

What's in store?

Healthy Mind, Happy Life

Date : Sept 22

Time : 9am

Venue : Singapore Botanic Gardens
1 Cluny Road

Managing stress is the focus of this year's National Healthy Lifestyle Campaign. And the Health Promotion Board has lined up a series of activities to show people how they can do so at the launch of this year's month-long campaign.

These include talks and workshops on relaxation techniques, sessions where people can get a feel of various arts and crafts, demonstrations on how to do floral arrangements, and the chance to try out various sorts of exercises, all of which can serve as stress busters.

Visitors can also while the time away playing board games and watch a concert at the Symphony Stage at the Botanic Gardens' Palm Valley.

Prime Minister Lee Hsien Loong will launch the campaign.



The Story of Jalan Kayu

Date : Sept 8

Time : 2.00pm

Venue : Hwi Yoh CC

Singapore's first airport was in Seletar, which used to a vast rubber estate. In the 1930s and 1940s the airport was used by both commercial planes and military aircraft. Before World War II, the place served as Britain's largest military airbase in the Far East. Veteran cultural researcher Han Tan Juan recounts those long-ago times in a one-and-a-half-hour talk.



CLAP! (Community Life Arts Programme), an arts-based outreach effort started in 2001. You will not know what you can expect at each – a concert, street dance, Chinese opera or, maybe, something else.

Heartlands Clap!

Date : Sept 22

Time : 7.30pm

Venue : Kreta Ayer Square

Mime Kenny Ahern, whose comical facial expressions and body language have been delighting audiences around the world, will stage a rollicking show called "To Laugh is to Live". The American studied his craft at The Soviet National School for the Circus and Barnum & Bailey Clown College, and has been performing and teaching physical theatre for the last two decades.

Public Health Screening

Date : Oct 6, 7

Time : 9am - 8pm

Location: Toa Payoh HDB Hub

You can have your blood glucose levels, blood pressure, BMI and more measured at this health screening organised by NUS Medical Society. On Oct 6, you can also get your teeth checked.

All the screenings will be free.

Voluntary medical social workers will be on hand as well to explain the various medical benefits available, such as Medisave and Medifund. Organisations, among them the Singapore Heart Foundation, National Cancer Centre and Health Promotion Board, will have booths at the health fair with representatives to answer visitors' queries.

Goodie bags will be given out to all visitors.



Every Saturday 7.30pm – 9.30pm

1st Sat **Oct 6**

Toa Payoh Central Amphitheatre

2nd Sat **Sept 8, Oct 13**

Ang Mo Kio Central Stage

3rd Sat **Sept 15, Oct 20**

Tiong Bahru Plaza

4th Sat **Sept 22, Oct 27**

Kreta Ayer Square



Every Last Friday 5.30pm – 7pm

Last Fri **Sept 28, Oct 26**

Raffles Place Park

(outside Raffles Place MRT station)



Every First Friday 7.30pm – 9pm

First Fri **Sept 7, Oct 5**

Far East Plaza outdoors

Assess Your Competency with the Employability Skills System

Date : Sept 25, Oct 2, 23 & 30

Time : 9.30am - 11.30am, 2.00pm - 4.00pm

Venue : Toa Payoh Central Community Club
Conference Room, Level 4

This CAT could land you a job, especially if you do not have the academic qualifications needed to fill a position. CAT is an acronym for a Computer Adaptive Test. It determines the level of a person's competency in sums, literacy and reading in English.

The test is part of the Employability Skills System, which is recognised by more than 100 employers in Singapore, including the Civil Service. The system, an alternative to academic qualifications, also identifies the training you need to secure a post.

If you are unemployed, living in the Central Singapore District and looking for a job, register now with the Central Singapore CDC for a CAT assessment. The three tests will take a total of about two hours.

If you want to sit for the test, or if you have already taken one and wish to sign up for training courses to enhance your chances of getting a job, call 6370 3414 or 6370 9477.