



Monthly Exercise for Seniors:

ACTIVE AGEING

(K-Pop Lite Dance Fitness/Zumba Dance)



Natasha Cho
BCS Case Coordinator

In collaboration with Southeast CDC, the Health Promotion Board (HPB) and Bethel AOG introduced a new monthly exercise programme – K-Pop Lite Dance and Zumba Fitness – to the seniors in our community. Seniors are engaged in fun, upbeat rhythms and dance steps while working up a sweat! From upbeat modern K-Pop Music to the oldies, the seniors not only exercise but also get to bond with one another.

- Date: Every last Thursday of the month
- Time: 9.30am – 10.30am
- Venue: Bethel Assembly of God
Blk 81 Aljunied Ave 2 (Next to NTUC)
- Attire: Comfortable sportswear and covered shoes



Seniors are more than welcome to join us for the programme!



AGEING GRACEFULLY

My family celebrated our dad's 89th Birthday recently. It is amazing that he still chooses to continue working. The company he has worked with for almost 60 years happily keeps him on their payroll because they are pleased with his work, his good attitude and he gets along well with his colleagues. He is generally healthy and fit, and mentally, he is still very sharp. The only exception is a nerve compression that has caused numbness in his left leg, and this has affected his walking for the last 20 years. Dad has never once complained about his challenges and limps his way to work every day. I really wish to see more of the elderly live their lives to the fullest like my dad.

Ageing gracefully requires us to have a positive attitude towards life. For me, life is a gift from God and I want to live fully for Him. The Bible records many people who aged gracefully, serving God's purpose. So, ageing doesn't catch me by surprise. Well, I will be seventy in three years' time. I thank God that He gives me health to continue serving Him.

Here are some ways you can age gracefully:

1. Develop a good relationship with your family and friends, and you will not be lonely.
2. Be forgiving and stay happy, and you will feel healthier – "a joyful heart is good medicine"!
3. Play and talk to your grandchildren. You will find them so amazing!
4. Exercise regularly: join a health and wellness programmes for seniors, or walk 30 minutes daily. You will feel so energized!
5. Find one good thing you can do to help or encourage someone whenever you can, and you will find that life is so meaningful!

I often tell people that I have only lived half my life and there is so much more ahead of me. So join me, and age gracefully.



Rev. Chia Beng Hock
Chairman

优雅地适应年龄

我的家人最近庆祝了我们父亲的89岁生日。令人惊讶的是，他仍然选择继续工作。他工作了将近60年的公司愉快地将他留在工资单中，因为他们对我父亲的工作很满意，态度很好，并且与同事相处得很好。除了神经压迫导致他的左腿麻木并影响他在过去20年的行走外，他的身体都很健康，精神上仍非常敏锐。爸爸从来没有抱怨过他的工作，而是每天跛行地上班。我真的希望看到更多的老人像父亲一样过着充实的生活。

优雅地老龄化要求我们对生活抱有积极的态度。对我来说，生命是来自上帝的礼物，我想要完全为他而活。圣经记载了许多乐龄优雅地服侍上帝旨意的人。老化不会让我感到意外。好吧，三年后我将七十岁。我感谢上帝，他给了我健康，继续为他服务。

优雅地老化也需要我们.....

1. 与家人和朋友建立良好的关系，让你不会孤独。
2. 宽恕并保持快乐，你会感到更健康 - "快乐的心是良药"!
3. 和我们的孙子们一起玩乐和交谈。你会发现它们太棒了!
4. 定期锻炼：参加老年人健康和保健计划，或每天步行30分钟。你会感到如此精力充沛!
5. 做一件好事，你可以随时帮助或鼓励某人，你会发现生活是如此有意义!

我经常告诉人们，我只过了半百的生活，而且还有更多的事情等待我前进。加入我，优雅地适应年龄!

In the twinkling of an eye, we are already into the second half of 2019. The year so far has proven to be very challenging, however, our trust is in the Almighty God and we continue to look to Him for providence.

