

PARENT ORGANISATION • **Leong Hwa Monastery** - 67 Shrewsbury Road S307834 Tel: 6253 3532 Fax: 6251 7797 • CORPORATE OFFICE • **Viriya Community Services** - 72 Shrewsbury Road S307837 Tel: 6256 1311 Fax: 6251 7797 CENTRES • **Children's Club @ My Centre** - Blk 52 Kent Road #01-23 Singapore 210052 Tel: 6299 4356 Fax: 62934321 • **Dreams @ Kolam Ayer** - Blk 47 Bendemeer Road #01-1479 S330047 Tel: 6341 7943 Fax: 6431 7942 • **Lights of Hope Centre** - 72 Shrewsbury Road S307837 Tel: 6256 1311 Fax: 6251 7797 • **LHCST-NKF Dialysis Centre** - Blk 113 Teck Whye Lane S680113 • **My Centre @ Moulmein** - 52 Kent Road #01-16 S210052 Tel: 6293 4339 Fax: 6293 4321 • **Whispering Hearts Family Service Centre** - Blk 646 Jurong West St 61 #01-142 S640646 Tel: 6795 1008 Fax: 6795 8970 • **Whispering Hearts Infant and Child Care Centre** - Blk 688 Jurong West Central 1 #01-237 S 640688 Tel: 6792 2321 Fax : 6791 3231 • **Whispering Hearts Student Care Centre** - Blk 617 Jurong West St 65 #01-488 S640617 Tel: 6795 8967 Fax: 6795 9423

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A Newsletter by Leong Hwa Monastery and Viriya Community Services



Celebrating 10 years of community service



Message from Executive Director

Dear readers,

This is the last newsletter for Viriya Community Services (VCS) in the year 2011. Year 2011 marks our 10th year in community services and this is a good time to reflect on our journey and review our achievements.

Viriya is a pali word meaning right effort. Since its founding in 2001, VCS has strived to bring joy and enhance the quality of life by providing care and assistance to families and individuals in need of support regardless of race and religion. We are mindful of applying the right effort and be guided by our mission to deliver quality social services and making an impact to the society. Every year, VCS brings joy and enhance the quality of life of more than 5,000 individuals through our programmes and services.

The first community centre started by VCS was Whispering Hearts Family Service Centre (WHFSC). WHFSC has been the focal point of social services for residents of Jurong West since year 2001. Besides providing information and referral services, and casework and counselling to the residents, WHFSC runs several community support programmes for children, youths and families. The main goal is to build strong families as the foundation of society.

As we grew, Viriya Community Centre started other centres and programmes. Whispering Hearts Infant and Child Care Centre and Whispering Hearts Student Care Centre cares for children, while ensuring that the children are supported holistically, socially, cognitively and physically. Dreams @ Kolam Ayer reaches out to disadvantaged youths and empowers them to fulfil their dreams and potential. My Centre @ Moulmein and Children's Club @ My Centre promotes active ageing and intergenerational bonding to allow our elderly and children to build strong family ties and a more cohesive society. The Lights of Hope centre provides recreational activities for our elderly to remain engaged in the community and maintain an active life and mind.

To meet the needs of specific populations, we work with partners and create synergised projects. VCS supported the Viriya-KK Children's Hospital HomeCare Programme to allow chronically ill children to recover in their home environment. To further alleviate the stress of families with children requiring long term medical attention, the Viriya Children's Medical Fund was started in year 2010 to provide financial assistance, and socio-emotional support to the families. A social worker works with the families to adapt to the changes and overcome their challenges as a family unit. Women Inc., a project to enable women from low-income families to work towards financial independence and social integration was started in 2011. The project brings women together to learn, work, and build support each other. The various projects recognise tap on the inherent strengths of our beneficiaries to build up their capabilities to overcome life challenges.

Our efforts have been transformed into positive outcomes. Clients that we served have returned as volunteers to help others in need. Volunteers and partners who participated in our programmes have become part of the Viriya family. The Viriya family has grown, not just in size, but in knowledge, skills and more importantly, in the passion to bring joy and enhance the quality of those in need. As VCS continues in our social service journey, we are committed to doing good better through the right effort towards fulfilling our mission while embracing our core values of teamwork and collaboration, respect, seeking solutions, not problems, and taking ownership.

Here, I thank you for being part of our journey in empowering the disadvantaged and creating a better society. May 2012 bring greater joy to all.

