

Dear Valued Members,

Thinking of FUN activities for the upcoming June holidays? Fret not! We have lined up many exciting programmes for all of you!

Please refer to the programme schedule and flyers for the individual programmes below.

	Programme	Age Group	Day & Date	Time	Venue	No of participants	Fees
1	Photography	10 yrs & up	31 May, 5, 7, 12, 14, 19, 21 June (Mon & Wed)	Monday: 4-6pm Wednesday: 10am-12pm	DSA Centre	Min 6, Max 8	\$160/pax
2	Deco Tin Making	10 yrs & up	30 May, 6, 13, 20 June (Tue)	5-6:30pm	DSA Centre	Min 5, Max 8	\$40/pax
3	FunFit	5 yrs & up	31 May, 7, 14, 21 June (Wed)	4-5pm	DSA Centre	Min 8, Max 15	\$30/ pax
4	Food Preparation by RSVP (Junior)	5-9 yrs old	30 May, 6, 13, 20 June (Tue)	1pm-2:30pm	DSA Centre	Min 6, Max 10	\$15 / pax
5	Food Preparation by RSVP (Senior)	10 yrs & above	30 May, 6, 13, 20 June (Tue)	9:30am-11am	DSA Centre	Min 6, Max 10	\$15/ pax
6	Bricks 4 Kids	8 yrs & up	2, 9, 16, 23 June (Fri)	3-4pm	DSA Centre	Min 8, Max 15	\$40/pax

1. Photography



TOPIXSTUDIO PHOTOGRAPHY

Photography Holiday Programme!

With the support of  CENTRAL SINGAPORE COMMUNITY DEVELOPMENT COUNCIL &  NATIONAL ARTS COUNCIL SINGAPORE



Age Group : 10 yrs and above

Fee : \$ 160.00 for all 7 sessions

Caregivers : Strongly encouraged to attend

Session	Day	Date	Time	Venue*	Topic
1	Wednesday	31-May-17	10:00am-12:00pm	DSA Centre	Introduction
2	Monday	5-Jun-17	4:00-6:00 pm	Chinatown	Outdoor Photography
3	Wednesday	7-Jun-17	10:00am-12:00pm	Topix Studio, Midview City	Lesson Review
4	Monday	12-Jun-17	4:00-6:00 pm	Little India	Outdoor Photography
5	Wednesday	14-Jun-17	10:00am-12:00pm	Topix Studio, Midview City	Lesson Review
6	Monday	19-Jun-17	4:00-6:00 pm	Kampong Glam	Outdoor Photography
7	Wednesday	21-Jun-17	10:00am-12:00pm	DSA Centre	Graduation/Course Replay

About the Programme:

This is an exciting and fun photography programme. Participants will be given an overview of digital photography as well as both indoor and outdoor photography. Participants will learn the basic skills of operating a camera and photo-taking. They will also have the opportunity to reflect on their heritage, culture and identity through photography at Chinatown, Little India and Kampong Glam!

*All participants & caregivers will be meeting directly at nearest MRT of outdoor lesson venue.

About the Instructor:

Stanley Koh of TopixStudio is a professional photographer, graphic designer, and photography coach. He is incredibly passionate about collaborating with DSA and working with our Members. He has also run photography courses for the elderly and for persons with dementia. In Aug 2014, Jul-Aug 2015, Nov-Dec 2015 and June-Jul 2016 respectively, he ran successful 4-session, 7-session, 8-session and 7-session Photography Workshops for DSA Members.

Register with Melissa via email: melissa@downsyndrome-singapore.org. Registration is on a first come, first serve basis, limited to the **first 8 members** who sign up. And the workshop will only be conducted if a **minimum of 6 members** register.

Please register by Wednesday, 24 May 2017

2. Decoupage Tin Making



Decoupage Tin Making Holiday Programme!!



Age Group : 10 yrs and above

Days & Dates: Tue (30 May, 6, 13 & 20 June)

Time : 5:00–6:30 pm

Location : DSA Centre, 9 Bishan Place, #09-01 Junction 8 Office Tower, Singapore 579837

Fee : \$ 40.00

To Bring : Clothes you won't mind getting messy in and a plastic bag to bring the artwork home

About the Programme:

Decoupage is the art of decorating objects (tin cans in this case) with pasted paper cut-outs. In this class, participants will get to paint and then decorate tin cans. Napkins will be provided which contain various interesting and beautiful pictures, and participants will get to have fun and exercise their creativity in tearing/cutting and pasting the pictures to recombine them and create new patterns on their tins. Paint techniques will be used to enhance their artwork. And best of all, participants will get to take their durable, user-friendly, practical masterpieces home to show off and use themselves or gift to parents!

About the Instructor:

Ms May Tang is an artist who works with a variety of media such as decoupage, clay creation, jewellery making, pottery, as well as acrylic and watercolour painting on canvas and various types of paper. She is our instructor for DSA's regular Visual Art Programme since January 2016 and has been running the Art Holiday Programme since Dec 2015.

Register with Melissa via email: melissa@downsyndrome-singapore.org. Registration is on a first come, first serve basis, limited to the **first 8 members** who sign up. And the class will only be conducted if a minimum of **5 members register**.

Please register by Tue, 23 May 2017.

3. Funfit



FunFit Holiday Programme!



