

MEETING NEEDS, TRANSFORMING COMMUNITIES

seed

ISSUE 15

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Harvest Care Centre

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LOVE OUR COMMUNITY

Senior citizens share what they learn and pay it forward

社区服务

好朋友俱乐部 - 与他人分享, 向前迈进



SPARKS

Working with parents to impart values

学生托管中心

与父母协力传递正面价值观



seed

ISSUE 15

seed is a bi-annual publication of Harvest Care Centre (HCC). SEED depicts an organisation that is young and alive. We care for the needs of our community and carry a vision of making a difference in our community. We nurture our pillars and volunteers to make that happen.

seed will walk you through our past and upcoming events. If you are keen to join us or be a part of us., do contact us.

seed是丰收关怀中心的6月刊。它代表了不止一间年轻的机构，也象征了我们的活力！我们关心社区的需求，并努力为我们的社区做出贡献。因此，我们也不断的在培养我们的支柱和义工团队们要做到这一点。秉着这信念，我们关怀我们社区里的活动和愿意出一份力来改善社区。

通过**seed**您将会更清楚的了解我们的过去和即将到来的活动。若你有兴趣参加我们的义工队伍，请与我们联系。

For information on our services, contact us:

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OUR MOTTO

Meeting Needs, Transforming Communities

OUR MISSION

We dedicate ourselves to transforming communities by meeting the needs of individuals and families through providing relevant services.

OUR VISION

We are committed to establishing a broad base of services to reach various needs in communities both locally and overseas.

ABOUT US

Harvest Care Centre is a non-profit organisation officially registered with the Registry of Societies since 18 March 2005. Facing the growing needs of youth, families and the elderly in our society, we want to play our part in actively reaching out to these various needs. Therefore, we dedicate ourselves to transforming communities by meeting the needs of individuals and families of all races and religions.

Our range of services include counselling, student care centre, youth works, tuition programme, elderly programmes and school-based programmes.

我们的宗旨

提供帮助, 转变社区

我们的使命

我们致力于转变我们的社区, 并提供相关的服务, 以满足个人和家庭的需求。

我们的远见

丰收致力于建立一个基础广泛的服务, 以满足海内外不同社区的需求。

关于我们

丰收关怀中心是一个非营利性质的机构, 于2005年3月18日正式注册在‘社会注册协会’。在青年人, 家庭和老年人的需求渐增的社会趋势下, 我们渴望成为做出贡献的一份子来给予帮助。所以, 我们献身于转变我们的社区, 这是通过为来自不同种族和宗教的个人和家庭提供必要的帮助。

我们的服务包括辅导, 学生服务, 青少年工作, 补习班课程, 乐龄活动和学校活动。

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President's Message


主席公告



Even as the Singapore society ages, senior citizens can continue to contribute and have fun while doing so. In line with the Government's push for active ageing, Harvest Care Centre (HCC) has been promoting senior volunteerism and giving the elderly opportunities to reach out to their peers and "pay it forward".

It has been heartening to see our group of close to 20 senior volunteers share about what they learnt from their activities with frail elderly living in the less affluent Circuit Road district. Many volunteers said they feel a deep sense of fulfillment. They are so dedicated and faithful in offering their time and help; some of them have been doing this for the past three years! Indeed, age is just a number.

Besides the elderly, HCC's beneficiaries include youth, children and families. And it has been an eventful first quarter of the year for us. In March for instance, HCC's SPARKS Student Care Centre organised a workshop to help parents teach their children positive values through interactive sessions and role play. HCC also conducted a student leadership workshop for student leaders from Serangoon Secondary School, and expanded W.A.D! Club's basketball team to include a new junior team with players aged 12 and below.


Seeing our programmes grow in reach and impact is exciting. Yet, all these would not be possible without the help of our volunteers, sponsors and programme partners for their support. Thank you for enabling us to continue to bless our community. 

