLIDAYS ACTIVITIES

OUTDOORS & ACTIVE FUN

Life in the Mangrove Trail

Age 7 to 12 yrs

The mangrove houses a rich variety of interesting plants and animals, many of them unique to this habitat. Walk along the boardwalk and put your observation skills to the test. Uncover the secrets to thriving in an environment between land and sea. Learn about the fish with special 'powers' that helps it survive out of water and 'skip' on land.



A programme for parents and their primary school children, it focuses on selected life science themes (such as, Diversity and Interactions within the Environment) to encourage inquiry and deepen understanding of scientific concepts through discovery and hands-on activities.

Date: Sat, 19 Nov '22 OR 10 Dec '22

Time: 9am – 11.30am

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

Venue: Pasir Ris Mangrove Boardwalk (Pasir Ris Park)

Meeting point: Pasir Ris Park Carpark C (51 Pasir Ris Green, S518226)

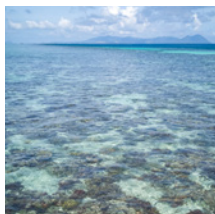
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register by: 1 week before the event

Life on the Seashore

Age 7 yrs and above

Discover the rich diversity of our marine life without having to dive or swim. Get up-close and personal with the seashore inhabitants at low tide. Be prepared that the exposed seabed for exploration is sandy and muddy! This programme, which will focus on selected life science themes is for parents and their primary school children.



Footwear: Water/diving booties or an old pair of covered/sports shoes with no holes in soles

Date: Fri, 25 Nov '22 Time: 4.30pm – 7pm OR

Fri, 23 Dec '22 Time: 4.15pm – 6.45pm

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

Meeting Point: Pasir Ris Park Carpark E, beside PA

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

Register by: 1 week before the event

Boogie Bounce (Parent – Child)

Age 6 to 14 yrs
(Strictly for parent & child ONLY)



Join us this school holiday for an hour of laughter and fun workout bouncing on a mini trampoline that is attached with a safety bar to ensure a safe and lively cardio session for your little ones. Benefits from this bouncing workout include motor-skills development for young children, better concentration, good balancing skills, cardiovascular fitness and many more.

Dates: Tue, 22 Nov '22 or 13 Dec '22

Time: 11am – 12pm

Fees (Parent & Child pair): Members \$60, Public Service Officers \$65, Guests \$70

Venue: CSC @ Bukit Batok

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

Register by: 1 week before the event

Medley Mania Camp

Our popular Medley Mania Camp will cover the best of everything Whizz Kidz – Singapore's reputable activity and learning centre – has to offer. Campers can expect wacky science experiments, arts and craft projects, cooking, invention challenges, games and many more activities.



Dates: Mon – Wed, 12 – 14 Dec '22
(3-day workshop, 3 hours per day)

Time: 10am – 1pm

Fees: Supp Members \$300, Guests \$320

Venue: CSC @ Tessensohn

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event

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

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

CRAFTS & WORKSHOPS

online

FREE for members

Kids Craft Workshops

Age 5 to 12 yrs

Craft activities are a great way for helping children develop in areas such as fine motor skills, planning, creativity and concentration. To help you get started here are some simple activities that can be done using everyday items you can find around the house.

3D Solar System

A fun way to gather basic knowledge of our planet system, what each planet looks like and their distance from the sun. Your kids also get to create a galaxy using painting techniques.

Date: Sat, 26 Nov '22

Materials required: Paint, Scissors, Paper, Black or dark blue colour paper



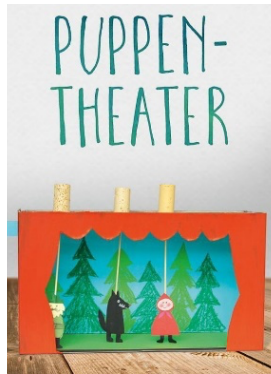
Puppet Theatre

Time to get creative with storytelling and puppet theatre! Participants can create their own story and characters (try to keep to four characters per story). Build the story around the 5Ws: Who, what, why, where, how.

Date: Sat, 3 Dec '22

Materials required:

Cardboard box (approx. tissue box size or shoe box size), Ice cream stick or disposable chopstick



Landscape Art

Understand basic knowledge about landscape using a mixed medium artwork of painting and collage.

Date: Sat, 10 Dec '22

Materials required: Painting materials, Drawing block, Pages from old magazines or newspapers, Glue



Gingerbread Man Candy Gift

It's time to prepare Christmas gifts! This activity shows you how to create a pretty gift of candies wrapped inside a gingerbread man as well as a gingerbread house design.

Date: Sat, 17 Dec '22

Materials required: Brown paper, Black marker, Stapler, Glue, Colour papers

(for gingerbread man's accessories), Strings (optional, only for those who want to hang their ginger bread man), Candies (small enough to fit into your gingerbread man)



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

Register by: 1 week before the events

Terrariums

Children can design their own self-sustaining mini-Terrarium! They will also learn about water cycle, and the components needed to build a terrarium. Materials will be provided and they can bring their terrariums home.

Date: Sat, 26 Nov '22

Time: 10am - 12pm

Fees: Supp Members \$55, Guests \$65

Venue: CSC @ Tessensohn

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event



Bath bombs

Each participant will get to make two bath bombs which they can take home. They will learn what ingredients make bath bombs fizz upon contact with water and why, as well as the benefits of different types of essential oils.

Date: Sun, 4 Dec '22

Time: 3pm – 5pm

Fees: Supp Members \$55, Guests \$65

Venue: CSC @ Tessensohn

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register By: 1 week before the event



The Family Caricature Workshop

This two-hour exhibition and caricature workshop is a good opportunity for parent and child to connect and bond over caricature art and to learn the basics of drawing faces. Apart from acquiring basic art skills, participants will also be treated to a beautiful caricature art exhibition of some world-famous celebrities. Materials included.

Outline:

- Beautiful caricature art exhibition featuring some of the world's greatest luminaries
- Fun Quiz game featuring some of Singapore's most famous personalities with prizes given to families with the best knowledge of Singapore's icons
- Caricature art workshop where participants learn the basics of drawing caricatures

Date: Sat, 3 Dec '22

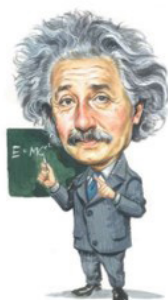
Time: 11am – 1pm

Fees (per parent-child pair*): Members \$40, Public Service Officers \$46, Guests \$48

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event



online

FREE for members

Christmas Card Making

Age 5 to 12 yrs

Christmas is the time of giving. Make your own Christmas cards, and pen personalised greeting messages for your friends.

Date: Sat, 3 Dec '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: 1 week before the event



online

FREE for members

Christmas Photo Frame Making

Age 5 to 12 yrs

Instead of cracking your head to find the best Christmas gifts, engage your inner artisan and learn to create a beautiful Christmas décor hanging frame at this workshop.

Date: Sat, 17 Dec '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: 1 week before the event



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

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

SCIENCE & ROBOTICS LOGIC

online

Coding Quest with Google Blockly

Students will learn to solve coding challenges during the workshop. Blockly is a visual programming language which introduces students to core coding concepts in intuitive way.

Ninja Skills Required

- Get introduced to the real world programming language called CoffeeScript
- Practise basic concepts like loops, conditionals, logical and comparison operators, co-ordinate system and directional thinking
- Foster logic and problem-solving skills
- Improve math skills

Date: Wed, 23 Nov '22

Roblox: Build Lavascape and Zombie Hunt Game

In this workshop students will generate a terrain with various biomes. They also learn to write scripts to create visual effects of lava eruption, as well as design their own Zombie Escape game.



Ninja Skills Required

- Fundamental concepts of coding like sequencing, loops, conditionals, booleans, variables, events and functions
- Learn to write scripts in Lua programming
- Design and build a virtual 3D world while learning how to change and edit 3D parts like sphere, cube, cylinder and wedges
- Learn to design and build their own tools or props
- Create exciting terrains in Roblox
- Bring imagination to life and delve into an enjoyable experience.

Date: Thu, 24 Nov '22

Roblox: Build Tools and Game Passes

In this workshop students will learn to build custom tools and use 'Grip Editor' plugins for the tools. Students would also be introduced to monetising their tools with 'Game Pass'.



Ninja Skills Required

- Fundamental concepts of coding like sequencing, loops, conditionals, booleans, variables, events and functions
- Learn to write scripts in Lua programming
- Design and build a virtual 3D world while learning how to change and edit 3D parts like sphere, cube, cylinder and wedges
- Learn to design and build their own tools or props
- Bring imagination to life and delve into an enjoyable experience.

Date: Fri, 25 Nov '22

MIT App Inventor: Space Invaders

In this workshop students will build the most popular 2D Arcade game of 'Space Invaders'. They will also learn UI (User Interface) designing and practise key coding concepts while building mobile applications.

Ninja Skills Required

- Learn to design UI user interfaces using buttons, labels, canvas, text boxes, images, alignments and much more
- Basic coding concepts like sequencing, events, loops, lists, variables, conditionals and so on
- Write programs using block coding
- Develop a complete mobile 2D arcade game

Date: Mon, 28 Nov '22



Python: Create Polygons and Spirographs

This workshop begins with teaching students the basics of the super popular programming language Python. Students will be writing programs mingled with the concepts of maths and geometry.



Ninja Skills Required

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

Date: Tue, 29 Nov '22

For the above workshops:

Time: 10am - 12pm

Fees (per workshop): Supp Members \$85, Guests \$95

Platform: Live on Zoom*

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

Register by: 1 week before the events

Mission Explorer Camp LEGO® MINDSTORMS ADVANCED ROBOTICS

With access to advanced robotics kits, participants get to put knowledge and skills into building and programming a fighting Robot that compete against their peers' in terms of speed and distance.

Participants also learn skills in leadership, community involvement and in communication across different technology platforms.

The LEGO® EV3 Mindstorms allows participants to take control of their own creations and learn to overcome obstacles to achieve the mission.

