

**Singapore Cancer Society
Psychosocial Services Department
Bi-Monthly Newsletter 2019**



Bishan J8 9 Bishan Place, Junction 8 Office Tower #06-05, Singapore 579837

JEM 52 Jurong Gateway Road, JEM Office Tower #08-04 Singapore, 608550

Registration is open 2 week prior to date of gathering 请注意，注册只在聚会日期的前两周开始

Programmes are subject to change without prior notice 节目如有更改，恕不另行通知

To register for **Bishana, New Voice Club, Semi-Colons, RTR & Walnut Warriors**, please call **6499 9132 / 6499 9135 / 6499 9138** or email: supportgroup@singaporecancersociety.org.sg
报名参加碧山女人互助小组, 新声会, 女人互助小组, 结肠互助小组或核桃战士聚会, 请致电 **6499 9132 / 6499 9135 / 6499 9138** 或 发送电子邮件至 supportgroup@singaporecancersociety.org.sg

January 一月

Support Groups 互助小组	Date 日期	Day 平日/周末	Venue	Time 时间	Activities/ Events Description 活动
Bishana Ladies Support Group 碧山女人互助小组	18	Friday 星期五	AMK	3.00pm-4.30pm	Hatha Yoga at Ang Mo Kio Platinum Yoga (for first 30 pax and strictly for pre-registered members only)
New Voice Club 新声会小组	8, 15, 22, 29	Tuesday 星期二	Bishan	12.00pm-2.00pm	22/1 - Buy Chinese New Year Goodies 购年货 29/1 - Bi Monthly NVC meeting 新声会会议
Reach to Recovery Support Group 女人互助小组	26	Saturday 星期六	Bishan	10.00am-12.00pm	Super Farmers 农民超手
Semi-Colons Support Group 结肠互助小组	26	Saturday 星期六	Bishan	2.00pm - 5.00pm	Moderate intensity exercise 中等强度运动 Emperor's meditation by Dr Khoo Cheng Guat 邱清月中医硕士的皇帝打座
Walnut Warriors Support Group 核桃战士	12	Saturday 星期六	Bishan	1:30pm-5:00pm	2.00pm Elderly Fall & Risk Prevention Talk 预防老人跌倒讲座

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February 二月

Support Groups 互助小组	Date 日期	Day 平日/周末	Venue	Time 时间	Activities/ Events Description 活动
Bishana Ladies Support Group 碧山女人互助小组	15	Friday 星期五	Bishan	6.30pm - 8.30pm	Chinese New Year Pot Luck WhatsApp Training by Mr Ellil Mathiyan 新年庆典和发短信培训
New Voice Club 新声会小组	12, 19, 26	Tuesday 星期二	Bishan	12.00pm-2.00pm	12/2 - Chinese New Year Celebration Lunch Buffet 新年自备餐
Reach to Recovery Support Group 女人互助小组	23	Saturday 星期六	Bishan	10.00am-12.00pm	Paper Quailing 
Semi-Colons Support Group 结肠互助小组	23	Saturday 星期六	Bishan	2.00pm - 5.00pm	Moderate intensity exercise 中等强度运动 Medical Talk by Prof Lim Kah Meng 医疗讲座 (Topic will be revealed at a later stage)
Walnut Warriors Support Group 核桃战士	9	Saturday 星期六	Bishan	1:30pm-5:00pm	No gathering due to Chinese New Year Period 新年期间没有聚会