"...blessed is the one who trusts in the Lord,
whose confidence is in him..." Jeremiah 17: 7-8

I am happy to share that to date, we have been able to do more for the community by adding more elderly programmes for the seniors living in our community and by reaching out to more needy families. Within our various centres, we continue to bless the lower income children with programmes and activities to enrich their lives and provide them with new skills. With the resources we have, we will do what we can for the good of the community. As John Ruskin once said, "A little thought and a little kindness are often worth more than a great deal of money." Indeed, whatever we do with a little thought and kindness can impact the community in greater ways than money alone. Thus, we will continue to use the resources we have to do works that bring good to the community.

We will also continue to collaborate with different organisations and Bethel AOG to reach out and touch as many lives as possible. We hope to be able to share God's love with these lives through the various activities and be a blessing to them. Bethel Community Services (BCS) will continue to stay true to our vision to be 'a vibrant change agent' and 'to be a visible expression of Christ's love, care and compassion to the community'.

God Bless!

Lilian Sze
Executive Director



我们已经进入2019年的下半年。到目前为止，这已经证明这是个非常具有挑战性的一年。然而，我们所信任的是一位全能的上帝，我们仰望上帝的供应。“倚靠耶和华、以耶和华为可靠的那人是有福的...耶利米书17: 7-8。”

到目前为止，我很高兴地分享我们能够社区做更多的事情。为居住在我们社区的年长者，增加更多的计划，并与更多有需要的家庭接触。在我们的各个中心内，我们继续为低收入家庭的儿童提供方案和活动，为他们提供新技能。凭借我们拥有的资源，我们将尽我们所能为社区的利益服务。正如有人曾经那样说过，“一点点思考和一点点善意，往往比一大笔钱更有价值” (John Ruskin)。事实上，无论我们用一点思想和善意做什么，都会影响社区，而不是金钱能够做到的。因此，我们将继续利用我们所拥有的资源，开展有益于社区的工作。

我们还将继续与不同的机构和伯特利神召会合作，以尽可能多地接触和接触生命。我们希望能够通过各种活动，分享上帝对这些人们的爱，并成为他们的祝福。伯特利社区服务 (BCS) 将继续忠于我们的愿景，即成为“一个充满活力的变革推动者”和“成为基督对社区的爱，关怀和同情的明显表达。”

愿主蒙福!

STAFF TRAINING AND RETREAT 2019

Bethel Community Services believes in providing quality services to our stakeholders. In order to achieve this, trainings are conducted for all staff members annually to equip us with the necessary skills and knowledge.



Grace Tan
BSCC Supervisor

This year, our training on 16 March 2019 created a platform for us to learn the skills of communication. We were taught about the different ways to communicate and how communication is essential to relate messages effectively. Other than building knowledge through the training, staff members were also treated to a trip to the Land of Smiles, Bangkok, from 21 to 23 March 2019. This trip allowed the staff to bond and get to know one another. It was truly a time of relaxation, shopping, eating and massaging, as we let our hair down to enjoy each other's company.



《水果店》

Xu Hong
Language Teacher



设计意图: 本学期学习主题《水果和颜色》为了提高幼儿学习兴趣,让幼儿用多种感官感受水果,获得更多关于水果的经验,并在游戏中获得语言表达、逻辑思维以及动手操作等能力的发展。

我, Jamie 老师 以及陈老师设计了《水果店》活动,能让幼儿初步了解由水果变成水果汁的过程。知道水果可以榨出果汁,对榨汁有兴趣。并且引导幼儿知道多喝新鲜水果汁有益身体健康。

最后邀请全校的小朋友轮流来到班级,品尝我们自己动手做的新鲜果汁,我们的小手真能干!果汁真好喝!



On the bright and sunny morning of 31st May 2019, the BCDC children and their parents set off, with hearts of anticipation, to ORTO for the long-awaited longkang fishing. The children were chattering throughout the journey, discussing the different rods they might be using, and some were saying that they wanted to fish a shark. The long journey seemed so short with the laughter and cheering that filled the bus.

Once we reached ORTO, we were welcomed by the friendly staff who briefed us on the sequence of events. The PG, N1 and N2 classes were the first to experience longkang fishing while the K1 and K2 classes took a stroll around the area before heading to the fishing area.

