cwa newsletter

Caregiving Welfare Association

OCT 2026

AGEING WELL,
CARING BETTER

22 Years

OF COMPASSIONATE
ENDEAVOUR







FEATURED ARTICLES



Making Every Birthday a Little More Special



United in Care, Connected as a Community

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FOR FAMILY CAREGIVERS OF SENIORS

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FREE
CAREGIVER SUPPORT GROUP

VIRTUAL SESSION

NEXT SESSION

MANAGING DIFFICULT EMOTIONS

WED, 11 NOVEMBER

7PM TO 9PM

ONLINE VIA ZOOM

For more information and to register your interest, please click here.

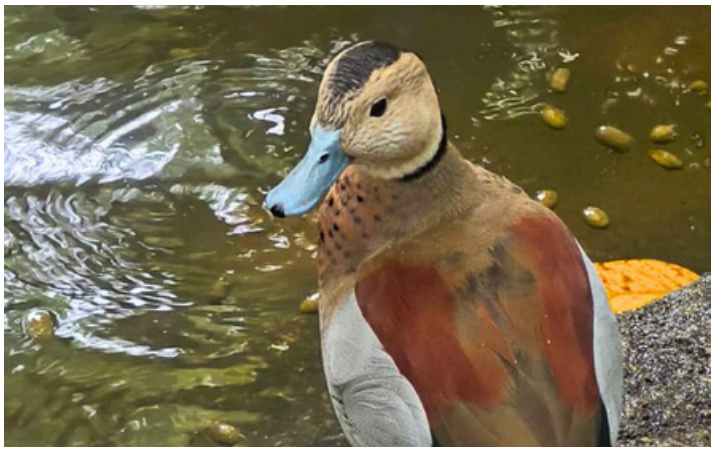
CWA newsletter
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EDITORIAL

A Wild Day Out at River Wonders







From adorable pandas to fascinating wildlife, there was plenty to see and smile about as our seniors embarked on an exciting adventure to River Wonders on 5 October 2026.

The day was filled with curious discoveries, cheerful conversations, and shared laughter as our seniors explored the attractions together. More than just a day out, it was an opportunity to step away from their daily routines, enjoy new experiences, and strengthen friendships through moments of joy and companionship.

After all, some of the best memories are made through simple adventures shared with great company!

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.

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EDITORIAL

Bringing Care Closer to the Community







On 11 October 2026, CWA partnered with HealthBeats at Canberra Community Club to raise awareness of our Home-Based Monitoring service and reach out to seniors who may benefit from additional support at home.

Our Executive Director, Mr Steven Yeo, also took the opportunity to share more about the initiative and how technology-enabled care can support seniors in ageing safely and confidently at home.

This collaboration reflects our shared commitment to making care more accessible within the community. By combining technology with community outreach, we hope to empower more seniors to age confidently in familiar surroundings while providing greater peace of mind for their caregivers and families.

Know a senior who could benefit from additional support at home? Find out more about our Home-Based Monitoring service here.

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Turning Fabrics into Works of Art









On 12 October 2026, our seniors put their creativity to work during a Kinusaiga Art workshop, transforming colourful fabric pieces into beautiful works of art!

Using this unique Japanese art technique, our seniors explored different colours, textures, and patterns while exercising their concentration, creativity, and fine motor skills. Beyond creating their own masterpieces, the session was filled with cheerful conversations, shared discoveries, and a wonderful sense of accomplishment.

Who says creativity has an age limit? Our seniors certainly proved otherwise.

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Making Every Birthday a Little More Special







Birthdays are always sweeter when celebrated together. On 13 October 2026, our seniors gathered for a heartwarming celebration in honour of those born in July, August, and September.

With delicious cake, cheerful conversations, and plenty of laughter, the celebration was a wonderful opportunity to come together, celebrate life's special milestones, and make our seniors feel cherished.

It was a day filled with smiles, meaningful connections, and special moments that reminded us how wonderful it is to celebrate milestones together.

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EDITORIAL

United in Care, Connected as a Community







On 25 October 2026, CWA was delighted to join The Salvation Army Peacehaven's Community Care Day, connecting with fellow community partners and raising awareness of our programmes and services for seniors and their caregivers.

Adding to the occassion, our Happy Happy Dance senior dance group brought smiles and energy to the stage with a lively performance.

A meaningful day of strengthening partnerships, fostering connections, and celebrating the spirit of community care.

Interested in partnering with us to make a difference? We welcome collaborations with organisations and community partners to create meaningful opportunities and strengthen support for seniors and their caregivers. Find out more here.

