



cwa

Caregiving Welfare Association

newsletter

JULY 2026

AGEING WELL,
CARING BETTER

22 *Years*
OF COMPASSIONATE
ENDEAVOUR



FEATURED ARTICLES



**"Dear You"
Movie Outing**



**Strike For Care 2026
Raises Over S\$100,000**



 **CWA**
Caregiving Welfare Association

STRIKE FOR CARE 

CHARITY FUTSAL 2026

 20 August 2026 2.30pm to 5.30pm	 St Andrew's School (Secondary) Soccer field
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Charity Football Tournament (St Andrew's Edition)

 **FREE ENTRY FOR ALL!**

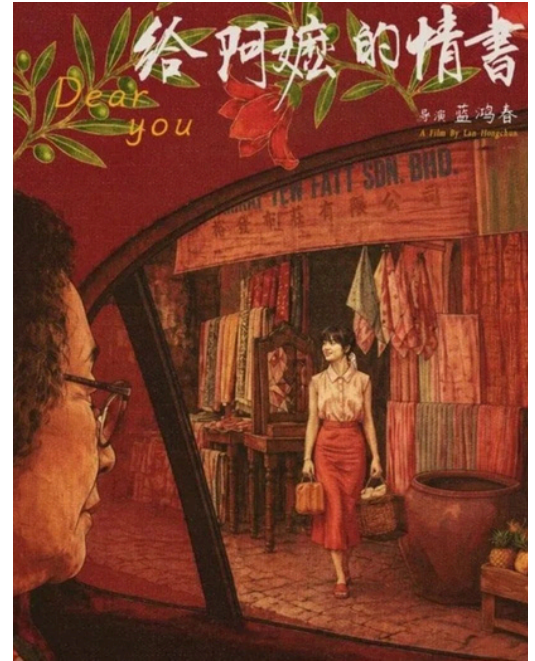
 **Free-flow POPCORN (while stocks last!)**

 **Register as a PLAYER to receive an exclusive football jersey!**

\$30 from every player's registration will be donated to support CWA's programmes and services for seniors and their caregivers.

For more information and to register your interest, please click [here](#).

“Dear You” Movie Outing



On 6 July, our seniors and their caregivers enjoyed a special movie outing, generously sponsored by Hello Ello and its founder, Mr Ivan Mun. Together, they watched the heartwarming film, *Dear You* (给阿嬷的情书), sharing an afternoon of laughter, reflection, and meaningful moments.

We extend our heartfelt appreciation to EagleWings Cinematics for hosting the screening and warmly welcoming our seniors. A big thank you also goes to the dedicated helpers and volunteers from Hello Ello, as well as the students from Ngee Ann Polytechnic, whose support helped make the day a memorable one.

Are you a senior aged 60 and above? Become a member today for FREE and join in the fun at our future events and activities. Unlock a world of enriching experiences tailored for you. For more details and to register, please click [here](#).

Gardens By The Bay Outing



Our seniors enjoyed a delightful outing to Gardens by the Bay on 9 July, where they immersed themselves in the beauty of the Flower Dome and Cloud Forest. The highlight of the visit was the spectacular Orchid Extravaganza, featuring a stunning display of vibrant orchids in full bloom.

From admiring breathtaking floral landscapes to strolling through the misty Cloud Forest, the outing provided a refreshing day of exploration, connection, and joy. Filled with smiles, laughter, and plenty of memorable photo opportunities, it was a wonderful experience that brought everyone closer to nature and one another

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Fit & Fun @ Gateway Theatre



Fit & Fun is our monthly signature programme that encourages seniors to stay active through simple keep-fit exercises, outdoor activities, and meaningful social interaction. The programme also provides opportunities for seniors to connect with corporate volunteers through CSR partnerships.

For July, our session kicked off early on 13 July, bringing seniors together for a lively morning of movement and laughter. They powered through an energetic fitness workout before reliving their childhood with a series of fun and nostalgic games. The session was filled with smiles, friendly competition, and plenty of joyful moments, making it a wonderful time for everyone.

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Celebrating Singapore's 61st Birthday Together



On 18 July, our caregivers and their care recipients had the wonderful opportunity to attend a preview of the National Day Parade 2026 at the National Stadium, made possible through our partnership with the National Volunteer and Philanthropy Centre (NVPC).

