

Hello, this is Tri-Gen calling.



Can you guess who our vulnerable seniors' best phone pals are? Word has it they are student volunteers from **Tri-Generational HomeCare @ North West** who care for their well-being.

f Read more

One Afternoon. Two Sports. Lots of Fun.



Are you counting down to the Olympics like we are? With less than 10 weeks to go, 60 students from three Primary Schools in the North West District got a taste of what it's like to compete (and play) at the highest level.

f Check it out

Rediscover North West: 5 Unique Sporting Experiences



Rediscover North West

Can't travel? No problem. Let's explore good food, interesting sights and fun things close to home.

Spice up your everyday fitness regime with these five offbeat yet heart-pumping exercises in the North West District (bet you never thought exploring an indoor cave would be one of them).

f Read more



Catch Up On...

The latest happenings in and around the North West District.



Guess how much plastic waste volunteers found at Khatib Bongsu?

f Find out now



Learn what happens to our rubbish with **Budding Greenies @ North West**.

f Watch now



Happy Kopitiam answers all your vaccination questions.

f Watch now (Malay)

f Watch now (Tamil)



Don't Miss...



Recycle @ North West

To safeguard your well-being, **Recycle @ North West** on 16 May is cancelled. Stay tuned for the next session!

Find out more



North West Health Qigong Club Live Workouts

Every Sunday, 7.30am-9am

Start your Sunday mornings right with qigong routines guided by **North West Health Qigong Club** instructors.

Live every Sunday



SkillsFuture @ North West Webinars

Various timings

Pick up skills for thriving in a digital workplace and discover insights into growth sectors.

Find out more



TraceTogether-Only SafeEntry

From 17 May, only TraceTogether App or Token will be accepted for SafeEntry check-in.

Find out more



PLAY & WIN



Share your most positive memory of COVID-19!

Was there a moment you felt touched, inspired, or challenged to go further? Share with us and stand to win \$40 worth of shopping vouchers.

Share now



Know an interesting or inspiring story?

Tell us!