执行董事序言

亲爱的读者们，

这是进觉福利协会2011年最后一期的杂志。2011年是进觉成立10周年，也是我们回顾过去的旅程及成就的最好时机。

Viriya是巴利语，意思是正确的努力。进觉自2001年建立，我们一直致力于不分种族和信仰的有需要的家庭及个人提供帮助和关怀，并提高他们的生活质量。多年来，我们一直坚持我们的宗旨，付出正确的努力贡献社会。这10年的时间，通过我们的各项慈善活动，我们帮助了5千多有困难的人。

心意家庭服务中心是进觉设立的第一个社区服务中心。自2001年以来，心意家庭服务中心为裕廊区的居民提供各项社区服务。除了提供各种咨询，案例服务及心理辅导，我们还为孩子、青年及家庭提供各种社区支持活动。建立稳固的家庭是社会的基本，也是我们的目标。

在成长的过程中，进觉先后建立了几个中心。为服务于孩子，支持他们的全面发展。进觉成立了心意育婴及托儿中心和心意学生关怀中心；帮助支持弱势青年，挖掘他们的潜力，实现他们的梦想，进觉建立了寻梦圆中心；鼓励活跃的乐龄生活，促进各代间的亲密纽带，进觉建立了心意中心和儿童俱乐部；而一灯中心的建立这是为乐龄朋友提供休闲娱乐的场所，进一步鼓励活跃丰富的乐龄生活。

为了照顾一些群体的特别需要，我们参与并创建慈善项目。进觉—竹脚儿童医院居家护理计划帮助慢性患儿回到家中接受康复治疗。为了进一步减轻需要长期治疗的慢性患儿的家庭负担，进觉在2010年设立了儿童医疗基金，为这些家庭提供经济的资助和精神上的支持。一名社工专门为这些家庭服务，与他们共度难关，帮助他们应付生活中的困难和挑战。Women Inc.，是一个专门帮助低收入家庭的妇女，使他们能够在经济上独立并更好地融入社会。这个慈善项目是2011年开始的。这个项目是让家庭妇女们聚在一起，共同学习，工作并互相支持。我们的慈善活动的根本是帮助受益者认识及加强它们的长处，让他们更有能力面对生活的挑战。

我们的努力换来了丰硕的成果。我们过去服务的对象现在已回来成为帮助他人的义工。义工们及我们的合作伙伴成了进觉大家庭的一部分。进觉成长了，不仅仅是规模，也是知识及技能多方面的成长。更为这些受益者带来快乐及提高他们生活质量的热诚。进觉将继续我们为社区服务的旅程，我们将保持的核心价值观，团队精神，合作，尊重，解决问题及主人翁精神。在核心价值观的指导下，将努力正确地用于实现我们的宗旨。

在这里，我要感谢各位与我们同心同行去帮助社会上的弱势群体，创造一个更好的未来。希望2012年带给大家更多的喜悦！

Evelyn Lai (Ms)



NUS RAG Day 2011



This year, NUS has adopted Viriya Community Service (VCS)'s youth wing, Dreams @ Kolam Ayer (DKA) as their adopted beneficiary for their RAG Day 2011.

To help raise awareness of VCS, the NUS RAG pharmacy committee students designed and distributed bookmarks containing information on VCS to the public visiting their RAG worksite. The RAG committee worked with 35 children from DKA who added their own personal touch to the bookmarks by decorating their own bookmarks with origami, writings and drawings.

During the process of designing the bookmarks, the children were also engaged in many fun-filled activities. Each session begins with simple sports and games such as Squirrel and Forest, Blow Wind Blow as well as Fast Food, and would end with Dog and Bone. The children were seen enjoyed themselves thoroughly.

The children also got their hands to paint on mural painting. The RAG pharmacy committee students designed a mural to be painted on a board which can be pieced together to form a jigsaw puzzle. The children were given free-reign to choose the colours they wanted for the mural. This not only allowed them to exercise their creativity, it also gave them a chance to work with each other to create their own masterpiece. The final piece was then used to design their float for the RAG Open Day.

On top of that, the children were allowed them to bring home a self-made souvenir - finger puppets made from cotton gloves and other handicraft materials of different shapes and sizes. Each child was was free to decorate and customize their own finger puppet.

In future years, we hope to have more of these collaborations with the NUS RAG pharmacy committee students.