Together, they enjoyed an unforgettable evening of spectacular performances, patriotic celebrations, and the vibrant atmosphere of Singapore's 61st birthday celebration.

The outing provided a meaningful opportunity for caregivers and their care recipients to create cherished memories together while celebrating Singapore's birthday. We extend our sincere appreciation to NVPC for making this special experience possible.

Care for yourself while caring for your senior loved one. Explore our caregiver support programmes offering emotional support, practical knowledge, wellness activities, and opportunities to connect with fellow caregivers [here](#).

Strike For Care 2026 Raises Over S\$100,000



On 19 July, [Strike For Care 2026](#) brought together 26 futsal teams, more than 200 participants, 100 volunteers, over 20 community partners, and hundreds of supporters for a meaningful day of sport, giving, and community. Together, the event raised over S\$100,000 in support of CWA's programmes and services for seniors and their caregivers.

Beyond the thrilling futsal action, visitors enjoyed a vibrant carnival featuring interactive games, live performances, wellness activities, and fun experiences for the whole family.

Congratulations to all our tournament winners and every participating team for exemplifying outstanding sportsmanship, teamwork, and community spirit.

Our heartfelt thanks to all our volunteers, sponsors, partners, donors, and supporters for making Strike For Care 2026 a meaningful success.

Thank You To Our Partners: Strike For Care 2026



Bronze Partners:



Supporting Partners:



Made by Our Seniors, Shared with the Community



Leading up to our Strike For Care Charity Futsal event, our seniors poured their time, creativity, and care into handcrafting a beautiful collection of crochet creations and other handmade items for sale. Every piece was lovingly made, showcasing not only their skills and dedication but also the joy they find in creating something meaningful.

Visitors to the event had the opportunity to purchase these one-of-a-kind keepsakes, with proceeds going towards supporting a meaningful cause. We are deeply grateful to everyone who supported our seniors' handcrafted creations, helping to celebrate their talents while making a positive impact in the community.

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VOLUNTEERS NEEDED

- Events/Roadshows
- Community Engagement
- Festive Celebrations
- Outings & Workshops
- In-centre Activities

For more information and to apply, please click [here](#).



WE ARE HIRING

COMMUNITY CAREGIVERS ISLANDWIDE RECRUITMENT



- **EARN UP TO \$19/HOUR**
- **NO PRIOR EXPERIENCE REQUIRED**
- **FLEXIBLE WORKING HOURS**
- **COMPETITIVE SALARY WITH CPF CONTRIBUTION**

To apply, please click [here](#), call 6466 7996,
or email homecare@cwa.org.sg.

Support CWA's Mission: Donate Today!



At Caregiving Welfare Association, we strive to empower caregivers and enrich the lives of seniors. Each year, we require **\$1,800,000** to support our programmes and services, including operational costs, that assist isolated seniors, seniors in need, and their caregivers.

With a **\$15** monthly donation, you support a caregiver in their caregiving journey. Every contribution, no matter the size, helps caregivers feel less alone.

With a **\$60** monthly donation, you fund one art therapy session under Journey Back to You, providing caregivers with emotional and psychological support in a safe environment.

With a **\$116** monthly donation, you provide two hours of home-based care services for two homes, assisting with personal hygiene, meal preparation, companionship, and daily living activities.

With a **\$240** monthly donation, you fund two Case Management & Counselling assessments, helping a caregiver better understand their needs and receive appropriate guidance along their caregiving journey.

With a **\$360** monthly donation, you provide fall detection devices for three isolated seniors, improving safety and peace of mind at home.

With a **\$750** monthly donation, you sponsor one outdoor social activity for 15 seniors, promoting physical health, social connection, and emotional well-being.

With a **\$1,000** monthly donation, you support one beneficiary across CWA's programmes and services, ensuring holistic care for both seniors and caregivers.

