

## Recent Activities



### Men's Edition (2<sup>nd</sup> run):

16 October 2024 to 29 April 2025

A psycho-educational group work designed to help men navigate family dynamics in addressing marital issues, parenting challenges and family disputes. To date, four sessions have been conducted, with an average attendance of five participants. Leveraging on the safe and open environment, the participants shared their experiences, explored positive coping strategies, and identified protective factors that will keep them and their families going strong.



### Youth Spark: Beyond the Buoy on 18 January 2025

Following our continued collaboration with the Singapore Scouts Association, we co-developed a prawning activity for the FSC's youths to cultivate patience and mindfulness on 18 January. Six youths were taught strategies to increase their catch such as the 5-second rule and flick-to-hook method. During the debrief, the youths were challenged to maintain patience and focus to reinforce their learning. Overall, the youths enjoyed the prawning activity and were eager to attend the fishing activity in February.



### Youth Spark: Beyond the Buoy on 15 February 2025

FRCS FSC and the Singapore Scouts Association continued the series of programmes by conducting a fishing expedition for youths to further hone their patience and composure. Eight youths were taught to assemble their own rods, hook their bait and cast it out into the water. The youths were challenged to be attentive and patience to ensure they succeed in securing a catch. Overall, they enjoyed the activity tremendously and look forward to similar activities in the future.



### Chinese New Year Edition: 19 January 2025

We are heartened to receive gracious support from the Rotary Club of Sentosa who sponsored our programme for nine children from needy families, to shop for festive-related clothing and items at Jurong Point Shopping Centre. The members from the Rotary Club of Sentosa also volunteered their time to support and guide the children in the financial budgeting workshop conducted by Junior Achievement Singapore and to apply their

acquired knowledge in their shopping purchase. The children also had the opportunity to be engaged in a health screening and workshop conducted by NUS' Health Empowerment for Youth (HEY).



### Hari Raya Aidilfitri Edition: 22 February 2025

We are grateful to receive generous donations from Rotary Club of Queenstown and two private donors who sponsored our programme for 15 children from low-income families. Similar to the Chinese New Year edition, the children participated in a financial budgeting workshop that was conducted by Junior Achievement Singapore and enjoyed a shopping trip at Joo Chiat Complex to purchase festive-related clothing and items. The event was supported by volunteers from Rotary Club of Sentosa, Junior Achievement Singapore, FSC and SG Cares VC @ Clementi.







### DBS Community Pop-up Market on 11 January 2025

DBS and SG Cares Volunteer Centre @ Clementi organized the second round of

DBS Community Pop-up Market on 11 January 2025. The DBS Community Pop-up Market offers a wide range of food items and essential household supplies to support low-income families and seniors. Based on their family size, each household can select household essentials worth between \$90 to \$110 at the pop-up market. Held at FSC's Clementi & West Coast offices, 510 households participated in the event.



### Clementi Primary School X Lentor Nursing Home: Chinese New Year and Birthday Celebration on 12 February 2025

28 students from Clementi Primary School celebrated Chinese New Year with 40 seniors from Lentor Nursing Home (West Coast) and Senior Care Centre. The students performed two songs and played games with the seniors. The students also celebrated the seniors' birthday. Each senior received a pandan cake.



### Timeless Memories: Photoshoot with Seniors at Jewel Changi Airport – Photos presentation on 14 February 2025



In conjunction with Valentine's Day, Lions Befrienders AAC @ Clementi 366 and SG Cares Volunteer Centre @ Clementi organized a photo presentation session to present photos developed from the photoshoot session held at Jewel Changi Airport in December 2024. Advisor for Jurong GRC, Dr Tan Wu Meng graced the event and presented

the photos to the seniors. Our volunteers' contributions were also acknowledged, and they received a certificate of appreciation. View video of the event [here](#).



### Building and Construction Authority (BCA) X St. Andrew's Cathedral Home For The Aged: CSR Event on 20 February 2025



30 staff from BCA visited St. Andrew's Cathedral Home For the Aged on 20 February 2025. The team was divided into two; one team was responsible for cleaning the home while the other team conducted activities with the seniors. The seniors played games and did some art and craft. The session ended with a lunch and distribution of goodie bags. View video of the event [here](#).



### Total Defence Day with RSAF 160 SQN and Lentor Nursing Home (West Coast) and Senior Care Centre on 21 February 2025

On 21 February 2025, the Republic of Singapore Air Force (RSAF) 160 Squadron brought joy to over 300 seniors from Lentor Health Nursing Home (West Coast) and Senior Care Centre. With a 125-strong team of Regulars, NS Men, and NSFs, the squadron delivered a range of meaningful activities to commemorate Total Defence Day and highlight the importance of national resilience. Seniors enjoyed colouring sessions, simple sticker pasting, interactive games, and heartfelt singing performances for those who were bed-bound.