Reverend Bernard Foo
President
Harvest Care Centre

新加坡社会虽正在逐渐老龄化，但是年长者仍然可以继续为社会做出贡献并享受其过程中的乐趣。根据政府推动积极老龄化的趋势，丰收关怀中心（HCC）也一直在推广年长者的志愿服务，让这些年长者有机会支持同龄人，将爱传授出去。

今年，有近20名年长的志愿者参与为住在循环路社区的较贫困和体弱的年长者举办的活动。能够听到他们分享自己在活动中所学习到的东西真的令人感到欣慰。许多的志愿者都表示他们有一种有很深的满足感。志愿者非常热诚地给予他们的时间和帮助；其中一些志愿者已经连续参与这些项目三年了！的确，年龄只是一个数字。

除了年长者，HCC的受益者还包括青少年，儿童及其家庭。今年的前3个月我们举办了许多丰富多彩的活动。在3月份，HCC的SPARKS学生托管中心组织了一个家长工作坊，透过体验式学习和角色扮演帮助家长教育孩子正面价值观。HCC也为来自实龙岗中学的学生领袖开展了学生领导研讨会，并且还扩大了W.A.D! 俱乐部的篮球队，组成了一支年龄12岁及以下球员的新青少年队伍。

看见项目的扩展及影响力令人兴奋。然而，若没有志愿者的帮助以及赞助商和项目伙伴的支持，是不可能有此果效。感谢您让我们有能力继续为社区努力及献上祝福。 

符照修
主席
丰收关怀中心

Love Our Community



O' Frenz Club - Senior citizens share what they learn and pay it forward

In March 2018, O' Frenz Club conducted a creative craft workshop for 26 senior citizens. A regular volunteer at the club taught them to fold hand towels into the shapes of a rabbit, a dog and a bear. That session did not end there -- five participants paid it forward by volunteering to share what they learnt with a group of beneficiaries - mostly frail elderly folk who live alone in rental flats -- later that month.

Like many senior volunteers, Madam Sit Leng Leng initially believed she had nothing to offer to society. But after joining O' Frenz Club -- Harvest Care Centre's group that engages seniors in active aging and volunteerism -- she gained new skills from the workshops conducted and paid it forward by sharing those skills with others. "There is a sense of fulfilment when I see a smile on the faces of these beneficiaries. When they are happy, I am happy!" she said.





Today, O 'Frenz Club has about 55 members who participate in various activities such as weekly line dance, weekly karaoke and weekly brisk walks. Health and creative craft workshops are also conducted for members to build on their knowledge and acquire new skills. The club then offers opportunities for these volunteers to pay it forward and serve the community. For example,

these volunteers gather every Saturday to distribute bread to low-income families in Circuit Road. In addition, they stay connected with the beneficiaries through regular calls and house visits. Many volunteers have also stepped up to conduct "love in action" programmes, where active seniors have volunteer opportunities to make a difference and serve the community. S



SENIOR PROGRAMME:

Weekly Line Dancing : Every Tuesday and Thursday 9.00am - 10.30am

Weekly Karaoke : Every Tuesday and Thursday 9.00am - 12.00pm

Monthly Senior Volunteering Programme (Love In Action) :

Last Tuesday of the month 9.00am - 11.00am

Weekly Briskwalk : Every Saturday 7.30am - 9.00am

For more information, please contact us at 6494 2793 or email us at community@harvestcare.org.sg

SPARKS Student Care



Working with parents to impart values

How does someone impart positive character values to a child, and do so in a fun way that children would enjoy? In March 2018, the SPARKS Student Care Centre at HCC organised a workshop to help parents teach their children positive values through interactive sessions and role play. The centre engaged family life educators Halbert and Bong Louis to conduct the workshop.

For instance, an activity that required participants to assemble a jigsaw puzzle together conveyed the message that just like jigsaw pieces, every family member is important and should be accepted by others for the family to be complete and whole. Another activity helped to promote patience, when participants had to count the number of creatures “under the sea”.

Teachers from SPARKS Student Care Centre said: “We decided to have games and activities, so as to better engage parents and children. A long lecture would not be as effective, especially for the children.”



Mrs Carolyn Bernales, a parent who took part in the workshop, said: “The workshop has reminded parents to be more mindful of our actions because children learn from what they see from us.”

SPARKS believes that nurturing a child requires the effort of everyone in the child’s circle of influence. Thus, it has been working more closely with parents, as well as school counsellors and social workers, to understand the behavioural and academic development needs of children.