Patricia Tan (Ms)



Exposure to Research & Development (R&D)



Guided tour and hands-on experience for the children



One of the children tried her hand at the Virtual Tennis game



Watching the live demo at FusionWorld



Tea break time



A team working on the Science experiment



Group photo before heading home...

On 9 Sept 2011, the Institute for Infocomm Research (I2R) – a research institute of the Agency for Science, Technology and Research (A*STAR), organised a half-day excursion themed “Exposure to R&D” for a group of 41 children from Dreams @ Kolam Ayer. The objectives were twofold - firstly to give the children a glimpse of what is brewing in our research labs and secondly, to spark these children’s interest in science and inspire them to become our future scientists and researchers.

During the visit, the children were first brought to I2R’s Robotics Lab, the Virtual Tennis Lab, as well as FusionWorld, which is A*STAR’s technological showcase. There were lots of laughter, fun, and “oohs-and-ahhs” as the children ‘touch-and-feel’ the robots, played tennis with our virtual ‘Anna Sharapova’, and also interacted with the actual scientists behind these cool innovations.

After the excitement, they were treated to some food and games, where staff volunteers from I2R led the little ones through a friendly competition to in a simple science experiment.

Seeing the children’s boundless energy, inquisitive minds, enthusiasm and plentiful laughter had made our time worthwhile. We also sincerely hope that they are more interested in science now than before!

Yeo Poh Khim (Ms)
The Institute Of Infocomm Research (I2R)



Creating Homes, Constructing Futures

In light of an increasingly competitive streak found in today's educational system and the compulsion to perform well in the academia, it is certainly heartwarming to know that on 16 July 2011, over 240 students from the Year Four cohort, Raffles Institution, took time off their busy schedules to participate in an entire day of refurbishment for two blocks of one – room rental flats in Marsiling which culminated in a block party held at Marsiling Secondary School. The event was well received by volunteers and residents alike.

Home Creation 2011, a joint community involvement project collaboration by Viriya Community Services (VCS) and Raffles Institution (RI), was a great success that saw over 80% of the cohort participating in the various aspects of this worthy cause that spanned a total of three months from May to July 2011. In order to ensure efficiency and optimal results on the day of refurbishment itself, flyers were distributed to raise awareness of the event and a needs analysis was conducted to elucidate the various needs of the residents.

On the day itself, the students reported enthusiastically in the morning to the void deck of one of two blocks that were selected to undergo refurbishment. Armed with an array of mops, brooms, brushes and cans of paint, the students proceeded to provide various refurbishment services such as cleaning, moving of furniture and even repainting peeling ceilings and walls for over a hundred families. Amidst the hard work, there was laughter and humorous cajoling as the students interacted both amongst themselves and with the residents, who were immensely grateful as seen from the incandescent smiles that lit up their faces.

Indeed, Chng Jin (4E) certainly felt that their appreciation was almost tangible: "I was extremely touched by the reactions of the elderly when we had finished with the refurbishment. When they thanked us, their gratitude seemed extremely visceral and honest. It was these raw feelings which made me feel especially proud of my actions."

Yet, at the same time, the students emerged from their exhilarating experience with their own unique takeaways that complemented the ones that they gave the residents. Indeed, many of the students walked away from this worthy cause appreciating the values of empathy and generosity, as well as finding within themselves the confidence to go forth and interact with other individuals despite language and cultural barriers.

As Jeremy Low (4D) aptly put, "I came away from this project with a new perspective on life and how our actions, no matter how seemingly little, can have far – reaching impacts on individuals who really require our support. During this project, I overcame some initial awkwardness to converse with the residents in Mandarin, and their appreciation for our work really shone through."

Ultimately, Home Creation 2011 is not about padding one's resume, and it is definitely not about participating in it so that he might be proud and arrogant about it. But rather, it is the dawn of a greater understanding towards our humanity, our fragility and a greater appreciation of the means one can employ to make our community and this world a better place.

Gerald Tan (Mr)
Raffles Institution





The Great Festival to Liberate Beings from Water & Land (ShuiLu)



This Festival essentially focuses on compassion and repentance. During the Festival, the beings from the higher realms are invited to help the beings in the lower realms release from their sufferings. The beings in the lower realms would be freed from their pain and anguish while the gods and sages would fulfil their compassionate vows of rescuing others.

A total of seven shrines are erected for the Festival. The first hall is the Inner Shrine while the other six halls constitute the Outer Shrines. Though each hall performs its own ceremony and prayers and serves a unique purpose, the main focus is on the Inner Shrine, while the Outer Shrines serve as halls where the merits from the chanting of the various sutras are transferred to the Inner Shrine.