### **Calling out for collaborations!**

For collaboration with SG Cares VC @ Clementi, pls contact us via email [volunteer@frcsfsc.sg](mailto:volunteer@frcsfsc.sg). Follow us on our Telegram / Instagram / WhatsApp for updates and volunteering opportunities available in Clementi town.

### **Upcoming Activities**



#### Youth Spark: Beyond the Buoy on 18 March 2025

A youth programme developed jointly with The Singapore Scout Association to promote self-discovery through outdoor activities. The last instalment of the Beyond the Buoy series where we plan to celebrate the youths' journey and growth through the programme.



#### Men's Group (2<sup>nd</sup> Run): Closed-door dialogue session on 29 April 2025

The closed-door dialogue session aims to complement the group work sessions that had ended in February 202 and to highlight the challenges men face with their families in addition to their coping strategies and protective factors. Participants for the dialogue session will comprise current members of the Men's Group (2<sup>nd</sup> Run) as well as other male participants from the FSC and service users invited by community partners such as JamPacked, SASCO, Lentor Health and Grassroot Leaders from West Coast. Speakers from external agencies have also been invited to speak at the dialogue session.



#### Iftar with Lions Befrienders AAC @ Clementi 366 & Darussalam Mosque on 21 March 2025

SG Cares Volunteer Centre @ Clementi and Lions Befrienders Active Ageing Centre @ Clementi 366 are organizing an iftar session for 30 seniors. Darussalam Mosque has been invited to the iftar session and will be conducting a sharing. VC will be deploying volunteers to assist with the event and accompany the seniors down to the pavilion from their home.

## Support Our Causes Through Partnerships and Volunteerism!

### FRCS FSC



[www.frcsfsc.sg](http://www.frcsfsc.sg)

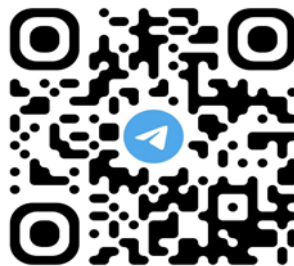


[www.facebook.com/FRCSFSC](https://www.facebook.com/FRCSFSC)

### SG Cares Volunteer Centre (VC) @ Clementi



[Giving.sg](http://Giving.sg)



Telegram



WhatsApp



Instagram





## FRCS Active Ageing Centre FEBRUARY 2025 Activity Schedule

For enquires 6994-6217

Blk 386, #01-348, Bukit Batok West Ave 5, Singapore 650386

5, 12, 19, 26 WEDNESDAY	BASIC CONVERSATIONAL MALAY Maximum 10 Conducted in English/ Lessons 29, 30, 31, 32	3pm-4pm	COGNITIVE
6, 13, 20, 27	FINE ART (art supplies self provided) Max 10 <b>FULL</b>	2pm-4pm	COGNITIVE
5th WED	<u>CNY CHINESE MARTIAL ARTS PERFORMANCE</u> Collect your LUCKY DRAW number *Dress code PRINTS or PATTERNS	9:15am-10:15am	SOCIAL
7th FRI	<b>CNY ANG BAO GIVEAWAY</b> Rotary Club of Marina City	2pm-2:45pm	SOCIAL
8th SAT	<b>SHENG SIONG SHOW:</b> Transport sponsored by Rotary Club of Sentosa *Senior MUST be able to navigate stairs of Mediacorp filming studio	6:30-10:30pm	SOCIAL
14th FRI	<b>IMDA:</b> Transact Online, Transport Simply Go	10:30am-12pm	Learning
14th FRI	VALENTINE'S DAY ~ ANGKLUNG MUSIC Dress code batik/traditional costume	2pm -3:30pm	SOCIAL
20th THURS	<b>MEN'S FUN YOGA 男士瑜伽入门</b>	10:30-11:30am	SOCIAL
21st FRI	<i>Living</i> <b>MOVIE MATINEE</b> with Bill Nighy about leaving a legacy (English with Chinese subtitles)	10am - 11:45am	SOCIAL
17, 24, 28	INTRO TO CONVERSATIONAL ENGLISH (Max 10) <b>FULL</b>	11am - 12pm	COGNITIVE
24th MON	<i>200 Pounds Beauty</i> <b>MOVIE MATINEE</b> romantic comedy (Chinese w English subtitles)	10:30am-12pm	SOCIAL
<b>ALL PROGRAMMES REQUIRE WHATSAPP PRE-REGISTRATION - 8886-0545</b>			

