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MDDI (P) 038/05/2025 JANUARY - MARCH 2026



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李荣德

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慈善演出



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2026**

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5.30 PM**

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星期六**

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学生关怀中心

孩子的小小针线，织出最大的温暖

在轻安村学生关怀中心，孩子们最近完成了一件超暖心的作品——他们亲手缝制了属于自己的布娃娃。从挑布料、穿针线，到一针一线慢慢缝合，小小的手忙得不亦乐乎。

有人第一次拿针线，动作笨拙却坚持到底；有人认真搭配布料，让娃娃拥有独特的个性；完成作品的那一刻，孩子们眼里闪着满足与骄傲的光。

最让人感动的是——他们把亲手做的娃娃全都捐出来，支持轻安村的筹款。

慈善晚宴当天，“爱的使者”布娃娃一个个整齐站在展台上，让认购的来宾感受到这一份礼物带来的温度。

最终，孩子们为轻安村筹到了 2100 元善款！



这些善款将用于长者照护、学生关怀、环保、健康等公益服务。

孩子们的创作不仅是一份手工，更是一份心意；每个布娃娃，都装着他们最纯真的善良。

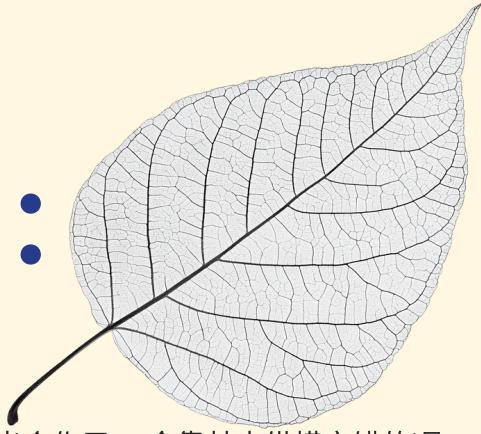
感谢所有支持这次活动的朋友们，因为有你们的爱，孩子们学会了：原来，小小的自己，也能为世界带来美好。

轻安村学生关怀中心，
将继续陪伴孩子们成长，
让【付出与分享】的种子，在他们心中
静静发芽、慢慢开花。

轻安村将持续创造学习与实践的机会，
让孩子在“付出”中体会喜乐，并把这份
爱心一代一代传递下去。



知识与实践的碰撞： 从叶片到叶脉



“大家看，这片看似普通的叶子，之所以能够保持挺括、顺利进行光合作用，全靠其中纵横交错的‘骨架’——叶脉。”在老师生动的讲解与精美课件的引导下，叶片内部隐藏的奥秘逐渐被揭示。同学们清楚地认识到，叶脉不仅承担着支撑的作用，还负责疏导水分与养分。也正因为叶脉由坚韧的纤维素构成，它才能在后续的叶脉制作过程中“独善其身”，完整地保留下来。



随后，老师揭示了制作的核心原理——利用苏打粉加热分解叶肉。当同学们小心翼翼地将精选的叶子放入盛有苏打粉的电热锅中加热时，他们不仅是等待，更是在观察和验证。看着叶片在沸水中逐渐由绿变黄、变褐，质地变得软烂，书本上抽象的“叶肉细胞被腐蚀”变成了眼前真切的景象，科学的种子在心中悄然萌芽。

耐心与技巧的考验：指尖下的精雕细琢。煮制完毕，冷却冲洗后，便进入了最考验耐心与细心的环节——刷除叶肉。课室里瞬间安静下来，同学们手持旧牙刷，屏息凝神，顺着叶脉的方向轻柔地刷洗。“老师，我的破了！”有同学发出惋惜的叹息。“不要紧，第一次难免，力度要再轻一点，就像给它挠痒痒。”指导老师穿梭其间，耐心指导。成功的欢呼与失败的轻叹交织，这正是科学探究的真实过程。当一位同学成功刷出第一片完整、通透如蝉翼的叶脉时，那份油然而生的成就感，是对其严谨、细致和持之以恒精神的最佳奖赏。这个过程，让同学们深刻体会到，任何精美的成果背后，都离不开一份沉静的匠心。

艺术与生命的升华：方寸之间的无限创意。获得纯净的叶脉只是半成品。在压干水分后，活动进入了最富个性的艺术创作阶段。同学们化身小小设计师，用水彩颜料为叶脉染上绚丽的色彩——如火的红色、静谧的蓝色、充满生机的翠绿。有的同学还用细笔勾勒图案。原本朴素的叶脉，瞬间被赋予了独特的灵魂，成为了一件件独一无二的艺术品。

“我从来没想到，一片平凡的叶子里，藏着这么美丽的‘骨架’。”一位同学举着自己制作的蓝色星空主题叶脉书签感慨道：“这让我更加佩服大自然的设计了。”





CRISIS ON THE STRIPES: SAVE OUR MALAYAN TIGERS

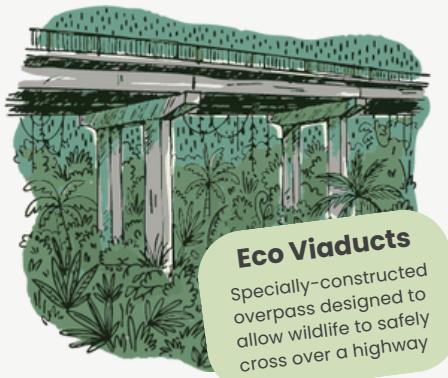
As part of our Eco Care core pillar, Kampung Senang helped sponsor a tiger conservation awareness talk led by experts who support protecting the Malayan Tiger.

Alex Jack, a conservation veteran with over 10 years experience in anti-poaching and habitat restoration.

