



CWA

Caregiving Welfare Association

newsletter

AUG/SEP 2026

AGEING WELL,
CARING BETTER

22

Years

OF COMPASSIONATE
ENDEAVOUR



FEATURED ARTICLES



**National Day
Celebration**



**Caregiving Week
2026**

FOR FAMILY CAREGIVERS OF SENIORS



FREE

CAREGIVER SUPPORT GROUP

VIRTUAL SESSION

NEXT SESSION

**UNDERSTANDING
CAREGIVING**



MON, 12 OCTOBER



7PM TO 9PM



**ONLINE
VIA ZOOM**

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

Make Png Kueh, Eat Png Kueh



On 3 August, our seniors rolled up their sleeves for a hands-on Teochew Png Kueh Making Workshop & High Tea, learning the traditional art of making this well-loved Teochew delicacy.

From shaping their own Png Kueh to enjoying the finished treats together, the afternoon was filled with laughter, learning and good company, while celebrating our food and cultural heritage. Our heartfelt thanks to Kuok Group for making this meaningful experience possible for our seniors.

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](#).

Wellness Friday: Gardens By The Bay



Fresh air, beautiful blooms, and even better company.

On 14 August, our seniors enjoyed a refreshing Wellness Friday at Gardens by the Bay, taking in the beautiful greenery and vibrant sights while spending quality time together. The outing gave our seniors a chance to step out of their usual routines, stay active and enjoy a relaxing day surrounded by nature.

More than just a day out, Wellness Friday is about supporting our seniors' overall well-being through movement, meaningful social connections and new experiences.

Thank you to GIC for sponsoring this outing and Gardens by the Bay for their kind support.

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National Day Celebration



What better way to celebrate Singapore than with good music, great company, and a little friendly competition?

On 18 August, our seniors brought their National Day spirit to Gateway Theatre for a morning packed with laughter, games and plenty of red and white as they celebrated Singapore together. The energy was high with National Day charades, Singapore Bingo, Guess the NDP Songs and an inter-table challenge, putting everyone's knowledge, teamwork and quick thinking to the test.

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754 Participants, One Meaningful Cause



STRIDE FOR CARE VIRTUAL RACE



Stride for Care 2026 came to a close on 12 September, marking the end of another meaningful journey in support of seniors and their caregivers.

This year, 754 participants came together to walk, run and hike for the cause, helping us raise S\$26,569.07. We were also heartened by the support of 169 unique donors, including 17 returning donors, as well as a generous S\$10,000 corporate donation.

Beyond the kilometres covered, every step helped raise greater awareness of caregiving and rally the community in support of seniors and those who care for them.

A heartfelt thank you to all our participants, donors, teams and supporters. Together, we are walking further for seniors and their caregivers. ❤️

Thank You To Our Partners



Caregiving Week 2026: Caregivers & Seniors Engagement Day



On 12 September, we welcomed over 80 caregivers and 120 seniors for a day of connection, respite and shared care at Fernvale Community Club and Fern Green Primary School.

Caregivers took time to pause and connect through a Sustainable Caregiving Talk, Caregiver Sharing Group and appreciation activities, while seniors enjoyed their own fun-filled programme featuring a scavenger hunt, hands-on activities, performances, bingo, arts and crafts, and more.

By creating meaningful experiences for both caregivers and seniors, caregivers could take a well-deserved break with peace of mind, knowing their senior loved ones were engaged and well-supported.

Caregiving Week 2026: Caregiving Fest



Over 1,000 people, one shared commitment to caregivers.

On 19 September, we concluded Caregiving Week 2026 with Caregiving Fest at Sengkang Grand Mall and Buangkok Community Club.

From the launch of No Knot Too Small and Pebble the Penguin, to our Voices of Care audio installation and caregiver-inspired challenges, the day shone a spotlight on the realities of caregiving. Our Community Partner Resource Stations also brought together useful resources and support for caregivers of seniors, all in one place.

A heartfelt thank you to everyone who made Caregiving Week 2026 possible. The week may be over, but our support for caregivers continues.

