

SCS Enrichment Programmes are offered at no charge (first-come-first served basis) for **SCS Support Group Members only**.

Please email: [elaine\\_loh@singaporecancersociety.org.sg](mailto:elaine_loh@singaporecancersociety.org.sg) or call office: **6499 9147** to (re-) register (Mondays to Fridays: 9am – 6pm), with the following details:

- i. **Full name**
- ii. **Contact No. (Mobile / Home)**
- iii. **Name of course(s)** [To be advised if course is full]

课程是免费及先到先得原则只限于新加坡防癌协会的癌症支援小组会员于碧山办公楼 #05-03 单位活动中心进行。

请电邮至 [elaine\\_loh@singaporecancersociety.org.sg](mailto:elaine_loh@singaporecancersociety.org.sg) 或致电 **6499 9147** (星期一至五: 上午 9 点到傍晚 6 点) 以申请参加这些课程, 并提供以下资料:

- i. 全名
- ii. 手机或家电话号码
- iii. 有兴趣参加的课程

## **NOTICE 注意**

*As we are adopting the environmentally friendly approach by reducing paper usage, support groups activities and enrichment courses mailers will be emailed to members with email addresses.*

**Please note that SCS is closed on the following dates:**

**中心关闭日期:**

- Tuesday 6 Nov 2018 – Deepavali
- Tuesday 25 Dec 2018 – X'Mas

- Classes are subjected to cancellation at times but you will be informed via email or phone.
- Your name will be removed from class if absent for 3 consecutive weeks w/o reasons.



**Venue: Multi-Service Centre Schedule @ 9 Bishan Place, Junction 8 Office Tower #05-03**

No	Courses (课程)	No of sessions	Day (星期)	Date (日期)	Frequency (次数)	Time (时间)
1	Talk: Lifestyle Nutrition	1	Mon (一)	Nov: 19 Dec: <i>No Class</i>	1 <sup>st</sup> Week	11.00am – 12.00pm
2	Karaoke	6	Mon (一)	Nov: 12, 19 & 26 Dec: 3, 10 & 17	Weekly	1.30pm – 5.30pm
3	Zumba-Advance (Monday) 中级	7	Mon (一)	Nov: 5, 12, 19 & 26 Dec: 3, 10 & 17	Weekly	6.45pm – 8.00pm
4	Baduanjin Qigong cum Stretching Exercise 八段锦气功	6	Tue (二)	Nov: 13, 20 & 27 Dec: 4, 11 & 18	Weekly	2.15pm – 3.15pm
5	Singing Class – Intermediate 歌唱班 中级	6	Tue (二)	Nov: 13, 20 & 27 Dec: 4, 11 & 18	Weekly	6.30pm - 8.30pm
6	Health-Gymnastic Exercise – Basic 健康操- 初级	6	Wed (三)	Nov: 14, 21 & 28 Dec: 5, 12 & 19	Weekly	10.00am - 11.30am
7	Rouli Ball Exercise - Basic 柔力球 - 初级	6	Wed (三)	Nov: 14, 21 & 28 Dec: 5, 12 & 19	Weekly	12.00pm – 1.00pm
8	Ashtanga Yoga - Basic 瑜伽 - 初级	6	Wed (三)	Nov: 14, 21 & 28 Dec: 5, 12 & 19	Weekly	6.45pm – 8.00pm
9	Tea Appreciation – Basic 茶道 - 初级	2	Wed (三)	Nov: 21 & 28 Dec: <i>No Class</i>	3 <sup>rd</sup> & 4 <sup>th</sup> Week	1.30pm – 4.00pm
10	Line Dance 排舞	6	Thu (四)	Nov: 8, 15 & 22 Dec: 6, 13 & 20	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> & 4 <sup>th</sup> Week	6.15pm – 7.15pm
11	Ukulele – Basic 尤克里里琴 - 初级	4	Fri (五)	Nov: 9 & 23 Dec: 7 & 14	Weekly except 3 <sup>rd</sup> Fri	5.00pm – 6.00pm



