



Diana Lim

DSG DIARY | OCTOBER 2016

Tiong Bahru Heritage Walk

We had lovely weather for our Tiong Bahru Heritage Walk - sunny but cloudy and cool. We started from the MRT station after we had our blood sugar checks.

Our guide, Mr Choo Lip Sin, gave us an interesting overview before we set off. Tiong Bahru was built in the Art Deco style by the British in the 1930s to provide better living conditions for the people. It actually had flush toilets from the start, as well as the area's characteristic service alleys and spiral staircases. Some examples can still be seen as parts of the estate have been conserved.

We visited the tomb of Mr Tan Tock Seng, one of Singapore's founder ancestors. It is on a hill facing the sea, a site believed to have very good *fengshui*. However, the family gave up the land for a free public school and younger members are subsequently buried at Bukit Brown cemetery. Tiong Bahru means 'new cemetery', but the areas nearby the first Singapore Improvement Trust (SIT) estate were initially mostly middle class, as the rental fees were not affordable to the masses. The roads are also named after prominent businessmen and community leaders of the 19th century. Europeans and Eurasians lived there, too. We visited the air raid shelter under the famous horseshoe block. It was beautifully built, with air vents and glass blocks to provide light. This well-ventilated place still smells fresh! It lies disused as it can no longer function as a bomb shelter given today's more powerful weapons of war. Instead, a new shelter is located at the MRT station nearby.

Of course, we could not go without first immersing ourselves in Tiong Bahru's rich food heritage! Our guide recommended many famous food outlets. I must say that the *yong tau foo* I ate was really delicious!

1. Program subject to change due to weather conditions or unforeseen circumstances. Please look out for email updates.
2. Please wear good walking shoes.
3. Check your feet for cuts/wounds, and alert event coordinators if you have any. Please do not proceed with the activity if you have cuts or wounds on your feet.
4. Let's cultivate great exercise habits! Bring along your own blood glucose metre!
5. Please bring along an umbrella, drinking water as well as snacks (e.g. biscuits, in case of hypoglycaemia).
6. Meals will be at your own expense, unless stated otherwise.

DSS Support Group Meet & Share

Join us for our next support group event today! Call Juliana at 9278 2084 for more details or to register.

12 February 2017 (Sun)

Cardioblast

Time: 8.30am – 10.30am

Meeting Point: Stadium Gate 3
(alight at Stadium MRT Station)

Mid-morning Break: NTUC Foodfare
@ Kallang Wave Mall

25 February 2017 (Sat)

Little India Heritage Tour

Time: 9.00am – 11.00am

Meeting Point: Little India MRT Station,
Exit E

Maximum number: 30 people

Mid-morning Break: Tekka Food Centre

25 March 2017 (Sat)

Kallang Riverside Walk

Time: 3.30pm – 6.30pm

Meeting Point: Kallang MRT Station

Maximum number: 40 people

8 April 2017 (Sat)

Introduction to Yoga – Session 1

Time: 8.30am – 10.30am

Meeting Point: TBA

Maximum number: 30 people

22 April 2017 (Sat)

Walk @ Sentosa Boardwalk

Time: 3.30pm – 6.30pm

Meeting Point: HarbourFront MRT
(Exit facing Vivocity)

Maximum number: 40 people

Dinner: Seah Im Food Centre