From 2018, SPARKS started holding parent-teacher conferences twice a year so there is more interaction with parents. This helps both the centre and parents better understand the children’s needs and progress. **S**

For more information, please contact us at 6494 2797, email us at studentcare@harvestcare.org.sg or visit our website at <http://sparkstudentcare.com/>

W.A.D! Club



Extending sports programmes to young juniors


Training alongside the basketball big boys since September 2017 is the newly formed team W.A.D! Hoops Juniors, consisting of six players aged 12 and below.

Like other sports teams under W.A.D! Club, W.A.D! Hoops Juniors was formed to engage young people in the community and inspire them to discover and develop their fullest potential through weekly training sessions.

Volunteer coaches aged 18 to 24 from the senior basketball team have been facilitating the sessions. As members of the juniors' team learn proper techniques of the sport, they also practise teamwork and resilience, and learn the importance of personal discipline and responsible decision making.

Chong Jiahao, a member in the juniors' team, said: "I like going to training because the coaches are friendly, and I like to do layups. I learn how to dribble the ball and pass my opponents."

W.A.D! Club adopts a holistic approach and aims to mould successful athletes, improving both their sports skills and their character. It also has junior teams for basketball and tchoukball, and other programmes such as sports clinics for pool and soccer.

W.A.D! Club sees about 32 members turning up weekly across all sports teams - in basketball, pool, soccer, and tchoukball. 

The various sports training dates are:

W.A.D! Hoops - Seniors (Sun, 3:30pm - 6pm, HCC)

W.A.D! Hoops - Juniors (Fri, 5pm - 6.30pm, HCC)

W.A.D! Shot (Sun, 3pm - 6pm, HCC)

W.A.D! Tchouk - Seniors (Sat, 9.30pm - 12pm, HCC)

W.A.D! Tchouk - Juniors (Thur, 4:30pm - 6pm, HCC)

W.A.D! Le (Sun, 3pm - 5pm, T-Net Macpherson)

For more information, please contact us at 64942794 or visit us at <http://wadclub.org/>



Volunteering



Holistic Development through Volunteerism


Volunteers, by definition, are people who help without expecting any monetary reward in return. For Ng Yan Lun, 23, he went beyond the “requirement” of volunteers of the en’Rich tuition programme - giving tuition for two hours each week, instead of 1.5 hours each week, to students who needed more help.

Since January 2016, he has been volunteering with this programme, which was started by Harvest Care Centre to help primary and secondary school students who come from low-income families. He is one of 10 volunteers from Singapore Management University providing tuition to 14 students.

In 2017, he taught Mathematics for Primary 6 and Secondary 1 students, and has continued doing so, beyond his mandatory community service of 80 hours as he has grown attached to the students. Many of them have had better academic results. One of his students even got

promoted from the Normal (Technical) to the Normal (Academic) stream.

Besides helping students, he has also participated in volunteer training for tutors.

Yan Lun said: “While I sometimes have to handle other commitments, I want to hold extra lessons for these students as they need more help in scoring well in the various subjects. I have felt an indescribable joy as I tutor these students and I will continue to help them until I leave for my exchange programme.” 



For more information, please contact us at 6494 2794 or email to us at volunteer@harvestcare.org.sg

School Programme 学校节目




Developing Exemplary Leaders

To empower students to be leaders who can influence and impact others positively, HCC conducted a student leadership workshop in March 2018 with about 150 student leaders from Serangoon Secondary School. The participants included CCA leaders, class leaders and prefects.

They did a self-assessment exercise which helped them identify what leadership practices they practised, took part in activities where they learnt about the values of a leader. They also researched on well-known global leaders such as Gandhi and Mr Lee Kuan Yew, so they could learn leadership skills from them.

Charel Tan, 13, and Samantha Ha, 15, were two of the students who took part. Charel said: "I've learnt that being a leader is not a position or a title but it's a choice. As a leader, we shouldn't use our power to boss people around. Instead, we must lead others positively."


Samantha added: "I realised that positions and power aren't everything. Many successful leaders were ordinary people like me. I will start to live up to my defining values so that I can become a better leader."

To enforce what the students learnt from the workshop, HCC will conduct a second session with these leaders in May 2018. HCC also organises other school programmes such as the Academic Resilience programme, which teaches students study skills, and Rainbows programme, which supports grieving children who lost their parents at a young age. 

