



CWA

Caregiving Welfare Association

newsletter

MAY 2026

AGEING WELL,
CARING BETTER

22

Years

OF COMPASSIONATE
ENDEAVOUR



FEATURED ARTICLES



**Futsal For A
Meaningful Cause**



**Fit & Fun
@ Gateway Theatre**

Futsal For A Meaningful Cause



This July, we invite you to be part of Strike For Care 2026, a charity futsal event bringing together sport, community, and giving back in support of seniors and their caregivers in Singapore.

Happening on 19 July 2026 at Delta Outdoor Courts, the event is open to all ages and skill levels, featuring a futsal tournament, carnival games, activities, and exciting prizes to be won. Whether you are joining the tournament, cheering from the sidelines, or supporting the cause virtually, there is something for everyone to be part of.

Unable to join physically? You can still make a difference through our virtual challenge or by making a donation. Donations of \$10 and above are eligible for a 250% tax deduction.

All proceeds will go towards supporting CWA's programmes and services for seniors and their caregivers, including home-based care, caregiver support programmes, respite care, and community engagement initiatives.

Find Out More



CWA Featured in The Straits Times



CWA client, Madam Annie Wong, was recently featured alongside other caregivers in The Straits Times interactive article titled "Seniors caring for seniors: What caregiving looks like in a super-aged society."

The feature shares Madam Annie's caregiving journey as she cares for her 91-year-old husband while managing her own health challenges, highlighting the realities faced by many senior caregivers in Singapore. The article also featured CWA Community Caregiver, Ms Patricia Tee, who provides support to the couple through our HomeAssist service.

By spotlighting both caregivers and care professionals, the article raises awareness of the growing caregiving needs in an ageing society and the importance of support for seniors and their caregivers.

Read the full feature [here](#).

Mother's Day Celebration



Our seniors came together on 8 May for a heartwarming Mother's Day celebration filled with joyful moments, cake, and treats. The session was made even more meaningful through heartfelt sharing, as seniors reflected on their motherhood journeys, cherished memories, and life experiences over the years.

Beyond the celebration, the gathering created a warm and welcoming space for connection, conversation, and community, bringing seniors together through shared stories and meaningful companionship.

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](#).

"Pixels vs Paper" with One World International School



Our seniors had a meaningful time connecting with students from One World International School during the "Pixels vs Paper" intergenerational session on 12 May. Through English conversation, letter writing, origami, and interactive learning activities, seniors explored both digital and traditional ways of learning while engaging with the students.

The session provided a joyful opportunity for both generations to practise communication skills, exchange stories, and learn from one another. More importantly, it fostered meaningful connections, strengthened intergenerational understanding, and highlighted the value of lifelong learning and community bonding.

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Community Care Recruitment with Workforce Singapore



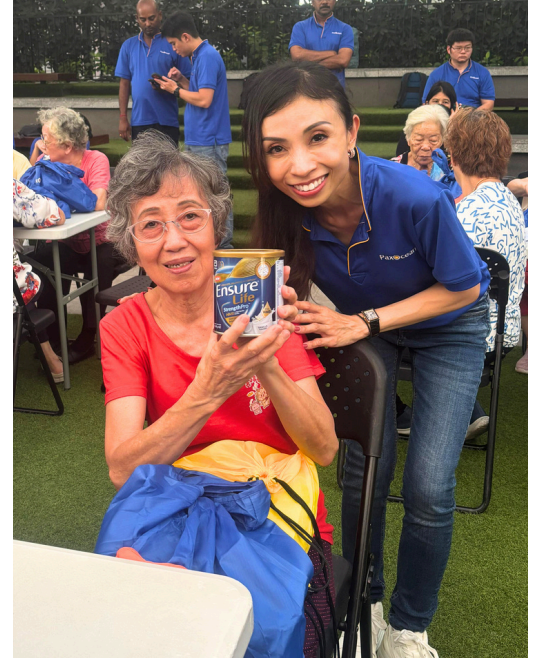
Caregiving Welfare Association was proud to participate in the Walk-In Interview for Healthcare & Community Care on 26 May, organised by Workforce Singapore.