Upon reaching the longkang fishing area, we were thrilled to see the well-shaded pool complete with tiny fishes. The children were extremely excited when they saw the pond and swiftly removed their shoes, placing it near the pool. They thanked the staff when they received their tanks and nets and could not wait to start having fun. The children's eyes were fixed on the fishes, as they watched the school of fishes swim past them. Initially, the children were afraid to step into the water. However, it did not take long before they submerged themselves into the water and swam with the fishes. What a splendid way it was to beat the heat!



Li Su Ru
Teacher

Field Trip

It was amazing to see the children chasing after the fishes that bolted and even jumped out of the water. They cheered with excitement, as they showed off the fishes they had caught with pride written on their faces. The parents also got their hands and feet wet as they stepped into the pond, scooping fish after fish into their tiny tanks. Soon, all their mini aquariums lined the side of the pool, filled with fishes of different sizes and colours.

After a splashing good time, the children and their parents munched on the snacks provided while drying themselves under the cosy shade. The staff kindly packed the fishes for the children and passed their catch of the day to them. The children held on to their precious fishes and waved goodbye to ORTO, excited to bring their catches home to show their families.

Thank you ORTO for creating wonderful memories with us! We will definitely be back!



Parents' Day 双亲节庆祝会



Ayrene Lim
Language Teacher

五月八日是双亲节庆祝会。

孩子们和老师们，在短促的时间里，练习，彩排，筹备双亲节的节目。把歌声献给到场的双亲们。很赞赏孩子们的投入和努力！在场的妈妈与我分享：看了孩子们的表演，她被孩子们纯纯的爱，感动得落泪！

最温馨的是家长与孩子共同完成充满创意和爱的作品 - 桌垫。工作室里，家长与孩子的亲子活动，亲情的流动，洒满甜甜的爱，好窝心！

谢谢家长们的支持！



It was an exciting field trip to Gardens by the Bay with our partners, the volunteers from Liberty Insurance!

FIELD TRIP

On 3 May 2019, all the Bethel Kinderlites children were so happy and excited to take the bus to go to Gardens by the bay to see all the pretty flora displays from all over the world.

Before we kick-started with the 2 attractions, Flower Dome and Cloud Forest, we met up with the Liberty volunteers to have our snack of Milo and bread. The children bonded with the volunteers over their snack time. Once everyone was done with snack time, the children and volunteers headed for the 1st attraction, the Flower Dome. The children moved in pairs or threes.

The Flower Dome is the largest greenhouse in the world listed in the 2015 Guinness World Records. Every 2-3 months, the displayed flowers and plants from the Mediterranean and semi-arid regions changes. It was Dutch themed when the children were there! The area was filled with tulips which covered the Dutch windmill. There was even a river bank and a display of a Dutch home. The children were amazed at the colourful flower displays and the different variety of succulents and tropical plants as the volunteers shared with them interesting stories of these lovely flora.

The Cloud Forest is a mystical mysterious world veiled in the mist from a waterfall which greeted us upon our entrance. It is a breathtaking mountain with views of diverse vegetation, hidden floral gems and rare plants. The children loved the waterfall with its gushing water and cooling mist. The waterfall also brings a different edge to the flora world and highlights that water is indeed an important factor to all plant life.

After a day of exploration, it was finally time to go home. The children thanked the volunteers for

bringing them around and sharing interesting stories. As the children boarded the bus, they waved goodbye to the Liberty volunteers who gave their best in guiding the entire Bethel Kinderlites team through the field trip. What an enriching field trip it was! The team cannot wait to go on their next trip in term 3 which feels too far away!



Ng Boon Kei
Teacher





BSCC has a group of lovely, helpful and highly energetic students. They look forward to various enjoyable activities after completing their daily homework. One of these activities is our weekly "Newstalk" which encourages the children to discuss interesting issues happening around us.

Right values are also being inculcated in the students during our "Character Development" time. The 2 topics that were conducted in the last two terms comprised of "Orderliness" and "Obedience".