**Venue: Multi-Service Centre Schedule @ 9 Bishan Place, Junction 8 Office Tower #05-03**

No	Courses (课程)	No of sessions	Day (星期)	Date (日期)	Frequency (次数)	Time (时间)
12	Be Hype & Be Happy (Dance Workout)	8	Fri (五)	Nov: *1, 9, 16, 23 & 30 Dec: 7, 14 & 21	Weekly * Note the dates	7.00pm – 9.00pm * 1 Nov: 7.30pm – 9.30pm
13	Laughter Yoga	1	Sat (六)	Nov: 17 Dec: <i>No Class</i>	1 <sup>st</sup> & 3 <sup>rd</sup> Week	9.45am – 10.45pm
14	Zumba-Basic (Wkend) 初级	2	Sat (六)	Nov: 17 Dec: 15	1 <sup>st</sup> & 3 <sup>rd</sup> Week	11.00am – 12.00pm
15	Bead Craft – Basic 串珠制作初级	2	Sat (六)	Nov: 17 Dec: 15	1 <sup>st</sup> & 3 <sup>rd</sup> Week	12.30pm – 2.30pm
16	Costume Jewellery Making – Basic 首饰制作初级					



**Venue: Cancer Rehabilitation Centre Schedule @ 52 Jurong Gateway Road, JEM Office Tower #08-04**

No	Courses (课程)	No of sessions	Day (星期)	Date (日期)	Frequency (次数)	Time (时间)
JEM1	Tai Chi (Yang style 24 strokes) 太极拳 - 杨氏 24 式	7	Mon (一)	Nov: 5, 12, 19 & 26 Dec: 3, 10 & 17	Weekly	10.30am – 11.30am
JEM2	Chair Yoga	5	Mon (一)	Nov: 5, 12 & 26 Dec: 3 & 17	Weekly	1.30pm – 2.30pm
JEM3	Yoga Stretch (with bands)	5	Mon (一)	Nov: 5, 12 & 26 Dec: 3 & 17	Weekly	2.30pm – 3.30pm
JEM4	Tai Chi (Warming up cum 13 strokes) 养生太极操及 13 式	7	Wed (三)	Nov: 7, 14, 21 & 28 Dec: 5, 12 & 19	Weekly	10.00am – 11.00am
JEM5	Indulgence without Guilt 甜在心里的无糖健康甜品	1	Wed (三)	Nov: 14 Dec: <i>No Class</i>	2 <sup>nd</sup> Wednesday	11.00am – 1.00pm
JEM6	Dayan Qigong-Patting Along the Meridians cum Stretching Exercise 大雁气功- 拍打健身功	7	Wed (三)	Nov: 7, 14, 21 & 28 Dec: 5, 12 & 19	Weekly	3.30pm – 4.30pm
JEM7	Line Dance 排舞	8	Thu (四)	Nov: 1, 8, 15, 22 & 29 Dec: 6, 13 & 20	Weekly	3.00pm – 4.00pm
JEM8	Bend & Stretch (Yoga)	5	Fri (五)	Nov: 9, 23 & 30 Dec: 7 & 21	Weekly	10.30am – 11.30am
JEM9	Healthy Baking 健康烘烤	2	Fri (五)	Nov: 9 Dec: 14	2 <sup>nd</sup> Friday	11.00am – 1.00pm
JEM10	Healthy Cooking 健康烹饪	2	Fri (五)	Nov: 2 Dec: 7	1 <sup>st</sup> Friday	11.00am – 1.00pm



	November 2018	December 2018
<b>Healthy Baking</b>	<b>9 Nov:</b> Healthy Cranberry Pecan Banana Bread	<b>14 Dec:</b> Raspberry Almond Bread
<b>Healthy Cooking</b>	<b>2 Nov:</b> Indian Vegetable Pilaf Rice Spiced Meat & Potato Patties	<b>7 Dec:</b> Chicken Bolognese Mushroom Potage Soup
<b>Indulgence Without Guilt</b>	<b>14 Nov:</b> Christmas Frappuccino (Dairy Free)	<b>No Class</b>

