

DSS Calendar 2012

*What's on from
Jan to Mar*

Volunteer Appreciation Hi-Tea	- 7 Jan
Angpow Lantern Making Workshop English	- 11 Feb
Healthy Cooking Demonstration	- 10 Mar
Trek@Bukit Timah Hill (A joint activity with DSG)	- 31 Mar
Annual General Meeting (AGM)	- 28 Apr



DSG

Meet and Share

Despite the slight drizzle, a small group of ten met at Olio Dome in Bishan Community Club on Saturday, 26 November 2011, at 3pm. Senior staff nurse Helen Wee from Yishun Polyclinic and a DSS nurse educator Rose Tan joined us. We shared food ordering tips such as requesting separate dressings for salads and olive oil as the healthy alternative thousand island dressing and replacing sugar with Equal sweeteners for participants with diabetes. Ling, Chandra and Juliana, DSG event organisers, updated the group on the 12 DSG events scheduled for 2012. Do join us if you can. For more information, please contact Juliana at 9278 2084.

Proposed Date (Saturday)	Event	Meeting Time	Meeting Point	Makan Session
25 Feb	Dinner & Marina Evening Walking Tour - MBS, Helix Bridge, etc!	6pm	Promenade MRT Control Station	Before Walk: Dinner @ Singapore Flyer Food Court
31 March	Trek @ Bukit Timah Hill (*Take light breakfast before coming. Bring sweets, water, hat, wear good pair of walking shoes with socks)	7.30am	Reception area of Reserve	
28 Apr	Cycling or Busking @ East Coast Park	9am	Macdonalds @ East Coast Park	Before Walk: Macdonalds breakfast
26 May	Visit to Sungei Buloh	9.30am	Kranji MRT Control Station	After Walk: Lunch @ vicinity of MRT station
23 Jun	Meet & Share Sessions @ Spinelli	2.30pm	Somerset MRT Control Station	Spinelli @ Heeren
28 Jul	Walk @ Labrador Park	8am	Labrador MRT Control Station	After Walk: Lunch @ Harbourfront Hawker Centre
25 Aug	Meet & Share Session @ Dome (Bishan CC)	2.30pm	Bishan Junction 8 traffic light, facing Bishan Interchange	Dome @ Bishan CC
22 Sep	Jog/Run/Walk @ MacRitchie Reservoir	8.30am	Marymount MRT Control Station	
20 Oct	Dinner & Walkabout @ Changi Airport	6.30pm	Changi Airport MRT Control Station	Dinner @ Changi Airport
24 Nov	Meet & Share Session @ Spinelli			