During the March school holidays, the students participated in a themed activity, "Hop... hop to Australia". Information and interesting facts about Australia were shown to the students via media study. The children also had a hands-on experience in creating their masterpiece, "Australia Dot Painting", and in cookery in "Fairy Bread Making".



Mei Chia
Teacher

在伯特利婴儿中心，老师和孩子们每天早上都会围着圆圈坐下来并跟孩子握手说早上好。老师一边唱歌一边做动作，孩子也模仿老师做动作。孩子们可以感受到音乐的美妙，也可以从游戏中去学习。

老师会在活动区里给孩子们讲故事，孩子们很认真的在听，通过讲故事培养孩子的阅读兴趣和专注力。

老师也会带孩子们去户外活动，通过户外活动激发婴幼儿运用不同的感官感知与探索周围的自然环境，感受大自然的美。



Hou Wenya
Teacher



In partnership and collaboration with the School Of The Arts (SOTA)

Natasha Cho
BCS Case Coordinator



SOTA Year 4

“Is SOTA coming today?”

– BSCC Student

As a yearly affair, BCS has partnered with SOTA, and the Year 4 students have blessed BCS and our children with a variety of art-themed activities – through visual arts and theatre arts. Over a period of 5 months, the students have also designed toilet wall stickers for Bethel Child Development Centre (BCDC) and Bethel Kinderlites (BK). What theme should be used when designing stickers for a toilet? The students have designed eye-catching and adorable pond-themed stickers, from ducks to koi fish, and right down to water puddles and bubbles. In addition, fundraising is also an important concept. The students have taken the time and effort to raise funds to print the stickers amidst juggling their studies and their arts.

To end off their service learning with us, they had a week-long programme where they conducted activities with BK and Bethel Student Care Centre (BSCC). The children looked forward to meeting them every session. Finger-painting art sessions were conducted with BK, and it was truly adorable to see them at work! However, the student volunteers had to ensure that the children did not make a mess themselves! Fast-paced reaction games such as the famous ‘Bang!’ was conducted with the students from BSCC. Being competitive by nature, the children were fully focused and in the zone, wanting to win our student volunteers.

Their efforts in planning the previous sessions have left a memorable impression on our BSCC students. They often ask us, “When is SOTA coming back?” or if there’s a volunteer group that is coming on the day itself – “Are we having SOTA with us today?”



SOTA Year 5

“I am truly humbled.”

– SOTA Year 5 Student Volunteer

Prior to visiting BCS’ beneficiaries, these students have raised funds to create a customized list that caters to the basic needs of each family. The Year 5 students conducted home visitations with me to personally meet the beneficiaries. Even though many would say that third-world poverty is the worst, and first-world poverty is nothing, it is important to realise that poverty is still poverty. While our beneficiaries warmly greeted them and shared their stories with the students, it was clear that the students were impacted. Some families left a strong impression on them, as many of them are from intact and well-to-do families. To most, basic necessities are often taken for granted. Many of these volunteers are able to pick and choose where they wish to eat, while some of our needy families are wondering what they have to eat. The student volunteers have shared that travelling is something that is normal to them, and after seeing the living conditions of these families, they have realised how fortunate most of us really are.

Our beneficiaries’ stories not only touched the hearts of our student volunteers. In turn, the students’ efforts to raise funds for the food bundles and to delivering it to their doorsteps have also touched the hearts of our beneficiaries. While it was hard work on the students’ part, it was truly fulfilling for them. You can say it was hard work and “heart-work”!

Overall, BCS would like to extend our heartfelt appreciation and thanks to SOTA for partnering with us! Their students have brought our children much joy and laughter.



THANK YOU



BETHEL COMMUNITY SERVICES

Double your
Donations
For a Good Cause!

Dollar-for-Dollar
for every donation
matched by the **Bicentennial Community Fund**
between 1 April 2019 - 31 March 2020

About BCS

Donations

will be used in providing:

- ✓ Food Bundle
- ✓ Financial Assistance
- ✓ TCM Clinic Treatment
- ✓ Elderly-based Events
- ✓ Tuition Fee Subsidies
- ✓ Centre Fee Subsidies

- ✓ Non-profit organisation
- ✓ Full membership with National Council of Social Services (NCSS)
- ✓ Institutions of Public Character (IPC) registered

2.5X
Tax Deductions
for donations
to IPCs*

Please email your IC No. and Full Name (as per NRIC) to admin@bethelcs.org.sg should you require tax deductions.

6744 7477

admin@bethelcs.org.sg

www.bethelcs.org.sg

Blk 114 Aljunied Ave 2 #03-75 Singapore 380114

Getting to know our New Staff



Yen Jung-Chen
BCS Case Coordinator



Liu Dan Hong
BCDC Language Teacher



Joanna Koh
BK Assistant Teacher



Zhang Xiao Hong
BK Language Teacher



Mei Chia
BSCC Teacher

MANAGEMENT COMMITTEE (2019-2021)

- Chairman:** Rev Chia Beng Hock
- Vice Chairman:** Rev Dr Moses Pi
- Hon Secretary:** Mr Philip Teo
- Hon Treasurer:** Pastor Slow Soon Chew
- Members:** Dr Ong Pui Sim Mr Chia Eng Giap
Mr Steven Foo Dr Tan Eng Chun
Mr Thomas Foo Mr Tay Soon Kuan

INFANT CARE

- Infant Care (2 mths - 18 mths)

Opening Hours:

- Mon - Fri: 7am - 7pm
- Closed on Sat, Sun & Public Holidays

Bethel Tots Centre

伯特利婴儿中心
Blk 100 Aljunied Crescent
#01-369
T: 6841 8762

CHILDCARE

- Playgroup (18 mths - 30 mths)
- Nursery 1 (30 mths - 3 yrs)
- Nursery 2 (3 yrs - 4 yrs)
- Kindergarten 1 (4 - 5 yrs)
- Kindergarten 2 (5 - 6 yrs)

Opening Hours:

- Mon - Fri: 7am - 7pm
- Sat: 7am - 2pm
- Closed on Sun & Public Holidays

Bethel Child Development Centre

伯特利儿童发展中心
Blk 111 Aljunied Crescent
#01-110
T: 6846 9287 F: 6844 4915

KINDERGARTEN

Opening Hours:

- AM Session 8.30am - 12.30pm

Bethel Kinderlites

伯特利幼稚园
Blk 114 Aljunied Ave 2 #03-75
T: 6744 5860

TUITION SERVICE

伯特利补习服务
Blk 114 Aljunied Ave 2 #03-75
T: 6744 7422

Opening Hours:

- Tue & Wed 7.30pm - 9.00pm

STUDENT CARE

Opening Hours:

- Mon - Fri: 1.30pm - 7pm
7am - 7pm (school holidays)
- Closed on Sat, Sun & Public Holidays

Bethel Student Care Centre

伯特利学生托管中心
Blk 114 Aljunied Ave 2 #03-75
T: 6744 4243 F: 6744 5859

SOCIAL SERVICE & COUNSELLING

伯特利社区福利
Blk 114 Aljunied Ave 2 #03-75
T: 6744 7422

TRADITIONAL CHINESE MEDICINE (TCM) CLINIC

伯特利中医服务
Blk 81 Aljunied Ave 2
T: 6744 7422

Opening Hours:

- Wed & Fri 8.30am - 1.00pm

Note: The above Services are only available for families and individuals residing in Aljunied Ave, Aljunied Crescent, Circuit Rd, Pipit Rd, Sims Drive, Geylang East, Balam Rd & Paya Lebar Way.

注：
以上中医服务只限于指定地点

伯特利医务合作社区福利
BETHEL

PARTNERSHIP SERVICES
Medical & Dental Clinic Services 医疗与牙医诊所服务

Student Crisis Financial Assistance 学生援助金

For more information, please call 6744 7422. 以上咨询服务, 请电 6744 7422

Our website: www.bethelcs.org.sg

Bethel Community Services (BCS) was registered with the Registrar of Societies in August 2004. It became a charity under the Charities Act in September 2004. BCS was admitted as a member of the National Council of Social Service in July 2007 and granted the Institution of a Public Character Status. Donors can give to Bethel Community Services and receive tax deduction for their donations.