



K CITARASA KINI

KURSUS & BENGKEL
OLEH DIVISIYEN KEMAHIRAN DAN GAYA HIDUP
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2010
2011



PESTA KOREA BUAT
SEISI KELUARGA!
KOREAN FIESTA FOR
THE FAMILY!

SEMUANYA MENGENAI
MEMBUAT KIMCHI!
ALL ABOUT
KIMCHI MAKING!

BELAJAR UNTUK
MEMBUAT TALI PAUT
TELEFON BIMBIT
SENDIRI
LEARN TO MAKE YOUR
OWN HANDPHONE STRAPS



アジア初のポップカルチャー
日本 & 韓国ポップス
カルチャーシリーズ

Mempersembahkan Budaya Pop Asia Siri-siri Budaya Pop Jepun & Korea

Premiering Asian Pop Cultures
Series of Japanese &
Korean Pop Cultures

아시아 팝 문화제 개막
일본 및 한국 팝
문화제 시리즈

KOREAN FIESTA FOR THE FAMILY!



**BUATLAH KENALAN
 BARU DAN RAPATKAN
 HUBUNGAN MELALUI
 KURSUS-KURSUS**

lanya di mana-mana. Gelombang Korea dan Jepun datang melanda negara kita ini dan membawa bersama pelbagai aspek budaya mereka sekali. Sorotan kami mengenai budaya Korea dan Jepun akan memberikan anda peluang untuk merapatkan hubungan dengan penggemar-penggemar Korea dan Jepun yang lain!

Pelajarilah memasak snek-snek Korea dan Jepun yang anda gemari, menghayati musik dan juga menghasilkan sendiri aksesori kebudayaan mereka! Selain itu, anda juga dapat melengkap diri anda dengan panduan-panduan berguna mengenai mengimbangi kehidupan kerja. Anda pasti akan dapat membahagikan masa untuk pekerjaan, keluarga, kawan-kawan dan melakukan perkara-perkara yang diminati.

Imbangilah diri anda sambil menikmati kehangatan gelombang Korea dan Jepun!

**MAKE NEW FRIENDS AND
 BOND THROUGH COURSES**

It is everywhere. The Japanese and Korean cultures have vividly inspired our imagination, touched our hearts and garnered legions of fans. Feel the pulse of what's currently trendy and learn interesting aspects of Japanese and Korean cultures, their cuisine and even exquisite traditions. Our feature on both the Japanese and Korean cultures will definitely break the ice and have you bond with fellow Japanese or Korean enthusiasts at our workshops!

Learn to cook your favourite Japanese and Korean snacks, appreciate their music and create your own cultural accessories!

Find handy tips on work-life balance to better achieve both your work and personal goals. You can juggle work, family, friends and your other interests, better than you think. So, get the balance back into your life and widen your social circle whilst learning something new at our courses!

The Korean wave, or Hallyu, as they call it in Korea, has flooded our shores. With so much interest in Korean culture locally, it is hard not to join in the fun and surf the Korean wave! Citarasa Kini has launched a line-up of courses sure to satisfy the resident Korean enthusiast in every aspect possible.

Enjoy an afternoon of Korean Fiesta where one can lap up varied aspects of the Korean culture, and also share and enjoy it with the family! Learn to groove to Korean Pop (K-pop) as you learn dance steps from one of our choreographers. You get the opportunity to dance like the idols you see on stage and wow the rest of your family members as you all engage in this activity together.

Immerse yourselves with Korean cuisine as Singaporeans do with any kind of new food. Give yourselves a treat as our trainers demonstrate the cooking of various Korean dishes like Gimbap (Korean rice rolls), Chap Jae (Korean-style vermicelli), an array of Korean pancakes and even the ever popular Kimchi! Definitely something worth drooling over.

Last but not least, what better way to ride the Korean wave than to get the Korean look? We have the traditional Korean Hanbok and other costumes for everyone to try out and take photographs with. It will be as if you were in Korea itself!

Have fun, mingle and make like-minded friends with us at this fun-filled Saturday afternoon!

DATE / DAY	TIME	COMMUNITY CLUB	FEES
4 Dec 2010 / Sat	2.00pm - 4.30pm	Jurong Spring CC	\$8 (M) / \$15 (NM)

PESTA KOREA BUAT SEISI KELUARGA!



Gelombang Korea atau lebih dikenali sebagai Hallyu di Korea sudah melanda negara kita. Dengan pancaran budaya Korea di sekeliling kita, ianya amat sukar bagi kita untuk tidak turut serta dalam keseronokan dan mengharungi gelombang tersebut! Citarasa Kini telah melancarkan susunan kursus-kursus yang pasti akan membuat setiap penggemar Korea berasa berpuas hati.

Nikmatilah petang anda di Pesta Korea di mana anda bukan sahaja dapat memuaskan kemahuan anda mengenai budaya Korea tetapi dapat berseronok bersama keluarga! Melalui salah seorang pereka tari kami anda berpeluang untuk mempelajari beberapa langkah tarian dan pasti akan dapat menari kepada rentak Pop Korea (K-Pop). Anda akan berkesempatan untuk menari seperti idola-idola anda di atas pentas dan membuat ahli keluarga yang lain terpegun apabila anda semua melibatkan diri dalam aktiviti ini bersama.

Sama seperti makanan-makanan baru yang lain, anda juga bolehlah mencuba pelbagai jenis makanan Korea. Melalui demonstrasi daripada jurulatih-jurulatih anda dapat menikmati hidangan-hidangan Korea seperti Gimbap (gulungan nasi Korea), Chap Jae (mihun stail Korea) dan beberapa jenis penkek dan tidak ketinggalan masakan istimewanya iaitu Kimchi! Sememangnya sesuatu yang pasti akan mengecurkan air liur anda. Selain itu, anda juga dapat belajar mengungkapkan ucapan-ucapan ringkas Korea daripada seorang penutur aslinya.

Akhir sekali, untuk betul-betul merasakan kehangatan Kekorean itu adalah dengan kelihatan seperti Orang Korea. Kami mempunyai pakaian-pakaian tradisional Korea seperti Hanbok dan lain-lain lagi dan semua boleh cuba menggayakannya dan mengambil gambar. Rasanya seperti anda betul-betul berada di Korea!

Berseronoklah, bergaul dan berkenalan dengan teman-teman yang mempunyai minat yang serupa di acara yang pasti seronok buat seisi keluarga!



TARIKH / HARI	MASA	KELAB MASYARAKAT	BAYARAN
4 Dec 2010 / Sabtu	2.00pm - 4.30pm	Jurong Spring CC	\$8 (M) / \$15 (NM)



ALAMILAH GELOMBANG JEPUN DAN KOREA!

EXPERIENCE THE JAPANESE AND KOREAN WAVES!

ALAM MAKANAN KOREA!

KOREAN FOOD KINGDOM!

Dikendalikan oleh cef Tania, para penggemar makanan Korea pasti akan berasa seronok mengikuti kursus ini sambil mempelajari bagaimana untuk memasak beraneka jenis masakan Korea seperti: Chap Jae (mihun) Gimbap (gulungan nasi) dan pelbagai jenis penkek Korea. Kursus ini amat digalakkan bagi para peserta yang mengikuti kursus "Kehangatan Masakan Korea!".

Conducted by Chef Tania, Korean food enthusiasts will come to enjoy this course as they learn to prepare a range of Korean dishes, which includes: Chap Jae (rice noodles), Gimbap (Korean rice rolls) and a variety of Korean pancakes. This course is highly recommended to the participants of "Cooking Up a Korean Storm!".



TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
19 Nov 2010 / Sun	2.30pm - 5.30pm	Jurong Spring CC	\$16 (M) / \$20 (NM)
23 Nov 2010 / Thu	2.30pm - 5.30pm	Thomson CC	\$18 (M) / \$25 (NM)
11 Mar 2011 / Fri	6.00pm - 9.00pm	Pek Kio CC	\$18 (M) / \$25 (NM) + \$15 - \$25 Ingredient Fee



KEHANGATAN MASAKAN KOREA!