The session provided an opportunity for jobseekers to learn more about the role of Community Caregivers and explore meaningful career opportunities in the community care sector. Through the event, CWA connected with individuals who are passionate about supporting seniors and making a difference in the lives of seniors and their caregivers.

Interested to find out more about becoming a Community Caregiver with CWA?

Click [here](#) to explore the opportunity and learn more about the role.

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 May, our session on 25 May brought seniors together with volunteers from PaxOcean for a lively morning of exercise, games, and community bonding. After a refreshing keep-fit workout, seniors participated in interactive activities such as "Guess the Prize" and Sudoku, keeping both their minds and bodies engaged.

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Caregiver Support Group: May Session



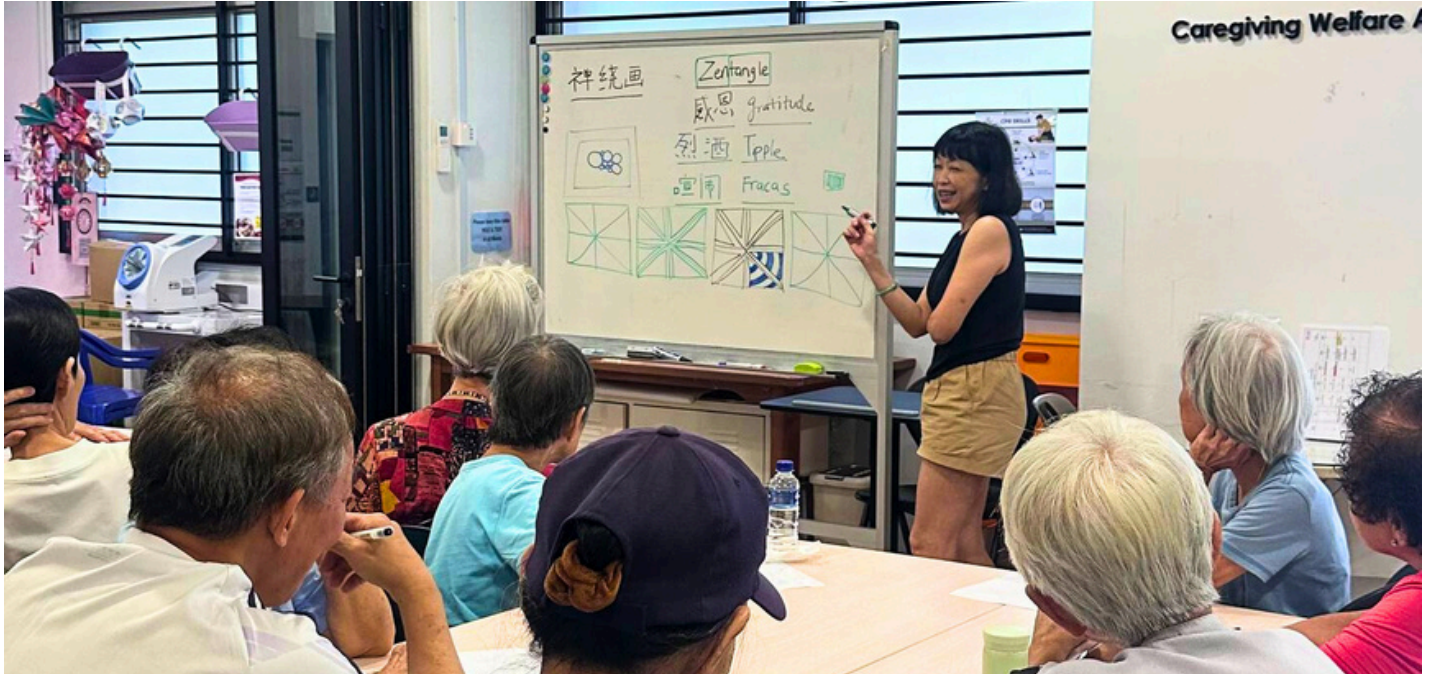
On 28 May, family caregivers of seniors joined us for an engaging session on overcoming the practical challenges of caregiving.