Learning Outcomes:

- The fun-based activities/ challenges aim to develop skills and logical thinking
- Understand advanced logic and engineer science (randomising, switching outcomes, advanced sensors and feedbacks, etc)
- Developing leadership and teamwork among their peers
- Creating customised robots/ machinery to solve challenges like collecting, grouping of items and a real-life PAC-Man machine/game



Dates: Fri, 25 Nov OR 2 Dec OR 9 Dec OR 16 Dec '22

Time: 9.30am – 12.30pm

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

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event

Hovercraft

Age 6 yrs and above

This workshop allows participants to grasp practical science concepts by assembling a hovercraft. They will appreciate how a hovercraft works and will be guided by the instructor to test it out.

Learning outcomes:

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



Date: Sun, 27 Nov '22

Time: 10am – 1pm

Fees: Supp Members \$100, Guests \$110

Venue: CSC @ Tessensohn

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event

Chuck Glider

Age 6 yrs and above

A workshop to inspire young learners to gain interest in aviation through interactive hands-on activities. Your child will learn and apply science concepts taught through building their very own glider.

Learning outcomes:

- Science principles and aerodynamics
- Craftwork techniques
- Balancing and trimming a glider
- Proper throwing techniques

Date: Wed, 30 Nov '22

Time: 10am – 1pm

Fees: Supp Members \$50, Guests \$60

Venue: CSC @ Tessensohn

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event



DIY Drones

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: Sun, 3 Dec '22

Time: 10am – 1pm

Fees: Supp Members \$130, Guests \$140

Venue: CSC @ Tessensohn

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event



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

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

SOCIAL ACTIVITIES

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



Sphero Mini STEM Workshop

Sphero Mini packs tons of fun into a tiny, app-enabled robotic ball. Drive using the Sphero Mini app, or with your facial expressions in the wild new Face Drive™ feature. Use Mini as a controller to play different games and learn creative problem-solving skills via coding.



Have a fun-filled session while benefiting from STEM Education via the Sphero Mini.

Learning Outcomes:

- Applying facial recognition technology
- Using creative problem principles via coding
- Developing spatial and math-logical intelligences

Date: Sun, 13 Nov '22

Time: 2pm – 4pm

Fees: Supp Members \$120, Guests \$150

Venue: CSC @ Tessensohn

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register By: 1 week before the event



Interactive VR

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

- Basics of Virtual Reality (VR)
- 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 bring their own Microsoft laptops with reasonably fast CPU & graphics processors (Apple MacOS not compatible).

Date: Sun, 20 Nov '22

Time: 4pm – 6pm

Fees: Supp Members \$50, Guests \$70

Venue: CSC @ Tessensohn

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event



Hands-on Children Craft Workshops

Age 5 to 12 yrs

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

Gingerbread House Coin Bank Painting

Assemble and paint your own coin bank!

Date: Sat, 19 Nov '22

Venue: CSC @ Changi



Sew Your Own Ang Bao

Each participant will sew their own ang baos (using safe plastic needles), after which cute CNY felt stickers will be pasted onto their ang baos! Each participant will get to bring home 3 ang baos.

Date: Sat, 7 Jan '23

Venue: CSC @ Tessensohn



For the above workshops:

Time: 10am – 11.30am

Fees (per workshop): Supp Members \$20, Guests \$26

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

Register by: 1 week before the events



FREE for members

LNy Tissue Box Cover Workshop

Age 5 to 12 yrs

Usher in the Year of the Rabbit with this beautiful DIY Lunar New Year tissue box by using cut flowers and a rabbit too.

Materials required: Colour papers in red, pink and white, Ang baos, Ruler, Pencil, Scissors, Glue

Date: Sat, 14 Jan '23

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

Register by: 1 week before the event



Parent-Child Baking Workshop by Harry

Age 4 to 11 yrs

Healthy Ice Cream/Gelato Making Workshop

A fun-filled workshop that provides participants a delightful hands-on experience in ice cream/gelato making as well as useful tips.

Outcome:

- Learn about the origin of ice cream
- Learn the principles of how milk mixture turns into creamy ice cream
- Watch how a batch freezer (commercial ice cream maker) churns ice cream mixture into frozen ice cream
- Different methods of ice cream making will be taught
- Recipes will be given to participants to work on at home

Participants will also get to enjoy the ice cream made. Fees inclusive of all ingredients required at workshop.

Date: Sat, 26 Nov '22

Time: 10am - 12.30pm

Fees (per parent-child pair): Members \$60, Public Service Officers \$68, Guests \$72



Children Christmas Baking

This Christmas get your children to make these delicious treats for wrapping or bottling up, to be given as meaningful and delicious handmade gifts. Fees inclusive of all ingredients required at workshop.

Cheezy Pretzels

These savoury and tasty pretzels are unlike those that are store-bought. Your children will be proud to say they made them.



Christmas Chocolate Gifts

Chef will share three different chocolate gifts. Caution: Not for children with nut allergies.



Date: Sat, 10 Dec '22

Time: 2pm - 5pm

Fees (per parent-child pair): Members \$70, Public Service Officers \$80, Guests \$85

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event

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

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

Pastel Nagomi Art

Pastel Nagomi is a Japanese style of healing art. This simple yet therapeutic way of painting using soft pastels and our fingers to create a gentle, soft and heart-warming art form has a special appeal, whether you are an art novice or a veteran.

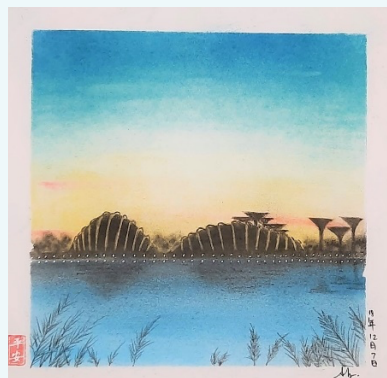
Demo Workshops



FREE for members

Local Attractions

Date: Sat, 19 Nov '22



Christmas Joy

Date: Sat, 10 Dec '22



Happy Lunar New Year

Date: Sat, 7 Jan '23



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

Register by: 1 week before the events

Hands-on Workshops

Winter Solstice

Date: Sat, 17 Dec '22



Lunar New Year Spring

Date: Sat, 14 Jan '23



For these workshops:

Time: 10am - 11.30am

Fees (per workshop): Members \$36, Public Service Officers \$45, Guests \$48

Venue: CSC @ Tessensohn

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

Register by: 1 week before the events



FREE for members

Learn to Make Decoupage Soap

Get creative with soap making with decoupage. It is easy to learn and you can create your beautiful soaps as gifts to your friends this Christmas.

Date: Fri, 9 Dec '22

Time: 7.30pm - 8.30pm

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: 1 week before the event



Karaoke Singing Classes

Did you know that singing is a form of exercise that works the lungs and other parts of the body required to project one's voice. Singing may lead to a stronger diaphragm and stimulation of circulation due to the greater amount of oxygen needed to carry a tune. Singing also helps strengthen muscles in the airway to reduce snoring, while improving mental alertness as it delivers more blood to the brain. These should be enough reasons to sign up for our karaoke classes?



Mandarin Karaoke Singing

吴美香老师是一位资深的声乐教育老师，擅长教导华语、福建、广东及潮语时代曲。吴老师目前是人民协会合格声乐培训师、吴家班歌唱学院高级声乐教育老师。毕业于南洋理工大学孔子学院汉语拼音课程及吴家班开办的方言拼音课程。並荣获英国西伦敦大学音乐学院通俗歌曲8级演唱文憑。

Hone your singing skills with Coach Wu Meixiang – a senior vocal music teacher with experience in teaching Mandarin, Hokkien, Cantonese and Teochew period songs. Class curriculum includes basic singing along with 20 different techniques.

Dates: 8 Tuesdays, 11 Oct – 29 Nov '22 OR 6 Dec '22 – 24 Jan '23

Time: 7.30pm – 9.30pm

Fees: Members \$180, Public Service Officers \$190, Guests \$200

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event

English Karaoke Singing

Let our experienced coach Ivy Wee take your singing talent to a higher level in a cosy and newly furnished classroom.

What you will learn:-

- Basic fundamentals of singing
- How to sing your vowels
- Phonetic diction, rhythm and tempo
- Proper breathing exercises and singing techniques
- Personal stage persona and body language



Dates: 8 Thursdays, 20 Oct – 8 Dec '22

Time: 7.30pm – 9.30pm

Fees: Members \$180, Public Service Officers \$190, Guests \$200

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event

Learn to Play Violin

Come 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 note reading.

Fee includes materials and instrument for use in class:

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, 7 Nov '22 – 2 Jan '23

(No class on 26 Dec '22)

Time: 7pm – 8.15pm

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event



Master the Erhu

If you appreciate oriental music, try the erhu which is easy to learn. Under Instructor Pang Chin Soon, who has more than 25 years of experience with this two-stringed instrument, 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,

30 Nov '22 – 1 Feb '23

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: 1 week before the event



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

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

online

FREE for members

Online Beauty Talks by Candy

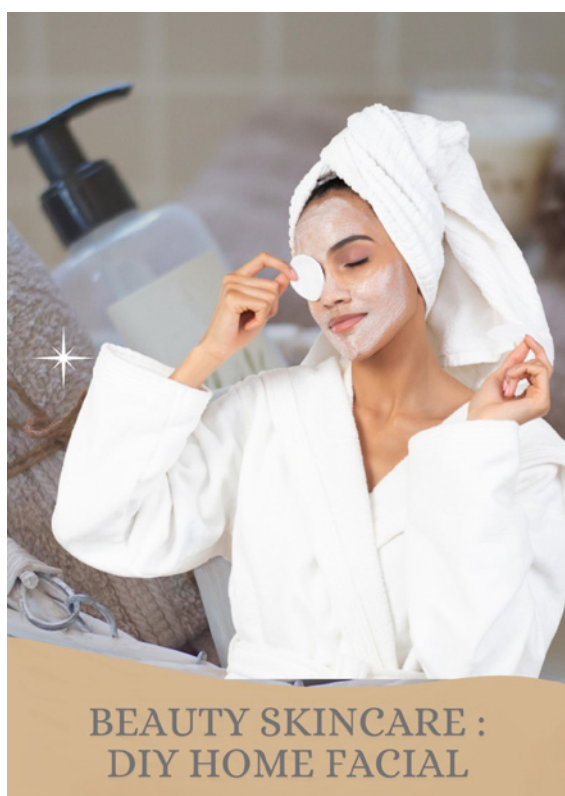
Beauty Skincare for Dehydrated Skin

Dates: Sat, 12 Nov '22



DIY Home Facial

Date: Sat, 17 Dec '22



Eye SPA

Date: Sat, 7 Jan '23



How to Know Your Skin Type

Date: Sat, 14 Jan '23



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: 1 week before the events

online

FREE for members

Beauty Workshops by Gelainza Kong (GEL)

3 Step to Mask Right at Home

Date: Sat, 19 Nov '22



3 STEP TO MASK RIGHT AT HOME

Brought to you by CSC & Gel University

NOV 19 2022 | SAT 2PM

How many times have you put on a facial mask only to look in the mirror 10 minutes later and "Hmm... this isn't working." Now you can learn how to apply facial mask correctly and get instant radiant & dewy results!

