



**cwa**

Caregiving Welfare Association

*newsletter*

**FEBRUARY 2024**

AGEING WELL, CARING BETTER

**20** *Years*  
OF COMPASSIONATE  
ENDEAVOUR

**FEATURED ARTICLES**



**Chinese New Year Celebration**



**'Keep Fit' Sessions**



This month, we extend our heartfelt gratitude to our generous donors whose unwavering support continues to empower the Caregiving Welfare Association's mission. Your kindness fuels our efforts in providing essential care and assistance to our seniors and their caregivers.

Thank you for being the driving force behind our commitment to making a positive impact.

With heartfelt appreciation,  
Caregiving Welfare Association



# **FREE**

# **MEMBERSHIP**

## **BENEFITS:**

- Engaging Social Activities
- Vibrant Festive Celebrations\*
- Empowering Workshops
- Exciting Outings\*
- Monthly Provisions/Grocery Vouchers\*

\*Terms & Conditions apply.



**JOIN US!**



To register, please scan the QR code, call 6466 7996, or visit us (Block 3 Ghim Moh Road #01-294 Singapore 270003).

**Know of a senior who may  
benefit from our programmes?  
Refer them to us!**

# JOIN US!



## 'Keep Fit' Sessions

Every Monday - Friday, 9.30am

From gentle stretches to invigorating workouts, we've shown age is just a number. Seniors, your vibrant spirit inspires us. Join us in keeping the fitness journey strong.

For more information and to register for our 'Keep Fit' sessions, please call 6466 7996.



## Caregiver Support Group

Every Month

Join our monthly sessions for mutual support, expert guidance, and a safe space to share experiences. English sessions include Art therapy and Mindfulness, led by Ms Jeanette Chan and Ms Erin Lee, with a Mandarin group led by Ms Ng Jue Ann.

Caregivers, you're not alone – empower yourself with support! For registration-related enquiries, please contact us at 6466 7996 or email [contact@cwa.org.sg](mailto:contact@cwa.org.sg).



## **Chinese New Year Celebration**

**23, 25 & 26 January**

Our recent Chinese New Year celebration for seniors was a joyous trilogy of festivities! Our seniors delighted in receiving goodie bags and 'hongbaos', showcased their artistic talents in arts and crafts, and were treated to a spectacular performance by enthusiastic volunteers from Hwa Chong Institution, who also played a vital role in making the event memorable.

A heartfelt thank you to our wonderful volunteers and staff for making this event a resounding success, spreading warmth and festive cheer. Here's to more moments of joy and connection in the Year of the Dragon!

# UPCOMING EVENTS

FEB  
**17**

10 AM - 11.30 AM

*"Art Therapy" Caregiver  
Support Group (Eng)*

FEB  
**22**

2.30 PM - 4 PM

*"Art Therapy" Caregiver  
Support Group (Chi)*

FEB  
**29**

9 AM - 11 AM

*"Mindfulness" Caregiver  
Support Group (Bilingual)*

## 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**