The Inner Shrine is where beings from the lower realms are liberated. Offerings of food, tea and incense, chanting and reciting of mantras and sutras, accepting and understanding precepts and bowing in repentance on behalf of the lower realm beings are the core procedures in the ceremony.

Leong Hwa Monastery has committed to organise this Festival for three consecutive years in celebration of Vesak Day. 2012 will be our third and final and we invite you dedicate merits to your loved ones and receive good blessings from this virtuous act.

法界圣凡水陆普度大斋胜会



水陆大法会的重点在于悲悯及忏悔，是邀请上界圣者来超度下界生灵脱离苦海。超度在六道受苦众生，使之离苦得乐，趣入佛道。水陆大法会供奉斋筵及朗诵经文以告达司事天神，释放被拘禁受苦的六道群灵。

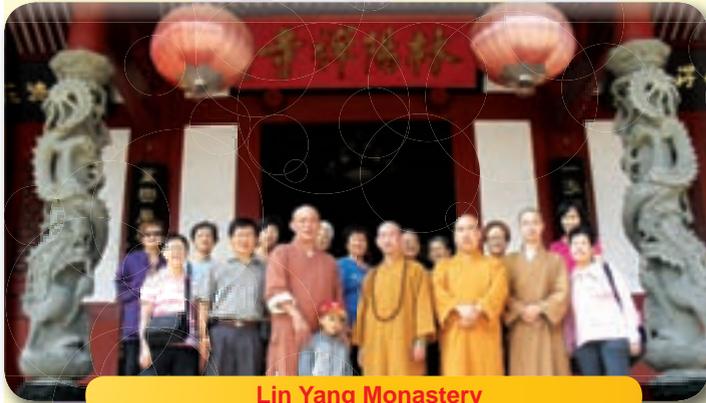
水陆法会共设立了七个坛。第一个是内坛，其余六个组成外坛。每个坛朗诵不同的大乘经典，内坛是整个法会与四圣六凡交流的枢纽，普同供养法界内一切有缘含识神

灵，发愿度化一切有情，普利冥阳。供奉斋筵，茶，香，花，水，果及朗诵经典恭请诸佛菩萨降临护持道场，法会的重点在为悲悯六道，告达司事天神，协助六道群灵。

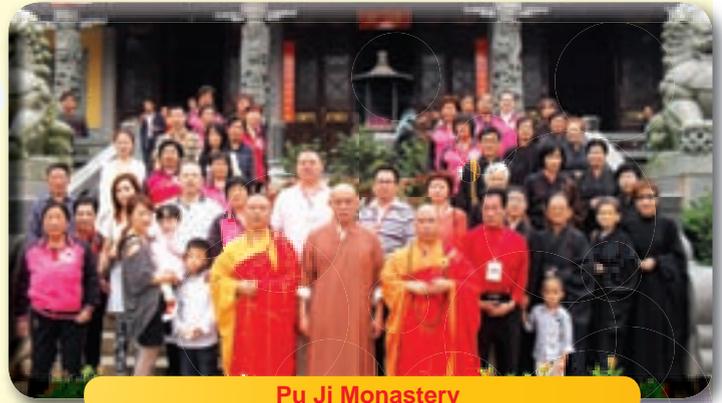
龙华藏院在连续三年举办的卫塞节水陆法会，2012年是本藏院连续三年的最后一年法会。我们特别邀请您来参加！这不仅是功德无量的法会，也是个积德行善及为众生及往生的亲人持受佛法，忏悔的好时机！



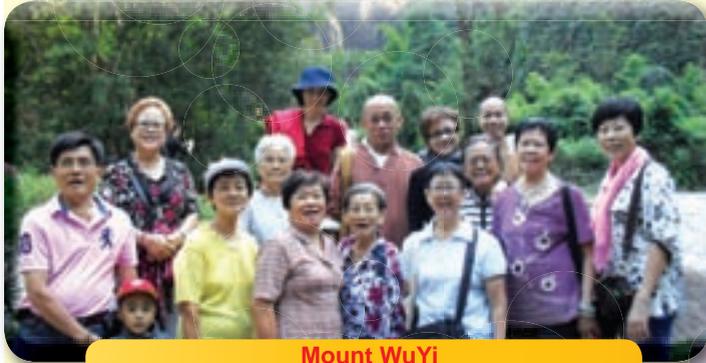
Pilgrimage Trip to Fuzhou - 14 to 20 October 2011



Lin Yang Monastery



Pu Ji Monastery



Mount WuYi



Procession at Pu Ji Monastery

13 of us accompanied Venerable Sek Meow Ee to Fuzhou and had a very fulfilling time. We offered Buddha relics to Pu Ji Monastery at ChangLe and commemorated the 34th death anniversary of our late Abbot, Venerable Hui Kuan at Lin Yang Monastery.