Featured was Mr Alex Jack, a conservation veteran who explained immediate, actionable solutions, including:

- Habitat Restoration Initiatives
- Community Ranger Training Programmes
- Anti-Poaching Surveillance Walks

Educational Takeaways



Malaysia Vs Singapore Eco Viaducts

While Singapore does have eco-viaducts as dedicated road crossings to assist wildlife, a challenge remains, as certain species need significant time and courage to cross these unfamiliar structures.

Malaysia implemented a different approach by building an overhead highway primarily for vehicle access to and from the forest. This method leaves the forest floor entirely untouched, easing animals movement and avoiding the fear of an unfamiliar, constructed environment.

Threats of Snares

Snares are poachers' main weapon: cheap, easy to use, and lethal to all.

Because these traps are non-selective, they indiscriminately kill various wildlife, threatening biodiversity. The enormous black-market value of a tiger is the direct motivation driving this devastating, low-cost practice.



The Malayan Tiger's Primary Threats:



Poaching



Habitat Loss & Fragmentation

MOVEMENT TOWARD CARING FOR MALAYAN TIGERS

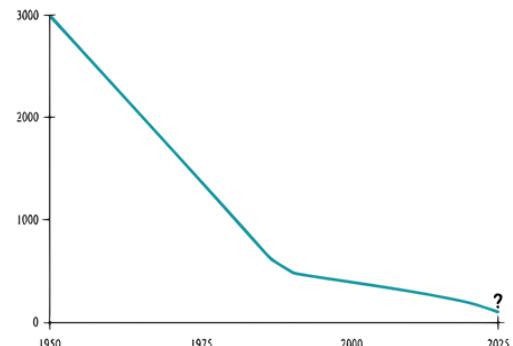


Some in-forest conservation done by the Singapore Wildcat Action Group (SWAG) and its partners include:



Tigers like this have injuries serious enough to cause their death.

Malayan Tiger Population



With fewer than 150 Malayan tigers remaining in the wild, the species faces an acute crisis, primarily driven by relentless poaching.

This Article is brought to you by



Singapore
Wildcat
Action
Group

Trek for Tigers

Image courtesy of Ryan Peters

Day * Global * Trek

The Malaysian Conservation Collective (MyCC) brings together the hopes of diverse groups, facilitating and coordinating collective actions to safeguard wildlife and restore degraded habitats at the River Yu Ecological Corridor and surrounding area.

Join a Tiger Trek!

This program doubles as an Anti-Poaching Surveillance Walk with local guides, allowing you to directly support conservation efforts on the ground.

Info on Trek:

Merapoh, Pahang -> Singapore

Participation fee 3D2N

RM1,400 per person - \$430
25% Student discount ~\$320

2026 Dates

Jan 17-19th | Feb 7-9th | March 28-30th | April 18-20th | May 16-17th | June 20-22nd

Includes: accommodation, guides, transport during the program but not to and from the project site

Scan to hear the trekking experience!





我的故事 – 黄纯贤

文 | 陈嘉木

黄先生今年63岁，待人温和，谈吐儒雅，气质沉静淡然，是那种一坐下来，你就知道他一定经历过许多故事的人。

与他相处的短短一个下午，我看到的不只是他的人生阅历，更感受到那份在被关怀中重新与生活和解的温柔力量。

在新加坡，黄先生独自生活，亲人都在台湾。近两年，他的身体开始出现状况，医生叮嘱他“健康优先”。然而，事业曾是他生活的重心，要放慢脚步不容易。直到2023年，身体终于以最直接的方式告诉他：是时候停下来，好好休息了。

就在这段转折的时期，他与轻安村的缘分显得格外珍贵。

在他身体尚未不便前，早已因讲座认识轻安村的团队，彼此交流理念、互相扶持。当他真正需要帮助时，这份缘分化成了实实在在的陪伴。

如今，每逢周末，轻安村的义工都会上门探望，为他送上温热的午餐与晚餐。

饭菜虽简单，却盛满真心。他们不只是送餐的义工，更像朋友、家人——

一句“今天感觉好吗？”的问候，一声笑语，都让独居的日子多了一份温度与踏实。食物固然重要，更动人的是那份真诚的关怀；那是一种被惦记、被陪伴的温暖。

“成功或许偶然，健康方为永恒。
凡事且慢行，别只为事业急驰。”

他的人生其实非常精彩。

出生于台湾台北，从小勤奋好学，大学毕业后曾在学府担任助教。1993年，他毅然只身赴美攻读MBA，并顺利取得文凭，走出属于自己的人生道路。

虽然父母在台湾经营旅行社，希望他能继承家业，但他心里一直有个声音：人生不该只是被安排，更要有自己的选择。

于是他先在顾问公司任职，后被派往马来西亚，1995年因缘际会来到新加坡，从此扎根。

两年后成为永久居民，创立企业顾问与教育事业，参与并推动多家连锁品牌的发展。他曾在中华总商会企业管理学院担任讲师逾20年，也曾在公共服务学院与南洋理工大学授课。每年还带领企业家出国考察，以“理论结合实践”的方式教学，桃李满天下。

年轻时，他的座右铭是：

“我们不因有梦想而伟大，我们以实践理想而骄傲。”如今，当他暂时放下事业、学习慢行时，这句话似乎有了新的意义。

他平静却深刻地说：

“成功或许偶然，健康方为永恒。
凡事且慢行，别只为事业急驰。”

不要忘了，真正走得远的，是身心健康的人。走过风光，也面对低谷；曾教人如何走向成功，如今他自己在学习如何与生命和缓共处。这一课，更加动人。我们都相信，休息不是停下，而是为了走得更远。



Plantastic Plant-Based Diets

Dr Charles Johnson, a former NUS Medical School classmate of Kampung Senang president Dr Swee Yong Peng, often helps with our **Plant-Based Challenges**.