COOKING UP A KOREAN STORM!

Ribut gelombang Korea telah menarik perhatian masyarakat Melayu! Marilah ikut serta dalam bengkel memasak hidangan Korea asas ini dan mempelajari bagaimana memasak makanan Korea yang menyelerakan itu. Jurulatih akan menunjukkan cara memasak masakan berikut: Bulgogi (Daging Barbeku), Kimchi Tziggae (Stu Kimchi) dan Bibimbap (Sayur campur dan Nasi).

The Korean wave has caught the Malay community by storm! Come and join us in this basic Korean cooking workshop and learn how to make those yummy Korean dishes. Trainer will demonstrate the following dishes: Bulgogi (Barbecued Beef), Kimchi Tziggae (Kimchi Stew) and Bibimbap (Mixed Vegetables on Rice).

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
3 Dec 2010 / Fri	7.30pm - 10.00pm	Hwi Yoh CC	\$5 (M) / \$10 (NM)
13 Mar 2011 / Sun	2.00pm - 5.00pm	Ulu Pandan CC	\$10 (M) / \$20 (NM)
18 Mar 2011 / Fri	6.00pm - 9.00pm	Pek Kio CC	\$18 (M) / \$25 (NM) + \$15 - \$25 Ingredient Fee



YANG TERDAPAT DI JALANAN JEPUN**FAVOURITE JAPANESE STREET SNACKS**

Jikalau anda masih belum puas menikmati snek-snek jalanan Jepun, kursus ini mungkin untuk anda. Berilah diri anda kepuasan untuk menikmati snek-snek ini dengan mempelajari cara untuk menyiapkan snek-snek Jepun yang sering didapatkan di jalan-jalan kota Jepun seperti Takoyaki (bebola sotong), Okonomiyaki (penkek Jepun yang menyelerakan) dan Chawanmushi (kustard telur).

If you cannot get enough of Japanese street snacks, this may be the course for you. Give yourself a real treat as you learn to make Japanese snacks commonly seen on the streets of Japan like Takoyaki (Octopus Balls), Okonomiyaki (Japanese Savoury Pancakes) and Chawanmushi (Steamed Egg Custard).

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
21 Dec 2010 / Tue	2.30pm - 5.30pm	Thomson CC	\$10 (M) / \$20 (NM)
16 Jan 2011 / Sun	10.30am - 1.30pm	Hougang CC	\$15 (M) / \$18 (NM)
16 Jan 2011 / Sun	2.00pm - 5.00pm	Ulu Pandan CC	\$10 (M) / \$20 (NM) + \$10 - \$20 Ingredient Fee

**UNTUK SI KECIL - MEMBUAT ROTI SUSHI
(6 - 12 TAHUN)****FOR THE KIDS - SUSHI BREAD MAKING (AGE 6 - 12)**

Kanak-kanak gemar makan dengan menggunakan tangan, lantas makanan apakah yang dapat melengkapi itu jikalau bukan sushi? Kanak-kanak pasti akan seronok menyediakan gulungan roti sushi sendiri dengan menggunakan rumpai laut dan flos ayam kerana dalam kursus ini mereka berkesempatan melakukannya sendiri. Untuk kanak-kanak berusia 6 - 12 tahun.

Kids love eating with their hands and what better food to complement that than sushi? Kids will enjoy creating their own Bread Sushi rolls using seaweed and chicken floss as this course uses a hands-on approach. For children aged 6 - 12.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
23 Nov 2010 / Tue	10.00am - 1.00pm	Katong CC	\$12 (M) / \$15 (NM)
30 Nov 2010 / Tue	2.00pm - 5.00pm	Nanyang CC	\$12 (M) / \$22 (NM)
1 Dec 2010 / Wed	2.00pm - 5.00pm	Marsiling CC	\$12 (M) / \$15 (NM)
3 Dec 2010 / Fri	2.30pm - 5.30pm	Admiral Garden CC	\$12 (M) / \$15 (NM)
7 Dec 2010 / Tue	10.00am - 1.00pm	Tampines West CC	\$12 (M) / \$15 (NM)
8 Dec 2010 / Wed	1.00pm - 4.00pm	Buona Vista CC	\$12 (M) / \$20 (NM)
11 Dec 2010 / Sat	2.00pm - 5.00pm	Fengshan CC	\$12 (M) / \$15 (NM)
21 Dec 2010 / Tue	2.00pm - 5.00pm	Sembawang CC	\$12 (M) / \$15 (NM)
23 Dec 2010 / Thu	10.00am - 1.00pm	Clementi CC	\$12 (M) / \$15 (NM)
29 Dec 2010 / Wed	3.00pm - 6.00pm	Potong Pasir CC	\$12 (M) / \$15 (NM)
30 Dec 2010 / Thu	10.00am - 1.00pm	Bukit Batok East CC	\$12 (M) / \$15 (NM)
23 Jan 2011 / Sun	10.00am - 1.00pm	Bishan CC	\$15 (M) / \$15 (NM)
26 Mar 2011 / Sat	2.00pm - 5.00pm	Ang Mo Kio CC	\$12 (M) / \$15 (NM) + \$8 Ingredient Fee

**MEMBUAT KIMCHI TANPA
SEBARANG ASAS!****ALL ABOUT KIMCHI MAKING!**

Masakan sayur jeruk pedas ini merupakan makanan utama dalam hidangan Korea sejak bertahun-tahun dahulu. Siapa mungkin terlepas Kimchi yang sememangnya terkenal yang berada di tepi hidangan Korea yang lain? Para peserta akan berpeluang membuat masakan Korea yang popular ini walaupun tanpa sebarang asas kerana mereka akan membuatnya sendiri.

This spicy, pickled vegetable dish has been a staple in the Korean culinary scene for years. Who could miss the ever popular Kimchi, sitting nicely at the corner of your Korean meal? Participants will get the chance to take a hands-on approach and make this popular Korean dish from scratch.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
21 Nov 2010 / Sun	2.00pm - 5.00pm	Hougang CC	\$10 (M) / \$15 (NM)
27 Nov 2010 / Sat	2.00pm - 5.00pm	Tanjong Pagar CC	\$12 (M) / \$12 (NM)
4 Dec 2010 / Sat	2.00pm - 5.00pm	Buona Vista CC	\$18 (M) / \$26 (NM)
16 Jan 2011 / Sun	2.00pm - 5.00pm	Whampoa CC	\$15 (M) / \$20 (NM) + \$15 - \$25 Ingredient Fee



SNEK-SNEK KOREA DAN ASAL USULNYA!**ALL ABOUT KOREAN SNACKS!**

Selain kumpulan-kumpulan musik, drama-drama bersiri dan pemandangan yang indah, negara Korea juga terkenal kerana makanannya. Dan seperti aspek-aspek Korea yang lain, kehangatan makanan-makanan Korea turut dirasai di Singapura. Dalam rancangan ini, para peserta bukan sahaja dapat belajar untuk menyediakan snek-snek Korea malahan mengetahui mengenai sejarah dan asal-usulnya.

Apart from its music bands, drama serials and beautiful scenery, Korea is also known for its cuisine. And like many other aspects of Korea, the food has taken Singapore by storm. In this programme, participants will not only be able to learn how to prepare Korean snacks but also learn their origins and the history of the cuisine.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
9 Dec 2010 / Thu	7.00pm - 10.00pm	Marsiling CC	\$15 (M) / \$25 (NM)
11 Dec 2010 / Sat	4.00pm - 7.00pm	Bishan North CC	\$15 (M) / \$20 (NM) + \$15 - \$25 Ingredient Fee

**KEMBALI KE ASAS –
MEMBUAT SUSHI JEPUN****BACK TO BASICS - JAPANESE SUSHI MAKING**

Meminati sushi Jepun tetapi tiada masa untuk mendapatkannya dari pasar raya. Pelajarilah teknik-teknik asas cara untuk membuat sushi Jepun yang autentik dan nikmatnya pada bila-bila masa sahaja. Para peserta akan belajar untuk membuat gulungan sushi mini, gulungan sushi dipegang dan yang popular iaitu gulungan California.