I was most captivated with the 8-precept retreat at Yan San Shu Monastery. I was apprehensive because of the strict programme. We woke up at 4 am and by mid day, I was feeling giddy. But when we started to 'nianfo' and 'pai' based on rhythm originated more than 60 years from Gu Shan, I was surprisingly refreshed and enthusiastic. I completed the 3-hour session, feeling the brightness and the Buddha in me.

Teng Choon Peh (Mr)
Management Committee Member



8-precept retreat at Yan San Shu Monastery



Memorial shrine of late Abbot, Venerable Hui Kuan

福州朝拜之旅—2011年10月14日到20日

我们一组13人陪同释妙义法师的福州之行，实在是意义非凡的旅程。我们朝拜了供奉在普济禅寺长乐殿的舍利子，并参加了龙华藏院前任主持慧宽老和尚圆寂34周年的仪式。

我完全沉迷于燕山书院八关斋戒静修中。严格的戒律让我觉悟。凌晨4点起身，到了中午我就感到很晕了。可是当我开始念佛和礼拜并按照60年前鼓山创立的节律拜佛时，我一下清醒了并特别有精神。3个小时的活动照亮了我也把佛放到我的心里。

陈春柏
龙华藏院管理委员会成员



Viriya Children Medical Fund Project: Focus on Caregiving



Viriya Children Medical Fund (VCMF) Project reaches out to children requiring long-term medical support. The project provides the following: financial assistance to help alleviate family's financial difficulties due to medical costs, case management to provide linkages to community resources, and informal caregiver support to parents. Caregivers give so much time and energy to their children and families. They perform variety of tasks and roles daily. Sometimes it can be overwhelming. This is the first time the disbursement event incorporated a workshop to recognize the value of caregivers and provide them practical information they can utilize.

25 June 2011 marked the third disbursement for VCMF Project, held at Nanyang Academy of Fine Arts (NAFA) Campus. We reached out to about 30 children and their families. The children took part in fun and meaningful activities like storytelling and sing-along for younger children, and teambuilding games for youth. We have dedicated volunteers from School of Science and Technology (SST) who



helped in the planning of activities. Both groups designed their own appreciation cards to parents and actively participated in the much-awaited donut decoration.

To address parent's need for emotional support, a workshop on "Managing your Time and Stress while Caregiving" was conducted concurrently with the children's activities. We partnered with AWWA Centre for Caregivers (CFC) to deliver this workshop. Mr. Rodney Woulfe, a counsellor and performance coach from AWWA CFC conducted the workshop. Parents get to learn from others' life experiences. They found it to be an enriching workshop.

Everybody went home with their own individual experiences that day. The children and youth happily brought home goodie bags and decorated donuts, parents with the cash assistance. They smiled wider because of the bonds formed with other parents and knowing that they were not alone.



进觉儿童医疗基金重在关怀照顾

进觉儿童医疗基金 (VCMF) 致力于帮助需要长期医疗慢性病儿童。该基金为病儿及其家庭提供以下援助:

资金赞助: 帮助减轻繁重的医疗费用负担。

案例管理: 提供多种援助计划, 尤其是对病儿的父母及家人的支持及援助。长期照顾病而不是件简单和容易的工作, 照顾这些病儿需要有坚强的毅力, 耐心和技巧。首次为照顾者举办的工作坊, 将帮助照顾者意识到自己的价值, 同时学到一些实用的技巧。

2011年6月25日在南洋艺术学院 (NAFA) 校园举行了第三次捐助活动。有29个儿童和他们的家人应邀来参加活动。活动内容富有意义, 丰富多彩, 引起了孩子们的极大兴趣。我们特意从新科技学校 (School of Science and Technology) 邀请了义工, 设计了精彩的活动。为孩子们准备

了故事演讲, 合唱表演; 为青少年组织的青年团队游戏。在活跃的气氛里, 他们各自亲手设计出感恩卡, 装点了表演现场, 以浪漫的方式表达了他们对父母及来宾们的深切感谢。