You can read about his unique medical career at <https://www.linkedin.com/in/johnsoncharles>

On Sunday 5 October, Dr Charles informed and entertained us at Kampung Senang - Aljunied with a talk titled '**What about Plant Based?**'

Here are two strong memories from the talk. First, Dr Charles told us about his own journey to a plant-based diet, which started in the 2010s with health issues, when he was working as an ER doctor, dealing with 2am wakeup calls to treat emergency cases.

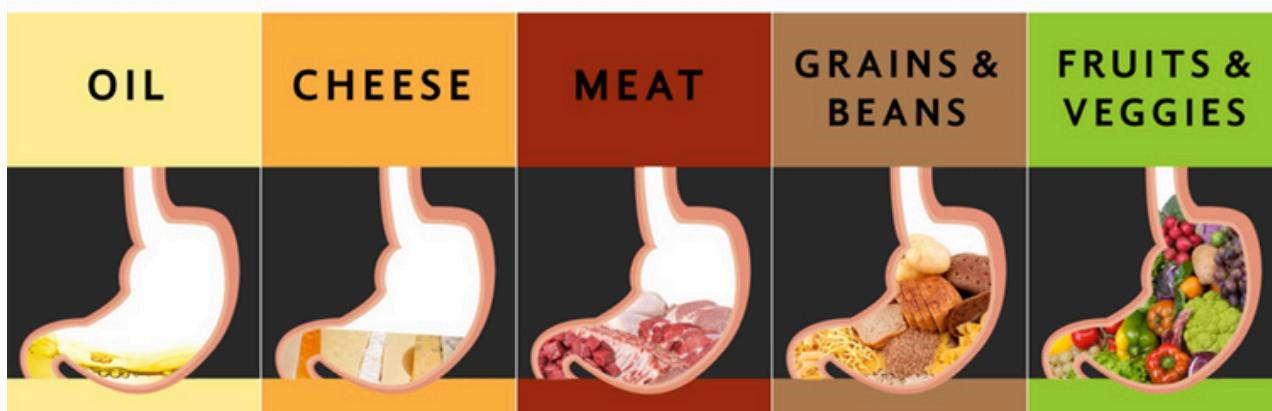
Dr Charles is a quick learner, and after finding out about plant-based via a text message, it wasn't long before, one-after-another, he was replacing animal-based foods with plant-based ones. He even learned to make his own food, such as soy milk and soy yogurt. Photos of these colorful dishes left us all envious.

And, Dr Charles' diet change soon yielded major health benefits, including decreased weight and increased energy. Even better was the knowledge that a plant-based diet is kind to the environment and kind to the animals.

A second memory from Dr Charles' talk was the slide below from Physicians Committee for Responsible Medicine which shows why plant-based diets help us feel full and well-nourished with less chance of gaining weight. To summarize the slide: more full, fewer calories with **plant-based food**.

I'm sure that I speak for the entire audience when I say that Dr Charles' friendly, information-packed, and passionate talk left us feeling well-nourished with information and hungry to enjoy more plant-based food and maybe to try preparing more of it at home.

WHAT 500 CALORIES LOOKS LIKE





GROWING GREEN ABOVE THE CITY

High above the busy streets of Jurong, our rooftop garden has been quietly thriving. What looks like a collection of towers, beds, and seedlings is actually a living urban ecosystem—kept alive through steady care, attentive hands, and the dedication of our volunteers. Each day begins with simple but essential routines: checking water flow, adjusting nutrients, trimming roots and herbs, and keeping every system clean. These steady acts form the heartbeat of the farm, allowing our plants to grow strong and healthy.

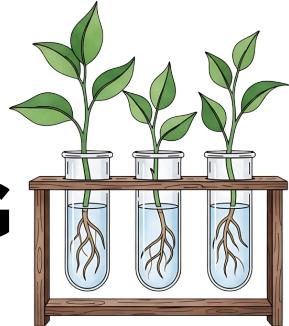
The results are visible everywhere. Bitter gourds hang in bright green clusters, bayam stretches confidently under the glow of LED lights, herbs flourish along the parapet, and sweet corn seedlings settle beautifully into their soil-less home. New seeds continue to germinate, filling the rooftop with fresh life and hopeful green.

Much of this progress comes from the behind-the-scenes work led by our volunteers. They repair systems, replace faulty pumps, clean auto-pot beds and towers, and shift indoor units to the rooftop to optimise space and sunlight. They refresh water tanks, adjust nutrient mixes, fix leaks, re-pot turmeric and other herbs, and transplant seedlings ranging from red bayam to papaya and white bitter gourd. These hands-on projects not only solve immediate challenges but also strengthen the long-term resilience of the farm.

The volunteers' contributions don't stop at maintenance. They also take charge of germinating new batches of seeds, setting up parapet systems, and building planting cycles that keep our rooftop harvests continuous and abundant.

And when the harvest baskets fill—whether with bitter gourd, bayam, herbs, or leafy greens—these fresh, chemical-free veggies are mainly given to the **Kampung Senang Jurong East Wellness Studio Community Kitchen**, where they are transformed into nourishing meals for the community.

In this sky-high garden, we are not just cultivating vegetables—we are cultivating possibility. With each seedling planted and each system tuned, our volunteers help the rooftop become a little greener, a little stronger, and a little more alive.