Are you a great fan of the Japanese rice roll but never had the time to get them from your supermarket aisle? Learn the basic techniques of making authentic Japanese Sushi and enjoy them as and when you like it. Participants will learn to make Mini Rolls, Handheld Sushi and the ever popular California Roll.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
7 Nov 2010 / Sun	4.00pm - 6.00pm	Admiral Garden CC	\$12 (M) / \$15 (NM)
27 Dec 2010 / Mon	7.30pm - 10.00pm	Hwi Yoh CC	\$5 (M) / \$10 (NM) + \$15 - \$25 Ingredient Fee

**MENARI K-POP BERSAMA KELUARGA!****K-POP DANCE FOR THE FAMILY!**

Musik Pop Korea (K-Pop) memang popular daripada satu generasi ke satu generasi. Lantas apakah aktiviti yang lebih baik untuk seisi keluarga daripada untuk sama-sama belajar beberapa langkah tarian pop yang terkini dan bergaya? Bakal dilatih oleh seorang penari professional yang juga jurulatih, para peserta akan belajar untuk melakukan beberapa langkah tarian yang rumit dan mengikut rentak dan irama K-Pop.

The Korean Pop (K-Pop) scene has been popular across generations. So what better activity for the family than to come down and learn some of the grooviest pop dance steps? Specially conducted by a professional dancer-cum-trainer, participants will learn to execute intricate dance moves and groove to infectious K-Pop beats.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
23 Nov 2010 / Tue	6.00pm - 9.00pm	Teck Ghee CC	\$28 (M) / \$40 (NM)
27 Nov 2010 / Sat	3.00pm - 6.00pm	Potong Pasir CC	\$28 (M) / \$38 (NM)
27 Nov 2010 / Sat	9.30am - 12.30pm	Jalan Besar CC	\$28 (M) / \$38 (NM)
6 Dec 2010 / Mon	9.30am - 12.30om	Sengkang CC	\$28 (M) / \$38 (NM)
17 Dec 2010 / Fri	7.00pm - 8.30pm	Hougang CC	\$28 (M) / \$30 (NM)
22 Dec 2010 / Wed	10.00am - 1.00pm	Bishan CC	\$28 (M) / \$40 (NM)



KERANA CINTA KEPADA MANGA JEPUN! FOR THE LOVE OF JAPANESE MANGA!

Ikut serta dan dapatkan inspirasi daripada seorang pakar melukis Manga, Encik Seiji Iwami, kartunis untuk Manga Times dan penerbitan-penerbitan yang berkaitan dengannya. Pada tahun 2000, artis berbakat ini telah melakarkan 2000 potret dalam masa 2 minggu. Jangan terlepas mendengar ceramah apresiasi dan demonstrasi daripadanya!

Join in and get inspired by expert Manga drawing artist Mr Seiji Iwami, a regular cartoonist for the Manga Times and its allied publications. In 2000, this talented Manga artist sketched 2000 portraits in just two weeks. Don't miss him in this exciting appreciation talk-cum-demonstration!



TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
10 Nov 2010 / Wed	7.30pm - 9.00pm	Geylang West CC	\$10 (M) / \$20 (NM)
20 Nov 2010 / Sat	2.30pm - 4.00pm	Nee Soon East CC	\$10 (M) / \$20 (NM)
27 Nov 2010 / Sat	2.00pm - 3.30pm	Tampines Changkat CC	\$10 (M) / \$20 (NM)
3 Dec 2010 / Fri	10.00am - 11.30am	Jalan Besar CC	\$10 (M) / \$20 (NM)
5 Dec 2010 / Sun	2.00 pm - 3.30 pm	Pek Kio CC	\$10 (M) / \$20 (NM)
13 Dec 2010 / Mon	10.00am - 11.30am	Yio Chu Kang CC	\$10 (M) / \$20 (NM)
15 Dec 2010 / Wed	7.30pm - 9.00pm	Tanglin CC	\$10 (M) / \$20 (NM)
17 Dec 2010 / Fri	10.00am - 11.30am	Fuchun CC	\$10 (M) / \$20 (NM)
18 Dec 2010 / Sat	10.00am -11.30am	Fengshan CC	\$10 (M) / \$20 (NM)
20 Dec 2010 / Mon	1.30pm - 3.00pm	Toa Payoh East CC	\$10 (M) / \$20 (NM)
27 Dec 2010 / Tue	10.00am-11.30am	Whampoa CC	\$10 (M) / \$20 (NM)

AYUH KE KOREA! LET'S GO TO KOREA!

Ceramah menarik ini bakal mengongsi tentang budaya-budaya yang terdapat di Korea. Anda akan mendapat panduan-panduan melancong yang berguna seperti: melancong ke Korea semasa keempat-empat musim, tempat beli-belah yang harus dikunjungi dan barang-barang yang harus dibeli dan juga pantang larang semasa melancong ke Korea.

This is an interesting travel talk that shares with you the culture of Korea. You will get travel tips e.g. visiting Korean and during the different 4 seasons, the shopping highlights, 'must-buys' and the taboos when visiting Korean homes.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
28 Nov 2010 / Sun	2.00pm - 4.00pm	Tanjong Pagar CC	\$20 (M) / \$25 (NM)



BENGKEL TARIAN RAKYAT JEPUN JAPANESE FOLK DANCE WORKSHOP

Kursus tahap permulaan ini menawarkan pemahaman asas bagi tarian rakyat Jepun dan mengajar pergerakan-pergerakan yang asas. Ia menekankan pergerakan asas tarian rakyat Jepun itu daripada variasi tarian tersebut.

The course at this elementary level offers you a basic understanding of Japanese Folk Dancing and teaches the fundamental movements that helps lay the foundation for beginners.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
28 Nov 2010 / Sun	2.00pm - 4.00pm	Mountbatten CC	\$20 (M) / \$25 (NM)
1 Dec 2010 / Wed	7.30pm - 9.30pm	Potong Pasir CC	\$20 (M) / \$25 (NM)
4 Dec 2010 / Sat	2.00pm - 4.00pm	Sengkang CC	\$20 (M) / \$25 (NM)
11 Dec 2010 / Sat	2.00pm - 4.00pm	Jalan Besar CC	\$20 (M) / \$25 (NM)

BELAJAR BERTUTUR BAHASA KOREA YANG MUDAH

LEARN TO SPEAK SIMPLE KOREAN LANGUAGE

Melalui kursus ini, para peserta Melayu dapat mempelajari ucapan-ucapan mudah dalam bahasa Korea.

The Malay participants can learn simple Korean greetings through this course.



TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
8 Nov 2010 / Mon	8.00pm - 10.00pm	Bukit Batok East CC	\$15 (M) / \$15 (NM)
14 Nov 2010 / Sun	7.00pm - 9.00pm	Admiral Garden CC	\$15 (M) / \$20 (NM)
12 & 19 Dec 2010 / Sun	2.00pm - 4.00pm	Fuchun CC	\$30 (M) / \$50 (NM)
8 & 15 Jan 2011 / Sat	7.00pm - 9.00pm	Yio Chu Kang CC	\$15 (M) / \$25 (NM)
20 & 27 Jan 2011 / Thu	7.30pm - 9.30pm	Bishan CC	\$20 (M) / \$32 (NM)

MENDENDANGKAN LAGU-LAGU DARIPADA DRAMA KOREA!

SING WITH KOREAN DRAMA!

Para peserta akan belajar mendendangkan lagu-lagu tema daripada drama-drama yang popular seperti 'Full House' dan 'Temptation of the Wife'. Para peserta akan belajar sebutan yang betul dan mengetahui maksud lirik lagu itu.

