



Jimmy Ong and Juliana Lim

25 FEBRUARY 2017 Little India Heritage Walk

The second DSG 2017 leisurely walk took place in Little India, guided by Jimmy Ong and Glen Nair.

The monthly event was organised by DSG cheerleaders for all our enthusiastic members. The Little India Walk down memory lane started at 9.30 am, from Little India MRT Station through Tekka Market and ended at Farrer Park MRT Station 1.5 hours later.

As we cut across to the Little India Arcade and along the shop houses and alleys, chatting and keeping up to date with one another, we could sniff the aroma of chilli and pepper of the good old days.

We soon arrived at the iconic Sri Verramakaliaman Temple. Its ornate look and an inspiring six storey annexe at the back transported us some 30 years back. After the short temple tour we proceeded to the Angullia Mosque which was first built in 1892. The weather was sunny and hot, but everyone was having so much fun, there was not a whimper of discontent from our gang.

At the end of our journey, we conducted our usual reality check and it proved to the members that exercise does help, as most of us had good or improved blood sugar readings.

We headed to the nearby eateries for lunch, and a handful of others decided to visit Norris Road to shop around. It was a historically fun and poetic experience for everyone. Thank you Diabetic Society of Singapore for your unstinting support in ensuring the event is a success. We leave you with a little verse we composed...

FOOTNOTES

It is not about the walk,
It is about the thoughts,
It is about the engagements.
It is about the recollections,
THAT ENLIVEN THE WALK.



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.

8 April 2017 (Sat)
Introduction to Yoga – Session 1
Time: 8.30am – 10.30am
Meeting Point: TBA
Maximum number: 30 people

29 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

13 May 2017 (Sat)
Introduction to Yoga – Session 2
Time: 8.30am – 10.30am
Meeting Point: TBA
Maximum number: 30 people

27 May 2017 (Sat)
Walk @ Hort Park
Time: 9.00am – 12.00pm
Meeting Point: Visitor Centre
(off Alexandra Road)
Maximum number: 40 people
Lunch: Nearby Food Centre

10 June 2017 (Sat)
Introduction to Yoga – Session 3
Time: 8.30am – 10.30am
Meeting Point: TBA
Maximum number: 30 people

24 June 2017 (Sat)
Walk @ Changi Point Boardwalk
Time: 3.30pm – 6.30pm
Meeting Point: Bedok MRT (take Public Bus Service 2 thereafter)
Maximum number: 40 people
Dinner: Changi Village Food Centre

All meals at own expense unless otherwise stated