

BETHESDA CARE CENTRES & NETS

OUR WEEKLY SCHEDULE OF PROGRAMMES AND ACTIVITIES.

OUR SERVICES	PIC	MON	TUE	WED	THUR	FRI	SAT	
Playgroup	Ms Charon Yap H/P: 8533 3755	JOY Connection Playgroup Blk 957 9am to 12.15pm						
Student Care Centres	Ms Jane Kong, Centre Manager Office hours: Mon to Fri: 10.00am to 7.00pm Tel: 6315 4276 Email: joyconnection@singnet.com.sg	JOY Connection Student Care Centre Blk 958 Mon to Fri: 1.00pm to 7.00pm						
Children and Youths	Ms Tay Ching Yee Tel: 6340 4168 Email: chingyee@bcare.org.sg			Kidz Klub Blk 603 2.30pm to 5.30pm	Kidz Klub Blk 603 2.30pm to 5.30pm			
	Ms Tracy Ng Tel: 6340 4157 Email: tracyn@bcare.org.sg				Eagles Youth Blk 574 3.00pm to 6.00pm	Eagles Youth Blk 603 3.00pm to 6.00pm		
	Mr Simon Chua Tel: 6340 4123 Email: simonchua@bcare.org.sg						Royal Rangers Outpost 22 Blk 603 Hougang Ave 4 #01-221 Singapore 530603. 1.15pm to 3.30pm Click here for more information	
	Mr Seth Hwang Tel: 6340 4159 Email: sethawang@bcare.org.sg	Tuition Programmes						
Ms Stella Tan Tel: 6340 4162 Email: stellatan@bcare.org.sg	School Social Work							
Senior Connect	Ms Mabel Chan Tel: 6340 4161						Senior Connect Blk 574 8.30am to 12.00pm	
	Pastor Angeline Quek Tel: 63404147 Email: angquek@lsbc.org.sg		Senior Connect Blk 603 9.00am to 12.00noon				Senior Connect Blk 603 9.00am to 12.00noon	
	Mr Anthony Goh Tel: 6340 4163 Email: anthonygoh@bcare.org.sg	Eldercare Befrienders						
Social Service	Please call our office at 6340 4161 during working hours or email us at admin@bcare.org.sg to schedule an appointment.	Counselling <i>By appointment</i>						
	Ms Stella Tan Tel: 6340 4162 (By appointment) Email: stellatan@bcare.org.sg	Financial Assistance <i>By appointment</i>						
	Ms Tay Ching Yee Tel: 6340 4168 Email: chingyee@bcare.org.sg	Information and Referral						
Special Needs	Mrs Lily Chan Tel: 6340 4164 Email: lilychan@bcare.org.sg		Friendship And Mind Enrichment (FAME) Club Blk 242 Tue to Fri: 9.00am to 1.00pm					
	Mr Seth Hwang Tel: 6340 4159 Email: sethawang@bcare.org.sg		Friendship And Mind Enrichment (FAME) Club Blk 574 Tue to Fri: 9.00am to 1.00pm					
Arts & Recreation		Karaoke One of the activities under Senior Connect. Please refer to Senior Connect.						
	Mr Edmund Woon Tel: 6340 4167 Email: edmundwoon@bcare.org.sg		Line Dance Blk 574 8.00pm to 9.30pm		Line Dance Blk 574 8.00pm to 9.30pm		Line Dance Blk 574 2.00pm to 3.30pm	
Sports & Wellness	Mr Edmund Woon Tel: 6340 4167 Email: edmundwoon@bcare.org.sg				Inline Skating Blk 574 7.45pm to 8:30pm			
	Ms Lynda Valencia Tan Tel: 6340 4161 Email: admin@bcare.org.sg	Badminton Currently not available. Will be opened for intake once we have enough participants.						
	Mr Nelson Ho Tel: 85227521	Traditional Chinese Medicine (Orthopedics) Services Blk 574 Mon and Wed, 6.00pm to 9.00pm, Tue and Thu, 2.00pm to 6.00pm By appointment only Discounted Rate: Consultation: Free Tui Na: \$20 for 30min Acupuncture: \$15 to \$30 per session						
	Mr Edmund Woon Tel: 6387 0686 Email: edmundwoon@bcare.org.sg	Gymnasium Blk 574 Mon to Fri: 2.30pm to 10.00pm Sat: 11.00am to 7.00pm Adult (Above 18 yrs old) : \$3.50 per entry Student and SC: \$2.50 (Below 18 yrs old) Max.Usage: 3 hours.						
	Mr Edmund Woon Tel: 6387 0686 Email: edmundwoon@bcare.org.sg	Table Tennis Blk 574 Mon to Fri: 2.30pm to 10.00pm Sat: 11.00am to 7.00pm \$3 per 1 hour game. If you do not have your own table tennis bat, you may purchase it at 2 for \$1.						

	For enquiries, please contact: Ms Lynda Valencia Tan Tel: 6340 4161 Email: admin@bcare.org.sg	NERF On an adhoc basis.
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ABBREVIATIONS:

Name of location:	Address:
Joy Connection Playgroup	Blk 957 Hougang St 91 #01-280 Singapore 530957
Joy Connection Student Care Centre	Blk 958 Hougang St 91 #01-268 Singapore 530958
Bethesda Community Assistance & Relationship Enrichment Centre	Blk 242 Hougang St 22, #01-93 Singapore 530242
B`CARE Connection	Blk 574 Hougang St 51 #01-09 Singapore 530574
Arts and Culture Learning Centre	Blk 603 Hougang Ave 4 #01-221 Singapore 530603

Updated as at 20 July 2017