Participants will learn to sing 2 theme songs of the popular Korean dramas, 'Full House' and 'Temptation of the Wife'. Participants will learn the correct pronunciation and the meaning of the lyrics.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
23 Nov & 14 Dec 2010 / Tue	1.00pm - 4.00pm	Sengkang CC	\$20 (M) / \$25 (NM)

SIHAT SEJAHTERA & RASA HEBAT

GOOD HEALTH & GREAT FLAVOURS

SIRI SANTAPAN PAGI - MEMBUAT SANDWIC YANG MENYELERAKAN

THE BREAKFAST SERIES - YUMMY SANDWICH MAKING

Sesi ini akan memberikan variasi kepada santapan pagi anda apabila jurulatih menunjukkan cara-cara membuat sandwic yang menyelerakan dengan menggunakan bahan-bahan yang sihat seperti roti tepung gandum dan roti biji-bijian. Para peserta dapat meneroka pelbagai pilihan untuk membuat sandwic dan menambahkan variasi kepada pilihan sarapan mereka.

Jazz up your typical breakfast as you learn to make 2 different items. This session will bring more variety to the typical bread and butter breakfast as our trainer demonstrates the making of mouth-watering sandwiches using healthy ingredients like wholemeal and multigrain bread. Participants can explore healthier options to sandwich making and add variety to their existing breakfast options.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
26 Nov & 3 Dec 2010 / Fri	8.00pm - 10.00pm	Sengkang CC	\$20 (M) / \$25 (NM)
1 & 8 Dec 2010 / Wed	4.00pm - 6.00pm	Potong Pasir CC	\$20 (M) / \$25 (NM)
10 & 11 Dec 2010 / Fri & Sat	10.00am - 12.00pm	Jalan Besar CC	\$20 (M) / \$25 (NM) + \$8 - \$10 Ingredient Fee



SIRI SANTAPAN PAGI - MEMBUAT DONUT YANG SIHAT

THE BREAKFAST SERIES - HEALTHY DONUTS MAKING

Kedengarannya seperti mustahil? Donut juga ada yang sihat. Pelajarilah cara-cara untuk membuat donut yang lebih menyihatkan apabila jurulatih menunjukkan cara-cara memasaknya tanpa menjejaskan rasanya yang sedap. Sememangnya suatu alternatif kepada masakan yang bergoreng.

Sounds impossible? Donuts can be healthy too! Learn to make healthier donuts as our trainer demonstrates the art of baking them without compromising on the great taste. Definitely a less guilty alternative to its deep-fried cousin.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
6 Nov 2010 / Sat	2.00pm - 5.00pm	Bukit Batok East CC	\$15 (M) / \$15 (NM)
14 Nov 2010 / Sun	2.00pm - 5.00pm	Bishan North CC	\$12 (M) / \$17 (NM)
28 Nov 2010 / Sun	2.00pm - 5.00pm	Taman Jurong CC	\$12 (M) / \$15 (NM)
11 Dec 2010 / Sat	2.00pm - 5.00pm	Whampoa CC	\$15 (M) / \$20 (NM) +\$10 Ingredient Fee

UNTUK SI KECIL - MEMBUAT PIZA DAN COKELAT ROCKY ROAD (6 -12 TAHUN)

FOR THE KIDS- PIZZA MAKING & ROCKY ROAD CHOCOLATE (AGE 6 - 12)

Tercari-cari sesuatu sebagai ganjaran buat si kecil? Memikirkan sesuatu buat mereka pada hujung minggu? Bawalah anak-anak anda ke kursus ini di mana mereka dapat membuat sendiri piza dan coklat Rocky Road. Untuk kanak-kanak berumur 6 - 12 tahun.

Been looking to reward your little ones? Thinking of something your kids could do over the weekend? Treat your children to this hands-on baking course where they learn how to make their favourite pizza and rocky road chocolate. Suitable for children aged 6 - 12.



TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
11 Nov 2010 / Thu	2.00pm - 5.00pm	Toa Payoh West CC	\$12 (M) / \$15 (NM)
20 Nov 2010 / Sat	10.00am - 1.00pm	Yio Chu Kang CC	\$12 (M) / \$15 (NM)
21 Nov 2010 / Sun	3.00pm - 6.00pm	Bishan CC	\$12 (M) / \$24 (NM)
23 Nov 2010 / Tue	3.00pm - 6.00pm	Kaki Bukit CC	\$12 (M) / \$17 (NM)
24 Nov 2010 / Wed	10.00am - 1.00pm	Katong CC	\$12 (M) / \$15 (NM)
10 Dec 2010 / Fri	2.00pm - 5.00pm	Kallang CC	\$12 (M) / \$15 (NM)
28 Dec 2010 / Tue	10.00am - 1.00pm	Toa Payoh South CC	\$12 (M) / \$15 (NM)
8 Jan 2011 / Sat	2.00pm - 5.00pm	Ang Mo Kio CC	\$12 (M) / \$15 (NM) + \$8 Ingredient Fee

UNTUK SI KECIL - MEMBUAT TART COKELAT DAN BUAH-BUAHAN (6 -12 TAHUN)

FOR THE KIDS - FRUITS & CHOCOLATE TARTS MAKING (AGE 6 - 12)

Benarkan anak-anak anda membuat dan menikmati snek-snek yang dibuat sendiri! Sesi ini akan melibatkan cara-cara membuat tart coklat dan buah-buahan. Dengan menggalakkan anak-anak anda membuatnya sendiri, sudah pasti kursus ini dapat memberikan kepuasan kepada mereka. Bagi kanak-kanak yang berusia 6 - 12 tahun.

Let your children make their snacks and eat it too! This session will demonstrate the making of fruit and chocolate tarts. Encouraging the kids to take a hands-on approach, this course will be a definite treat for the young ones. Suitable for children aged 6 - 12.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
21 Nov 2010 / Sun	10.00am - 1.00pm	Toa Payoh South CC	\$12 (M) / \$15 (NM)
22 Nov 2010 / Mon	2.00pm - 5.00pm	Marsiling CC	\$12 (M) / \$15 (NM)
26 Nov 2010 / Fri	2.30pm - 5.30pm	Admiral Garden CC	\$12 (M) / \$15 (NM)
3 Dec 2010 / Fri	9.00am - 12.00pm	Bishan CC	\$15 (M) / \$27 (NM)
9 Dec 2010 / Thu	10.00am - 1.00pm	Bukit Batok East CC	\$12 (M) / \$15 (NM)
9 Dec 2010 / Thu	1.00pm - 4.00pm	Buona Vista CC	\$12 (M) / \$20 (NM)
12 Dec 2010 / Sun	2.00pm - 5.00pm	Hougang CC	\$12 (M) / \$15 (NM)
20 Dec 2010 / Mon	2.00pm - 5.00pm	Sembawang CC	\$12 (M) / \$15 (NM)
24 Dec 2010 / Fri	10.00am - 1.00pm	Toa Payoh East CC	\$12 (M) / \$24 (NM)
5 Feb 2011 / Sat	2.00pm - 5.00pm	Ang Mo Kio CC	\$12 (M) / \$15 (NM)
13 Mar 2011 / Sun	10.00am - 1.00pm	Yio Chu Kang CC	\$12 (M) / \$15 (NM)
19 Mar 2011 / Sat	2.00pm - 5.00pm	Kallang CC	\$12 (M) / \$15 (NM) +\$8 Ingredient Fee & \$5 Material Fee

UNTUK SI KECIL - MEMBUAT BISKUT BERHIAS GULA DAN CELUPAN COKELAT BUAH-BUAHAN (6 -12 TAHUN)

FOR THE KIDS - DECORATED SUGAR COOKIES & CHOCOLATE FRUIT DIPS (AGE 6 - 12)

Jikalau anak-anak anda suka makanan yang manis-manis, mereka pasti akan berasa puas dengan kursus ini. Selain seronok dapat membuat Biskut Berhias Gula dan Celupan Cokelat Buah-buahan mereka juga dapat menikmati snek-snek kegemaran mereka itu. Bagi kanak-kanak yang berusia 6 - 12 tahun.