RSVP

an event not to be missed for fuss-free self-care mask tips by Master Trainer Gelainza Kong, with over a decade of beauty experience in major brands! See U online for another fun beauty session!

Rush Hour Makeup

Date: Sat, 26 Nov '22



RUSH HOUR MAKEUP

Brought to you by CSC & Gel University

Nov 26 2022 | Sat 2pm

Always in a rush babe? In this workshop, we'll teach you how to do make up quickly, so that it only takes you 5 minutes instead of 2 hours to get ready for your appointment.

an event not to be missed for fuss-free self-care mask tips by Master Trainer Gelainza Kong, with over a decade of beauty experience in major brands! See U online for another fun beauty session!

Radiant Beauty with Skin Boosters

Date: Sat, 10 Dec '22



SKINCARE SCHOOL

Radiant Beauty WITH SKIN BOOSTERS

- Achieve natural flawless skin without salon visits.
- Get glowing filter-like skin with the lazy way!
- Have U heard of boosters, ampoules & fillers?
- Are they good & effective?
- How can they benefit our skin short & long term?

10.12.2022 SAT
2 - 3 pm
ZOOM

GEL UNIVERSITY
Beauty • Community

RSVP with your beauty consultant for seats! First come first served basis

Brow Fengshui Masterclass

Date: Sat, 17 Dec '22



An event not to be missed! Grab fuss-free self-care mask tips by Master Trainer Gelainza Kong, with over a decade of beauty experience in major brands!

FENGSHUI BROWS WORKSHOP

Brought to you by CSC & Gel University

17 DEC 2022 | Sat 2pm

Brows out of shape? CNY is approaching! It might change your life with a stroke of luck!

In this workshop, we talk about different brows for face shapes & show you how to trim & shape your unruly or define sparse brows to achieve superstar brows with Brow Master Gelainza.

Get ready for your workshop with tweezers, brow brush & brow pencil for hands-on.

For the above workshops:

Time: 2pm - 3.15pm

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

Platform: Live on Zoom*

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

Register by: 1 week before the events

*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.

Valentine's Day Makeup

Date: Sat, 11 Feb '23

Time: 2pm – 3pm

Fees: Members \$10, Public Service Officers \$15, Guests \$20

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event



online

FREE for members

Lean & Green

The availability of vegetarian and vegan cuisine in Singapore has exploded over the past decade, making such choices much more accessible than ever before.



Is a plant-based diet better for health than a conventional diet? Without meat in our diet, will we have enough protein and other nutrients? In this session, learn smart nutrition advice and green tips.

This talk will cover the following:

- Types of vegetarian diets
- Reasons to go vegetarian
- Health benefits of a vegetarian diet
- Potential nutritional deficiencies and how to prevent them
- Eating right: How to achieve a balanced diet

Date: Thu, 20 Oct '22

Time: 3pm – 4pm

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

Platform: Live on Zoom*

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event

online

FREE for members

Good Food! Good Mood!

Work stress or relationship conflicts can sometimes cause us to feel moody, lethargic or sluggish causing us to indulge in energy-dense foods and adopt poor eating habits which may eventually result in adverse health complications.

Uncover informed food choices to improve your mood and strategies to manage your stress and sleep better. Take home essential tips that will make a better tomorrow for yourself and your loved ones.

In this talk, we will cover:

- Mood regulating neurotransmitters
- Mood related health complications
- Mood boosters and mood doomers
- Exercise and sleep

Date: Thu, 13 Oct '22

Time: 3pm – 4pm

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

Platform: Live on Zoom*

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event



online

FREE for members

NEW

Healthy Holiday Eating Tips

With travel restrictions lifted in many countries, many of us are planning our next holidays. Whether you're a sun worshipper, a city trekker, or a staycation kind of person, holidays can cause anxiety around weight management or other health goals. How do we ensure a relaxing holiday? Come and join us as we share tips on eating well and weight management while on a holiday.

Date: Thu, 3 Nov '22

Time: 3pm – 4pm

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

Platform: Live on Zoom*

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event



online

FREE for members

Fabulous or Fad Diets?

Lifestyle diets such as Ketogenic and intermittent fasting often seem very promising, especially to those who want to drop the extra kilos quickly. However, as quickly as we lose the weight, we tend to gain it all back and sometimes more. Is there a catch in these fad diets?

Come arm yourself with useful, practical and medically safe advice for maintaining a healthy weight for the long term.

Fad diets may come and go. Nothing beats understanding the fundamental nutrition logic behind good health.

Date: Fri, 11 Nov '22

Time: 12pm - 1pm

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

Platform: Live on Zoom*

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event



online

FREE for members

NEW

Power Snacks

Does snacking always lead to weight gain? Come and learn about healthy snacking - what are snacks, why we snack, when to snack, and how to make better choices.

Date: Thu, 1 Dec '22

Time: 3pm - 4pm

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

Platform: Live on Zoom*

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event



online

FREE for members

Boosting Immunity with Optimal Nutrition & Exercise

Boosting one's immune system has become a hot topic of late especially since the pandemic. It's important to understand how our body's immune system work, and to find out the nutrients that are useful to the immune system.

Date: Fri, 9 Dec '22

Time: 12pm - 1pm

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

Platform: Live on Zoom*

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event



online

FREE for members

Top 7 Nutrition Myths

This talk will bust nutrition myths and nutrition half-truths. They include:

- Labels that say "natural", "organic", "no added sugar", "low fat" means the food is healthier.
- Egg yolks are high in cholesterol so eat only egg whites.
- All smoothies and juices are healthy.
- Himalayan pink salt, sea salt, GoodSalt and Pansalt are healthier than table salt.
- Honey and brown sugar are healthier than white sugar.
- Some foods like apple cider vinegar and grapefruit can help burn more fat.
- Carbohydrates are bad!



Come and uncover the latest evidence on these myths and half-truths.

Date: Thu, 5 Jan '23

Time: 3pm - 4pm

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

Platform: Live on Zoom*

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event

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

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



FREE for members

Health Talks by Sam Wang

Dates: Sat, 19 Nov '22 OR 14 Jan '23

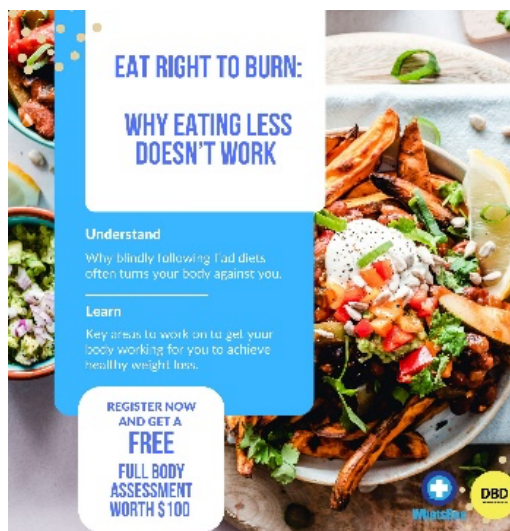
Time: 2pm – 3pm

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

Platform: Live on Zoom*

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

Register by: 1 week before the event



Chinese Tea Appreciation Tea for Health Enhancement

The natural compound in tea has been scientifically documented to support human health and well-being. The plentiful antioxidants, amino acid, mild caffeine, vitamins and minerals present in tea infusion are highly beneficial not just for health, but also as a holistic medicine for healthy lifestyle.

Antioxidants play a major role in stopping the accumulation of free radicals that lead to cancer and neurodegenerative diseases. In short, there are many benefits to be gained this beverage. Every participant brings home a goodie bag. Minimum of 5 participants for class to proceed.

Dates: Sat, 12 Nov '22 OR 17 Dec '22 OR 14 Jan '23

Time: 2pm – 5pm

Fees: Members \$35, Public Service Officers \$40, Guests \$45

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event



Preview: Managing Stress with Mindfulness

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

What you will learn:

- An introduction to mindfulness
- The mindfulness practice of awareness of the breath and bodyscan
- Scientific studies of mindfulness
- An overview of the 4-week Mindfulness Foundation Course

Dates: Sat, 5 Nov '22 OR 10 Dec '22 OR 14 Jan '23

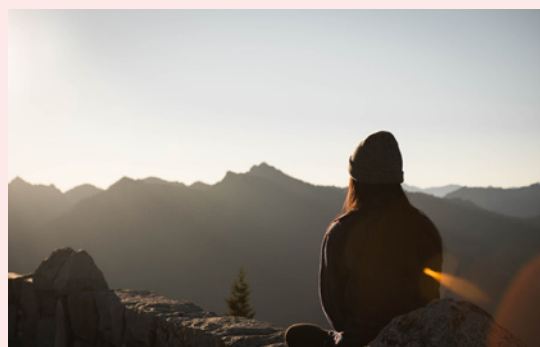
Time: 2pm – 3.30pm

Fees (inclusive of materials): Members \$8, Public Service Officers \$15, Guests \$18

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event



Managing Stress with Mindfulness Foundation Course

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

You will be guided through various mindfulness practices and scientific case studies. Also get to explore stress triggers, and how to respond to them.



