

FRCS Digest

Issue #02 / 2023

Short Reads on our Latest Activities

Hello and welcome to the first of FRCS's quarterly newsletters!

Get updated on our recent and upcoming programmes at the Eldercare and Caregivers Centre (ECC), Family Service Centre (FSC) and fellowship activities.



HIGHLIGHTS



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SSO-FRCS Concert

It was a wonderful night filled with beautiful tunes by Conductor Xian Zhang, Pianist Chiyan Wong, and the Singapore Symphony Orchestra. FRCS thanks all of our generous benefactors, whose contributions are helping us make a difference. It was also our pleasure to host Minister of State Low Yen Ling once again as our Guest-of-Honour.



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Cheque Presentation

To celebrate the successful conclusion of this project, we invited the team from SSO to the FRCS Eldercare & Caregivers Centre, where they learnt more about the meaningful work that we do. Mr Chew Ghim Bok, Chairman of FRCS, also presented the cheque to Mr Kenneth Kwok, CEO of SSG.



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FSC Open House & Community Day

FSC commemorates its 25th anniversary! West Coast residents, Minister S Iswaran and West Coast Grassroots Organisations joined us at our Open House & Community Day 2023 on 18th March. ECC also set up its third community art KOI PROJECT wall at the centre.



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Bukit Gombak Health and Wellness Partners' Retreat

Through the networking sessions with other social service agencies on 20th Nov 2022, we've gained a better understanding of each other's capabilities and also discussed potential collaborations to achieve greater community outreach.



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3-D Card Making

On 1st December 2022, Rotarians and ECC Seniors volunteered to make 3-D greeting cards for Christmas. These cards were distributed through Be Kind SG to residents and staff of Moral Welfare Home, Thye Hua Kwan, Jenaris Home and Lee Ah Mooi Nursing Home. An accomplished facilitator, Ms Tham Ee Mei, guided the session in producing the cards.



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#TENGGivesBack

PP Tan Keng Keng from Rotary Club of Bugis Junction helped in organising this Teng Ensemble performance at the ECC. The team presented refreshing renditions of classic songs with a mix of eastern and western instruments, in their signature TENG Ensemble style. The seniors enjoyed the performances, and even sang along to some of the nostalgic tunes.



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Floral Arrangement & Chinese Calligraphy

The Rotary Club of Sentosa organised a Floral Arrangement and Chinese Calligraphy workshops for the ECC seniors in November, facilitated by PP Karen Kang and Jenny Huang respectively.



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Wellness Day @ ECC

On 7th December, RC Marina City held a Wellness Day at the ECC. The event was filled with fun and engaging activities that left our beneficiaries feeling rejuvenated and refreshed. Activities for the day included a Healthy Vegan Cooking Demo conducted by Ambaree, Meridian 101 Human Reset with Mary, and a chair yoga session led by Soma.

FOOD RECCS

@ CITY HALL

Made a booking for our Multipurpose Service Rooms? The team at FRCS is excited to spill the beans on their favourite go-to dining spots!



Chef Lai's Cafe

Adelphi, Basement 1

Well known for their signature Chicken Rice and Braised Pork Rice, Chef Lai's Cafe also serves a variety of other dishes such as Curry Chicken and Green Bean Soup.



Hwa Kee

Peninsula Shopping Centre, Level 1

Sporting their fresh rebranded look, Hwa Kee specialises in Lemon Chicken Rice, plated with Achar. Self-served soup is offered for dine in customers as well.



Makanan Bollywood

Funan, Basement 2

Stop by for a delicious bowl of Mutton Soup, Mutton Briyani, Roti Jon, or Sup Kambing (strongly recommended by our Executive Director!).



Fishery Pot

Adelphi, Level 2

We recommend their fresh Sliced Fish Soup and Fried Dumplings. They also offer diverse options and dishes including Yong Tau Foo.

Stay Updated!

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