

Belong

A quarterly review of our Family Service Centre & Active Ageing Centre programmes.



FRCS AAC emerged as champion (out of 47 teams) during the SG West District Qualifier.

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CHAIRMAN'S NOTE

April – June 2026

FROM THE CHAIRMAN

A quarter built on continued support and resilience



Chew Ghim Bok

CHAIRMAN, FRCS

Dear Fellow Rotarians, Partners and Friends,

As I look back on this quarter, I am filled with gratitude for the warmth and dedication behind our work. Our Family Service Centre brought people together in remarkable ways — from the inaugural RainTree Project Family Day, *The BIG Family Table*, to the heartfelt finale of our second SoberPLAY run and our outreach at the National Family Festival – each a reminder that no one walks their journey alone.

Our Active Ageing Centre was every bit as vibrant, with seniors dancing, performing, mentoring students, and clinching Boccia honours at the Senior National Games. That our team also represented Singapore at the World Cities Summit speaks to the quality and heart of their work.

None of this would be possible without our donors, volunteers, partners and staff. I have the deepest gratitude for all of you. Continue the good work!

Chew Ghim Bok

Chairman, Foundation of Rotary Clubs Singapore

Why 'BELONG'?

At FRCS, our work is ultimately about people and about creating communities where everyone feels seen, supported and valued.

We chose **BELONG** as the name of our newsletter because belonging sits at the heart of what we do.

To belong is to feel that you have a place.

A place where you can ask for help.

A place where you can contribute, connect and grow.

Through our Family Service Centre, Active Ageing Centre and community programmes, FRCS works alongside individuals and families at different stages of their lives. We support people through challenges, create spaces for connection, and build stronger, more resilient communities.

BELONG is a window into that work.

It brings together the people, stories, partnerships, milestones and moments that make up the FRCS community. It celebrates the difference our teams and volunteers make, while giving a voice to the people and communities we are privileged to serve. The programmes and stories featured in BELONG are more than updates on what FRCS is doing. They are an invitation to you, as a Rotarian, to see what is possible. Through our centres and programmes, there are many opportunities to engage, collaborate and create meaningful impact alongside us. Whether it is supporting an existing initiative, bringing your club's expertise and resources to a community need, or co-creating something new, we hope these pages spark ideas about what you and your Rotary club can do with FRCS, our centres and the communities we serve.

Family Service Centre



The BIG Family Table — RainTree Project Family Day

FAMILY SERVICE CENTRE

1

The BIG Family Table

18 Apr 2026

The RainTree Project · inaugural Family Day

Our inaugural RainTree Project Family Day gathered mentees, volunteer-mentors and community partners under the theme "The BIG Family Table." Certificates of Appreciation honoured our mentors, and families enjoyed activities and lucky-draw prizes, joined by SANA and HCSA Community Services.



2

SoberPLAY — Run 2

7 May 2026

Theme: "Opportunity to Change"

SoberPLAY's Run 2 finale gathered participants in true kampong spirit — with a kueh party, a lively Bingo game and a gift-swap. Heartfelt conversations fostered belonging, mutual support and hope, a reminder that no one walks the recovery journey alone.



3

Community Engagement

28 Jun 2026

ECP Team · National Family Festival 2026

Our Early Childhood & Parenting (ECP) team joined the West Coast–Ayer Rajah Family Life Champions event at the National Family Festival 2026, sharing ECP and FSC services through an outreach booth while children enjoyed play — each receiving a book and a toy.



Active Ageing Centre



Latin Dance Workshop — keeping our seniors active

ACTIVE AGEING CENTRE

1

Latin Dance Workshop

Apr 2026

Movement & rhythm for the seniors

This lively workshop blended rhythmic music with movement, sharpening the seniors' motor skills and coordination while creating a warm space to break the ice, laugh together and form new friendships.



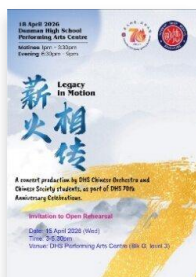
2

Chinese Orchestra Concert

15 Apr 2026

Dunman High School · "Legacy in Motion"

Our seniors were honoured guests at Dunman High School's "Legacy in Motion" concert. Hosted by the school's Chinese Society, students shared the grandeur of Chinese orchestral music, building a bridge of cultural appreciation between youth and seniors.



3

ActiveX Playdate

24 Apr 2026

Presbyterian Primary School

Presbyterian Primary School hosted an intergenerational playdate, pairing students with our seniors for tailored sports and games. The joyful afternoon closed with a heartwarming meal prepared by the school's staff and students.



ACTIVE AGEING CENTRE

4

Concert at Esplanade

7 May 2026

Singapore Symphony Orchestra

Our seniors and staff were invited to a Singapore Symphony Orchestra concert at the Esplanade — a first visit for several. The majestic venue and sweeping music made for a deeply uplifting, culturally enriching experience.



5

Koi Community Project

29 May 2026

Jurong Pioneer Junior College

The “Koi Project” cast our seniors as mentors, co-facilitating a curated craft session with student leaders from Jurong Pioneer Junior College. The college proudly installed the finished work on campus — a testament to our seniors’ skill.



6

Healthy Kidneys: Renal Talk

30 May 2026

Rotary Club of Singapore

The Rotary Club of Singapore organised a renal health talk and check-up led by doctors and medical students. Our seniors gained valuable insights into kidney health and enjoyed free, personalised consultations on-site.



ACTIVE AGEING CENTRE

7

Festive Paper Quilling Workshop

Rotary Club of Tanjong Pagar

2 Jun 2026

The Rotary Club of Tanjong Pagar sponsored a festive paper-quilling workshop where seniors crafted intricate paper rice dumplings for the Dragon Boat Festival — practising fine motor skills, capped with real rice dumplings.



8

Senior National Games 2026

SNG Qualifiers · Singapore West Zone

10 Jun 2026

Boccia champions! Months of training paid off at the SNG 2026 qualifiers — FRCS AAC topped 47 teams in Boccia and were second runner-up in Sports Stacking. Mayor Low Yen Ling will host a pre-finals gathering ahead of the August finals.



9

World Cities Summit 2026

with Renci & REACH · Singapore

14 Jun 2026

FRCS AAC joined fellow Active Ageing Centres Renci and REACH at the World Cities Summit 2026, co-curating an exhibition booth that showcased our community-care models and innovations to international delegates and urban leaders.



Connect with us

Support our causes through partnerships and volunteerism.

FRCS FAMILY SERVICE CENTRE



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FRCS Family Service Centre

Our refreshed website is live! Visit www.frCSfsc.sg to experience improved navigation and a streamlined layout.

FRCS ACTIVE AGEING CENTRE



Instagram

FRCS (Rotary) Active Ageing Centre



Facebook

FRCS Active Ageing Centre



Website

frCS.sg/ecc

Thank you

To our members, volunteers, community partners and donors — thank you for making this quarter possible. Your generosity continues to build brighter, more connected communities across Singapore.

Family Service Centre

www.frCSfsc.sg · ask@frCSfsc.sg

Active Ageing Centre

frCS.sg/ecc

Foundation of Rotary Clubs Singapore

www.frCS.sg