Dates: 4 Saturdays, 12 Nov – 3 Dec '22 OR 17 Dec '22 – 7 Jan '23 OR 21 Jan – 11 Feb '23

Time: 2pm – 4pm

Fees (inclusive of materials): 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 the event



FREE for members

Fundamental Principles for Healthy Bones and Joints

With increased life expectancy in Singapore, it is important to learn how to take care of our bones and joints for a healthy and active lifestyle in our golden years. Participants will learn to identify potential risks to their bones and joints health, the 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: Thu, 3 Nov '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: 1 week before the event

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 and practical food remedies. Renew your knowledge, and regrow your cartilage.

Dates: 4 Fridays, 18 Nov – 9 Dec '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: 1 week before the event



Integrative Solutions for Back Pain

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



Dates: 3 Sundays, 27 Nov – 11 Dec '22

Time: 2.30pm – 4.30pm

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

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

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

Register by: 1 week before the event



FREE for members

Season to Take Care of Kidney & Bladder Meridian

In Traditional Chinese Medicine, the kidneys play an important role in our well-being from a young age to our golden years. They are the fundamental foundation for our health and longevity, vital for our physical as well as mental growth. The organ is also responsible for the reproductive functions of the human body.

Symptoms related to the weakening of the kidneys include frequent fatigue, the feeling of chill, lethargy, lack of drive, backache and many more.

In this workshop, find out how the kidney and the bladder are related to your health and simple strategies to maintain your vitality.

Date: Thu, 15 Dec '22

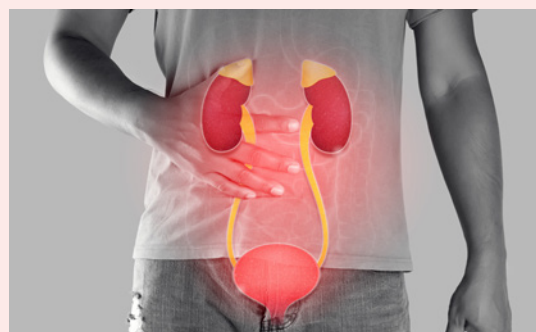
Time: 7.30pm – 9pm

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

Platform: Live on Zoom*

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

Register by: 1 week before the event



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

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

online

FREE for members

A Healthier 2023 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 can result in physical discomfort and ailments, such as aches and pain, numbness, indigestion, lethargy, overweight or underweight. Meridian Qi-Flexercise helps to clear blockages in your meridians.



Date: Thu, 29 Dec '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: 1 week before the event

online

FREE for members

Know More About Obesity

Obesity is often poorly misunderstood despite it being a serious and long-term health condition with can impact individuals, families and the society in multiple ways. Join Dr. Chen Kailun from SL Aesthetic Clinic as we address the root causes of obesity, its various impacts, and how best to tackle such issues.



Date: Sat, 22 Oct '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: 1 week before the event

Stroke of Gratitude Talk

Founder and Chairman of Atos Wellness Group, Mr. Aanandha Sharurajah, will share on his near brush with death, a compilation of his personal experience and knowledge about stroke. As CEO of one of the largest wellness companies in Singapore, Aanandha's life revolved around work – until a devastating stroke took away his identity, his life and his independence. Mr Aanandha will share how he persevered, regained his fighting spirit, his mobility and how he accepted and came to terms with his condition. Be warmly inspired by Aanandha's message of hope towards discovering truth, love and happiness.



Date: Sat, 5 Nov '22

Time: 10am – 11am

Fees: Members \$5, Public Service Officers \$8, Guests \$12

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event

online

FREE for members

Eye Health Awareness Workshops

How much do you know about eye health? Understand the various eye problems and learn tips on how to keep your eyes healthy. The speaker, Mr Ken Tong is the Founder/Clinical Optometrist of eyesight.sg. He is also the President of Singapore Optometric Association.



Care for Your Eyes in the Digital Era

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, 29 Oct '22

The Untold Truth about Myopia

Synopsis:

- Understand why Myopia is a disease
- Learn why Singapore is a Myopia Capital
- Best Ways to manage Myopia for working adults and children

Date: Sat, 5 Nov '22



Know More About Cataracts and Glaucoma

Synopsis:

Cataracts and glaucoma are eye disorders that can cause vision loss and affect the health of your eyes. Although they have similar symptoms and share some risk factors, they have different causes, treatments and outcomes. Learn more about these two eye disorders, the symptoms and treatment options.



Date: Sat, 3 Dec '22

For the above workshops:

Time: 10am – 11am

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

Platform: Live on Zoom*

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

Register by: 1 week before the events



FREE for members

Health & Wellness Workshops

How to Prevent Osteoporosis

This workshop offers tips on preventing osteoporosis with bone healthy diet and lifestyle.

Date: Sat, 5 Nov '22



Prevention and Control of Hypertension

Hypertension is another name for high blood pressure. It can lead to severe health complications and increase risks of cardiovascular disease and stroke. Apart from controlling high blood pressure through medication, the speaker will share various ways you can lead a healthier lifestyle to prevent and control hypertension.

Date: Sat, 10 Dec '22



All the above courses

Time: 11am – 12.30pm

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

Platform: Live on Zoom*

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

Register by: 1 week before the events

Scented Candle Making

Come and learn how to make your own scented candle with essential oils. You will also get to bring home a scented candle.

Date: Sat, 10 Dec '22

Time: 2pm – 3.30pm

Fees: Members \$35, Public Service Officers \$42, Guests \$45

Venue: CSC @ Bukit Batok

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

Register by: 1 week before the event



Gua Sha with Essential Oil

Understand the useful properties in essential oil and how to use the right oils with basic Guasha techniques.

Date: Sat, 10 Dec '22

Time: 4pm – 5pm

Fees: Members \$39, Public Service Officers \$45, Guests \$47

Venue: CSC @ Bukit Batok

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

Register by: 1 week before the event



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

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

HIIT Training Classes

Experience the ultimate fitness workout with Revvo, offering fast paced, high intensity workout and Ori Tahiti Dance workout options. Fees include a post workout recovery drink and a complimentary body composition analysis after each session.

Ori Tahiti Dance Workout	4 Mondays, 3-31 Oct '22 (no classes on PH)
Kickbox - HIIT	4 Thursdays, 6-27 Oct '22
Jump - HIIT	4 Fridays, 7-28 Oct '22

Time: 7pm - 8pm

Fees: Members \$65, Public Service Officers \$68, Guests \$70

Venue: CSC @ Tessensohn (Level 4, Revvo Studio)

Contact: Chong Chen at 6391 5641 or

gohchongchen@csc.sg

Register by: 1 week before the event



Zumba Fitness

A fitness programme that involves cardio and Latin-inspired dance genre and international music. It also incorporates a mix of fun beats, as well as fast and slow intervals throughout the Zumba workout to make for a good aerobic cardiovascular exercise routine that will set your heart pumping to release endorphins resulting in a sense like joy.

Schedule (no class on PH)	
CSC @ Tessensohn	Dates: Tuesdays, 1 - 15 Nov '22 (3) OR 3 - 31 Jan '23 (4) Time: 6.50pm - 7.50pm
CSC @ Bukit Batok	Dates: Tuesdays, 1 - 29 Nov '22 (5) OR 6 - 27 Dec '22 OR 3 - 31 Jan '23 (4) Time: 7.30pm - 8.30pm

Fees (for 4 lessons): Members \$50, Public Service Officers \$55, Guests \$60 (Fees will be pro-rated fees for 3 or 5 lessons)

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

Register by: 1 week before the event



Boogie Bounce Extreme

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

CSC @ Tessensohn	Wednesdays, 7pm - 8pm 2 - 23 Nov '22 OR 7 - 28 Dec '22 OR 4 - 18 Jan '23 (3) Fridays, 6.30pm - 7.30pm 4 - 25 Nov '22 OR 2 - 23 Dec '22 OR 6 - 20 Jan '23 (3)
CSC @ Bukit Batok	Mondays, 8pm - 9pm 7 - 28 Nov '22 OR 5 - 19 Dec '22 (3) OR 9 - 30 Jan '23 (3)

Fees (for 4 lessons): Members \$85, Public Service Officers \$90, Guests \$100 (Fees will be pro-rated fees for 3 or 5 lessons)

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

Register by: 1 week before the event



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: Fri, 4 - 25 Nov '22 OR 2 - 16 Dec '22 (3) OR 6 - 13 Jan '23

Time: 7.30pm - 8.30pm

Fees (for 4 lessons): Members \$40, Public Officers \$45, Guests \$50 (Fees will be pro-rated fees for 3 or 5 lessons)

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event



Power Yoga

Power yoga is a fast-paced cardiovascular workout focused on building strength and flexibility through high-impact yoga postures. The definition of power yoga varies depending on where you practise, but there are core characteristics that most power yoga classes have in common.

Dates: Wed, 2 – 23 Nov '22 OR 7 – 28 Dec '22 OR 4 – 11 Jan '23 (3)

Time: 8pm – 9pm

Fees (for 4 lessons): Members \$85, Public Officers \$90, Guests \$100

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event



Gentle Pilates for Seniors

Pilates is an excellent full-body, low-impact method known to realign and strengthen the structure of the body. Regardless of your age, conditioning or ability, it is never too late to get started on pilates. No classes on PH.

Dates: Mon, 7 – 28 Nov '22 OR 5 – 19 Dec '22 OR 9 – 30 Jan '23 (3)

Time: 7.45 – 8.45pm

Fees (for 4 lessons): Members \$40, Public Service Officers \$45, Guests \$50 (Fees will be pro-rated fees for 3 or 5 lessons)

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event



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: Sat, 12 Nov '22 OR 17 Dec '22 OR 14 Jan '23

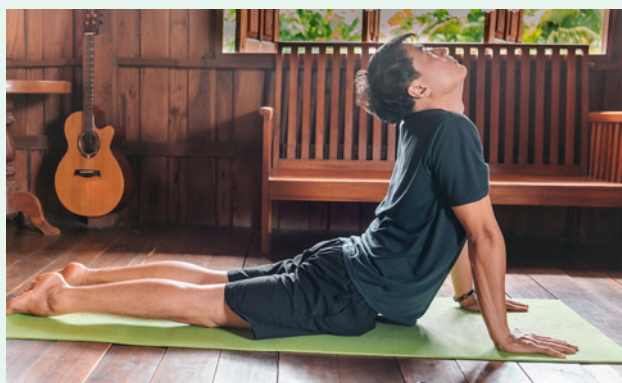
Time: 4pm – 5pm

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: 1 week before the event



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. No classes on PH.