If your child has a sweet tooth, then you can be sure that they will enjoy this course. With decorated sugar cookies and chocolate fruit dips on the repertoire, your children will be able to enjoy the hands-on experience and their favourite snacks. Suitable for children aged 6 - 12.



TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
12 Nov 2010 / Fri	2.00pm - 5.00pm	Toa Payoh West CC	\$12 (M) / \$15 (NM)
25 Nov 2010 / Thu	10.00am - 1.00pm	Katong CC	\$12 (M) / \$15 (NM)
25 Nov 2010 / Thu	3.00pm - 6.00pm	Kaki Bukit CC	\$12 (M) / \$17 (NM)
6 Dec 2010 / Mon	2.00pm - 5.00pm	Nanyang CC	\$12 (M) / \$22 (NM)
10 Dec 2010 / Fri	9.00am - 12.00pm	Bishan CC	\$15 (M) / \$27 (NM)
13 Dec 2010 / Mon	10.00am - 1.00pm	Tampines West CC	\$12 (M) / \$15 (NM)
14 Dec 2010 / Tue	2.00pm - 5.00pm	Buona Vista CC	\$12 (M) / \$20 (NM)
27 Dec 2010 / Mon	2.00pm - 5.00pm	Sembawang CC	\$12 (M) / \$15 (NM)
28 Dec 2010 / Tue	3.00pm - 6.00pm	Toa Payoh East CC	\$12 (M) / \$24 (NM)
29 Dec 2010 / Wed	10.00am - 1.00pm	Toa Payoh South CC	\$12 (M) / \$15 (NM)
5 Mar 2011 / Sat	2.00pm - 5.00pm	Ang Mo Kio CC	\$12 (M) / \$15 (NM)
17 Mar 2011 / Thu	2.00pm - 5.00pm	Kallang CC	\$12 (M) / \$15 (NM)
			+\$8 Ingredient Fee

MEMBUAT BAK CHANG NASI

MAKING RICE DUMPLINGS

Anda pasti dapat melihatnya tergantung di pasar, pusat makanan, gerai dan juga restoran. Namun anda tidak pernah dapat menyiapkan bak chang nasi ini kerana kerumitannya and cara-cara membuatnya mengelirukan. Dalam kursus ini anda akan mempelajari bagaimana menyediakan nasinya, jenis daun yang digunakan untuk membungkus serta pelbagai jenis bahan dan cara mengukusnya.

You see them hanging delectably at markets, hawker centres, food courts and restaurants. You can now try making the intricate-looking rice dumplings! In this course, you will learn how to prepare the rice, the type of leaves used to wrap the rice and various types of ingredients and the steaming methods that go with them.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
19 Nov 2010 / Fri	6.00pm - 8.00pm	Bukit Batok East CC	\$15 (M) / \$15 (NM)
20 Nov 2010 / Sat	10.00am - 1.00pm	Yio Chu Kang CC	\$12 (M) / \$15 (NM)
21 Nov 2010 / Sun	3.00pm - 6.00pm	Bishan CC	\$12 (M) / \$24 (NM)
23 Nov 2010 / Tue	3.00pm - 6.00pm	Kaki Bukit CC	\$12 (M) / \$17 (NM)
24 Nov 2010 / Wed	10.00am - 1.00pm	Katong CC	\$12 (M) / \$15 (NM)
28 Dec 2010 / Tue	10.00am - 1.00pm	Toa Payoh South CC	\$12 (M) / \$15 (NM)
8 Jan 2011 / Sat	2.00pm - 5.00pm	Ang Mo Kio CC	\$12 (M) / \$15 (NM)
9 Jan 2011 / Sun	2.00pm - 5.00pm	Ulu Pandan CC	\$10 (M) / \$15 (NM)
			+\$8 Ingredient Fee



BERANEKA LAPIS!

LAPIS GALORE!

Anda berkenan dengan kek berlapis dan berwarna-warni yang sentiasa dijual di pasar malam dan pada perayaan-perayaan. Pelajarilah resipi membuat dua jenis kek lapis iaitu Kek Lapis Milenium dan Kek Lapis 3-D daripada jurulatih-jurulatih dan pasti keluarga dan orang yang tersayang anda akan gembira memakannya.

Fancy the colourful layered cake that often appears in the night markets and in various festivals? Learn to make both the Lapis Millennium and the Lapis 3-D from our trainers and gain yourself a recipe to keep your guests and loved ones happy.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
21 Nov 2010 / Sun	4.00pm - 6.00pm	Admiral Garden CC	\$12 (M) / \$15 (NM)
28 Nov 2010 / Sun	2.00pm - 4.00pm	Bukit Batok East CC	\$15 (M) / \$15 (NM)
12 Jan 2011 / Wed	2.30pm - 5.30pm	Cairnhill CC	\$12 (M) / \$27 (NM)
9 Jan 2011 / Sun	2.00pm - 5.30pm	Ulu Pandan CC	\$10 (M) / \$15 (NM)
30 Jan 2011 / Sun	2.00pm - 5.30pm	Kallang CC	\$12 (M) / \$15 (NM)



**MANISAN-MANISAN DAN HIASAN
MAKANAN BUAT MAJLIS PERKAHWINAN
ORANG MELAYU**

MALAY WEDDING SWEET TREATS
AND FOOD DECORATION

Pelajarilah membuat manisan-manisan dan hiasan makanan bagi majlis perkahwinan orang Melayu.

Learn to make delicious Malay wedding sweet treats and food decoration.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
12, 19, 26 Nov & 3 Dec 2010 / Fri (4 sessions)	7.00pm - 10.00pm	Marsiling CC	\$60 (M) / \$65 (NM) + \$15 Material Fee

KESIHATAN & KESEJAHTERAAN KELUARGA FAMILY HEALTH & WELLNESS

BERSIHKAN MINDA DAN BADAN!

DETOX YOUR MIND AND BODY!

Ada yang menjaga kesihatan dengan bersenam, menjaga pemakanan dan melalui pengambilan suplemen. Ada pula yang cuba untuk menguruskan badan dengan pelbagai cara. Namun mereka gagal untuk menyedari bahawa badan kita sama seperti kereta yang memerlukan penyelenggaraan. Ianya dipanggil 'DETOX'. Butir-butir lanjut mengenai detox (pembersihan minda dan badan) akan diselongkar dalam topik ini iaitu tentang Apa, Mengapa dan Bagaimana...

Some people try to look after their health by eating good food, exercising and taking loads of supplements. Some have tried to lose weight through various means to no avail. However, they fail to realise that the body, like a car, needs regular maintenance. Its' internal cleansing called "DETOX". More details about 'DETOX' will be uncovered in this topic, The What, Why and How?

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
12 Jan 2011 / Wed	8.00pm - 9.00pm	Bishan CC	\$10 (M) / \$22 (NM)
15 Jan 2011 / Sat	2.00pm - 3.00pm	Pek Kio CC	\$5 (M) / \$15 (NM)



PANDUAN-PANDUAN BERGUNA MENDIDIK ANAK-ANAK

HOT TIPS ON PARENTING

Menjadi ibu bapa merupakan pengalaman berharga dalam kehidupan seseorang. Namun kini, menjadi ibu bapa adalah sesuatu yang amat mencabar. Daripada ibu bapa baru yang menghadapi cabaran semasa menukar lampin dan tidur yang tidak mencukupi hinggalah kepada mereka yang terpaksa bergelut dengan anak remaja, setiap ibu bapa tidak kira usia anaknya pasti akan berhasil mendidik dengan nasihat dan sokongan yang didapatkan daripada pakar. Dalam ceramah ini, penceramah akan mengongsi dengan para peserta tentang cara-cara praktikal yang dapat digunakan dalam membesarkan anak-anak mereka.

Parenting is one of the most rewarding journeys in life. Yet in today's culture, parenting has never been more challenging. From newly-minted parents dealing with diapers and sleepless nights to those wrestling with angsty teenagers, parents of children at every age would do well with trusted advice and support. Through this talk, Hot Tips on Parenting, the speaker will share with the participants on practical tools for raising children.



TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
13 Nov 2010 / Sat	2.00pm - 4.00pm	Eunos CC	\$3 (M) / \$4 (NM)
13 Nov 2010 / Sat	2.30pm - 4.30pm	Tanjong Pagar CC	\$2 (M) / \$5(NM)
27 Nov 2010 / Sat	2.00pm - 4.00pm	Fengshan CC	\$2 (M) / \$4 (NM)
14 Jan 2011 / Fri	7.30pm - 8.30pm	Fuchun CC	\$2 (M) / \$5 (NM)
20 Feb 2011 / Sun	1.00pm - 3.00pm	Taman Jurong CC	\$2 (M) / \$5 (NM)
5 Mar 2011 / Sat	1.00pm - 3.00pm	Clementi CC	\$2 (M) / \$3 (NM)
12 Mar 2011 / Sat	2.00pm - 4.00pm	Punggol Park CC	\$2 (M) / \$5 (NM)
12 Mar 2011 / Sat	2.00pm - 4.00pm	Sengkang CC	\$2 (M) / \$5 (NM)

MARI MEMBUAT SEN

LET'S MAKE CENTS

Ceramah ini akan membincangkan mengenai isu-isu pengurusan kewangan yang kritikal dalam rumah tangga.

This talk will cover the critical issues on financial management for married couples. Look forward to an informative session by our knowledgeable trainer.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
6 Nov 2010 / Sat	2.00pm - 4.00pm	Fengshan CC	\$2 (M) / \$4 (NM)
12 Nov 2010 / Fri	7.30pm - 9.30pm	Geylang West CC	\$2 (M) / \$5 (NM)
4 Dec 2010 / Sat	3.00pm - 5.00pm	Hong Kah North CC	\$2 (M) / \$3 (NM)
11 Dec 2010 / Sat	3.00pm - 5.00pm	Admiral Garden CC	\$2 (M) / \$5 (NM)
18 Dec 2010 / Sat	2.00pm - 4.00pm	Nee Soon East CC	\$2 (M) / \$5 (NM)



BERANI UNTUK MENDISIPLIN

DARE TO DISCIPLINE

Ceramah ini akan membincangkan mengenai isu-isu disiplin yang kritikal iaitu tentang keadilan, ketegasan dan keramahan.

This talk will cover the critical issues on discipline – fairness, firmness and friendliness.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
27 Nov 2010 / Sat	2.00pm - 4.00pm	Eunos CC	\$3 (M) / \$4 (NM)
4 Dec 2010 / Sat	2.00pm - 4.00pm	Punggol Park CC	\$2(M) / \$5 (NM)
11 Dec 2010 / Sat	2.00pm - 4.00pm	Fengshan CC	\$2 (M) / \$4 (NM)
15 Jan 2011 / Sat	3.00pm - 5.00pm	Hong Kah North CC	\$2 (M) / \$3 (NM)
19 Mar 2011 / Sat	1.00pm - 3.00pm	Clementi CC	\$2 (M) / \$3 (NM)

**MAKANAN BERKHASIAH BAGI OTAK
CERDAS HADAPI PEPERIKSAAN**

NUTRITION FOR EXAM-SMART BRAINS

Ujian dan peperiksaan memang sesuatu yang lumrah dalam kehidupan anak-anak dan tidak hairanlah jika ibu bapa ghairah tentang keputusan akademik anak-anak mereka. Dalam sesi ini, penceramah akan membincangkan mengenai sarapan pagi yang dapat meningkatkan daya kecerdasan otak dan minda anak-anak, panduan makanan berkhasiat untuk meningkatkan daya kecekapan dan juga langkah-langkah untuk membina kekebalan anak-anak menghadapi tekanan.

With school examinations and tests becoming a constant in our children's lives, it is expected that one would be anxious for their child's academic performance. During this session, our speaker will cover breakfast foods that boost brain power and your child's mind, nutrition tips to aid your child's alertness and steps to build your child's immunity in order to combat unnecessary stress.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
5 Dec 2010 / Sun	2.00pm - 3.00pm	Potong Pasir CC	\$18 (M) / \$25 (NM)
30 Oct 2010 / Sat	2.00pm - 3.00pm	Cairnhill CC	\$10(M) / \$15(NM)
8 Jan 2011 / Sat	2.00pm - 3.00pm	Pek Kio CC	\$5 (M) / \$15(NM)



PENJAGAAN KESIHATAN & KESEJAHTERAAN KEEP FIT & WELLNESS

**NSK ROBICS - KIOS KESIHATAN
CARA BARU!**

NSK ROBICS - NEW STYLE KIOSK FITNESS!

Kios Kesihatan Cara Baru (NSK) ialah cara aerobik baru yang telah memenangi anugerah dan didukung oleh Jakarta Health Fitness Federation. Berdasarkan musik antarabangsa (Hindi, Thai, Brazil dan banyak lagi), kumpulan kesihatan ini sesuai untuk setiap golongan tidak kira umur dan jantina. Setiap ahli dalam Kios Kesihatan Cara Baru akan diberikan Sijil Penghargaan setelah menyelesaikan sesi-sesinya. Tertakluk kepada syarat-syarat.

New Style Kiosk Fitness (NSK Fitness) is a new, award-winning style of aerobics with the support from the Jakarta Health Fitness Federation. Based on International music (Hindi, Thai, Brazilian and many others), this fitness group is fit for all, regardless of age group and gender. Members of New Style Kiosk will be given a Certificate of Appreciation after completing the session.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
4 Nov 2010 / Thu	8.00pm - 9.30pm	Taman Jurong CC	\$8 (M) / \$15 (NM)
4 Dec 2010 / Sat	1.00pm - 2.30pm	Hougang CC	\$8 (M) / \$12 (NM)
6 Dec 2010 / Mon	3.00pm - 4.30pm	Whampoa CC	\$8 (M) / \$15 (NM)

TAICHI UNTUK KESIHATAN (ARTHRITIS)

TAICHI FOR HEALTH (ARTHRITIS)

Kursus ini menggabungkan tradisional Taichi dengan pengetahuan moden Dr Paul Lam (pemimpin dunia dalam Taichi untuk Peningkatan Kesihatan) dan beberapa orang pengamal perubatan. Ianya mudah dipelajari dan baik untuk meningkatkan kesihatan dan kesejahteraan. Para peserta akan mempelajari 12 teknik gaya Taichi Yang dan Sun, memanaskan badan, menyejukkan badan dan langkah pencegahan yang membuat senaman ini selamat dilakukan. Kajian menunjukkan bahawa Taichi sebegini dapat meningkatkan kelenturan, mengurangkan kekejangan dan kesakitan berkaitan arthritis, membina kekuatan otot untuk menyokong dan melindungi sendi dan meningkatkan koordinasi dan keseimbangan fizikal dan mental.