Led by healthcare professionals, the session covered safe transfer techniques, care tips for chronic conditions, medication management, and strategies for handling unexpected caregiving situations. Through live demonstrations and discussions, participants gained practical skills and confidence to better support their loved ones at home.

We thank all participants for joining us and look forward to supporting them on their caregiving journey.

Are you caring for a senior loved one? Our FREE Caregiver Support Group offers a safe space to share, learn, and feel supported. For more details and to register, please click [here](#).

Zentangle Workshop



Across the past few months, our seniors took part in guided Zentangle sessions designed to promote relaxation, mindfulness, and creative expression.

In a calm and supportive environment, they were gently guided through structured drawing patterns that encouraged focus, reduced stress, and fostered a sense of accomplishment. The sessions also created meaningful opportunities for social interaction, allowing seniors to connect, share, and enjoy quality time together through a simple yet engaging art activity.

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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

JUNE

2

9.30 AM TO 10.30 AM

Senior Boxing Class

JUNE

2

2 PM TO 4 PM

Crochet Class

JUNE

3

1 PM TO 4 PM

Senior Dance Class

JUNE

4

2 PM TO 5 PM

*Bond & Learn
@ Nan Chiau*

JUNE

5

2 PM TO 5 PM

*Seniors Get-together
Session*

JUNE

5

2 PM TO 5 PM

Health Check-up

JUNE

8

2 PM TO 4 PM

*Health Talk: Eat Right,
Move Wise*

JUNE

9

9.30 AM TO 10.30 AM

Senior Boxing Class

JUNE

9

2 PM TO 3.30 PM

BrainXercise

UPCOMING EVENTS

JUNE
10

1 PM TO 4 PM

Senior Dance Class

JUNE
11

2 PM TO 4 PM

Mobile Photography Class

JUNE
12

2 PM TO 5 PM

*Seniors Get-together
Session*

JUNE
12

2 PM TO 5 PM

Health Check-up

JUNE
15

2 PM TO 4.30 PM

*Movie Screening:
"Long Long Time Ago 3"*

JUNE
16

9.30 AM TO 10.30 AM

Senior Boxing Class

JUNE
16

2 PM TO 4 PM

Crochet Class

JUNE
17

1 PM TO 4 PM

Senior Dance Class

JUNE
18

2 PM TO 4 PM

Photowalk @ Rail Corridor

UPCOMING EVENTS

JUNE
19

1.30 PM TO 2.30 PM

*Father's Day
Celebration*

JUNE
19

2 PM TO 5 PM

Health Check-up

JUNE
19

3 PM TO 5 PM

*Seniors Get-together
Session*

JUNE
22

2 PM TO 4 PM

*Turning Waste
To Wonder*

JUNE
23

9.30 AM TO 10.30 AM

Senior Boxing Class

JUNE
23

2 PM TO 4 PM

Crochet Class

JUNE
24

1 PM TO 4 PM

Senior Dance Class

JUNE
24

7 PM TO 9 PM

Caregiver Support Group

JUNE
25

9.30 AM TO 10.30 AM

Yoga Class

UPCOMING EVENTS

JUNE
25

3.30 PM TO 5 PM

*Social Activity
by Rezeca*

JUNE
26

2 PM TO 5 PM

*Seniors Get-together
Session*

JUNE
26

3 PM TO 5 PM

Health Check-up

JUNE
29

8.30 AM TO 12..30 PM

*Fit & Fun
@ Gateway Theatre*

JUNE
30

9.30 AM TO 10.30 AM

Senior Boxing Class

JUNE
30

1.30 PM TO 3 PM

Zentangle Class

DONATE



SUPPORT



VOLUNTEER



**Connect
with us!**