4 Mondays, 6.45 – 7.45pm	4 Saturdays, 2pm – 3pm
7 – 28 Nov '22 OR 5 – 19 Dec '22 (3) OR 9 – 30 Jan '23 (3)	5 – 26 Nov '22 OR 3 – 17 Dec '22 (3) OR 7 – 28 Jan '23 (3)

Fees (for 4 lessons): Members \$40, Public Service Officers \$45, Guests \$50 (Fees will be pro-rated fees for 3 or 5 lessons)

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event



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

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

Fitness Classes

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: Fri, 4 Nov OR 2 Dec '22



Oxigeno® by Rachel Tan

OXIGENO® is our Body & Mind program based on pilates, yoga and functional training to improve flexibility, strength and mobility through a series of harmonious and flowing movements intimately connected to breathing.

Through soft and calming music, the body and mind are relaxed to connect with the inner self, reaching a state of peace and serenity. OXIGENO® is a way to a better quality of life.



Date: Fri, 11 Nov '22#

Megadanz® by Rachel Tan

Megadanz® is the answer for everyone who loves to combine their passion for music, movement and rhythm, which is expressed in the wonder of dance.

Salsa, Hip Hop, Dance, Merengue, Reggaeton, Jazz, Flamenco, Pop, Strip Dance, Brazilian Dance and Belly Dancing, these are just some of the many styles of dance that Megadanz® provides.

Apart from involving a lot of rhythm, dancing and fun, each Megadanz® class ensures an effective workout for weight loss, fitness and muscle conditioning.

Date: Fri, 9 Dec '22#

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

Hatha Yoga by Kristine Teo

Hatha Yoga involves the practice of physical postures in conjunction with awareness of the breath to help develop mental focus and to connect the mind, body and spirit. This popular form of yoga uses the body to clear the mind and reach profound moments of spiritual clarity, unifying the mind, body, and soul.



Date: Fri, 18 Nov OR 30 Dec '22 OR 6 Jan '23

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, 25 Nov '22#

Yoga Stretch by Jaclyn Lim

The physical poses of yoga are indeed muscular stretches. Taken as a whole, yoga completely stretches every single muscle in the body, while taken singularly, they could be called isometric stretches, which are a combination of a stretch that is held to turn it into a strength building exercise.



Date: Fri, 16 Dec '22#

Zumba Fitness by Sunarti Kromaino (Pinky)

Zumba Fitness is perfect for everybody! 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, 23 Dec '22

Yoga for Better Sleep by Aw Ziling

Yoga before bedtime is a terrific way to release everything you're holding onto mentally or physically before sinking into a peaceful night of deep sleep. Incorporating a relaxing yoga practice into your night-time routine may improve the quality and duration of your sleep – especially beneficial for those who sleep lightly, have insomnia, or have limited time to sleep.

Date: Fri, 13 Jan '23#



Zumba Fitness by Julian See

Zumba Fitness is perfect for everybody! 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, 20 Jan '23

Cardio Kickboxing by Kelvin Liu

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



Date: Fri, 27 Jan '23#

For the above workshops:

Time: 7.30pm – 8.30pm

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

Platform: Live on Zoom*

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

Register by: 1 week before the event

Deep Water Workout by Pamela

Deep Water Workout (DWW) is founded by Dr Joe Manjone, the developer for DWW for the NASA programme for the astronauts when they return from outer space. A water therapy sport that is carried out in the deep end of the pool. Participants are required to wear a mandatory "wet belt", which keeps the body vertically suspended in water while allowing the person to do specific exercises without exerting the musculoskeletal system. It is a zero impact workout that focuses on working the core muscles while maintaining effective body alignment.

Dates: Tue, 1 – 29 Nov '22 (5) OR 3 – 31 Jan '23 (4)

Time: 9am – 10am

Fees per calendar month: Members \$65, Public Service Officers \$70, Guests \$75 (Fees remain unchanged regardless of 3, 4 or 5 lessons in any particular calendar month)

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event



Deep Water Aqua Tabata

Aqua Tabata is a 45-min High-Intensity Interval Training (HIIT) that works both the aerobic and anaerobic systems. This training involves performing a particular exercise at high intensity for 20 seconds followed by 10 seconds of rest. This is repeated eight times for a total training time of 45 mins.

Being in deep water, it benefits the joints like aerobics with additional cardio works with the intensity level being the main difference.

Dates: 4 Thursdays, 3 – 24 Nov '22 OR 1 – 22 Dec '22 OR 5 – 26 Jan '23

Time: 6.30pm – 7.15pm OR 7.15pm – 8pm

Fees: Members \$60, Public Service Officers \$65, Guests \$80

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event



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 (no lessons on PH)

Mondays 6.30pm – 7.30pm	7 – 28 Nov '22 (4) OR 5 – 19 Dec '22 (3) OR 9 – 30 Jan '23 (3)
Tuesdays 8am – 9am	8 – 29 Nov '22 (5) OR 6 – 20 Dec '22 (3) OR 10 – 31 Jan '23 (3)
Tuesdays 6.30pm – 7.30pm OR 7.30pm – 8.30pm	1 – 29 Nov '22 (5) OR 6 – 20 Dec '22 (3) OR 3 – 31 Jan '23 (4)
Wednesdays 6.15pm – 7.15pm OR 7.15pm – 8.15pm	2 – 23 Nov '22 OR 7 – 28 Dec '22 OR 4 – 18 Jan '23 (3)
Fridays 6.30pm – 7.30pm OR 7.30pm – 8.30pm	4 – 25 Nov '22 OR 2 – 23 Dec '22 OR 6 – 27 Jan '23

Fees (for 4 lessons): Members \$40, Public Service Officers \$45, Guests \$60 (Fees will be pro-rated fees for 3 or 5 lessons)

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event



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

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

Swimming for Ladies

Eager to swim towards a healthier lifestyle but too shy, and afraid of water? Take a plunge and learn how to swim with Thipa Mogan. Thipa has been a swimming coach since 2005 and is experienced with both adults and children. She is sure to allay your fear of taking the first step towards swimming!

Dates: 8 Mondays, 9 Jan – 6 Mar '23

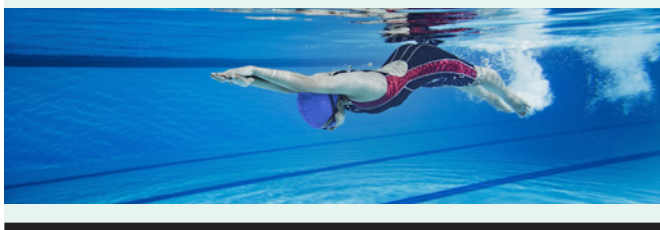
Time: 7.30pm – 8.30pm

Fees (for 8 lessons): 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 the event



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

2 Nov – 21 Dec '22 OR
4 Jan – 22 Feb '23
Time: 6pm – 7pm OR
7.30pm – 8.30pm

8 Wednesdays
@Punggol

2 Nov – 21 Dec '22 OR
4 Jan – 22 Feb '23
Time: 6.30pm – 7.30pm OR
8pm – 9pm

8 Fridays
@Pinnacle at
Duxton

4 Nov – 23 Dec '22 OR
6 Jan – 24 Feb '23
Time: 6.30pm – 7.30pm OR
8pm – 9pm

WEEKEND GROUP CLASS

8 Saturdays
@East Coast Park
Car Park E1

5 Nov – 24 Dec '22 OR
7 Jan – 4 Mar '23
Time: 11:30am – 12:30pm OR
3:30pm – 4:30pm OR 5pm – 6pm

8 Sundays
@East Coast Park
Car Park E1

6 Nov '22 – 8 Jan '23 (No class on
PH) OR 15 Jan – 12 Mar '23
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 the events

Wing Chun

Looking for a new exercise routine while developing self-discipline or just need to pick up some practical form of self-defense skills? This is the right sport for you! Come and join us and learn in this safe, fun and enjoyable environment.

Class Schedule (no lessons on PH)

Mixed Class	4 Thursdays, 3–24 Nov '22	8pm – 10pm
Adult Beginner Class	4 Saturdays, 5–26 Nov '22	9am – 10.30am
Adult Intermediate Class	4 Saturdays, 5–26 Nov '22	11.30am – 1pm
Children Class	4 Saturdays, 5–26 Nov '22	10.30am – 11.30am

Fees: Members \$90, Public Service Officers \$95, Guests \$100

Venue: CSC @ Tessensohn

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event



Muay Thai

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

Dates: 10 Saturdays, 5 Nov '22 – 21 Jan '23
(no lessons on PH and eve of PH)

Time: 10am – 11am

Fees: Members \$150, Public Service Officers \$160, Guests \$170

Venue: CSC @ Bukit Batok

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event



Baking by Stephanie

Fruit & Muscovado Cookie

Muscovado sugar is unrefined cane sugar that contains natural molasses. It has a distinctive toffee-like flavour and is commonly used in confections such as cookies, cakes and candies.



Date: Sun, 23 Oct '22

Time: 9.30am – 12.30pm

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

Venue: CSC @ Tessensohn

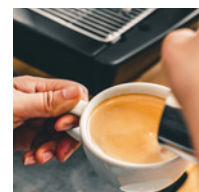
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Register by: 1 week before the event

Basic Barista Skills Workshop

Gain an understanding of coffee and the foundation skills as a barista. Workshop outline:

- Basic coffee knowledge
- Espresso preparation techniques
- Milk frothing training
- Learn to make basic latte art
- Free flow of coffee to be served
- Certificate of participation
- A door gift for each participant



Date: Fri, 28 Oct OR 4 Nov OR 11 Nov OR 18 Nov OR 25 Nov OR 2 Dec OR 9 Dec '22

Time: 2pm – 5pm

Fees: Members \$118, Public Service Officers \$130, Guests \$138

Venue: UB. One Building

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

Register by: 2 weeks before each session

Baking with Nanatang

online

FREE for members

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.