Taichi for Health (Arthritis) combines traditional Taichi with the modern knowledge of Dr Paul Lam (world leader in Taichi for Health Improvement) and a team of medical practitioners. It is easy-to-learn and good for overall health improvement and wellness. Participants will learn a set of 12 forms derived from Yang and Sun style Taichi, warm-up, wind-down and special precautions, making this a safe exercise. Studies have shown that this form of Taichi helps to improve flexibility, reduce stiffness & pains associated with arthritis. It also help to build muscle strength to support and protect joints, and improve physical cum mental coordination and balance.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
14 Oct - 30 Dec 2010 /Thu	9.15am - 10.15am	Nee Soon East CC	\$42 (M) / \$48 (NM)
4 Dec 2010 - 12 Feb 2011 / Sat	6.00pm - 7.00pm	Punggol Park CC	\$42 (M) / \$52 (NM)
2 Jan - 3 Apr 2011 /Sun	5.00pm - 6.00pm	Bishan East Zone 5 RC	\$45 (M) / \$57 (NM)
3 Jan 2011 / Mon	8.00pm - 9.00pm	Hougang CC	\$45 (M) / \$50 (NM)
8 Jan 2011 / Sat	10.30am - 11.30am	Tanjong Pagar CC	\$50 (M) / \$55 (NM)
15 Jan - 9 Apr 2011 / Sat	7.00am - 8.00am	Bishan East Zone 5 RC	\$45 (M) / \$57 (NM)
16 Sep 2011 / Thu	8.00pm - 10.00pm	Mountbatten CC	\$35 (M) / \$40 (NM)



BERMAIN DENGAN KAWAN-KAWAN BOLA SEPAK AIDE (5 -14 TAHUN)

PLAY WITH AIDE'S SOCCER BUDDIES (AGE 5 - 14)

Adakah anda ingin memiliki bakat seperti pemain bola sepak negara? Adakah anda ingin mempunyai tipa minda seperti seorang jaguh? Kalau begitu, pastikan anda tidak terlepas peluang menyertai klinik bola sepak Aide Iskandar. Ayuh bersiap sedia untuk menyumbatkan gol bersama ikon bola sepak ini!

Do you want to have the skills of a National soccer player? Do you want to have the champion mindset? Then you must not miss Aide Iskandar's soccer clinics. Get set to score some goals with Singapore's soccer icon!

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
27 Nov 2010 / Sat	4.00pm - 6.00pm	Thomson CC	\$25 (M) / \$30 (NM)



B.A.T.H BLAST ANYONE? (PUNGGUNG, ABDOMEN, PERUT, PINGGUL)

B.A.T.H. BLAST ANYONE? (BUTTOCKS, ABS, TUMMY, HIPS)

“Spot reduction” dikatakan ialah proses bersenam yang tertumpu kepada bahagian-bahagian tertentu untuk mengurangkan bahagian itu. Di sini, penceramah akan mengongsi dan menunjukkan 2 jenis senaman yang dapat membantu bahagian-bahagian yang sering ingin dikurangkan oleh ramai.

“Spot reduction” is said to be the process of exercising a single area of the body, focusing to reduce that one spot. Here, a speaker will share and demonstrate 2 types of exercises that will tackle the main problem spots that people tend to want to reduce.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
6 Feb 2011 / Sun	2.00pm - 3.00pm	Ulu Pandan CC	\$5 (M) / \$15 (NM)



MULAKAN PERNIAGAAN DARI RUMAH SIRI II START A HOME-BASED BUSINESS SERIES II

BELAJAR UNTUK MEMBUAT TALI PAUT TELEFON BIMBIT SENDIRI

LEARN TO MAKE YOUR OWN HANDPHONE STRAPS

Semakin ramai yang mempunyai telefon bimbit yang sama lantas sukar untuk membezakannya. Namun, dengan tali paut telefon bimbit peribadi yang direka sendiri pasti memudahkan anda. Di sini, para peserta akan belajar membuat 3 jenis tali paut yang berbeza untuk digantung di telefon bimbit. Para peserta dikehendaki membawa sendiri gunting dan playar.

With most people having phones that look similar, it would be difficult to tell one from the other. However, a personal mobile phone strap would do the trick, especially one that is self-crafted. Here, participants will learn how to make three different types of straps to attach to your mobile phone, making an everyday gadget something to truly call your own. Participants are to provide their own pair of scissors and long-nose pliers.



TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
11 Nov 2010 / Thu	2.30pm - 5.30pm	Thomson CC	\$10 (M) / \$15 (NM)
7 Dec 2010 / Tue	9.30am - 12.30pm	Fengshan CC	\$15 (M) / \$25 (NM)
8 Dec 2010 / Wed	7.00pm - 10.00pm	Punggol Park CC	\$10 (M) / \$15 (NM)

SIRI PERKAHWINAN MELAYU - BUNGA DULANG I

MALAY WEDDING SERIES - BUNGA DULANG I

Belajar cara-cara untuk menghias dulang hantaran dengan menggunakan bunga-bunga, reben organza, manik-manik dan barang-barang hiasan yang lain.

Learn how to decorate *dulang hantaran* with flowers, organza ribbons, beads and other decorative items.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
11 Nov 2010 / Thu	2.30pm - 5.30pm	Thomson CC	\$10 (M) / \$15 (NM)
7 Dec 2010 / Tue	9.30am - 12.30pm	Fengshan CC	\$15 (M) / \$25 (NM)
8 Dec 2010 / Wed	7.00pm - 10.00pm	Punggol Park CC	\$10 (M) / \$15 (NM)

SIRI PERKAHWINAN MELAYU - BUNGA PAHA I

MALAY WEDDING SERIES - BUNGA PAHA I



Suatu kemestian di setiap pelamin, bunga paha membawa seri kepada majlis perkahwinan. Belajar bagaimana membuat bunga paha yang cantik. Anda mungkin sedang menuju ke alam perniagaan dari rumah setelah menghadiri kursus ini. Para peserta akan belajar 3 jenis corak yang baru.

A must in every wedding dais, *bunga paha* brings beauty to a wedding. Learn how to create beautiful *bunga paha*. You might be heading towards a successful home-based business. Participants will learn 3 new designs.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
23 Jan 2011 / Sun	3.00pm - 6.00pm	Fengshan CC	\$15 (M) / \$25 (NM)

SIRI AKSESORI RAMBUT - KLIP-KLIP RAMBUT YANG CANTIK

THE HAIR ACCESSORIES SERIES - LOVELY HAIR CLIPS

Buatlah rambut anda tampak lebih menawan dengan klip-klip rambut yang dibuat sendiri. Dengan menggunakan barang-barang seperti manik-manik, bunga-bunga dan reben, anda akan belajar membuat 3 jenis corak klip-klip rambut yang berbeza dan semuanya dengan sentuhan peribadi anda. Para peserta dikehendaki membawa sendiri gunting dan playar.

Give your hair that jazzy finish with the help of a couple of hair clips, especially those made by yourself. Using various trinkets like beads, flowers and ribbons, you will learn how to craft 3 different designs of hair clips, each with a touch of your personal taste. Participants are to bring along their own pair of scissors and long-nose pliers.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
27 Feb 2011 / Sun	3.00pm - 6.00pm	Fengshan CC	\$15 (M) / \$25 (NM)



MEMBUAT KOTAK FABRIK BATIK

BATIK FABRIC BOX MAKING

Belajar cara-cara untuk membuat kotak fabrik batik untuk perayaan-perayaan!

Learn how to make batik fabric boxes, perfect for festive occasions!

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
12 & 13 Jan 2011 / Wed & Thu	2.00pm - 5.00pm	Pek Kio CC	\$20 (M) / \$30 (NM)
16 & 23 Jan 2011 / Sun	10.00am - 1.00pm	Tanglin CC	\$10 (M) / \$15 (NM)
16 & 23 Jan 2011 / Sun	2.00pm - 5.00pm	Potong Pasir CC	\$20 (M) / \$30 (NM)
12 & 19 Feb 2011 / Sat	10.00am - 1.00pm	Yio Chu Kang CC	\$20 (M) / \$30 (NM) + \$22 - \$30 Material Fee



BERBELANJA & BELAJAR! - SEMUANYA MENGENAI MEMBELI BAHAN- BAHAN UNTUK MEMBUAT LANGSIR

SHOP & LEARN! - ALL ABOUT THE BUYING OF MATERIALS FOR MAKING OF CURTAINS

Para peserta akan belajar untuk mendapatkan bahan-bahan yang sesuai untuk dijadikan langsir atau kusyen. Panduan berguna juga akan diberikan tentang apakah peralatan yang sesuai untuk dibeli bagi menjahit langsir atau kusyen.