健康美味 · 植物料理工作坊

美好植物性料理制作 — 天贝 Tempeh 专题课

为了推广健康、永续、友善身体的饮食方式，本月在阿裕尼中心举办了「健康美味 · 植物料理工作坊」以天贝（Tempeh）制作与应用为主题，吸引了 30 位学员热情参与，由长期深耕植物料理教育的吴灵芝老师亲自授课。

从豆子到天贝：认识发酵的力量

课程一开始，吴老师带领大家认识天贝的起源、营养价值与发酵原理。学员们从中了解：天贝是以黄豆为基础、通过自然发酵凝结成型的植物蛋白；它富含益生菌、膳食纤维与完整蛋白质，是素食与健康饮食的重要食材；发酵不仅提升营养，也让原本平凡的豆子变成香气浓郁、口感扎实的健康食材。

吴老师以浅显易懂的方式解说，每一个步骤都让学员逐渐建立信心，知道原来天贝制作并不困难，只要掌握关键温度、湿度与时间，就能在家成功完成。

重新认识天贝：从理论走向实践

课程中最精彩的环节，莫过于亲手制作天贝。每位学员都拿到准备好的材料，从泡豆、去皮、煮豆到接种发酵，逐步体验整个过程。大家在老师细心指导下，一起观察菌种活性、调节豆子含水量，也学习如何让天贝在发酵中顺利“长好”。在充满专注与笑声的习氛围中，大家彼此交流大小技巧，也更深刻体会食物从无到有的生命力。

天贝这样吃：两道创意料理示范

除了制作，吴老师也示范了两道天贝料理，带领大家品尝不同风味的植物性料理：香煎天贝佐清爽蔬菜 — 外焦里嫩、清香不腻，展现天贝最自然的发酵芳香。亚洲风味天贝料理 — 以香料与酱汁搭配天贝，层次丰富、营养满分，非常适合家庭常备。示范过程中，学员不时记录、拍照、品尝，纷纷惊讶天贝能呈现如此丰富的风味。

把植物的美好带回家

课程在轻松温暖的氛围中圆满结束。许多学员表示，这是一场充满“知识、香气与温度”的学习旅程——他们不仅学会了如何制作天贝，也重新认识了发酵与植物饮食的可能性。

这场工作坊让每位参与者都能把「健康、美味、友善地球」的理念带回自己的厨房，在日常生活中实践更温柔也更永续的选择。





SLUMBER SYMPHONY ~沉浸 in 一场深度放松的声音旅程

我是裕廊轻安康乐坊的活跃学员，11月份看到中心第一次开办“颂钵音疗”体验课，就即刻报名参加。

那是一场结合呼吸与音疗的静心练习。音疗师陈美玲首先让我们对音疗的原理、历史和作用机制有一个基础性的理解。那是一种利用振动工具如：钵、锣、音叉、舌鼓等来促进身体、心理和情感健康的古老实践。是基于一个原理：认为宇宙万物包括我们的身体，都是处于一种振动状态。

美玲老师带来了好多教材如铜钵、音叉、锣、鼓、串联起来的贝壳或干果壳等发出的音、振动与频率，帮助学员们身心放松，调节情绪，恢复能量平衡，当我们在进行接受音疗时，老师先把课室内灯光熄灭保持昏暗，宁静的氛围以容易进入状况，只可惜学员们没机会躺下来，我想那会更加能进入完全放松状态。

音疗师先轻敲铜钵以振动学员的脑频率、接着以细小圆珠的滚动发出海浪一波又一波的响、紧接着又轻摇一串串的果壳撞击以制造雨落的声音，更加上背景音乐播放森林里自然的风声及鸟叫声，所有人都沉浸与陶醉在如此氛围中，不知不觉地都快睡着了。这种放松方式真是一种享受啊，好期待下一堂的课程！

一位学员的音疗课堂心得：
稿：卢家凤



音乐疗体验课
正准备呼吸与音乐的静心练习部分学员
5/11/2025



Gratitude to **TEACHER LAI YONG SHENG**

Ten years of faecal incontinence healed in just ten treatment sessions

I first learned about Teacher Lai Yong Sheng's medical practice (Zheng Yong Chinese Physician Centre) during a lecture at Kampung Senang Charity and Education Foundation on 9 March 2024. Since then, many friends from Kampung Senang have shared how their health conditions improved after receiving treatment from Teacher Lai.

I myself suffered from faecal incontinence (FI) for almost 10 years—a condition that is extremely debilitating both physically and emotionally. My daily life was filled with anxiety whenever I left home, fearing that a toilet might not be accessible when FI occurred. Travelling overseas became a nightmare, day and night.

I had sought all possible medical help available in Singapore, but nothing worked. In July 2024, I went for my first treatment with Teacher Lai. In just 10 sessions, my FI stopped completely. After another 10 sessions, I no longer needed to worry about locating toilets whenever I went out.

I am deeply grateful for Teacher Lai's gifted hands. He not only treated my physical condition but also helped me address the underlying mental and emotional factors, thereby enabling complete recovery.

To me, Teacher Lai Yong Sheng is truly a national treasure.

I wish him good health and longevity so that many more people may benefit from his medical brilliance.