For more information, please contact us at 6494 2780 or email us at enquiry@harvestcare.org.sg

培养模范领袖

为栽培学生成为有影响力并能正面影响他人的领导者，HCC于2018年3月举办了学生领导研讨会。这个研讨会约有150名来自实龙岗中学的学生领袖前来参加；这些参加者包括各个课外活动的学生领袖，班长，以及学生会的领袖。这些参与的学生在研讨会中进行自我评估，来帮助他们更深了解自己常用的领导技巧及作法，并透过各项活动了解领导者所需要的素质。学生也对甘地和李光耀等全球知名领导人进行研究及分析，学习他们的领导技巧。

此研讨会参与的学生包括13岁的Charel Tan和15岁的Samantha Ha。Charel说：“我了解到成为一名领导者不是一个职位或一个头衔，而是一种选择。作为一名领导者，我们不应该使用我们的权利来使唤周围的人，相反的，我们必须积极正面引导他人。”Samantha也说：“我意识到职位和权力并不是一切，许多成功的领导者都是像我这样的普通人，我要开始实现自己的信念，成为更好的领导者。”为加强学生们从研讨会中得到的收获及学习，HCC将于2018年5月与这些学生领袖进行第二轮的研讨会议。HCC也有开展其他学校项目，例如学术方面的项目来教导学生学习技巧，以及彩虹计划，为那些失去父母的儿童提供支持。 

您若有兴趣想查询关于这项节目，请拨打6494 2780与我们联系，或电邮到enquiry@harvestcare.org.sg

Briskwalk CNY Celebration



Briskwalk Outing to Sungei Buloh



Snapshots 快照

Chinese New Year Celebration



Flower Arrangement class



One day educational tour



年长者一 好朋友俱乐部



好朋友俱乐部 - 与他人分享， 向前迈进

今年三月，好朋友俱乐部举办了一个创意工艺制作工作坊给约26名年长者。俱乐部的志愿者教导他们将手巾折叠成兔子，狗和熊的形状。从中五位参与者通过志愿服务将他们所学分享给一群受益者。这些受益者多数是生活在出租单位中的独居年长者。

像许多年长志愿者一样，Sit Leng Leng女士起初也认为她没有什么可以贡献给社会的。但是在加入好朋友俱乐部之后 - HCC为了让老年人积极参与老龄化和志愿服务所创立的俱乐部 - 她从这些工作坊中学会了许多新技能，并通过与其他人分享这些技能来向前迈进。她说：“当我看到这些受益人的脸上露出一丝笑容时，就有了一种满足感。当他们快乐，我也很高兴！”。





今天，好朋友俱乐部有大约55名成员来参加各种活动，如每周的排舞，卡拉OK和竞走活动。该中心还会为会员举办健康和创意工艺工作坊，以建立他们的知识并掌握新的技能。在这之后，这些志愿者也会有机会让他们将所学到的技能回馈社区。例如，这些志愿者每周六聚集一次，给住在环路中的低收入家庭分发面包。此外，他们也通过定期电话通话和家访来与受益人保持联系。许多志愿者也愿意参与“爱在行动”计划，给这些长者机会来为这个社区服务。 S



乐龄活动:

每周排舞：每星期二，四，上午9点到10点半

每周卡拉OK：每星期二，四，上午9点到12点

每月“爱在行动”：每个月的最后一个星期二，上午9点到11点

每周竞走：每个星期六，上午7点半到9点

您若有兴趣想查询关于这项活动，请拨打64942793与我们联系，或电邮到community@harvestcare.org.sg

学生托管中心




与父母协力传递正面价值观

我们能够如何为孩子传递正面的品格价值观，并使用有趣味的方式让孩子们享受这过程？2018年3月，HCC的SPARKS学生托管中心组织了一个这样的工作坊，通过互动学习及角色扮演的方式帮助家长学习如何教导孩子正面的价值观。该中心也邀请了家庭生活教育工作者Halbert以及Bong Louis为工作坊担任讲师。

例如，工作坊中的其中一个体验式活动透过要求参与者拼凑拼图传达每个家庭成员都很重要并需要被接纳的信息。像拼图一样，我们需要每一个家庭成员才能凑成一个完整无缺的家庭。透过另一个活动，参加者需要数算海底世界里的海洋生物来提升他们的耐心。