Participants will learn about the suitable materials to purchase for the sewing of curtains or cushions. Tips will be provided on buying the right equipment for sewing either curtains or cushions.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
7, 14, 28 Nov & 5, 12 Dec 2010 / Sun	11.00am - 1.00pm	Kreta Ayer CC	\$55 (M) / \$65 (NM)
6, 13, 20, 27 Jan & 3rd Feb 2011 / Thu	7.30pm - 9.30pm	Tampines West CC	\$55 (M) / \$65 (NM)



MEMBUAT SMOKING KUSYEN

SMOCK CUSHION MAKING

Para peserta akan belajar membuat pelbagai jenis corak smoking kusyen (perhiasan pada pakaian dengan mengedutkan kain) dengan menggunakan manik-manik dan reben.

Participants will learn to make different designs of smock cushions using beads and ribbons.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
6, 13, 20 & 27 Nov 2010 / Sat	4.00pm - 6.00pm	Bishan East Zone 3 RC	\$65 (M) / \$77 (NM)
25 Nov & 2, 9, 16 Dec 2010 / Thu	6.30pm - 8.30pm	Bishan East Zone 2 RC	\$65 (M) / \$77 (NM)
4, 11, 18 Dec 2010 & 8 Jan 2011 / Mon	11.00am - 1.00pm	Kreta Ayer CC	\$50 (M) / \$60 (NM)
11, 18 Dec 2010 & 8, 15 Jan 2011 / Sat	4.00pm - 6.00pm	Bishan East Zone 6 RC	\$65 (M) / \$77 (NM)
5, 12, 19 & 26 Jan 2011 / Wed	7.30pm - 9.30pm	Bishan CC	\$60 (M) / \$72 (NM)
10, 17, 24, 31 Jan 2011 / Mon	7.30pm - 9.30pm	Tampines West CC	\$50 (M) / \$60 (NM)
6, 13, 20 & 27 Jan 2011 / Wed	7.30pm - 9.30pm	Tanglin CC	\$60 (M) / \$75 (NM)
19, 26 Feb & 5, 12 Mar 2011 / Sat	4.00pm - 6.00pm	Potong Pasir CC	\$60 (M) / \$70 (NM) + \$5 - \$10 Material Fee



MEMBUAT BUNGA KREP UNTUK KANAK-KANAK (6 -12 TAHUN)

CREPE FLOWER MAKING FOR CHILDREN (AGE 6 - 12 YRS OLD)

Para peserta akan mempelajari membuat 2 jenis bunga krep bagi setiap sesi.

Participants will make 2 types of flowers for each session.

TARIKH / HARI DATE / DAY	MASA TIME	KELAB MASYARAKAT COMMUNITY CLUB	BAYARAN FEES
6 Dec 2010 / Sat	2.00pm - 4.00pm	Toa Payoh West CC	\$10 (M) / \$15 (NM)
14 Dec 2010 / Tue	9.30am - 12.30pm	Fengshan CC	\$15 (M) / \$25 (NM) + \$10 Material Fee



BERMINAT UNTUK MENJADI JURULATIH DI PA!

JOIN US AS A PA TRAINER!

Persatuan Rakyat (People's Association) mengambil pengendali dan jurulatih yang boleh menyediakan dan mengendalikan kursus-kursus yang berkualiti di Kelab-kelab Masyarakat (CC) dan Kelab-kelab Penduduk (RC).

Adakah anda mempunyai bakat-bakat terpendam yang ingin disampaikan dan dikongsi bersama penduduk yang lain? Adakah anda berasa bangga dengan perkara-perkara yang anda lakukan dan ingin mengongsinya dengan semua? Ayuh ikut bersama menjadi jurulatih di PA!

Anda akan berpeluang membuat kawan, merapatkan lagi hubungan dengan jiran dan berseronok melakukan perkara-perkara yang anda gemari bersama-sama. Lantas, tunggu apa lagi? Sila hantarkan e-mel kepada PA_Lifeskills_Lifestyle@pa.gov.sg dan nyatakan "CK – Application to be a PA Trainer" iaitu "CK – Aplikasi untuk menjadi jurulatih PA" sebagai subjeknya.

The People's Association (PA) engages trainers and operators to provide and conduct quality market courses at the Community Clubs (CCs) and Resident Committee (RC) Centres.

Do you have a set of skills which you wish to impart to your fellow community? Do you take pride in what you do and have the PAssion to share it with the community? Are you keen to facilitate community bonding through lifestyle-inspired workshops? If so, come join us as a PA Trainer!

You will get to make friends, bond with residents and relish the satisfaction of being part of this community learning initiative. Simply email PA_Lifeskills_Lifestyle@pa.gov.sg and state "CK – Application to be a PA Trainer" as your subject.

KELAB MASYARAKAT COMMUNITY CLUBS

Admiral Garden CC	6366 2218	Hwi Yoh CC	6484 0338	Sengkang CC	6312 5400
Ang Mo Kio CC	6452 9644	Jalan Besar CC	6298 6110	Taman Jurong CC	6265 1711
Bishan CC	6259 4720	Jurong Spring CC	6569 0484	Tampines Changkat CC	6781 1806
Bishan North CC	6451 5955	Kaki Bukit CC	6445 4223	Tampines West CC	6783 7910
Bishan Zone 2, 3 & 5 RC	6259 4720	Kallang CC	6298 4582	Tanglin CC	6251 3922
Bukit Batok East	6565 9330	Katong CC	6345 8258	Tanjong Pagar CC	6221 9898
Buona Vista CC	6778 5163	Kreta Ayer CC	6222 3597	Teck Ghee CC	6456 7123
Cairnhill CC	6737 9537	Marsiling CC	6269 6768	Thomson CC	6251 6344
Clementi CC	6778 1950	Mountbatten CC	6344 7387	Toa Payoh East CC	6256 7601
Eunos CC	6448 6971	Nanyang CC	6791 0395	Toa Payoh South CC	6259 6602
Fuchun CC	6365 6911	Nee Soon East CC	6257 0446	Toa Payoh West CC	6353 0577
Fengshan CC	6449 5136	Pek Kio CC	6299 0565	Ulu Pandan CC	6463 7333
Geylang West CC	6748 3024	Potong Pasir CC	6280 1182	Whampoa CC	6254 7060
Hong Kah North CC	6567 3130	Punggol Park CC	6387 3036	Yio Chu Kang CC	6457 0414
Hougang CC	6282 8887	Sembawang CC	6758 4183		

Daftar secara mudah melalui <http://one.pa.gov.sg>

Pemegang Kad PAssion akan diberikan diskaun • Dapatkan maklumat terkini mengenai kursus-kursus baru dengan mendaftarkan diri anda untuk e-Newsletter di <http://www.pa.gov.sg/lifeskillslifestyle>

Segala maklumat adalah benar di masa cetakan

Enjoy the convenience of signing and paying for courses online at <http://one.pa.gov.sg>

PAssion card holders are entitled to course discounts • Sign up for the free e-News on exclusive promotions, courses and events at <http://www.pa.gov.sg/lifeskillslifestyle>

Information correct at time of print

Enjoy the convenience of signing up and paying for our courses online at <http://one.pa.gov.sg>

Search under keywords "Citarasa Kini".

PAssion card holders are entitled to course discounts.

To provide a truly delightful course experience for our customers, PA gathers customer feedback on an ongoing basis. We have commissioned XpressWorks Pte Ltd, an independent research agency, to conduct random telephone surveys. Your participation would be greatly appreciated.

Services by Lifeskills and Lifestyle Division, People's Association:

Cultureshiok

The best of arts groups at Community Clubs - engage a group, join a group or enjoy year-round performances at <http://www.cultureshiok.pa.gov.sg/>

Quality Courses @ CCs

Sign up for new Modern Living and Citarasa Kini courses at <http://one.pa.gov.sg/>

PAassion for Living & Learning e-Newsletter

Subscribe to the e-News on courses, events and exclusive promotions at <http://www.lifeskillslifestyle.org.sg>

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To achieve the mission of the People's Association (PA) in building and bridging communities to achieve one people, one Singapore, we initiate and offer a wide range of programmes and services to cater to the needs and interests of Singaporeans from all walks of life.

For more information about PA, please visit www.pa.gov.sg