









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.



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.



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 heartpumping exercises in the North West District (bet you never thought exploring an indoor cave would be one of them).





The latest happenings in and around the North West District.



plastic waste volunteers found at Khatib Bongsu?

Find out now



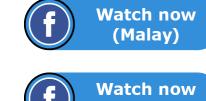
Learn what happens to our rubbish with **Budding** Greenies @ North West.





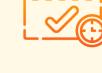
vaccination questions.

answers all your



(Tamil)



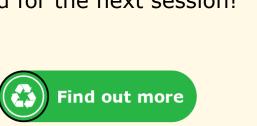


Don't Miss...



North West To safeguard your well-being,

Recycle @ North West on 16 May is cancelled. Stay tuned for the next session!





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

West Webinars

Various timings





Club Live Workouts Every Sunday, 7.30am-9am Start your Sunday mornings

right with qigong routines guided by **North West Health Qigong Club** instructors.





SafeEntry From 17 May, only

TraceTogether App or Token

will be accepted for SafeEntry check-in.

Find out more

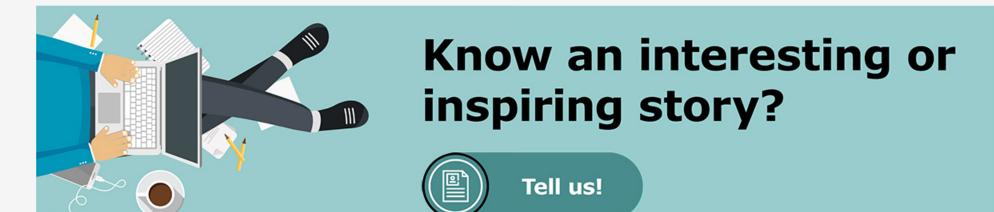


Was there a moment you felt touched, inspired, or challenged to go further?

Share now

Share your most positive memory of COVID-19!

Share with us and stand to win \$40 worth of shopping vouchers.



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Please send feedback, suggestions and comments to northwest_cdc@pa.gov.sg Some articles in Cohesion are contributed by volunteers and are not necessarily opinions/comments by North West CDC

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