学生托管中心的老师都表示：“我们决定开展游戏和活动以便提高父母和孩子的参与度和积极性，长时间讲座的效果不会那么好，特别是对于孩子们来说。”参加工作坊的家长Carolyn Bernales女士说：“工作坊提醒家长们更加关注我们自身的行为，因为孩子们会从我们身上所看到的从中学习。”

SPARKS相信培育一个孩子需要孩子生活圈子里每一个人的努力。因此，SPARKS的老师会与父母，学校辅导员以及社会工作者密切合作，多方面了解儿童的行为和学业发展需求。

从2018年起，与以往不同，SPARKS将会每年举行两次家长会来跟家长们有更多的沟通。这有助于中心和家长们更好地了解孩子的需要和学习进展。 



您若有兴趣想查询关于学生学生托管服务，请拨打64942797，电邮到studentcare@harvestcare.org.sg或游览我们的网站<http://sparksstudentcare.com/>

青少年俱乐部



将体育项目延伸至年幼的青少年

W.A.D! Hoops Junior是由6名12岁以下的球员组成。他们从2017年9月开始便一直与学长们一起进行篮球训练。

与其他的W.A.D运动团队一样，W.A.D! Hoops Junior成立的目的是为吸引更多社区里的青少年参与，并透过每周的篮球训练让他们发觉并且激发自身的潜力。

这些篮球训练的教练是来自青年篮球团队18到24岁的志愿者。成员们透过训练学习正确的篮球技巧，培养团队精神与不轻易放弃，并且了解个人纪律和负责任的决策的重要性。

少年队的成员Chong Jiahao说：“我喜欢去训练，因为教练很友善。我也喜欢那些篮球技巧训练。我学会了如何应付我的对手以及如何运球。”



W.A.D! 俱乐部采取全面的方式塑造成功的运动员，提高他们的运动技能及培养良好品格。俱乐部也有篮球和巧固球的初级队以及其他项目，例如台球以及足球运动作坊等。

W.A.D! 俱乐部目前每周会有32名运动员出席各种运动项目；其中包括篮球，台球，足球和巧固球。 **S**

体育训练时间：

W.A.D! Hoops - Seniors (星期天, 下午3点半到六点, HCC)

W.A.D! Hoops - Juniors (星期五, 下午5点到6点半, HCC)

W.A.D! Shot (星期天, 下午3点到六点, HCC)

W.A.D! Tchouk - Seniors (星期六, 早上9点半到中午12点HCC)

W.A.D! Tchouk - Juniors (星期四, 下午4点半到6点, HCC)

W.A.D! Le (星期天, 下午3点到5点, T-Net Macpherson)

您若有兴趣想查询关于这项活动，请拨打6494 2794与我们联系，或游览我们的网站<http://wadclub.org/>

志愿服务



透过志愿者服务达到全面发展


志愿者是自愿参与无金钱奖励或报酬的公益性工作的人士。今年23岁的 Ng Yan Lun是en' Rich功课辅助项目的一名志愿者帮助学生们总是尽心尽力,付出比别人期望中还要多 - 原计划一小时半的功课辅导, Yan Lun却经常为一些有需要的学生提供两小时的功课辅导服务。

自2016年1月起, Yan Lun一直以志愿者的身份支持由丰收关怀中心为帮助低收入家庭的中小學生所开办的功课辅助项目。他是新加坡管理大学十名志愿者之一,为14名学生提供功课辅助服务。



2017年, 他为小学六年级和中学一年级的学生提供数学功课辅助, 并在完成学校所规定的80小时强制性社区服务后, 因与学生建立了良好关系, 所以继续参与项目。他所教导的学生中许多都在学业成绩上有明显进步, 而其中一名学生甚至从普通(技术)班升级到普通(学术)班。

除了帮助学生, 他还参加了功课辅助项目的志愿者培训。

Yan Lun说:“虽然我有时需要处理其他的活动和事项, 我还是希望为这些学生提供额外的功课辅助, 因为学生需要更多的帮助才能在各个科目中取得好成绩。当我在辅助这些学生时, 我感到难以形容的喜悦, 我会继续帮助他们直到我需要离开去学习交流项目为止。” 