With heartfelt gratitude,
Madam Lim Lan Chin
19 September 2024



慢品系列

素见福建



山海禅意间之旅

19-26 / 10 / 2025

八天七夜的素行旅途中，我们慢慢走、轻轻看、深深感。

轻安地球村《慢品系列》【素见福建】从厦门、漳州、泉州到福州，
一路走入闽南的山与海之间，体验素食文化与古老人文的静美交织。



旅途印象

晨雾轻拂鼓浪屿的百年洋楼，琴声从窗影间传来；
土楼炊烟在竹影中缓缓升腾，像老家的一口饭香；
在泉州古巷的石板路上，南音悠悠，
时光慢得可以听见。

特别体验

泉州非遗木偶戏幕后探访

团员被特别允许进入剧场后台，亲手操作木偶、聆听艺师的生命故事。那一刻，传统不再是展品，而是活在指尖的呼吸。

香道与南音雅集

在百年古厝的院中，香烟袅袅、音韵低回。
茶香、琴声与心跳交织成一场无言的修行。

古琴茶会·一席静心

与琴者围坐，品一壶老茶，听一曲古音。
当弦音流转，心也在音波间缓缓沉静。

素厨私席课程

米其林推荐餐厅主厨亲自示范蔬食创作，从选材到摆盘，每一道菜都述说着“土地的慈悲与人的巧思”。

生态食品品鉴会

团员在田园餐桌上品尝当季蔬果料理，明白“素食不是限制，而是丰盛的另一种形态”。

泉州古巷夜行·灯影人文导览（特批体验）

夜色轻落，古巷灯光如梦。
我们漫步在青石巷中，听述泉州旧日的商旅与信仰。
灯影摇曳间，风带着咸咸的海气，照见每一张聆听者
温柔的脸。
那一刻，没有游客，只有人与土地的静默相遇。

这趟旅程，是轻安地球村“慢品系列”的又一次心灵实践。我们用脚步丈量文化，用素心品味世界。旅程虽已结束，但心中的宁静与感动仍在发酵。

感谢每一位同行者的真诚与信任，
让这趟旅途成为一首行走的诗—
“以素启行，以心为伴。”



素见福建之旅感言

文／Ong Siew Lan

这趟福建之旅，是一次轻松而愉快的旅程。

我们参观了规模宏大的素食展，展现了素食文化的多样性，也让人看到当地在推广健康饮食与环保生活方面的努力与热情。

旅程中，我们品尝了各式各样的纯净素料理，既满足了味蕾，也体会到素食料理的丰富与创意。每一道菜都承载着厨师的用心，让人感受到健康与美味可以兼得。

最令人感动的是，原本互不相识的团友，在旅途中相处得如家人般亲切——彼此照应、分享喜悦，这份缘分实在珍贵。

这次旅行，不仅是一趟观光之旅，更是一场心灵的滋养与人际间的美好相遇。

希望未来还有机会，与大家再度同行，一起探索更多蔬食文化与生命的温度。



素见福建之旅感言

文／See Geok Kuan

我祖籍福建，过去曾陪母亲回乡探亲。得知轻安村主办「素见福建」之旅，并由灵芝老师带队，我便毫不犹豫地报名参加——一来想重温福建的人文风情，二来也想体验一趟与众不同的素食文化之旅。

这次行程由持素逾十年的导游郑总亲自接待，他与领队灵芝老师周密策划，让八天七夜的旅程处处精彩。四间下榻酒店各具特色，从智能化的厦门 X 未来酒店，到山林环抱、温泉疗愈的漳川道田酒店；从紧邻少林禅寺、清净庄严的旅店，到阿弥陀佛五星级饭店主厨亲示的素食盛宴，处处令人惊喜。

在厦门国际素食展，我们看见了素食产业的多样与创新——从有机蔬果到净素糕点、从草本护肤品到菌菇素材，应有尽有，让人目不暇给。

旅程中也参访多处文化古迹，如南普陀寺、集美学村、福建土楼与泉州开元寺等。其中陈嘉庚纪念馆最令我感动，让我更加敬佩这位为教育与社会无私奉献的华侨领袖。泉州非遗剧场的南音与提线木偶表演，更展现了福建传统艺术的独特魅力。

七天内，我们光顾了十四间素食餐厅，每餐皆用心准备、精致美味。不伤生命，却滋养身心——那是一种纯净而幸福的滋味。

正如灵芝老师所说：
“参加轻安地球村的蔬食团，是一边旅行、一边行善的过程。一路吃素，也是一路累积福报。”

感恩这段因缘，让我在旅途中不只是“看见福建”，更“心见素行”——看见清净、慈悲与和合的生活风景。

素见福建之旅感言

文／Vincent Neo & Christine Lim

这趟为期八天的福建蔬食之旅，让我们收获满满。

一路上，不仅增广了对素食多样化的认识，也深刻体会到蔬食带来的健康与轻盈。参观百年、千年的古寺，感受文化底蕴与心灵宁静；走访陈嘉庚纪念馆，更加敬佩这位为教育与社会奉献一生的新加坡伟人。

旅程安排细致周到，领队灵芝老师的贴心照顾让我们倍感温暖。

我们对这次福建之行非常满意，也真心感恩轻安村的用心与爱心。希望未来还能与大家再度同行，一起探索中国丰富的素食世界，延续这段美好而难忘的旅程。



My First Vegan Journey (2025)

By Tan Wee Ting

This was my very first vegan trip — and also my introduction to our dear Ling Chih Laoshi! She is such a kind, patient, knowledgeable, and selfless lady.

As a regular meat-eater, I was initially worried that I might go hungry during the trip. But to my surprise, I never once felt hungry! Every meal was delicious and satisfying. I truly enjoyed the entire journey — the food, the wonderful people, and the many beautiful tourist spots we visited in Guangzhou.

One of the highlights was a hands-on cooking session, where we made our own vegan dinner. Through this experience, I learned how creative and tasty plant-based cooking can be — especially when prepared with heart!

I have complete trust in Ling Chih Laoshi's well-organized vegan trips. Her restaurant selections and itinerary were simply excellent — yum yum!

This trip opened my eyes to the variety and richness of vegan cuisine. After returning home, I've become more mindful of my diet and have started to eat less meat.







RUO SHAE'S JOURNEY

A CANCER WARRIOR'S STORY

Life after a storm can make you strong, beautiful, and an inspiration to others."

Ms. Ruo Shae's story is one of courage, resilience, and compassion — a reminder that the human spirit can rise above even the darkest times.