Halloween Ghostly Cupcakes

Date: Sat, 29 Oct '22



Comic Cake

Date: Sat, 12 Nov '22



Galaxy Meringue Cookies

Date: Sat, 26 Nov '22



Christmas Cakepopsicles

Date: Sat, 3 Dec '22



Christmas Tree Macaron Cake

Date: Sat, 10 Dec '22



New Year Deco Donuts

Date: Sat, 17 Dec '22



LNY Taiwanese Pineapple Tarts

Date: Sat, 7 Jan '23



LNY Floral Cake

Date: Sat, 14 Jan '23

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

Register by: 1 week before the events

*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.

Cooking with Chef Michele




New York Cheesecake

Date: Sun, 13 Nov '22



New Year Canapes

Avocado prawns with salsa
Smoked salmon blinis
Tiramisu cups

Date: Sun, 25 Dec '22



Mee Rebus

Date: Sun, 27 Nov '22



CNY Bakes

Cashew Cookies
Pineapple Tarts

Date: Sun, 8 Jan '23



A Very Christmas Meal

French onion soup
Chicken cordon bleu

Date: Sun, 11 Dec '22



Luxurious CNY Dinner at Home Chilli Crab and Mantou from Scratch

Date: Sun, 15 Jan '23



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

Baking by Harry

Nonya Delights

Pulut Panggang

This is a rich and aromatic Peranakan delight. Hae bee hiam is filled inside glutinous rice rolls and then wrapped in banana leaves. The nice aroma from the banana leaves will be imparted when grilled. A great delight to serve to guests.



Kueh Dadar

This green crepe gets its colour from pandan juice extracted from pandan leaves. This leaves a tempting sweet fragrance when cooked on a skillet. The crunchy fillings are grated white coconut sweetened with palm sugar. It gives a soft nice texture when you bite into it.



Ondeh Ondeh

Made from yellow sweet potato, this gives a soft wholesome texture when you bite into it. These cute little balls are filled with gula melaka that will melt and burst in your mouth when you take a bite. Sweet and delicious and impossible to stop at one.



Date: Sat, 29 Oct '22

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

Tim Sum Delight

Baked Flaky Char Siew Buns

These are amazing savoury and tasty buns. Unlike the steamed char siew buns, the external is buttery and flaky while the internal has a sweet, savoury and fragrant BBQ pork/chicken filling. Yummy!



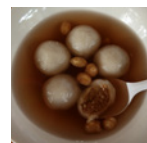
Fried Sesame Balls

This is a classic Chinese dessert with a crisp and chewy texture. It is wrapped with fillings of peanut, mung bean or red bean paste. A coating of sesame seeds gives them a toasty, nutty finish when fried.



Glutinous Rice Balls with Peanut soup

A popular dessert for an afternoon tea. The soft exterior is nice and chewy and is usually wrapped with fillings of peanut and sesame that flow out when bitten. For the soup base you can choose between peanut or ginger.



Date: Sat, 26 Nov '22

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

For the above courses

Time: Time: 2pm - 5pm

Venue: CSC @ Tessensohn

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

Register by: 1 week before the event

online

FREE for members

Festive Cooking Succulent Roast Turkey Cream of Pumpkin Soup

For many years Chef Harry has been baking his ever popular Roast Turkey that all his friends rave about. He will share how the turkey he bakes is moist, succulent and juicy. The roast turkey comes complete with the red wine gravy and chestnut stuffings. His roast turkey often goes with some garlic bread and the equally tasty Cream of Pumpkin soup which he will also be demonstrating.



Date: Sat, 17 Dec '22

Time: 2pm – 3pm

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

Platform: Live on Zoom*

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

Register by: 1 week before the event

online

FREE for members

Art and Science of Yoghurt Making

Yoghurt is known for promoting a healthy digestive tract and boosting our immunity.

You will learn:

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



Prior to the workshop, participants to have the following items ready for use: Milk powder, yoghurt culture, yoghurt maker and fruits of your choice.

Date: Sat, 14 Jan '23

Time: 11am – 12.30pm

Platform: Live on Zoom*

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

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

Register by: 1 week before the event

CSC Food Solutions Workshops

Entrees

Indo Rainbow Kueh Lapis

Custard Cream Tarts

SOUPA of the Day 今日特别食谱

Date: Sat, 5 Nov '22

Peach Michelle Cake

Blue Pea Kueh Salat

Recipe Special 今日特别食谱

Date: Sat, 19 Nov '22

Xmas Berries Cake

Poached Salad Chicken

Recipe of the Day 今日特别食谱

Date: Sat, 3 Dec 22

Jingle Thai Cendol

Recipe of the Day 今日特别食谱

Flora Xmas Fruit Loaves

Date: Sat, 17 Dec 22

Mamrite hóngshāo ròu 红烧肉

CNY Recipe of the Day 今日 CNY特别食谱

Braised Hóngshāo fēicuì jī 红烧翡翠鸡

Date: Sat, 14 Jan '23



For the above workshops:

Time: 2pm – 5pm

Venue: CSC @ Tessensohn

Fees per workshop: Members \$35, Public Service Officers/ Guests \$38. Additional \$2 for takeaway packaging per person to be paid to the instructor.

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

Register by: 1 week before the events

Collaboration Partners:



*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.

Rumba & Ballroom Slow Foxtrot

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, 6 Nov '22 – 8 Jan '23

Time:

Rumba: 3pm – 4pm

Ballroom Slow Foxtrot: 4pm – 5pm

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: 1 week before the event



Organic Gardening

Organic Culinary Herbs & Spices Growing

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 their culinary properties, 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, 27 Nov '22 OR Sat, 10 Dec '22



Fees per pax per workshop:

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

100%
SkillsFuture
Credit Claimable

Organic Vegetables Growing for Beginners

A hands-on workshop that provides practical tips on starting 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)
- Veggie selection
- How to get 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
- Hydroponics concepts
- Organic pesticides and methods

Dates: Sun, 6 Nov '22 OR 4 Dec '22



For the above workshops:

Time: 9.30am – 5pm

Discounts on all pricing tiers: Members 6% OFF (use promo-code "CSCM123"), Public Service 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



FREE for
members

Creative Napkin Origami

Creative napkin origami can beautify your home and create a delightful surprise to your guests. Learn the folding techniques to create various napkin designs.

Date: Fri, 28 Oct '22

Time: 7.30pm – 8.30pm

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

Platform: Live on Zoom*

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

Register by: 1 week before the event





FREE for members

Flowers Towel Bouquet

Learn how to create two coloured teddy bear towel bouquets as gifts or decoration.

Date: Fri, 25 Nov '22

Time: 7.30pm – 8.30pm

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: 1 week before the event



Floral Arrangement Demo Workshops



FREE for members

by Botany Studio

It is always amazing how a floral arrangement can impact our mood and happiness almost immediately. A combination of the right flower types and colours will not only enhance our home aesthetically, it will also create positive vibes to reduce stress and brighten our days. Learn to create beautiful and trending floral pieces with Botany Studio.

Fresh Flower Vase Arrangement

Learn how to create and style a Fresh Flower Vase Arrangement that will instantly make someone's day or brighten up the mood at home. Join us as we share tips and tricks on beginner arrangement techniques and how to make your fresh flowers last longer!

Date: Sun, 13 Nov '22



Lunar New Year Arrangement

Usher in the Lunar New Year with an Auspicious Floral Arrangement and learn more about the kinds of Chinese New Year Flowers you can use to decorate your homes!

Date: Sun, 8 Jan '23



Preserved Rose Arrangement

Impress your partner this Valentine's Day by creating a meaningful Everlasting Rose Floral Arrangement. Learn more about preserved and dried flowers and how to create a long lasting gift arrangement using this iconic flower.

Date: Sun, 5 Feb '23



Christmas Wreath

Learn how to create a festive decorative wreath using a mix of fresh Christmas foliage and seasonal ornaments. This wreath can last 2-3 weeks after which it will dry up just in time for the festive occasion.

Date: Sun, 11 Dec '22



For the above workshops:

Time: 10am – 11am

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

Platform: Live on Zoom*

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

Register by: 1 week before the events



FREE for members

Lunar New Year Floral Décor

Learn to create your own floral arrangement at this workshop so you can add an elegant oriental touch to your home décor when the Lunar New Year comes around.

Date: Sat, 14 Jan '23

Time: 10am – 11am

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

Platform: Live on Zoom*

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

Register by: 1 week before the event



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

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



FREE for members

Learn to Make Natural Disinfectant and Room Mist

This easy-to-make DIY disinfectant spray and room mist offers convenience and sanitising power without harsh chemicals. Learn how to make the spray using natural ingredients and essential oils.



Date: Fri, 13 Jan '23

Time: 7.30pm – 8.30pm

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

Platform: Live on Zoom*

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

Register by: 1 week before the event

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 with 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:

Nov	Sat: 5 OR 12 OR 19 OR 26 Nov '22 Sun: 6 OR 13 OR 20 OR 27 Nov '22
Dec	Sat: 3 OR 10 OR 17 Dec '22 Sun: 4 OR 11 OR 18 Dec '22
Jan	Sat: 7 OR 14 Jan '23 Sun: 8 or 15 Jan '23

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 to prepare \$8 each for their 2-way boat rides.)

Venue: Assemble 7.45am at Changi Point Ferry Terminal

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

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



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 on the beautiful waters of Singapore. Learn to balance and sail back to shore under the guidance of our experienced coach.

Dates: Sat, 19 Nov OR 3 Dec '22 OR 14 Jan '23

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 the event



Nature Kayaking

Take a fun tour by kayaking through the nature reserves to experience its tranquillity and to understand the vulnerability of our environment. Kayaking equipment and safety gears will be provided.