Thank You To Our Partners: Caregiving Week 2026

Venue Partners



**Buangkok
Community Club**



**Fernvale
Community Club**



Fern Green

Gold Sponsor

MR WU XINYU

Silver Sponsor



Billion Rise

Thank You To Our Partners: Caregiving Week 2026

Community Partners



Programme & Activity Partners



Supporting Partners





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

OCTOBER

1

2 PM TO 4 PM

*Live Better With Digital:
Be A Smart Senior*

OCTOBER

2

1 PM TO 2 PM

Bollywood Dance

OCTOBER

2

2 PM TO 5 PM

*Seniors Get-together
Session*

OCTOBER

2

2 PM TO 5 PM

Health Check-up

OCTOBER

5

10.15 AM TO 11.15 AM

Strength Training

OCTOBER

5

12.30 PM TO 5 PM

River Wonders Outing

OCTOBER

6

9.30 AM TO 10.30 AM

Senior Boxing Class

OCTOBER

6

2 PM TO 4 PM

Crochet Class

OCTOBER

6

4 PM TO 5.30 PM

Uke Lah Lah

UPCOMING EVENTS

OCTOBER

7

10.30 AM TO 11.30 AM

Piloxing

OCTOBER

7

1.30 PM TO 3.30 PM

Senior Dance Class

OCTOBER

8

9.30 AM TO 10.30 AM

Chair Yoga

OCTOBER

8

10.45 AM TO 11.45 AM

Mat Yoga

OCTOBER

8

3 PM TO 4.30 PM

TCM #2: Sleep/Rest

OCTOBER

9

1 PM TO 2 PM

Bollywood Dance

OCTOBER

9

2 PM TO 5 PM

*Seniors Get-together
Session*

OCTOBER

9

2 PM TO 5 PM

Health Check-up

OCTOBER

12

10.15 AM TO 11.15 AM

Strength Training

UPCOMING EVENTS

OCTOBER

12

1 PM TO 3 PM

Kinusaigu Craft

OCTOBER

12

4 PM TO 5.30 PM

Uke Lah Lah

OCTOBER

12

7 PM TO 9 PM

*Caregiver Support Group
(Virtual Session)*

OCTOBER

13

9.30 AM TO 10.30 AM

Boxing Class

OCTOBER

13

3 PM TO 4 PM

*Birthday Tea Party
(Jul, Aug, Sep)*

OCTOBER

14

10.30 AM TO 11.30 AM

Piloxing

OCTOBER

14

1.30 PM TO 3.30 PM

Senior Dance Class

OCTOBER

14

3.30 PM TO 5 PM

Paper vs Pixel Craft

OCTOBER

15

12.30 PM TO 5 PM

*ONE Ocean
@ Science Centre*

UPCOMING EVENTS

OCTOBER

16

2 PM TO 5 PM

*Seniors Get-together
Session*

OCTOBER

16

2 PM TO 5 PM

Health Check-up

OCTOBER

17

10 AM TO 12 PM

*Happy Happy Dance
(Ulu Pandan CC)*

OCTOBER

19

10.15 AM TO 11.15 AM

Strength Training

OCTOBER

19

2 PM TO 4 PM

Textile Recycling

OCTOBER

20

2 PM TO 3.30 PM

Zentangle Class

OCTOBER

20

3.30 PM TO 5 PM

Crochet Class

OCTOBER

21

10.30 AM TO 11.30 AM

Piloxing

OCTOBER

21

1.30 PM TO 3.30 PM

Senior Dance Class

UPCOMING EVENTS

OCTOBER

21

3.30 PM TO 5 PM

Photography

OCTOBER

22

9.30 AM TO 10.30 AM

Chair Yoga

OCTOBER

22

10.45 AM TO 11.45 AM

Mat Yoga

OCTOBER

22

2 PM TO 4 PM

Eco Food Workshop

OCTOBER

23

1 PM TO 2 PM

Bollywood Dance

OCTOBER

23

2 PM TO 5 PM

*Seniors Get-together
Session*

OCTOBER

23

2 PM TO 5 PM

Health Check-up

OCTOBER

25

12 PM TO 2 PM

*Happy Happy Dance
(The Salvation Army)*

OCTOBER

26

8.30 AM TO 12 PM

*Fit & Fun
@ Gateway Theatre*

UPCOMING EVENTS

OCTOBER

27

9.30 AM TO 10.30 AM

Boxing Class

OCTOBER

27

4 PM TO 5.30 PM

Uke Lah Lah

OCTOBER

28

10.30 AM TO 11.30 AM

Piloxing

OCTOBER

28

1.30 PM TO 3 PM

Senior Dance Class

OCTOBER

28

3.15 PM TO 5 PM

QB Hair Cut

OCTOBER

28

7 PM TO 9 PM

*Caregiver Support Group
(Virtual Session)*

OCTOBER

29

2.30 PM TO 4.30 PM

*Nature Walk
@ Botanic Gardens*

OCTOBER

30

2 PM TO 5 PM

*Seniors Get-together
Session*

OCTOBER

30

2 PM TO 5 PM

Health Check-up

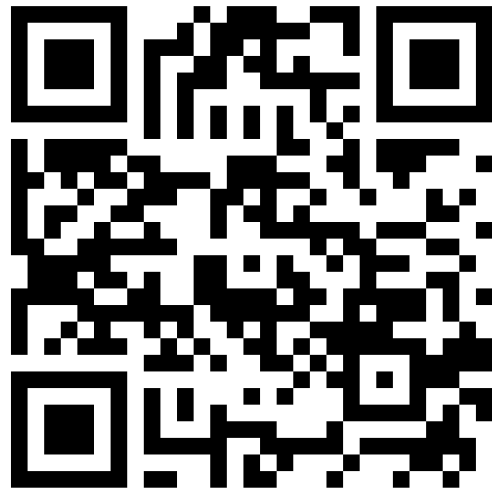
DONATE



SUPPORT



VOLUNTEER



**Connect
with us!**