Before 2004, she suffered from severe water retention and chronic back pain that neither Eastern nor Western medicine could cure. Determined to reclaim her health, she committed to a daily exercise routine and, within six months, fully recovered. That personal breakthrough inspired her to found SHEe – Simple Healthy Exercise for Everyone, promoting movement as a way to maintain vitality and quality of life.

Then, in January 2022, she suffered a heart attack and learned that two of her arteries were 90% blocked. On top of that, in May 2023, she was diagnosed with Stage 2 pancreatic cancer and underwent a 10-hour Whipple surgery to remove her gallbladder, bile duct, and part of her pancreas. Despite the challenges of chemotherapy and the grim prognosis Ruo Shae faced, she refused to surrender to fear.

Instead, Ruo Shae embraced a positive mindset and continued to live actively — exercising daily, adopting a plant-based diet, and sharing her recovery journey on TikTok to inspire others. Her message is simple yet powerful: "Life after cancer is still worth living."

Beyond her personal healing, she has turned her energy outward — volunteering, fundraising, and supporting those in need. Her belief in lifelong learning drives her to encourage others to keep growing, whether through government-supported courses or community programmes at places like Kampung Senang, where one can nurture body, mind, and soul.

"When we are given a second or even third chance at life, it's a gift too precious to waste."

Ms. Ruo Shae's journey reminds us that healing is not only about surviving — it is about living meaningfully, sharing love, and inspiring others through gratitude and action.

MOBILITY AIDS IN CHANGI

In November, Kampung Senang participated in **Sengkang General Hospital's** Green Day event. Our booth highlighted our mobility aids work, in which we protect the environment by removing used mobility aids, such as wheelchairs, from the waste stream. We then refurbish the equipment and loan it to people in need.

Throughout the event, we received a high volume of enquiries regarding our services, particularly on the rental and repair of these mobility aids. Visitors included occupational therapists, medical social workers, nurses, care department personnel, and members of the public—demonstrating broad interest across various professional and community groups.

One notable service provided on-site was the replacement of a 16" wheelchair wheel for a client. The repair was completed promptly, and the client expressed great appreciation for the immediate support. This hands-on demonstration of our capability further reinforced confidence in our services.

Feedback was overwhelmingly positive. Attendees complimented our team for our professionalism, responsiveness, and the quality of our services. The event proved to be a successful platform for outreach and engagement, strengthening awareness of our offerings and reinforcing our commitment to serving the community.



KAMPUNG SENANG NEWSLETTER JAN - MARCH 2026



CELEBRATE OUR DIFFERENTLY-ABLED

“

Kampung Senang helps people with disabilities through our Mobility Aids program and our programs for seniors.

Non-disabled people assume that people with disabilities have a worse quality of life and are unhappy, but this idea contradicts what many people with disabilities actually feel and experience. Did you know that people with disabilities may often be happier than non-disabled people?! This is called the Disability Paradox.

How is the Disability Paradox possible? How can disabled people be happy? Here are some possible reasons.

1. Having a disability pushes us to be flexible, creative, resilient, and comfortable with uncertainty and troubles.
2. Disabilities make us give up trying to be perfect; we have to adjust our expectations. Lower expectations can promote happiness.
3. If we have disabilities, we may be kinder, because our own problems help us empathize with the problems that others face.
4. Being disabled forces us to depend on others, to give up our selfish pride.
5. Our disabilities enable us to understand that we are all dependent on each other. Even the strongest, most able people need others. Independence is an illusion; interdependence is the reality.

Kampung Senang was created back in 1999 in recognition of this interdependence. We are all members of a village, whether that village is the building in which we live, our city, our country, and the entire planet and all the beings, nonhuman and human, living here. We all need each other.

In one way or another, now or in the future, we are all disabled. And, we are all able in many ways. We contribute our abilities to make our village a place where everyone contributes to the trust and well-being we all can enjoy. Let's celebrate different abilities and integrate this celebration into our sense of life.

开心厨房课堂

Cooking with Joy

人气厨师 云云，这次带大家一起学做超开胃的万能韩式辣椒酱，搭配家常小吃，甜辣开胃、百搭易用，让你的料理瞬间升级！

- 课程亮点：
- 现场示范，简单易学
- 学员现场品尝美味
- 回家就能轻松复刻

日期：2025年12月4日 (星期四)
时间：1:30pm – 3:30pm
电话：6261 2338
地点：Blk324 Jurong East 31
#01-130 Spore 600324

韩式辣椒酱+小吃
Gochujang sauce with Snack

以下是报名费的相关资料：
(1) 有轻安村康乐之友资格的优惠：
a) 50岁及以上的新加坡公民和永久公民，免费报名
b) 50岁以下的新加坡公民和永久公民，以及外籍藉者，每位85元
(2) 未加入轻安康乐之友者，每位100元



Organised by:
KAMPUNG SENANG
村康乐及教育基金會
SINCE 1999

An Initiative of:
Kampung Senang
Wellness Studio
轻安康乐坊

In Partnership With:
Eco College
心和学苑

开心厨房课堂

Cooking with Joy

人气厨师 云云，带您一起学做受欢迎的印尼街头小吃！

- 课程亮点：
- 现场示范，简单易学
- 学员现场品尝美味
- 回家就能轻松复刻

日期：2025年10月16日 (星期四)
时间：1:30pm – 3:30pm
电话：6261 2338
地点：Blk324 Jurong East 31
#01-130 Spore 600324

酱百搭！
印尼街头小吃
在家做！

以下是报名费的相关资料：

(1) 有轻安村康乐之友资格的优惠：



开心厨房小课堂

文与图片：轻安康乐坊 Sharon Loh

少油少糖少盐， 传统风味也可很美味

裕廊轻安康乐坊自 10 月起推出全新课程《开心厨房小课堂》。在第一系列中，人气厨师云云老师带领大家学习多款蔬食版的传统南洋美食，包括百搭花生酱配印尼街头小吃、沙爹米粉、马来米暹(Mee Siam)和马来卤面(Mee Rebus)等。