您若有兴趣想查询关于这项活动, 请拨打6494 2794与我们联系, 或电邮到 volunteer@harvestcare.org.sg



SATURDAY 7 July 2018



BADMINTON

Singapore
Badminton
Hub

8AM

6 Players
(Min 4 to
register)

Mixed U17
\$80

Mixed U21
\$90

Mixed Open
\$110



POOL

King's Pool

9AM

3 Players
(Min 3 to
register)

Mixed U30
\$80



SOCCER

MOE Evans

12PM

8 Players
(Min 5 to
register)

Men's U17
\$110

Men's U21
\$130

Men's Open
\$160

Women's
Open
\$160



BASKETBALL

MOE Evans

12PM

4 Players
(Min 3 to
register)

Men's U17
\$60

Men's U21
\$75

Men's Open
\$85

Women's
Open
\$85



TCHOUKBALL

MOE Evans

12PM

10 Players
(Min 7 to
register)

Men's U18
\$140

Men's Open
\$160

Women's
Open
\$160

Join us for a day of friendly sporting rivalry!
Be sure to check out and participate in our disability sports segment this year!

#DREAMITBIGGER

SIGN UP NOW AT
www.wadclub.org/romp

ORGANISED BY:



PARTNER:



FOR ENQUIRIES OR LATEST NEWS AND UPDATES:

SCHOOL BASED PROGRAMMES

SCHOOL

Designed for the purpose of character building, students build a healthy sense of self-confidence and socio-emotional competences.

Our programmes include Sports Engagement, Time-Out and Smoking-Cessation.



EXPERIENTIAL LEARNING

Heritage Tour

Going beyond our own ethnic culture and having a wider perspective and understanding of cultures around us. This programme broadens students' perspective and helps students to better appreciate diversity.

LEADERSHIP TRAINING

Servant Leadership Training / Camp

Our leadership training programme focuses on raising leaders with the heart to serve and lead. Through various experiential activities and by placing student in challenging situations, students develop positive attitudes and character as a leader.



SPORTS COACHING

Developing teams and technical abilities in sports; the sports training helps students to improve in their sporting abilities and experience opportunities to take up new sports such as Soccer, Basketball, Tchoukball and Pool (Cuesports)

OVERSEAS SERVICE LEARNING

Going beyond the comfort of Singapore, students are exposed to various situations to learn and contribute back to society, by giving to the less fortunate.

Our Programmes include Serve Cambodia, Give Vietnam, Love Laos and Impact Thailand.



VOLUNTEERING

An important aspect of developing our students, this programme enables students to be exposed to working with the community. By understanding the needs of the under-privileged, students learn to empathize and serve others with their heart. Volunteer training is provided to empower the students.



ENRICHMENT

Our enrichment programme emphasizes on problem-solving and critical-thinking skills, and brings about effective and efficient learning in the students. Our programmes include academic resilience for learning disabilities and subject booster programmes.

RAINBOWS PROGRAMME

A peer support programme for children who have experienced death, separation and abandonment in the family. Rainbows provides an accessible and safe environment for one to healthily express their emotions and build trust in others.

For further enquiries on the above programmes, please email us at enquiry@harvestcare.org.sg

Sponsors & Partners



At KAIROS, learning is a lifelong journey and we care the way you learn. We provide the Opportunity for all ages to enjoy quality programmes that facilitate growth in Knowledge and its Application. We envision learners who achieve academic excellence that leads to Success in life.

CALL US NOW
64942793

- ◆ MOE-trained and experienced teachers
经验丰富的教师
- ◆ Exclusive Tips and Strategies
专属技巧和策略
- ◆ Proven Results 经过验证的成绩
- ◆ Personalized Coaching 个人的教导
- ◆ Conducive Group Size 小组学习

**Your CHOICE Tuition
And Learning Centre**

◆ Courses for Primary & Secondary Students

English
Maths
Science
Chinese
Tamil
Principle of Accounts
O-Level Preparatory Classes

◆ Enrichment Classes for Preschoolers

Chinese Speech & Drama
Speech & Drama
Creative Arts
Phonics And Reading

◆ Adult English Course

An English programme specially designed for adult learners and foreign workers who have the desire to develop a good grasp of the language. The course seeks to develop learners with language skills to be effective and efficient in their field of work.

What Our Clients Say ...