- Age Group** : 5 yrs and above (all participants under 12 years must be accompanied by a caregiver)
Dates : Wed (31 May, 7, 14, 21 June)
Time : 4:00–5:00 pm
Location : DSA Centre, 9 Bishan Place, #09-01 Junction 8 Office Tower, Singapore 579837
Fee : \$ 30

About the Programme:

This programme will combine rhythmic aerobic, boxing, and martial arts exercises with stretching and strength training routines. Its objective is to work primarily on muscle tone and strength, as well as cardio-vascular fitness, endurance, and flexibility. The programme adapts age old training principles to form a fun, addictive, safe, stress-busting workout suitable for all ages and levels of ability.

About the Instructor:

Mr Thomas Poon is a professional fitness instructor who specialises in Cardio Training, Weights Training, Swim Coaching, Weight Management, and Health & Fitness lifestyle programmes. He is a certified Aerobics & Fitness Instructor, Personal Trainer, and Lifeguard, among other things. He has been running Boxercise classes for DSA's Adult Enhancement Programme (AEP) clients since 2012 and also ran the FunFit Holiday Programme since June 2014.

Register with Melissa via email: melissa@downsyndrome-singapore.org. Registration is on a first come, first serve basis, limited to the **first 15 members** who sign up. And the workshop will only be conducted if a **minimum of 8 members** register.

Please register by Wednesday, 24 May 2017.

4. Food Preparation by RSVP



Food Preparation Workshop



Dates : 30 May, 6, 13, 20 June
Days : Tuesday
Location : DSA Centre, 9 Bishan Place, #09-01 Junction 8 Office Tower, Singapore 579837
Fee : \$ 15.00 (inclusive of all materials)

Senior Group

Age Group : 10 yrs and above
Time : 9:30 – 11:00 am

Junior Group

Age Group : 5-9 yrs
Time : 1:00 – 2:30 pm

All participants under 12 years must be accompanied by a caregiver.

About the workshop:

Food preparation is so much fun and it's an important life skill tool! Participants will learn some basic recipes, baking skills and understand personal hygiene and safety in the kitchen. They will experience a sense of independence and will be able to apply what they learn at home too!

About the Instructors:

Ms Elaine Teng has been actively involved as Committee Member of Organisation of Senior Volunteers - Gourmet Activity Circle (RSVP-GAC). Since 2014, she has conducted more than 10 cooking/baking workshops for DSA members. She is passionate about cooking and infuse the classes with an infectious enthusiasm!

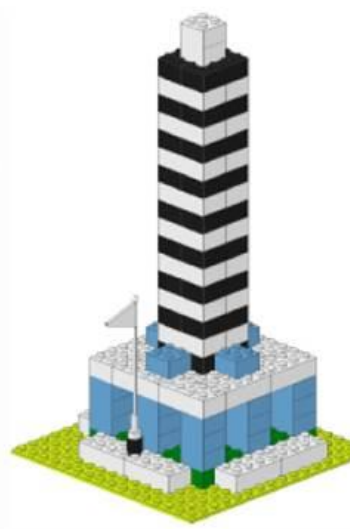
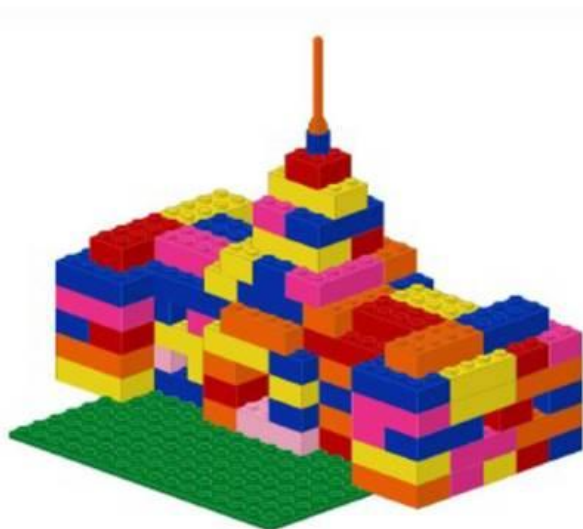
Register with Melissa via email: melissa@downsyndrome-singapore.org. Registration is on a first come, first serve basis, limited to the first 10 members who sign up. And the workshop will only be conducted if a minimum of 6 members register.

Please register by Tuesday, 23 May 2017.

5. Bricks 4 Kids



Bricks 4 Kidz Programme



Date: Friday
(2, 9, 16, 23 June)

Time: 3-4pm

Venue: DSA Centre

Fees: \$40 per participant

Age Group: 8 yrs and above

About Bricks 4 Kidz Programme

Lego therapy is a successful type of play therapy. It creates a stimulating and creative enrichment environment where kids will be intellectually engaged in the process of play and fun.

The specially designed Bricks 4 Kidz programme utilizes theme-based Lego model building to provide opportunities for problem-solving, enhance participants' social and cognitive abilities, motor skills, and also trigger the children's lively imaginations. The theme of the 4-sessions programme is "Trip to USA". Participants will get to build castles. All these takes place while the participants are having fun and socializing in a safe, relaxed learning environment.

Bricks 4 Kidz

Bricks 4 Kidz is the first organization to set up a school focusing on Lego Therapy in Singapore. The owners have been specially trained in Florida on the curriculum of Bricks 4 Kidz.

For more information, please contact Melissa by phone at 65009309 or via email at melissa@downsyndrome-singapore.org. Registration is on a first come, first serve basis, limited to the **first 15 members** who sign up for the session. And this session will only be open if a **minimum of 8 members** register.

Please register by Friday, 26 May 2017.