



There's something special about them. Do you know what it is?



They have big hearts and are passionate about going the extra mile to uplift others' lives and make a positive impact to our community. Their volunteering journey is an inspiration – let's play our part in building a Caring and Healthy North West District!



Zooming their Way into the Hearts of Seniors





COVID-19 may have put social activities for seniors on hold, but that did not stop St Margaret's Secondary School student volunteers from showing how friendships can transcend physical and age boundaries. Despite not being able to conduct face-to-face activities for seniors, they found a way to connect with and maintain friendships with 20 seniors in the North West District via Zoom.



Check out our latest Annual Report!



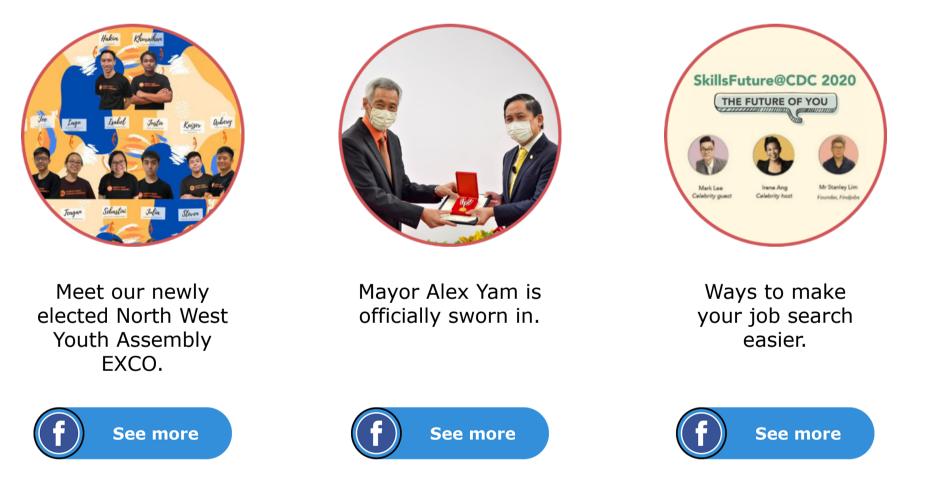
We've worked hard all year – and we have the numbers to show. Click to see the numbers. $\begin{tabular}{ll} \label{eq:click}$





Catch Up On...

The latest happenings in and around the North West District.





Don't Miss...



North West Health Qigong Club Live Workouts Every Sunday, 8am–9.30am

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





Law Awareness Weeks @ CDC 2020 Till 13 November 2020



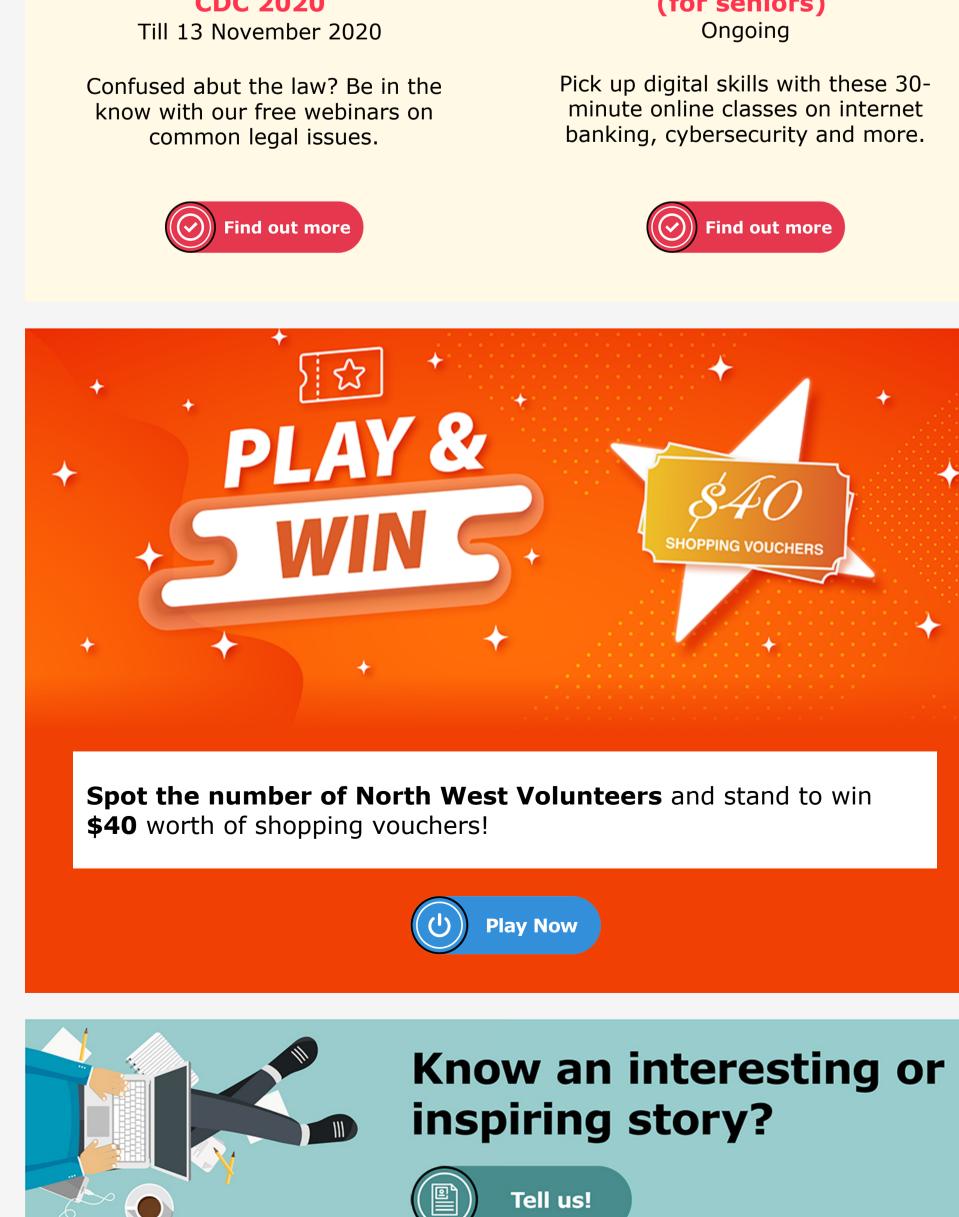
North West Dance-Fit Club Live Workouts Every Tuesday, 7.30pm-8.30pm

Miss your DFC buddies? Join us live and work up a sweat together in the comfort of home.





Digital Pods Learning Series (for seniors) Ongoing



Adviser: Mayor Alex Yam

Editorial Team: Michael Lau, Sim Chuan San, Alvin Goh, Kalyani D/O Ramasamy, Rashidah Bte Abdul Rasip, Yang Mei Ling, Kho Li Lian, Melvin Tai, Clare Chua

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

Reproduction in whole or in part is prohibited without prior permission from North West CDC.