针对父母们对精神支持的需要, 我们特别与AWWA中心合作, 邀请亚洲妇女福利协会 (AWWA) 的辅导员和表演教练 Mr. Rodney Woulfe 为病儿的父母们举办了一次“照顾者的时间和压力管理”工作坊。参与者都受益匪浅。

活动结束后每个人都是满载而归。孩子们带回各种点心和奖品, 父母们则带回现金和难忘的情怀。有了来自社会的关怀和支持, 他们不再孤独了。

Frances Montañez (Ms)



Family Outing at Bollywood Veggies

The 1st 2011 Enhancing Positive Changes (EPC) outing was held at Bollywood Veggies on 25 June 2011. A total of 27 families comprising 130 participants signed up for the inter-generational bonding event of food, fun and games. The families were given a guided tour of the farm, and they learnt about the different types of fruits, vegetables, medicinal plants, herbs, spices through touch, smell and taste.

For bonding activities, the participants played a fun and competitive activity, "Discovery Harvest" which incorporated the Bollywood experience. The different groups harvested a selection of plants that they had been introduced from a given list and the fastest group took home some of the farm produce. Despite the hot weather, the children enjoyed roaming around the 10 acre farm in the rustic countryside tucked at the end of Kranji.

Community spirit was evident in the "Scarecrow Challenge" game where different families came together to build a human scarecrow from newspapers and materials found in the farm. It was very encouraging and heartening to see families from different races overcome the communication barrier and bond together, letting their creativity flow in the team building activities.

After the games, the families filled their hungry stomachs with a scrumptious lunch at the Bistro with vegetables from the farm and organically grown bananas and tapioca cakes for desserts. Ms Ivy Singh, the owner of the farm treated the kids to a free flow of iced- Milo and fig drinks.

The event ended with a grand lucky draw and prizes for the most sporting families and children. The outing was both educational and fun but most importantly, friendships were forged as different families came as strangers but left the farm making new friends and bonded through the food, fun and games.

有机果菜园一日游

2011年6月25日家庭有机果菜园 (Bollywood Veggies) 一日游是“让生活更美好”计划今年第一次举办的郊游。27个家庭共130个人参加了这次活动。活动带给大家的不仅仅是愉悦，美食还促进家庭中各代间的沟通。导游带着大家参观了农场，大家认识了许多不同的水果、蔬菜、草药及香料。

我们还特别设计了有趣的比赛“发现丰收”以促进各代间的沟通。各个小组按照所给的单子搜集各种植物，最快的小组可将那些植物拿回家。天气虽然很热，孩子们却玩不亦乐乎。

社区精神特别体现在“挑战稻草人”游戏。各个家庭聚在一起，用在农场中找到的报纸和其他材料制作稻草人。来自于不同种族及背景的家庭，消除障碍，发挥创意，共同合作，其乐融融。

这不仅仅是一个既有趣又有教育意义的活动，更将不同家庭，不同背景及年龄的人聚在了一起。相互认识，建立友谊。

Dorothy Low (Ms)





TEN YEARS OF COMMUNITY SERVICE



学习毛笔字，了解中国文化

Since its inauguration in 2001, Whispering Hearts Student Care Centre has been catering to the needs of working parents in the community by providing before and after school care to primary school children. The services are well-received due to tailored programmes that boost the holistic development of the children under its wing. Regular reviews of the centre's programmes are conducted to stay in line with the objectives of the Ministry of Education.

Over the years, the centre strives to provide our children with a conducive and stimulating environment to grow holistically to their fullest potential. At the same time, we also work hand in hand with the parents by constantly updating them about their child's progress through Parent-Teacher conferences, communication books, e-mails, phone calls and in-house newsletters which are distributed twice a year.

Feedbacks from parents have been very encouraging. One parent felt that the centre's programme is well designed and customised to meet her child's needs. Another parent also commented that she especially like the centre's Chinese programme as her child really was able to apply the techniques to improve in her Chinese creative writing.