### REGULAR PROGRAMMES

MONDAYS	Chinese Calligraphy Interest Group	2 - 4pm	ARTS
MONDAYS	Rummikub Games	2 - 4pm	COGNITIVE
MONDAYS	Carrom Shiok (games)	2 - 4pm	SOCIAL
TUESDAYS	Bingo Interest Group	2 - 4pm	SOCIAL
FRIDAYS	Rummikub Games	9am - 12pm	SOCIAL
FRIDAYS	Carrom Shiok (games)	9am - 12pm	SOCIAL
FRIDAYS	Ukulele Interest Group	2:30pm - 4pm	LEARNING
TUESDAYS	<b>RHYTHMIC ENDURANCE FITNESS</b> Zone 2: Chair based _ Zone 3: Cardio-Lite	<b>9:45am FULL*</b> 10:30-11:00am 11:15-11:45am	<b>FITNESS</b>
WEDNESDAYS	<b>STRENGTH TRAINING &amp; FLEXIBILITY</b> (Bring your own dumbbells)	9:45-10:15am 10:30-11:00am 11:15-11:45am	
THURSDAYS	<b>STRENGTH TRAINING &amp; BALANCE</b> Zone 2: Chair-based _ Zone 3: Standing Balance Work	<b>9:45 FULL*</b> 10:30-11:00am 11:15-11:45am	<b>FITNESS</b>

Management reserves the right to amend or cancel programmes without prior notice, and decline entry to those without prior registration. Doors open 15min prior to event.





## Event highlights in February 2025

### **1. CNY Chinese Martial Arts Performance – 5<sup>th</sup> February 2025**

Seniors and their families attended a Chinese New Year celebration featuring a traditional martial arts performance. Skilled practitioners showcased various forms, delivering an engaging demonstration. The event provided cultural enrichment and entertainment, allowing seniors to enjoy a vibrant morning. The event concluded with a lucky draw featuring prizes sponsored by Rotarian Corrina Chang.



### **2. CNY celebrations – 7<sup>th</sup> February 2025**

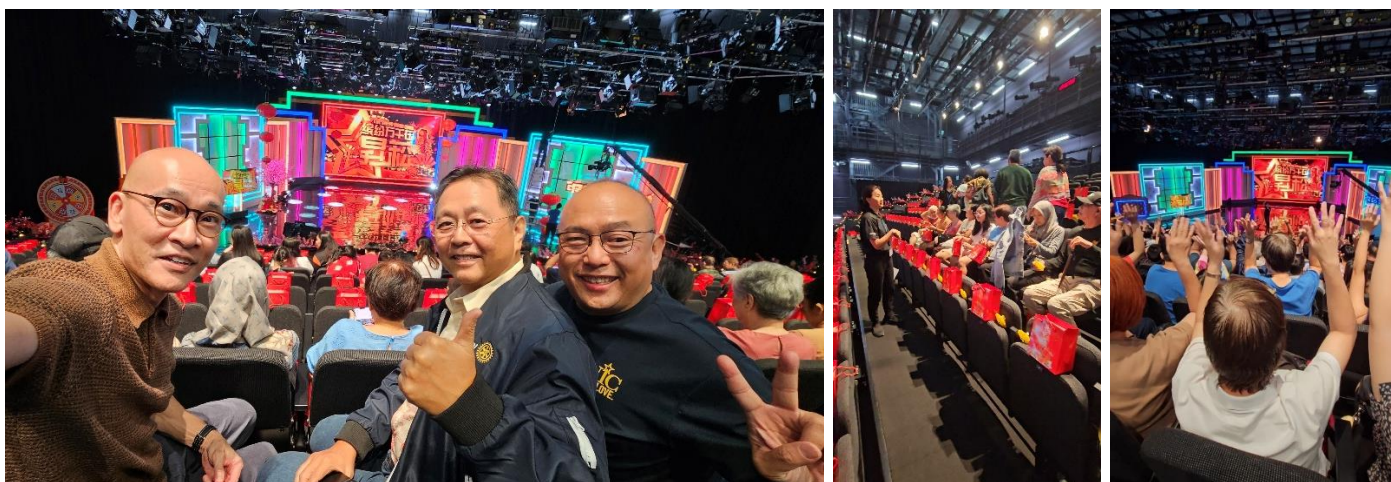
Rotary Club of Marina City visited AAC to celebrate Chinese New Year with the seniors. They engaged the seniors with lively entertainment and shared the joy of self-made festive snacks. In the spirit of the celebration, they also distributed ang paos to the seniors, adding to the festive atmosphere.





### 3. The Sheng Siong Show Outing – 8<sup>th</sup> February 2025

Seniors, staff, and Rotarians from the Rotary Club of Sentosa attended The Sheng Siong Show, a live telecast family program. The outing was filled with excitement and laughter, and we are grateful to the Rotary Club of Sentosa for sponsoring transportation for this memorable experience.



### 4. Angklung Music Workshop by Esplanade Singapore – 14<sup>th</sup> February 2025

Esplanade Singapore held a music workshop at the Active Ageing Centre (AAC), introducing seniors to the Angklung, a traditional Indonesian instrument. The session emphasized coordination and teamwork. With bilingual guidance from facilitators, seniors actively made music together, fostering engagement and enjoyment.



FIND US ON

 @FRCS Active Ageing Centre

 frcsaac