

Recent Activities



SuperMIND! – A Mindfulness-Based Relapse Prevention Workshop (4th run): 16 and 23 August 2024

These sessions were conducted for participants to be exposed to mindfulness practices that enhance a sense of acceptance and assist in relapse prevention of addiction behaviours stemming from alcohol use disorder.



FundHEROES! (3rd run): 17 August to 7 September 2024

An intervention-based support group to educate participants to identify and challenge negative or irrational thoughts related to finances, and to practice reframing these thoughts in a more realistic and positive manner through structured activities.



Singapore Management University Community Service Fair 2024: 27 and 28 August 2024

Our SG Cares Volunteer Centre (VC) @ Clementi participated in the event to promote the VC's regular and longer-term community service opportunities in Clementi town.



Upcoming Activities



SuperME! – Men's Edition (2nd run): 16 October 2024 to 22 April 2025

This upcoming run of psycho-educational group for men will focus on addressing and exploring coping strategies as well as identifying protective factors for family issues that the participants are experiencing.



SuperME! – EmpowerHER (Pilot): 19 October to 30 November 2024

We will be running a support group for women with the aim of providing a caring and empowering environment where they can connect, share experiences, and support each other's personal growth.



SuperFESTIVE! (Deepavali 2024 edition): 26 October 2024

An initiative to support multi-challenged families during the festive periods where we will be bringing children aged 6 to 16 years old and their family members/caregivers out to purchase festive items. Prior to the shopping trip, we will be conducting a budgeting workshop to inculcate financial literacy skills in the children.

Focused Intervention Team (FIT) for Early Childhood and Parenting (ECP)

Our FIT for ECP will be running a Parent-Child Grow programme for families with children aged 0 to 12 using Triple P (Positive Parenting Programme) framework. Slated to start from mid-October 2024, this initiative will run till January 2025 and involve monthly engagement sessions with parents/caregivers to equip them with techniques to promote their children's psychological, social and emotional competence.

Support Our Causes Through Partnerships and Volunteerism!



www.frclfsc.sg



www.facebook.com/FRCLFSC



[@sgcaresvccllementi](https://www.instagram.com/sgcaresvccllementi)

Monthly Schedule Update – September 2024

FRCS Active Ageing Centre SEPTEMBER 2024 Activity Schedule

For enquiries **8886-0545** Blk 386, #01-348, Bukit Batok West Ave 5, Singapore 650386



TAKE NOTE* FRCS AAC IS CLOSED ON THE MORNINGS OF SEPTEMBER 10, 17, 18, 25 & 26 FOR DATA REPORTING.

COGNITIVE	Learning Basic Bahasa Melayu for English Speakers Lessons 15/16/17 (FULL)	3:00-4:00pm	Wednesdays Sept 4/18/25
SKILLS	FINE ARTS Intermediate Group (bilingual) FINE ARTS Beginner Group (bilingual)	1:00-3:00pm 3:00-5:00 pm	Thursdays Sept 5/12/19/26
COGNITIVE	Mid-Autumn Festival Rummikub Games Competition at ITE College West	10:00am - 2:00pm	Friday Sept 13
	TENG COMPANY Once Upon A Full Moon Concert Vivocity Ampitheatre, Level 3 Transport home provided	7:00-8:30pm	Saturday Sept 14
MOVIE MATINEE	OVER THE MOON A modern take on a traditional Chinese story. Fei Fei builds a rocketship to the moon to prove to her family the moon goddess, Chang'e, is real. (Chinese, English subtitles)	10am-11:40am	Monday Sept 16
EDUCATION	SENIORS GO DIGITAL by IMDA Communicate Online - Navigating Social Media Safely	10:30-11:30am	Friday Sept 20
SOCIAL	CARROM SHIOK	9:00-10:00am	Monday Sept 30
MOVIE MATINEE	TOP GUN, MAVERICK: Fighter pilot Maverick is pushing the limits of aviation. Stars Tom Cruise and Val Kilmer	10:00-12:10am	Monday Sept 30