Our Programmes and Services:

CareJourney

Home-based Care

Caregiver Support Programmes

Social & Educational Activities



UPCOMING EVENTS

AUGUST

1

10 AM TO 11.30 AM

Drum Jamming

AUGUST

3

1 PM TO 5 PM

Kueh Making & High Tea

AUGUST

4

9.30 AM TO 10.30 AM

Senior Boxing Class

AUGUST

4

2 PM TO 4 PM

Crochet Class

AUGUST

5

10.30 AM TO 11.30 AM

Piloxing

AUGUST

5

1 PM TO 3 PM

Senior Dance Class

AUGUST

6

2 PM TO 4 PM

*Live Better With Digital:
Be A Smart Senior*

AUGUST

7

2 PM TO 5 PM

*Seniors Get-together
Session*

AUGUST

7

2 PM TO 5 PM

Health Check-up

UPCOMING EVENTS

AUGUST

8

10 AM TO 11.30 AM

Drum Jamming

AUGUST

11

9.30 AM TO 10.30 AM

Senior Boxing Class

AUGUST

11

3 PM TO 4 PM

Health Talk: Bone & Fall

AUGUST

12

10.30 AM TO 11.30 AM

Piloxing

AUGUST

12

1 PM TO 3 PM

Senior Dance Class

AUGUST

13

3 PM TO 4 PM

TCM Self Acu-pressure

AUGUST

14

9 AM TO 2 PM

Gardens By The Bay

AUGUST

14

2 PM TO 5 PM

*Seniors Get-together
Session*

AUGUST

14

2 PM TO 5 PM

Health Check-up

UPCOMING EVENTS

AUGUST

15

10 AM TO 11.30 AM

Drum Jamming

AUGUST

18

8.30 AM TO 2 PM

National Day Celebration

AUGUST

18

3.30 PM TO 5 PM

Crochet Practice

AUGUST

19

10.30 AM TO 11.30 AM

Piloxing

AUGUST

19

1 PM TO 3 PM

Senior Dance Class

AUGUST

20

1.30 PM TO 3.30 PM

Intergen Walk

AUGUST

21

2 PM TO 5 PM

*Seniors Get-together
Session*

AUGUST

21

2 PM TO 5 PM

Health Check-up

AUGUST

22

10 AM TO 11.30 AM

Drum Jamming

UPCOMING EVENTS

AUGUST

22

2 PM TO 3.30 PM

Water-colouring

AUGUST

24

3.30 PM TO 5 PM

Art & Craft

AUGUST

25

9.30 AM TO 10.30 AM

Senior Boxing Class

AUGUST

25

10.30 AM TO 11.30 AM

Anti-Scam Talk

AUGUST

25

3 PM TO 4.30 PM

Zentangle Class

AUGUST

26

10.30 AM TO 11.30 AM

Piloxing

AUGUST

26

1 PM TO 3 PM

Senior Dance Class

AUGUST

26

3.30 PM TO 5 PM

Photography Class

AUGUST

26

7 PM TO 9 PM

Caregiver Support Group

UPCOMING EVENTS

AUGUST
27

9.30 AM TO 10.30 AM

Yoga Class

AUGUST
27

10.45 AM TO 11.45 AM

Standing Yoga Class

AUGUST
28

2 PM TO 5 PM

*Seniors Get-together
Session*

AUGUST
28

2 PM TO 5 PM

Health Check-up

AUGUST
29

10 AM TO 11.30 AM

Drum Jamming

AUGUST
31

8.30 AM TO 12.30 PM

*Fit & Fun
@ Gateway Theatre*

Monthly Provisions & Grocery Vouchers

In our ongoing commitment to support seniors and caregivers in need, we extend a helping hand every second week of the month. Join us as we provide essential provisions and grocery vouchers to families facing challenging times.

To find out more about how you can **support us**, please visit <https://cwa.org.sg>.

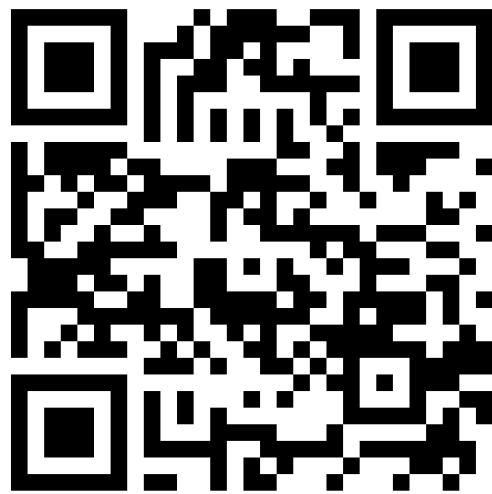
DONATE



SUPPORT



VOLUNTEER



**Connect
with us!**