课程中，云云老师不仅示范料理技巧，也特别教导大家如何在少油、少糖、少盐的情况下，依然煮出美味又健康的传统美食，让学员们在享受风味的同时，也兼顾日常养生。

她风趣的讲解、细致的示范与亲和的教学方式，让学员学得开心、吃得更安心，课程口碑不断扩散，每一场都报名爆满。更有住在附近的学员在家尝试复刻后，把成果带回康乐坊与大家分享，现场充满温暖与成就感。

《开心厨房小课堂》以“轻松、好玩、好吃”为特色，已成为大家每个月最期待的活动之一。



BE FAST, BE S.M.A.R.T.

BEATING STROKE TOGETHER

@ JURONG SPRING - GEK POH: SPOT THE SIGNS. BUILD THE HABITS.

On 4 October 2025, Jurong Spring CC Multi-Purpose Hall was filled with seniors, caregivers, and neighbours for "Beating Stroke Together." Kampung Senang was invited as a health partner, and our team received a Certificate of Appreciation.

Stroke is close to my heart. I have seen a loved one go through stroke and recovery; so, being part of this event felt very personal. How to spot a stroke:

- **BE FAST** to spot stroke signs quickly
- Balance: sudden loss of balance
- Eyes: vision loss in one or both eyes
- Face: drooping on one side of face
- Arms: weakness and/or numbness in an arm or leg
- Speech: slurred speech or speech difficulty
- Time: call **995**

IMMEDIATELY

– by Theresa Musni

Kampung Senang receiving a Certificate of Appreciation from Dr Hamid Razak, Adviser to West Coast-Jurong West GRC GROs (Jurong Spring-Gek Poh), at the "Beating Stroke Together" event.

BE S.M.A.R.T. to prevent stroke

- Smoke-free living
- Meals that are healthy
- Active lifestyle
- Regular health screening
- Take prescribed medications

At our Kampung Senang booth, we shared centre programmes, such as courses that support brain and body health, from wellness exercises and healthy cooking to playing ping pong. We also prepared a fun "Spot the Difference" game to keep minds active and start conversations about brain health among the residents.

A mini ping pong table nearby drew smiles and laughter as seniors, staff, and volunteers played short rallies. It was a simple picture of what we believe: movement can be light-hearted, social, and good for the brain.

For me, the main message is clear:

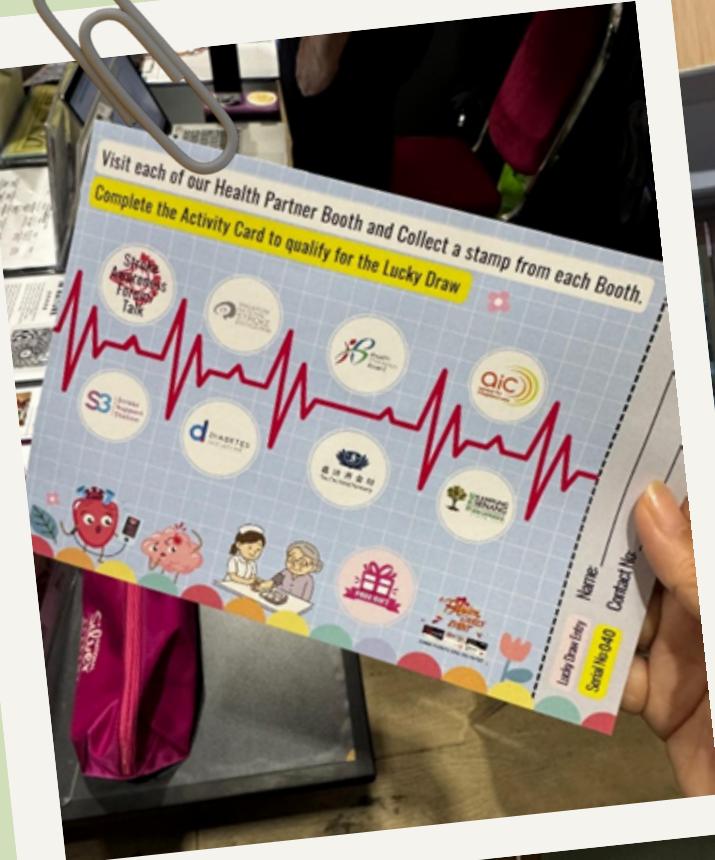
BE FAST to spot stroke. **BE S.M.A.R.T.** to prevent it. And do it together as a caring community.

Kampung Senang looks forward to welcoming more Jurong residents so we can live well, age well – and stay **FAST** and **S.M.A.R.T.** against stroke together.



Activity card for residents to collect stamps from each health partner booth and qualify for the lucky draw.

Ping pong at the Kampung Senang booth, a playful way to keep active and stay sharp.



Residents engaging with Kampung Senang's "Spot the Difference" activity and signing up for wellness and NSA courses at the health booth.

Kampung Senang team at the health booth (from left): Dr George Jacobs, Ms Theresa Musni, Mr Phuah Teck Shin and Ms Sharon Loh from Kampung Senang Jurong

WHERE COMFORT MEETS CLARITY.
A COLLECTION GROUNDED IN CALM ENERGY.

FROM GARDEN TO TABLE: URBAN FARMING EXPERIENCE 从菜园到餐桌—城市农耕体验

On 7 November 2025, we welcomed the staff from CME Group to our Tampines Blk 840 Inclusive Garden for a hands-on Urban Farming experience, where they learned to grow organic vegetables while enjoying nature.

