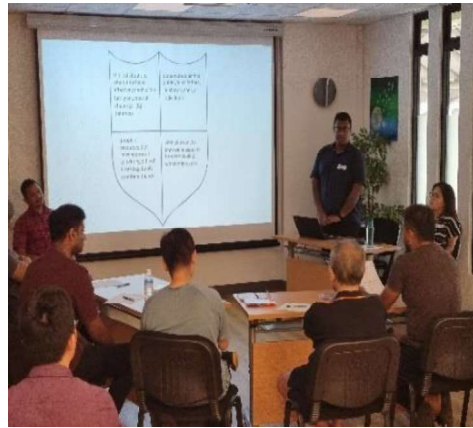


Recent Activities



Men's Edition (2nd run): 16 October 2024 to 22 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, two 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.



EmpowerHER (Pilot): 19 October to 30 November 2024

A women empowerment group work that adopts strength-based approach. To date, there are a total of 12 participants with average of seven per session. In every session, a speaker is invited to share on their journey of growth with the group on a specific theme. There are also curated activities with positive objectives such as better appreciation towards self and circumstances and enhanced self-soothing and self-care mechanisms as they take on various life transitions.



Deepavali Edition: 26 October 2024

Nine children and youth aged seven to 15 years old participated in the Deepavali edition where they were taught budgeting through a fun and interactive workshop before they went on a trip to shop for their festive clothes. Accompanied by our staff and volunteers, each child received an allocated fund of \$150 to purchase festive-related items for themselves and their family members while applying the budgeting skills they had learnt.



We are thankful to People's Association Malay Activity Executive Committees Council (PA MESRA) Youth Sub-Committee for their sponsorship and volunteers for the Deepavali edition.

Mental Wellness Forum: 26 October 2024

We participated in the inaugural forum organised by Rotary Club of Singapore East at the PassionWave @ Jurong Lake. We set up a booth to showcase our FSC's services and programmes to the event's attendees and engage them in promoting mental health well-being through taking care of their emotional and psychosocial needs.



Awareness on Rescued Food: 1 October 2024

As part of the International Day of Older Persons, SG Cares Volunteer Centre (VC) @ Clementi organised an awareness session on rescued food for close to 60 seniors from various Active Ageing Centres in Clementi town and Clementi CC Senior Citizens' Executive Committee. Apart from an interactive cooking demonstration by City Sprouts, the Fridge Restock Community (FRC) SG shared on the importance of reducing food wastage. The seniors then brought home rescued food that the FRC volunteers collected from Pasir Panjang Wholesale Centre.



Calling Out for Collaborations!

For discussion on potential collaborations with SG Cares VC @ Clementi, contact us via email volunteer@frcsfsc.sg. Follow us on our Telegram / Instagram / WhatsApp for updates and volunteering opportunities available in Clementi town by scanning the QR respective codes in this newsletter.

Upcoming Activities

Strengthening Foundations: FRCS FSC Walkthrough for Rotarians on 7 December 2024

Calling for Rotarians to join us at our open house event! You will get to meet our dedicated staff and better understand our FSC's services and programmes. Engage us for conversations to explore collaboration opportunities with your Club. For details, refer to the EDM enclosed in this newsletter. Scan the QR code to register your attendance by 3 December 2024 (extended deadline!).



Chinese New Year Edition: 19 January 2025

We are heartened to receive gracious support from the Rotary Club of Sentosa Singapore through sponsoring our upcoming programme for 15 children and youths from low-income families.

The Club members will also volunteer and work along our staff in executing the programme. In addition to the Club's generous financial and manpower support, they also connect us to Junior Achievement Singapore to conduct the financial literacy workshop for our beneficiaries.

Strengthening Foundations: FRCS FSC Walkthrough for Rotarians on 7 December 2024




Strengthening Foundations

FRCS FSC Walkthrough for Rotarians

Calling all Rotarians to connect with our Family Service Service team, discover our space and learn all about our programmes and services that create positive change!

DATE: 07 DEC 2024, SAT | TIME: 10AM - 1PM

VENUE: 346 CLEMENTI AVE 5 #01-10/32 S120346




MEET OUR TEAM

Hear community stories from our FSC social workers and kickstart meaningful collaborations with us.




DISCOVER OUR SERVICES


Learn about FSC programmes and initiatives, developed to provide holistic support to individuals and families.



TAKE A GUIDED CENTRE TOUR

Get a firsthand feel of our dedicated service areas and explore various resources for the community.


Register by 30 Nov 



For enquiries, contact
Stephanie @ 67799488

Organised by:  **Rotary**
Clubs in Singapore

FRCS Family Service Centre

Supported by:  **Rotary**
District 3310

Vocational Service District Committee

Support Our Causes Through Partnerships and Volunteerism!