Dates: Sat, 12 Nov '22 OR 10 Dec '22 OR 14 Jan '23

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 the event



Capitol Singapore and Chijmes Tour

A walk through time on the grounds of the old Convent and find out what is the “Gate of Hope”.

Spot a lizard and a pair of butterflies on our restored Columns and Capitals. Find out what is CHIJMES? Take Instagram photos of the scenes taken in the Movie “Crazy Rich Asians”.

Relive the glory of the Capitol Theatre through commentaries and stories delivered by our Professional Tourist Guide and enjoy the charm of today's Capitol Singapore.

Discover the rich history of the National Monuments, Preservation and Conservations of the historical Buildings and how to appreciate Building Architectural Art.



Dates: Sat, 5 Nov '22 OR 19 Nov '22

Time: 4pm – 6pm

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

Venue: Meet at Chijmes main entrance

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event

Local Tour

This holiday, embark on an educational tour with the family. Visit the Kwong Cheong Thye factory outlet to purchase our own soya sauce household brand at attractive rates, and the Yakult factory for a behind-the-scenes look of the respective processing plants. Also discover how organic farming is done at Kin Yan Agrotech, followed by a tour of Singapore's Airforce at our Airforce Museum to appreciate its history.

Package excludes personal expenses. Lunch is at own expense at a nearby food court.

Wed, 30 Nov '22	Tue, 20 Dec '22
Kwong Cheong Thye	Kwong Cheong Thye
Yakult	Yakult
Organic Farm	Airforce Museum

Time: 9am – 4.30pm

Venue: Assemble 8.45am at CSC @ Tessensohn

Fees: Members \$20, Public Service Officers \$25, Guests \$30

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event



Lunar New Year

Local Shopping Tour

Not sure where to shop for your Lunar New Year goodies? Join the tour and visit household brands like Kwong Cheong Thye, Fragrance, Bee Cheng Hiang and specialty shops that sell New Year cookies, Steamboat ingredients, Yam paste and Yu Sheng.

Package excludes personal expenses. Lunch is at own expense at a nearby food court.

Date: Sat, 14 Jan '23

Time: 9am – 4.30pm

Venue: Assemble 8.45am at CSC @ Tessensohn

Fees: Members \$20, Public Service Officers \$25, Guests \$30

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event



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

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

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, 15 Oct '22 OR 10 Dec '22

Time: 2pm – 4pm

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

Platform: Live on Zoom*

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event

online

FREE for members

Money Making Opportunities during Recession

Since news about the bearish market hitting markets in USA in June 2022, pessimism about the global economic outlook has boosted demand among investors to search frantically for safe-haven opportunities to protect their wealth from the bear market onslaught. As investors, we want to make sure that our investments and money in the stock market is well-protected.



Thus, which sector or industry is considered recession-proof and a safe-haven to protect our wealth from the impending recession? And knowing that every bear market is followed by a bullish one, isn't it a great opportunity for us to invest during a bear market and/or a recession?

In this workshop, award-winning 3-time author and founder of Value Investing Academy Cayden Chang will share how you can leverage on a recession to grow your funds.

Dates: Tue, 25 Oct '22 OR Wed, 23 Nov '22

Time: 7.15pm – 9.00pm

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

Platform: Live on Zoom*

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

Register by: 1 week before the event

online

FREE for members

CPF Changes and You

If you feel overwhelmed by the frequent changes in CPF schemes and options, and how they affect you, 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, 29 Oct '22 OR 17 Dec '22

Time: 2pm – 4pm

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

Platform: Live on Zoom*

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event



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 authorising appointed individuals to manage your financial matters when you are no longer able to. But these two instruments come into effect under different circumstances.

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: Sat, 5 Nov '22 OR 3 Dec '22

Time: 11am – 12.30pm

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: 1 week before the event





FREE for members

Marketing Talks by Eugene Tan

Effective Communications – Make Your Message Known

- Identifying the Target Audience
- Purpose of Copywriting
- Writing the Message Effectively
- Measuring the Message Success

Date: Sat, 5 Nov '22

Understand Data Protection - Know Your Rights, Protect Your Data

- Personal Data Protection Act (PDPA) Overview
- The Need for Data Protection
- What Data is Protected
- Data Protection and Contact Numbers & Emails
- Data Protection & Consumer Rights

Date: Sat, 19 Nov '22

Effective Marketing Through Social Media & Social Media Ethics

- Knowing The Audience
- Understanding the Platforms
- Crafting the Message
- Developing a Strategy (Frequency of Post, Post Timing)
- Developing an Integrated Marketing Strategy
- Measuring the Success

Date: Sat, 3 Dec '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, 10 Dec '22



EUGENE THE SEO KING
CORPORATE TRAINER, ITOL (UK)

Effective Communications

Understanding PDPA

Effective Social Media Marketing

Secrets to a Searchable Video

Secrets to a Searchable Profile in LinkedIn

Integrated Marketing Approach

Secrets to a Searchable Profile in LinkedIn

- Discover the Components of a Good Profile
- How can we know our target Audience Persona & The Right Content?
- Setting up Your LinkedIn Profile for Success
- Updating Experiences to be searchable & relevant
- Getting Recommendations for Credibility

Date: Sat, 7 Jan '23

Develop an Integrated Marketing Approach

- Who? Identify the Audience
- Where? Which Social Media do they Hang Out?
- What? What Kind of Message to Communicate
- Omni Channel Vs Multi Channel Marketing
- Getting the Message Across: Marketing Approach - Funnel Vs FlyWheel

Date: Sat, 21 Jan '23

For the above workshops:

Time: 10am – 11am

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

Platform: Live via Zoom*

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

Register by: 1 week before the event



FREE for members

Worry Less, Appreciate More

On a daily basis, we all have much to worry about – work, finances, health, the kids and so on. Are we, however, over worrying and allowing it to affect our health and relationship, and missing out on appreciating things and people around us? This talk will share what we might have missed and should show appreciation for.



Date: Sat, 22 Oct '22

Time: 11am – 12pm

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

Platform: Live on Zoom*

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

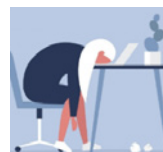
Register By: 1 week before the event



FREE for members

Burnout! Are You One Of Them?

We are always so occupied with our daily routines and may not realise that our body is overworked. It is important to take breaks in between so that we have more energy to attend to more each day. Our speaker, Ms Josey Koh who has delivered many sessions on this topic will share with you the important tips to keep yourself strong and healthy.



Date: Sat, 12 Nov '22

Time: 11am – 12pm

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

Platform: Live on Zoom*

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event



FREE for members

Stay Positive! You Can Do It!

We continue to cope with the changes that the pandemic has brought. There are many who are affected in their daily routines, feeling helpless and clueless. How can we turn the negative into positive in life? Our speaker, Mentor of Happiness, Ms Josey Koh will share with you her life experience on how she manages to turn her down days the right side up.



Date: Sat, 3 Dec '22

Time: 11am – 12pm

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

Platform: Live on Zoom*

Contact: Chong Chen at 6391 5641 or gohchongchen@csc.sg

Register by: 1 week before the event

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

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

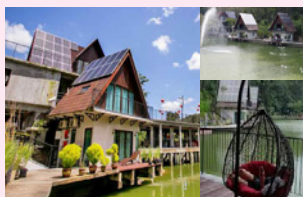
2D Mantin Tour

Itinerary Highlights

Stop for breakfast before heading down to Kampong Mantin • Lunch at local restaurant • Depart for Mantin Farm stay • Check in at Mantin Art Farm & afternoon tea • Farm activities as follows: Kayaking, Fishing, Mahjong, Cycling, Snooker, Rummy, Cards Games, Cheers, Fish Feeding, Parrot Feeding and etc. • Dinner at resort • Night recreation incl karaoke and snooker • Morning exercise 爬山, 晨运, 小山坡, 运动呼吸新鲜空气. Activities include: Goats feeding, horse feeding, Merriam feeding, Rabbit, Peacock and Flamingo • Proceed for lunch • Depart to JB for shopping

Package includes

2D usage of 40-seater aircon bus • 1N stay @ Mantin Resort or similar (3pax/4pax) • 2 Lunch/1 Dinner /1 Tea • Entrance as per itinerary • Group Insurance Medical S\$500, Accidental Death & Disability S\$10,000



Package excludes

Personal expenses • Not stated in itinerary • Tipping for guide & driver

Stay @ Mantin Resort or similar	Triple/Quad sharing	Twin sharing	Child w/Bed (age 4 to 11 yrs)*
Members	S\$228	S\$260	S\$180
Public Service Officers	S\$240	S\$275	S\$190
Guests	S\$250	S\$280	S\$205

* Infants below 3 years old, free with no seats in coach

**All international travellers require a passport with minimum 6-month validity from date of departure

Dates: Sat-Sun, 3-4 Dec '22

Time: Assemble 6.30am at CSC @ Tessensohn

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

Register by: First-come, first-served

Tour by: Amazing Explorer Pte Ltd

2D Batam Tour

Itinerary Highlights

Ferry depart to Batam • Batam city tour • Indonesian lunch • Visit local produce shop and kuih lapis factory • 1 hr 30mins massage • Seafood dinner

Package includes

2-way ferry ticket (SIN – Batam – SIN) • 1N stay @ Aston or similar • 1 Lunch/1 Dinner • 1 hr 30mins massage • Entrance as per itinerary • Group Insurance Medical S\$500, Accidental Death & Disability S\$10,000

Package excludes

Personal expenses • Not stated in itinerary • Tipping for guide & driver

Stay at Aston Hotel or similar (4-star)	Twin/ Triple	Single	Child w/Bed (age 4 to 11 yrs)*
Members	S\$218	S\$258	S\$180
Public Service Officers	S\$238	S\$268	S\$190
Guests	S\$248	S\$278	S\$205