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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.

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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.

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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

PAY NOW

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UPCOMING EVENTS

NOVEMBER
2
10.15 AM TO 11.15 AM
Strength Training

NOVEMBER
2
2 PM TO 4 PM
Cross Generation Fun

NOVEMBER
3
9.30 AM TO 10.30 AM
Senior Boxing Class

NOVEMBER
3
2 PM TO 4 PM
"Bling It On" Workshop

NOVEMBER
3
4.15 PM TO 5.30 PM
Uke Lah Lah

NOVEMBER
4
10.30 AM TO 11.30 AM
Piloxing

NOVEMBER
4
2.30 PM TO 4.30 PM
Eco Chair Making

NOVEMBER
5
9.30 AM TO 10.30 AM
Chair Yoga

NOVEMBER
5
10.45 AM TO 11.45 AM
Mat Yoga

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UPCOMING EVENTS

NOVEMBER
5
2 PM TO 4 PM
Live Better With Digital: Be A Smart Senior

NOVEMBER
6
1 PM TO 2 PM
Bollywood Dance

NOVEMBER
6
2 PM TO 5 PM
Seniors Get-together Session

NOVEMBER
10
9.30 AM TO 10.30 AM
Senior Boxing Class

NOVEMBER
10
10.30 AM TO 12.30 PM
Wellness Massage

NOVEMBER
10
2 PM TO 3.30 PM
Crochet Class

NOVEMBER
10
4 PM TO 5.30 PM
Uke Lah Lah

NOVEMBER
11
10.30 AM TO 11.30 AM
Piloxing

NOVEMBER
11
1.30 PM TO 3.30 PM
Senior Dance Class

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UPCOMING EVENTS

NOVEMBER
11
7 PM TO 9 PM
Caregiver Support Group (Virtual Session)

NOVEMBER
12
2 PM TO 5 PM
Sungei Buloh Nature Walk Outing

NOVEMBER
13
1 PM TO 2 PM
Bollywood Dance

NOVEMBER
13
2 PM TO 5 PM
Seniors Get-together Session

NOVEMBER
16
9 AM TO 12.30 PM
Fun Fair @ Ai Tong School

NOVEMBER
17
9.30 AM TO 10.30 AM
Senior Boxing Class

NOVEMBER
17
2 PM TO 4 PM
Crochet Class

NOVEMBER
18
10.30 AM TO 11.30 AM
Piloxing

NOVEMBER
18
1.30 PM TO 3.30 PM
Senior Dance Class

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UPCOMING EVENTS

NOVEMBER
18
3.30 PM TO 5 PM
Flower Craft Workshop

NOVEMBER
19
10.30 AM TO 3 PM
Bollywood Farm Tour & Lunch

NOVEMBER
20
9.30 AM TO 10.30 AM
Senior Boxing Class

NOVEMBER
20
1 PM TO 2 PM
Bollywood Dance

NOVEMBER
20
2 PM TO 5 PM
Seniors Get-together Session

NOVEMBER
23
10.15 AM TO 11.15 AM
Strength Training

NOVEMBER
23
3 PM TO 4 PM
Carrom Game Session

NOVEMBER
24
9.30 AM TO 10.30 AM
Senior Boxing Class

NOVEMBER
24
2 PM TO 3.30 PM
Zentangle Class

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UPCOMING EVENTS

NOVEMBER
24
4 PM TO 5.30 PM
Uke Lah Lah

NOVEMBER
25
10.30 AM TO 11.30 AM
Piloxing

NOVEMBER
25
1.30 PM TO 3.30 PM
Senior Dance Class

NOVEMBER
25
3.30 PM TO 5 PM
Photography Class

NOVEMBER
25
7 PM TO 9 PM
Caregiver Support Group (Physical Session)

NOVEMBER
26
9.30 AM TO 10.30 AM
Chair Yoga

NOVEMBER
26
10.45 AM TO 11.45 AM
Mat Yoga

NOVEMBER
26
2 PM TO 4 PM
Social Workshop

NOVEMBER
26
2 PM TO 3.30 PM
Affordable Art Fair Sinapore (Private View)

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UPCOMING EVENTS

NOVEMBER
27
10.30 AM TO 1 PM
Affordable Art Fair: Seniors Private Tour

NOVEMBER
27
12 PM TO 10 PM
Affordable Art Fair Sinapore

NOVEMBER
28
10 AM TO 7 PM
Affordable Art Fair Sinapore

NOVEMBER
29
10 AM TO 7 PM
Affordable Art Fair Sinapore







Connect with us!