社区服务的十年

心意学生关怀中心始建于2001年。作为学生托管中心，十年以来为本社区工薪家庭的学生提供了完善的学前学后服务。中心以专业的儿童教育为准则，创立了新颖的教学方式，深受学生和家长的的好评。

为了照顾学生并减轻学生父母的担忧，中心除了照顾学生学前学后的生活起居，提供学校功课的辅导及补习以外，中心还为学生提供多种活动以促进学生德智体群美全面发展。与此同时，中心以多种方式保持与家长的交流。家长随时可以通过学生家长联络簿，电邮，电话，家长会，以及每年两次的中心小报，了解学生在中心的生活和学习状况。

多年来，中心致力于发掘学生潜能，创造让学生更全面更健康成长的学习环境。

Yeo Yew Huat (Mr)



趣味学成语很有趣!



Teaching geometry through multi-sensory approach



Our PE programme to support students' physical development



This is how we pronounce the letter "D"



Students in cookies making lesson



Students learning shooting during holiday camp



Our celebrations, our amazing achievements

Our programmes engage children in activities to raise awareness of the various advancements in our environment. Environmental awareness enhances the development of a sense of self and also promotes acceptance and consideration toward others. Teachers often share their experiences and observations of events and changes in the environment with our children. Our teachers put in much effort to organize theme based outings and activities to enhance learning of our children. In our multi-cultural society, our activities focus on helping our children understand the various cultures to inculcate respect and acceptance of diversity from an early age.

Our children always look forward to these celebrations and activities as they get fascinated by the novel information and new knowledge.

Reflecting back on the various activities conducted through 2011, beautiful memories surface together with pride for our children's development and achievements. The sense of achievement energises us to do better for next year and the years to follow!

Kamaljeet Kaur (Ms)

Our trip to Changi Airport



We love to celebrate together with our friends



Don't be shy, let's enjoy





Partners in promoting active hearts and active minds

On 7 June 2011, a group of interns from KPMG visited Children's Club @ My Centre and rejuvenated the place. Beyond tidying up and decorating the place to make the place more conducive for children to enjoy their books, the volunteers organised a block party. Elderly and children from the neighborhood were invited to have fun at the sparkling clean premise. While they mingled with one another, they were also treated to a sumptuous buffet. The event brought joy to the children and elderly for that day but made a lasting impact by creating a comfortable environment for children in the neighbourhood to read and learn.

The centre is also privileged to have the good support of CPG Consultants Pte Ltd. CPG Consultants Pte Ltd brought our elderly members on an excursion to Bottle Tree Park on 25 June 2011. This event attracted a large number of participants who engaged in activities such as prawning amidst nature. The elderly were also treated to lunch and many walked away with prizes from the lucky draw. The event allowed the elderly to re-experience and reminiscence about their kampong days.

Beyond engaging the elderly actively in the community, the centre provides knowledge and skills for the elderly to be safe at home. The usual monthly talks and workshops included a healthy diet workshop from Khoo Teck Puat Hospital in June, an exercise workshop by Team Fitness Guru Pte Ltd in July, a talk by Tsao Foundation on using TCM to manage diabetes in August, and a crime prevention workshop by the Singapore Police Force in September. The various talks will allow our elderly to keep themselves safe and healthy to enjoy their golden years.

My Centre @ Moulmein is appreciative of the partners who have come forth readily to journey with us to bring joy to the elderly, and enhance their quality of life by promoting active hearts and active minds.



活跃思想，活跃心灵

2011年六月七日，KPMG的义工们到访让心意中心的儿童俱乐部再次活跃起来。义工们除了帮忙整理及装饰的俱乐部，还特意邀请邻里的乐龄和孩子们并为他们办了一个小型的联欢会。短短的一天给邻里的老人和孩子们留下了难忘的回忆，让孩子们感受到了一个舒适的学习和读书的环境。

心意中心也很荣幸地得到来自CPG Consultants Pte Ltd的支持。2011年6月25日，CPG Consultants Pte Ltd 为我们的乐龄人士举办了一个去宝瓶庄(Bottle Tree Park)的郊游活动。许多的乐龄人士参加了这次活动，活动让他们重新体验了过去熟悉的乡村生活并唤起他们许多对过去的美好回忆。

除了鼓励乐龄人士积极参与社区集体活动，中心还特别邀请邱德拔医院(Khoo Teck Puat Hospital)，曹氏基金会(Tsao Foundation)及新加坡警察(Singapore Police Force)为乐龄人士举办各种讲座，教授他们居家生活安全的知识和技能。让他们能拥有一个安全，健康的黄金年华。

感谢各界多年来对心意中心的支持，与我们一起努力为乐龄人士带来快乐及提升生活的素质。

Tay Sung Wen (Mr)