**All international travellers require a passport with minimum 6-month validity from date of departure

Dates: Sat-Sun, 10-11 Dec '22

Time: 7.15am to meet at Harbourfront

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

Register by: First-come, first-served

Tour by: Amazing Explorer Pte Ltd



3D Sky Mirror & Ipoh Tour

Itinerary Highlights

Bagan Datuk • Steamboat dinner with sunset view • Catching Blue Tear • Happy Hours (free and easy) • Supper provided • Boat ride to Mirror Sky • Seafood lunch • Village activities • Sunflower Garden for photo-taking • Perak Cave Ipoh • Ipoh Street Art • Lunch at famous Ya Cai Ji • *Bring colourful T-shirts and scarves for photo-taking

Package includes

3D usage of 30-seater aircon super bus • 1N stay @ Chalet or similar (4pax family room) • 1N stay @ Kinta Riverfront Hotel Ipoh or similar (twin/triple) • 3 Lunch/3 Dinner • Tipping for guide & driver • Entrance as per itinerary • Group Insurance Medical S\$500, Accidental Death & Disability S\$10,000

Package excludes

Personal expenses • Not stated in itinerary • Bring your own colour T-shirts or scarves for photo-taking

Stay @ Chalet & Kinta Riverfront Hotel Ipoh or similar	Adult Sharing	Child w/Bed (11 yrs & below)	Child w/o Bed (6 yrs & below)
Members	S\$388	S\$338	S\$265
Public Service Officers	S\$408	S\$358	S\$275
Guests	S\$418	S\$368	S\$280

**All international travellers require a passport with minimum 6-month validity from date of departure

Dates: Sat-Mon, 17-19 Dec '22

Time: Assemble 6.30am at CSC @ Tessensohn

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

Register by: First-come, first-served

Tour by: Amazing Explorer Pte Ltd



4D Penang / Ipoh Tour

Itinerary Highlights

Kek Lok Shi Temple • Penang Hill via tram rides • Penang Museum • Convent Light Street to view Penang Street Art and visit Kapitan Kling Mosque/ Old Georgetown/ Chew Jetty/ Sri Mariamman Temple/ St George Church/ Famous Penang Cendol/ Chew Jetty • Dinner at Gurney Drive (own cost) • Head for Ipoh to visit Kek Loh Tong/ Famous Qin Xin Ling/ Concubine Lane for local produce shopping/ Night market • Yong Peng on way back

Package includes

4D usage of 30-seater aircon super bus • Experienced tour guide • 1N stay @ Kinta Riverfront Hotel Ipoh or similar • 2N stay @ Vouk Hotel Penang or similar • Meal & Entrance fees as per itinerary • Group Insurance Medical S\$500, Accidental Death & Disability S\$10,000

Package excludes

Personal expenses • Not stated in itinerary • Tipping for driver & guide

Stay @ Vouk Hotel Penang & Kinta Riverfront Hotel Ipoh or similar	Twin/ Triple Sharing	Single Room	Child w/o Bed (11 yrs & below)	Child w/o Bed (6 yrs & below)
Members	S\$440	S\$540	S\$400	S\$365
Public Service Officers	S\$460	S\$560	S\$420	S\$385
Guests	S\$470	S\$570	S\$430	S\$395

***All international travellers require a passport with minimum 6-month validity from date of departure*

Dates: Fri-Mon, 23-26 Dec '22

Time: Assemble 6.30am at CSC @ Tessensohn

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

Register by: First-come, first-served

Tour by: Amazing Explorer Pte Ltd



1D Lunar New Year Shopping Tour to Johor Bahru

Itinerary Highlights

Visit Tapioca Factory • Lunch at local restaurant • Shopping Aeon • Dinner at local restaurant

Package includes

1D usage of 40-seater aircon super bus • Experienced tour guide from Malaysia • Meal and entrance as per itinerary • Group Insurance Medical S\$500, Accidental Death & Disability S\$10,000

Package excludes

Personal expenses • Not stated in itinerary • Tipping

	Adult	Child (age 4 to 11 yrs)
Members	S\$90	S\$80
Public Service Officers	S\$95	S\$85

***All international travellers require a passport with minimum 6-month validity from date of departure*

Dates: Sat, 7 Jan '23

Time: Assemble 7am at CSC @ Tessensohn

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

Register by: First-come, first-served

Tour by: Amazing Explorer Pte Ltd



*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 18 Persons (Max)	4 Mondays, 7 – 28 November '22 or 5 – 19 December '22 (3) or 9 – 30 January '23	6.30pm – 7.30pm	Jek	\$40	\$45	\$60	1 week before class
	4 Tuesdays, 8 – 29 November '22 or 6 – 20 December '22 or 3 – 31 January '23	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, 2 – 23 November '22 or 7 – 28 December '22 or 4 – 18 January '23	6.15pm – 7.15pm 7.15pm – 8.15pm	Jek	\$40	\$45	\$60	1 week before class
	4 Fridays, 4 – 25 November '22 or 2 – 23 December '22 or 6 - 27 January '23	6.30pm – 7.30pm 7.30pm – 8.30pm	Renuka	\$40	\$45	\$60	1 week before class
STUDIO FITNESS For info, contact Constance @6391 5607 or constancelow@csc.sg							
Pilates 16 Persons (Max)	4 Mondays, 7 – 28 November '22 or 5 – 19 December '22 (3) or 9 – 30 January '23 (3)	7pm – 8pm	Mabeline	\$40	\$45	\$50	1 week before class
	4 Saturdays, 5 – 26 November '22 or 3 – 17 December '22 (3) or 7 – 28 January '23 (3)	2pm – 3pm					
Yoga 16 Persons (Max)	4 Fridays, 4 – 25 November '22 or 2 – 16 December '22 or (3) 6 – 13 January '23 (2)	7.30pm – 8.30pm	Huay Lin	\$40	\$45	\$50	1 week before class
MARTIAL ARTS For info, contact Chong Chen @6391 5641 or gohchongchen@csc.sg							
Wing Chun Kung Fu 20 Persons (Max)	4 Thursdays, 3 – 24 November '22	8pm – 10pm	Sifu Ken	\$90	\$95	\$100	1 week before class
	5 Thursdays, 1 – 29 December '22 (No Lessons on PH and Eve of PH)						
	4 Thursdays, 5 – 26 January '23						
WingChun Kung Fu (Children 6 – 12 yrs) 10 Persons (Max)	4 Saturdays, 5 – 26 November '22	10.30am – 11.30am	Sifu Ken	\$90	\$95	\$100	1 week before class
	3 Saturdays, 3 – 31 December '22 (No Lessons on PH and Eve of PH)						
	3 Saturdays, 7 – 28 January '23 (No Lessons on PH and Eve of PH)						
WingChun Kung Fu (Adult Beginner) 20 Persons (Max)	4 Saturdays, 5 – 26 November '22	9am – 10.30am	Sifu Ken	\$90	\$95	\$100	1 week before class
	3 Saturdays, 3 – 31 December '22 (No Lessons on PH and Eve of PH)						
	3 Saturdays, 7 – 28 January '23 (No Lessons on PH and Eve of PH)						

TESSEN SOHN

*No lessons on PH & eve of PH

Activity	Date	Time	Instructor	Fees			Register By
				Member	Public Service Officer	Guest	
MARTIAL ARTS For info, contact Chong Chen @6391 5641 or gohchongchen@csc.sg							
WingChun Kung Fu (Adult Intermediate) 20 Persons (Max)	4 Saturdays, 5 – 26 November '22 3 Saturdays, 3 – 31 December '22 (No Lessons on PH and Eve of PH) 3 Saturdays, 7 – 28 January '23 (No Lessons on PH and Eve of PH)	11.30am – 1pm	Sifu Ken	\$90	\$95	\$100	1 week before class
Traditional Taekwon-Do 15 Persons (Max)	3 Saturdays 5 - 26 November '22 (No Lessons on PH and on 19 Nov, Grading break) 3 Saturdays 3 – 31 December '22 (No Lessons on PH and Eve of PH) 3 Saturdays 7 – 28 January '23 (No Lessons on PH and Eve of 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 Chong Chen @6391 5641 or gohchongchen@csc.sg							
Aikido (Adult) 20 Persons (Max)	4 Sundays, 6 – 27 November '22 3 Sundays, 4 – 25 December '22 (No lessons on PH) 3 Sundays, 1 – 29 January '23 (No lessons on PH)	11am – 12.30pm	Mr Steven Goh	\$48	\$52	\$54	1 week before class
Aikido (Children) 20 Persons (Max)	4 Sundays, 6 – 27 November '22 3 Sundays, 4 – 25 December '22 (No lessons on PH) 3 Sundays, 1 – 29 January '23 (No lessons on PH)	10am – 11am	Mr Steven Goh	\$48	-	\$54	1 week before class
Traditional Taekwon-Do 20 Persons (Max)	4 Saturdays 5 – 26 November '22 3 Saturdays 3 – 31 December '22 (No Lessons on PH and Eve of PH) 3 Saturdays 7 – 28 January '23 (No Lessons on PH and Eve of 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	4 Lessons, Nov/Dec/Jan Choice of Monday	Instructors will advise on swimming level & age	Coach Chang	Supp Member \$95	-	\$105	1 week before class



DINNER & DANCE 2022

GLOW INTO THE FUTURE

Saturday, 17 Dec'22

6pm – 11pm

**Fairmont Singapore
Canning Ballroom, Level 4**



FREE:
3 bottles of wine
for each table



DOOR GIFT:
15W Wireless Mobile
Phone Charger

Member: \$90 per ticket, \$1,100 per table

Public Service Officer/ Member's Guest: \$138 per ticket, \$1,380 per table

LUCKY DRAW

**1ST PRIZE
TRAVEL VOUCHERS
TO JAPAN FOR 2**

**2ND PRIZE
TRAVEL VOUCHERS
TO THAILAND FOR 2**



**EMCEE
EDMUND TOH**



ANCHORBLANC



**NIQUE
THE MENTALIST**



**TRON LED
DANCERS**

REGISTER BY: 20 NOV '22 (SUBJECT TO AVAILABILITY)

- This event is open to 16 years old and above
- Corkage charge will be waived for all duty paid liquors and wines.
- For enquiries, please contact Serene Cho at **6391 5620** or **serenecho@csc.sg**