Andrew, our farm tour guide, led the group through our inclusive garden, teaching them to identify different plants and giving them the chance to try hands-on harvesting.

CME Group的员工于11月7日 来到我们淡滨尼的有机菜园，参与了城市农耕体验，学习有机种植，同时欣赏自然风光。

轻安村的植物向导Andrew带领大家参观有机菜园，教员工辨认不同植物，并亲手体验采摘的乐趣。



The inclusive garden at Kampung Senang Tampines follows eco-friendly farming practices, using no chemical fertilizers or pesticides. We welcome schools and companies to visit and experience sustainable urban farming firsthand, contributing to the care of our environment.

轻安村东北区活动中心的有机菜园在耕种过程中不使用化肥和农药，推崇有机种植方式。我们欢迎学校和企业前来亲身体验生态友好的农耕方式，为保护大自然尽一份力。



After the activity, the CME staff joined our seniors for a healthy “farm-to-table” plant-based lunch, fostering intergenerational bonding and strengthening community connections. In addition, CME Group generously donated SGD3,000 to support our Active Ageing Programme. 活动结束后，员工们也与我们的长者一同享用了“从农场到餐桌”的健康植物性午餐，增进跨代交流与社区连结。此外，CME Group 还慷慨捐赠了3,000元支持我们的“活跃乐龄计划”。



KAMPUNG SENANG TAMPINES
轻安村东北区乐龄活动中心
6785 2568 / 8299 2512

Joy in Harmony

Seniors Singing Together at Block 254

The Karaoke Interest Group at Kampung Senang Tampines, Block 254 meets every Thursday from 1pm to 5pm.

The space comes alive as many seniors gather to sing, chat, and enjoy each other's company. In recent months, we've welcomed an increasing number of male seniors who, encouraged by their friends, have joined in the singing and dancing.

It is a heartwarming sight to see so many seniors filling the room with music and laughter. Joy shines from their faces as they sing along with others — a simple activity that brings a deep sense of connection.

These friendly, cheerful seniors are truly appreciative of Kampung Senang for providing a welcoming venue and organising this interest group, giving them a place to gather, build friendships, and celebrate life through song.



THERAPY

SERVICE



Therapy services by appointment only

调理服务需要预约

- 时空波信息场分析
Time Waver PDA Analyse
- 频率共振与信息场优化
Frequency resonance and Information field optimazation
- WHB 量子健康检测
WHD Digital Wellness Scan
- 脑波自律共振
Neurofeedback
- 自然全息扰场仪
Natural TorsionField Energy
- 太赫兹床能量调理
THZ Bed Therapy
- 氧疗
Oxygen Therapy
- 足疗
Foot Therapy
- 气道口



6749 8509

Block 106 Aljunied
Crescent #01-205,
Singapore 380106

WEEKLY EVENTS

Mon
星期一

预防失智操
Dementia Prevention Exercise
10:00 AM – 11:00 AM

Tue
星期二

音乐疗愈沙龙
Music Therapy Salon
9:30 AM – 10:30 AM

Wed
星期三

身心舒展操
Joyful Stretching
9:00 AM – 10:00 AM

Thu
星期四

用餐唱歌
Dine to Music
12.00 PM – 1:00 PM

Fri
星期五

经络拍打操
Meridian Tapping Exercise
9:30 AM – 10:30 AM

Sat
星期六

郭林气功 Guo Lin Qigong
8:00 AM – 9:00 AM
爱乒才会赢 Table Tennis
匹克球 Pickleball
10:00 AM – 11:30 AM

Sun
星期日

平甩功练习
Ping Shuai Exercise Group Practice
9:00 AM – 10:00 AM



德艺双馨·慈心典范 ——致敬轻安村荣誉赞助人 黄马家兰女士

(Mrs Wong-Mah Jia Lan)

21/04/1938 - 26/10/2025

黄马家兰女士（亲切称为“黄妈妈”）是当代罕见的多元艺术才女与社会贤达。她一生跨足艺术、体育、企业与慈善多个领域，是卓越与慈悲并行的典范人物。

她早年活跃于体育界，曾荣获保龄球冠军，为国家争光；在企业界，她以坚毅与远见继承家族事业，成就非凡；在艺术领域，她精通指画、水墨与水彩创作，作品多次于国内外展出；在人文与宗教事业上，她慷慨布施，长期支持教育及佛教文化的发展，是众多教育与慈善机构的主要赞助人。

作为轻安村慈善与教育基金会的荣誉赞助人，黄妈妈对基金会的关怀与支持从未间断。2025年9月，她特别发愿捐出一幅亲笔水彩画，希望为轻安村筹得一万元以上的善款，以支持社区服务与教育推广。基金会即时推荐该画作予 Zee Lam 女士收藏，使黄妈妈的愿心圆满完成，也为轻安村的公益事业增添了一段温馨而感人的篇章。

黄妈妈以艺术行善，以慈悲育人。她的人生如同一幅色彩丰盈的画卷——兼具创造力、智慧与仁爱。她的精神，不仅启发后人以才华服务社会，更提醒我们：真正的美，不止于艺术的形式，而在于善的实践。

轻安村谨此致以崇高的敬意与深切的感恩。
黄妈妈的德行与典范，将永远留存在我们共同的记忆与前行的道路上。

轻安村慈善与教育基金会
Kampung Senang Charity & Education Foundation



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📞 6784 3474 📲 8127 2896

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Block 254 Tampines Street 21 #01-464 S521254 (10 min walk from Tampines MRT & Bus Interchange)

📞 6783 9023 📲 9692 1924

Block 324 Jurong East Street 31 #01-130 S600324

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FRI(五) SAT(六) SUN(日)
1/16 1/17 1/18

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