FRCS FSC



www.frcsfsc.sg

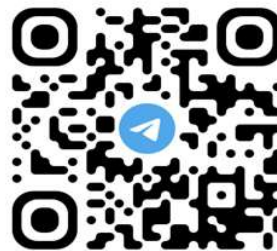


www.facebook.com/FRCSFSC

SG Cares Volunteer Centre (VC) @ Clementi



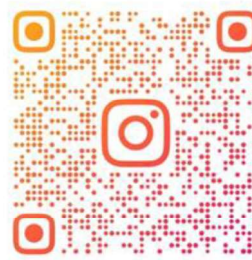
Giving.sg



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[Instagram](#)

FRCS Active Ageing Centre

NOVEMBER 2024 Activity Schedule



For enquiries **8886-0545**

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

Wed Nov 6/13/20/27	LEARNING BASIC BAHASA MELAYU (for English Speakers) *FULL Lessons 22, 23, 24, and 25	2:45pm-4pm	COGNITIVE
Thurs Nov 7/14/28	FINE ARTS Live Drawing Sketching Class (bilingual) All levels welcomed, bring your own table easel/bookstand (Max 10 pax)	2pm -3:45pm	ARTS
Wed Nov 6	LEELA'S CAFÉ DEEPAVALI CELEBRATION LUNCH Indian curries, roti jalla, dahl and achar (Max 25 pax)	12:30pm - 2:30pm	SOCIAL
Mon Nov 11	KNOWLEDGE SHARING: Bukit Gombak's BUTTERFLIES SPECIES	9am- 10:30am	LEARNING
Thurs Nov 14	COMMUNITY ENGAGEMENT WORKSHOP: Understand what is community engagement and how you can play a part! Includes tea break. Conducted in English by SG CARES Volunteer Centre @BukitBatok. Registration cut off Nov 5th	2pm -4pm	SOCIAL
Centre is closed on Friday, November 22, 2024			
Mon Nov 18	THE TALE OF THE PRINCESS KAGUYA based on the Japanese folktale "The Bamboo Cutter", this is an beautiful animation about the consequences of prioritizing material wealth, vs connection with nature and one's true feelings. (English, Chinese subtitles)	9:30am - 11:45am	MOVIE MATINEE
Mon Nov 25	HOW TO MAKE MILLIONS BEFORE GRANDMA DIES a young man begins caring for his terminally ill yet independent grandmother and grows up. (Chinese, English subtitles)	10am -12pm	MOVIE MATINEE
ALL PROGRAMMES REQUIRE PRE-REGISTRATION - WhatsApp 8886-0545 to enquire			

REGULAR PROGRAMMES

MONDAYS	Chinese Calligraphy Interest Group	2 - 4pm	COGNITIVE
MONDAYS	Rummikub Games	2 - 4pm	SOCIAL
MONDAYS	Carrom Shiok (games)	2-4pm	SOCIAL
MONDAYS	Art Interest Group	2 - 4pm	ARTS
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	ARTS
TUESDAY	RHYTHMIC ENDURANCE FITNESS Zone 2: Chair based Zone 3: Cardio-Lite (11:15am CLASS IS FULL)	9:45am FULL* 10:30am FULL* 11:15-11:45am	FITNESS
WEDNESDAY	STRENGTH TRAINING & FLEXIBILITY Zone 2: Chair-based with Hand Weights Zone 3: Training with Hand Weights	9:45-10:15am 10:30-11:00am 11:15am FULL*	FITNESS
THURSDAY	STRENGTH TRAINING & BALANCE Zone 2: Chair-based. (9:45am CLASS IS FULL) Zone 3: Balance work (Standing) *FULL	9:45am FULL* 10:30-11:00am 11:15-11:45am	FITNESS

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 November 2024

1. Leela's Café Deepavali Celebration (6th Nov)

Our seniors and staff enjoyed a delightful Deepavali celebration, featuring a sumptuous lunch prepared by Mdm Leela and other senior participants. This festive gathering brought everyone together, fostering cultural appreciation and community spirit.



2. Knowledge Sharing Project - BG Butterflies Species (11th Nov)

An engaging knowledge-sharing session led by several passionate butterfly enthusiasts provided our seniors with insights into various butterfly species. The event concluded with an enriching tour of Bukit Gombak Butterflies Park, fostering learning and new friendships among attendees.



3. Community Engagement Workshop (14th Nov)

In collaboration with SG Cares, this workshop explored the joys and profound impact of volunteerism. Seniors and their families were inspired to embark on meaningful volunteer journeys, strengthening community bonds and promoting active participation.



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