"Mr Lim's lessons are fun and interesting! He plays games that help me learn useful words and phrases for my composition."
- Lian Yong Bin, P3, Hong Wen Primary School

"The tutors in KAIROS show care and concern for my son and give regular feedback so that I can strengthen his learning at home."
- Katrina, Zainul's mum

"I'm able to count in basic conversational English and have improved my vocabulary. Much of the credit goes to my tutor who teaches English in a lively and interesting manner."
- Wei Rong, China

◆ School Holiday Workshops

English Energizer
Mathematics Master
Chinese Conqueror
Science Stimulator

**Limited
Vacancies**

CALL US NOW!
64942793



165 Sims Avenue #04-02 Harvest Care Centre S(387606)

Tel: 64942780/64942793

Email: kairos@harvestcare.org.sg

Website: <http://kairos-academy.com>

Facebook: www.facebook.com/hcckairos

CALENDAR OF EVENTS

	DATE	EVENTS/ ACTIVITIES	DEPARTMENT
JUN	30/5 - 22/6	SPARKS JUNE Holiday Programme	SPARKS
	2/6	“好朋友”家庭夜卡拉ok 观摩 O'Frenz family Karaoke showcase	O'Frenz Club
	4/6 - 22/6	June Holiday Booster	KAIROS
	22/6	W.A.D!venture - Night Cycling	W.A.D! Club
JUL	7/7	ROMP! 18	W.A.D! Club
	14/7	走出健康 (2) Walk For Health	O'Frenz Club
	21/7	ROMP! 18 Volunteer Appreciation	W.A.D! Club
	30/7 - 17/8	Parent Tutor Feedback session	KAIROS
AUG	4/8	国庆排舞嘉年华 National Day Celebration Dancing Carnival	O'Frenz Club
	8/8	Sports FIESTA & National Day Celebration	SPARKS
	11/8	Family Movie Night	en'Rich Kids' Club
	18/8	3M Step Up 2018	LOC
SEP	3/9	Value in Action for SPARKS	SPARKS
	3/9 - 7/9	September Exam Booster	KAIROS
	8/9	W.A.D!venture - tRAIL	W.A.D! Club
	14/9 - 15/9	Parent Teacher Conference	SPARKS
	22/9	Mid-Autumn Community Outreach	LOC
	22/9	SPARKS Family Bonding Night	SPARKS
	30/9	Children's Day Party	en'Rich Kids' Club
OCT	5/10	SPARKS Children's Party	SPARKS
	7/10	Children's day Party	en'Rich Kids' Club
	11/10	艺术工作坊 Creative Art workshop	O'Frenz Club
NOV	3/11	Walk for Rice 2018	LOC
	10/11	W.A.D! Shot Pool Tournament	W.A.D! Club
	10/11	捐血活动 Blood Donation Drive	LOC
	17/11	W.A.D!Tchouk - Tchoukball Tournament	W.A.D! Club
	17/11	Educational Trip	en'Rich Kids' Club
	23/11	W.A.D!venture - Night Cycling	W.A.D! Club
	24/11	One day Educational Trip for Elderly (2)	LOC
	25/11	W.A.D!Hoops - Basketball Tournament	W.A.D! Club
	26/11 - 21/12	SPARKS Holiday Programme	SPARKS
DEC	1/12	W.A.D!Le - Soccer Tournament	W.A.D! Club
	8/12	Volunteer appreciation	en'Rich Kids' Club
	9/12	圣诞派对-才华之夜 Christmas Party - Talent night	O'Frenz Club
	16/12 - 22/12	W.A.D! Club OSL Trip	W.A.D! Club
	21/12	Christmas Party	SPARKS
	December	Holiday Starter Workshop 2019	KAIROS

*Events and dates are subject to change.

Make a Donation Today!

Donation types: (Please tick) Personal Company

Company: _____

Name: _____

NRIC/FIN: _____

Add: _____

Tel: _____

I will like to contribute the following amount to the community programmes of Harvest Care Centre: (Please tick)

\$10 \$50 \$100 \$200 Others: _____

Note:

* Kindly make cheque payable to **HARVEST CARE CENTRE**.

* An official receipt will be mailed to the address provided.

* Please note that donations made are not eligible for tax exemption.

* Mail to: **Harvest Care Centre, 165 Sims Ave #04-02, Singapore 387606**