All Programmes require registration - WhatsApp 8886-0545 to enquire

NO EXERCISE CLASSES ON SEPTEMBER 10, 17, 18, 25 & 26

REGULAR PROGRAMMES

COGNITIVE	Chinese Calligraphy Interest Group	2 - 4pm	MONDAYS
COGNITIVE	Rummikub Games	2 - 4pm	MONDAYS
SOCIAL	Art Interest Group	2 - 4pm	MONDAYS
SOCIAL	Bingo Interest Group	2 - 4pm	TUESDAYS
COGNITIVE	Rummikub Games	9am - 12pm	FRIDAYS
MUSIC	Ukulele Interest Group	2:30pm - 4pm	FRIDAYS
FITNESS	RHYTHMIC ENDURANCE FITNESS Zone 2: Chair based Zone 3: Cardio-Lite (11:15am CLASS IS FULL)	9:45am FULL* 10:30 FULL* 11:15-11:45am	TUESDAYS
FITNESS	STRENGTH TRAINING & FLEXIBILITY Zone 2: Chair-based with Hand Weights Zone 3: Training with Hand Weights	9:45-10:15am 10:30-11:00am 11:15- FULL *	WEDNESDAYS
FITNESS	STRENGTH TRAINING & BALANCE Zone 2: Chair-based. (9:45am CLASS IS FULL) Zone 3: Balance work (Standing) 40min *FULL	9:45am FULL* 10:30-11:00am 11:15 - 11:45am	THURSDAYS

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.

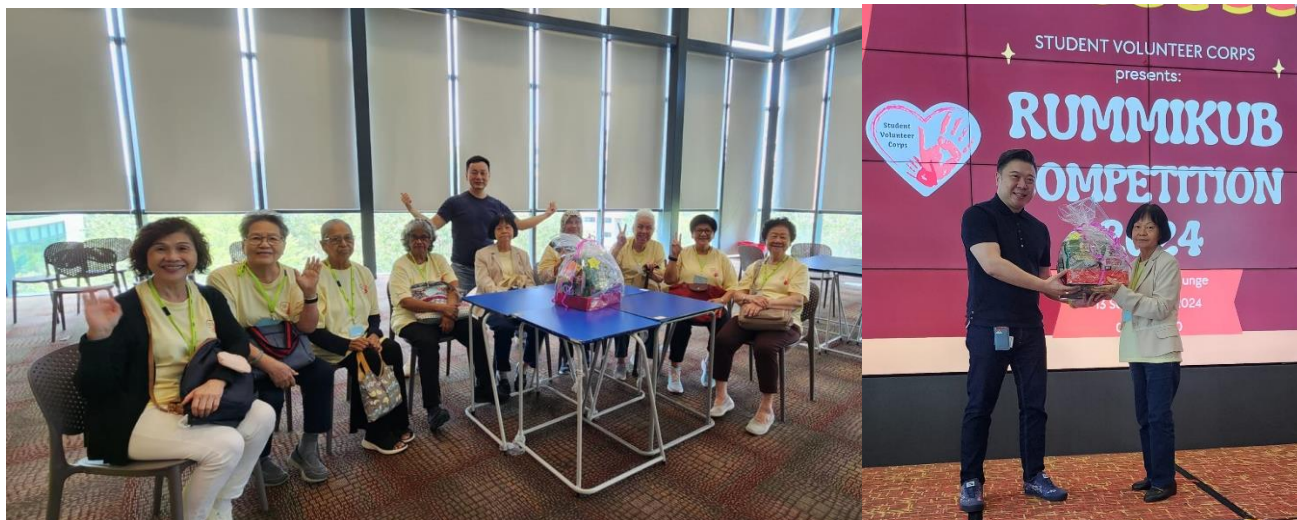
Rotary
Clubs in Singapore



FRCS
Active Ageing
Centre

Event highlights in September 2024

Rummikub Competition FRCS AAC, together with 5 other senior activity centres in the western part of Singapore, participated in a Rummikub competition. The event saw a total of 56 competitors. Mdm Grace Ho from FRCS AAC achieved an impressive 3rd place.



Mid-Autumn Festival Concert Rotary Club of Bugis Junction generously sponsored 30 tickets for FRCS AAC, allowing seniors and staff to attend a concert in celebration of the Mid-Autumn Festival.



Art Class

Local artist Kelvin Lee conducted weekly art classes at FRCS AAC during the month off August and September 2024. The members thoroughly enjoyed the fun and learning experience under his guidance, himself a senior citizen.



FIND US ON

 @FRCS Active Ageing Centre

 @frcsaac