

To bring arts performances closer to our residents and offer arts groups and artists in Central Singapore District a platform to showcase their talents, Central Singapore Community Development Council (CDC) launched the Community Life Arts Programme (CLAP!).

Starting from July, the Central Singapore CDC will be organising regular outdoor performances ranging from dances to concerts to operas. Each CLAP! will be held on the FIRST SATURDAY or weekend of the month and in different locations within Central Singapore District.

The past CLAP!s held by Central Singapore CDC have included professional arts performances such as operas, ballet performances and ethnic music performances. Also included were performances by budding artists, individuals and Community Arts Groups within Central Singapore District.

In September, the Central Singapore CDC and the National Arts Council (NAC) will be co-organising the event THE STAGE IS YOURS. This event will fall under Central Singapore CDC's CLAP! and NAC's Arts For All Scheme. The event will provide individual/arts groups with a platform to showcase their talent.

For more information on the upcoming CLAP! and other Arts events organised by the Central Singapore CDC, log on to [www.centralsingapore.org.sg](http://www.centralsingapore.org.sg) (main page or under calendar of events).

For information on THE STAGE IS YOURS!, please see below:



## Community Life Arts Programme (CLAP!)

### THE STAGE IS YOURS!



#### Spotlight On Budding Artists!

Right in the heartland, budding artists will showcase their talent in a concert for the community. Watch your family members, neighbours or friends 'graduate' from the shower to the stage! With items ranging from song and dance to instrumental renditions, come and be entertained by stars from your own neighbourhood.

Also taking to the stage are established local acts. Be inspired as they bring their art form right to your doorstep.

So for a truly homegrown concert, join us at The Stage is Yours!, Sat 6 Nov 04 from 5.30 pm to 7.00 pm at the Toa Payoh Town Centre Amphitheatre (in front of Toa Payoh Community Library). Admission is free!

For more information, visit [www.nac.gov.sg/artreach](http://www.nac.gov.sg/artreach) or call NAC at 68379559.

The Stage is Yours! is co-organised by Central Singapore Community Development Council under its Community Life Arts Programme (CLAP!) and the National Arts Council, and supported by Bishan-Toa Payoh Town Council.

Missed your chance to perform and looking for another chance to shine? Apply to be on Show 2 (Sat 6 Nov 04). Application forms can be downloaded from the above website. Closing date for applications: 30 Sep 04.

# BISHAN-TOA PAYOH GRC HEALTHY HEART DAY 2004



19-09-2004, Sunday 7.00am to 12:30pm Toa Payoh Sports Complex & Stadium

A healthy heart needs to be looked after. Being fit and healthy results from a careful diet and keeping active. Regular exercise is an essential part of keeping your heart healthy.

Why not join us on 19 Sep, for the "Healthy Heart Day"? Through participating in the activities, get to know your health better and work toward a healthy heart.

- Formation of Inter-Division Games Logo (5 Hearts)
- Health Screening
- Blood Donation
- Prize Presentation
- Goodie Bags & Lucky Draw
- Mass Walk
- Great Singapore Workout
- Inter-Division Soccer Final
- Tug-of-War
- Games Stations

### Details of Health Screening

Venue: Toa Payoh Sports Hall  
 Time: 8.30am to 12 noon  
 (last intake at 11.40am)  
 Fee: \$5 per adult, free for those aged 55 and above (strictly for Singaporeans and Singapore PRs only)

### Details of Walk-A-Jog

Start and End Point: Toa Payoh Stadium  
 Route (2km): Toa Payoh Stadium > turn right to Lor 4 Toa Payoh > turn left to Toa Payoh Central > turn left to Lor 2 Toa Payoh > turn left to Lor 6 Toa Payoh / Toa Payoh Stadium  
 Start time: 7.30am  
 Fee: \$2 per person (T-shirt will be given on day of Walk-A-Jog) inclusive of lucky draw



You can register for the Health Screening or Walk-A-Jog at the following seven Community Centres:

Bishan CC, Bishan-Toa Payoh North CC, Toa Payoh Central CC, Toa Payoh East CC, Toa Payoh South CC, Toa Payoh West CC, Thomson CC



Organised by:

