

Embargoed until 4 September, 2.15pm



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31 August 2022

To News Editor

DANCING TO THE TUNE OF FRIENDSHIP AND HEALTH

North West Dance-Fit Club Marks 15th Anniversary with 1,000 Members in Dance Marathon

For the first time in years, 1,000 **North West Dance-Fit Club (DFC)** members will gather en masse for a dance marathon. On 4 September 2022 at Republic Polytechnic, North West DFC members will dance together for a total of two and half hours to over 30 songs, in celebration of the DFC's 15th anniversary (see [Annex A](#) for media programme). Besides celebrating the key milestone, **North West Community Development Council (CDC)** aims to bring DFC members together for the first time since the pandemic, to strengthen community bonds through its signature healthy living programme. Joining DFC has enabled members young and old to make lifelong friends and reap the health benefits of staying active through regular dance gatherings.

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2 Mr Pine Ong, 63 years old, continues to meet his fellow DFC members at Nee Soon Central Division for weekly dance sessions. Due to his regular involvement, he was able to maintain an active lifestyle and form social bonds with others. He says, “I’ve joined North West DFC with my wife around 4 years ago. It has allowed me to keep active by strengthening my motor skills and flexibility. It has allowed many fellow seniors like me to lead an active lifestyle and meet new people and make new friends. Being able to socialise and stay active are even more important now, as we are growing older and other activities become too strenuous for us.”

3 Ms Lye Soon Lean, 54, who has joined DFC since its inception and taken on a leadership role, shares, “In my volunteer role as a Dance Champion, I encourage my neighbours and friends to attend DFC lessons regularly, and plan dance events to bring the community of DFC members together every now and then. Many of the participants who I interact with are seniors aged 50 and above. It is really a great way for people of all ages, including seniors, to bond and form lasting friendships.”

4 Our newest member, Ms Menaka Nachiappan, 45, started Dance-Fit classes when her best friend introduced her to North West Dance-Fit Club. She shares, “Dance-Fit Club has given me the opportunity to meet new people and make friends with neighbours outside the Indian community, which has enriched my social life greatly. I enjoy attending the weekly sessions due to the tight bonds and endless laughter between the instructor and members of the club. At the same time, it is also a great workout alternative for me to improve strength, stamina, and fitness levels.” (see [Annex B](#) for additional profiles of DFC members)

5 **Mr Alex Yam, Mayor of North West District**, will grace the occasion as the guest-of-honour. He shares the CDC’s approach towards keeping residents active and healthy, “North West Dance-Fit Club remains popular and has shown

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itself to be a great platform for residents of different backgrounds to come together to form lasting bonds in the community. We have grown from strength to strength over the last 15 years, through the strong support of our Dance-Fit Club masters, instructors, and members.”

6 The North West Dance-Fit Club was launched in 2007 to bring residents of all backgrounds together on one common platform to forge friendship through dancing. A part of the Healthy Living at North West initiative, North West Dance-Fit Club started with 4 Clubs and 200 members. To-date, we have 63 North West Dance-Fit Clubs and 3,761 members (see Annex D for media FAQs).

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Media Invitation

Media is invited to **North West Dance-Fit Club 15th Anniversary** at Republic Polytechnic on 4 September 2022. CDC can assist with soundbites and quotes from profiles, and facilitate a media doorstep with Mayor Alex Yam, on request. See below for details of the media event.

North West Dance-Fit Club 15th Anniversary

Date : **Sunday, 4 September 2022**
Media Arrival : **2.15pm**
Venue : **Republic Polytechnic, Agora Hall 3 & 4**
9 Woodlands Avenue 9, Singapore 738964
GOH : **Mr Alex Yam, Mayor of North West District**

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Enclosed:

Annex A – Media Programme
Annex B – Members' Profiles
Annex C – Key Translation Terms
Annex D – Media FAQs (separately enclosed)

About North West Community Development Council (CDC)

The Community Development Councils (CDCs) were established to build a tightly-knit, compassionate and self-reliant community. North West CDC works closely with various community and corporate partners to strengthen Singapore's social fabric; and encourages the more able and successful to come forward to help the less successful, and to foster greater sense of community ownership and self-help among the residents.

We strive to align our activities and efforts with our mission:

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(a) Assisting the needy

To help the less fortunate through local assistance programmes

(b) Bonding the people

To bond the community through projects & programmes to bring them closer to one another

(c) Connecting the community

To develop strategic partnerships with corporate and community partners to better serve our residents

The North West District comprises Holland-Bukit Timah GRC, Marsiling-Yew Tee GRC, Nee Soon GRC, Sembawang GRC and Bukit Panjang SMC.

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Annex A

North West Dance-Fit Club 15th Anniversary

**Sunday, 4 September 2022 at
Republic Polytechnic
9 Woodlands Avenue 9, Singapore 738964**

MEDIA PROGRAMME

Time	Programme
2:15pm	Media arrival
2:40pm	Arrival of Mr Alex Yam, Mayor of North West District
2:45pm	Screening of North West Dance-Fit Club 15 th Anniversary Video
2:50pm	Mayor's Welcome Address
2:55pm	Presentation of Award to 4 Dance-Fit Masters of North West Dance-Fit Club
3:00pm	Mass Photo with Mayor Alex Yam and DFC members
3:05pm	Warm up Mayor Alex Yam will join participants for warm up
3:15pm	Commencement of Dance Marathon Mayor Alex Yam will join DFC members for the first two songs
3:30pm	Media Doorstop (on request)
3:40pm	End of programme

MEMBERS' PROFILES

Vincent Yong, 77 and Jenny Wong, 71

A husband-and-wife team, Vincent and Jenny joined North West Dance-Fit Club together since 2013. One of their key highlights is being able to perform together at large-scale events such as Chingay. Since joining North West Dance-Fit Club, Vincent and Jenny have been able to journey together with like-minded friends while staying active.

Albert Yan, 80

At 80, Albert is North West Dance-Fit Club's oldest member and a dancing enthusiast. He has joined North West Dance-Fit Club for over 10 years and is looking forward to restart his weekly dance lessons with his friends in the Club. It has allowed him to lead an active and healthy lifestyle, and continue to socialise with his dance comrades in his golden years.

KEY TRANSLATION TERMS

Mr Alex Yam Mayor of North West District	任梓銘 西北区市长
North West Community Development Council (CDC)	西北社区发展理事会 / 西北社理会
North West District	西北区
North West Dance-Fit Club	西北健身舞蹈俱乐部
Dance-Fit Master Instructors	四大资深舞蹈教练
Healthy Living @ North West	健康生活于西北
Assisting the Needy	协助贫困居民
Bonding the People	增强民众凝聚力
Connecting the Community	与社区密切联系