

Exciting Courses & Events

NTUC Income-Yeo's S. League 2005

Date	Home Team	Away Team	Stadium
2 Aug (Tue)	Balestier Khalsa FC	Albirex Niigata FC (S)	Toa Payoh
4 Aug (Thur)	Young Lions	Home United FC	Yishun
10 Aug (Wed)	Home United FC	Geylang United FC	Bishan
12 Aug (Fri)	Balestier Khalsa FC	Young Lions	Toa Payoh
24 Aug (Wed)	Home United FC	Singapore Armed Forces FC	Bishan
25 Aug (Thu)	Young Lions	Tampines Rovers FC	Yishun
31 Aug (Wed)	Balestier Khalsa FC	Home United FC	Toa Payoh
18 Sept (Sun)	Home United FC	Paya Lebar Punggol FC	Bishan
20 Sept (Tue)	Balestier Khalsa FC	Geylang United FC	Toa Payoh
23 Sept (Fri)	Young Lions	Woodlands Wellington FC	Yishun

All 'live' matches are at 7pm and kick-off is at 7.30pm. FAS Competitions Divisions reserves the right to change the date, venue and kick-off time of these fixtures. For more updates, please visit the S. League website at <http://www.sleague.com/index.asp>

Singapore Symphony Orchestra @ Toa Payoh

Date: **21 Aug (Sun)**

Time: **5.45pm Storytelling, 6.30pm Concert**

Venue: **Open space in front of Toa Payoh Community Library**

Cost: **Free**

Suitable for children from five to 12 years old, they will be treated to an engaging storytelling session and an uplifting concert by the SSO.

Registration for pre-concert storytelling is required. Call 63405393 or email PA_ca_rep@pa.gov.sg

Slimming with Shiatsu

Date: **12 & 19 Aug (Fri)**

Time: **7.30pm**

Venue: **Jalan Besar CC**

Cost: **\$12 Member, \$15 PAssion Card, \$18 Non-member**

Shiatsu is a form of finger pressure therapy that works by applying pressure to meridian points, or energy channels, which stimulates the flow of Qi (energy) through the body. A shiatsu expert will show you how to use the Japanese Anpuku abdominal massage, meridian stretches and isometric exercises to tone the body. These are very effective in reducing cellulite and maintaining a trim figure.

Call 6298 6110 for more information.

Heart Health Forum: 'The Heart Truth for Women'

Date: **23 Jul (Sat)**

Time: **9am - 12noon (English) / 2pm - 5pm (Mandarin)**

Venue: **Health Promotion Board**

Cost: **\$5, includes admission to HealthZone (the Healthy Lifestyle Exhibition Centre) and a tea reception**

Women will learn about coronary heart disease, its risk factors and the link between lifestyle habits and heart disease. This forum is for women aged 30 to 60 years old.

Call Ms Mary Kurian at 6435 3216 or HealthZone Team at 1800 435 3616 for more information.

Love Me, Love Me Not

Date: **21 Jul - 2 Oct**

Time: **1pm - 7pm (Mon)**

9am - 7pm (Tue-Thur)

9am - 9pm, free admission after 7pm (Fri)

Venue: **Singapore History Museum**

Cost: **\$2 Adult, \$1 Student/Senior Citizen (60 years & above), free for child below 6 years old**

Organised by the National Heritage Board to commemorate Singapore's 40th birthday, this thematic exhibition takes an affectionate yet tongue-in-cheek look at things that have become a part of our daily life, from unforgettable buildings around us to other familiar Singapore icons such as the Singapore Girl and Teamy the Bee.

For information, please visit www.nhb.gov.sg/LoveMe

Istana Art Event

Date: **7 Aug (Sun)**

Time: **7am-9am**

Venue: **Istana**

Cost: **Free**

Participate in the On-The-Spot Art Competition at the Istana Art Even 2005 organised by Singapore Art Museum for a day of fun and attractive prizes. Families could enjoy a day of picnic at the grounds of Istana, also, look out for educational and fun-filled art and heritage events for kids and family. Participants are to bring along their choice of colouring mediums and submit entries that reflect Singaporeans at the Istana, a day at Istana or National Day.

Call 6332 3220 for more information

Stomp

Date: **27 Sept (Tue) - 2 Oct (Sun)**

Time: **8pm (Tue & Sun), 2pm (Sat & Sun)**

Venue: **Esplanade Theatre**

Cost: **\$50, \$70, \$90, \$110**

Stomp is an explosive extravaganza of dance, theatre and percussion combined into one rhythmic and comical performance! The eight-member cast uses everyday objects - garbage cans, brooms and even matchboxes - to sound out their distinct personalities in a production that transcends language and cultural barriers and plays to all ages.