

10 July 2007



Dear Residents of Nee Soon South,

### **LATEST UPDATE ON OUR SPORTS ACTIVITIES**

Dear Residents

A famous Roman poet once said, “The greatest wealth is health.’

Indeed that is true as we advance into an age both abundant in luxuries and stress. It is thus important that we do not neglect our physical and mental wellness. Instead, we should constantly remind ourselves to be active, and lead healthy lifestyles.

We are now well into the second half of the year and thus far we have done well with many activities being organized for all of you to participate.

We have just completed our Residents Committee-Neighbourhood Committee Bowling League and what a joy it was. There were so many “Strikes” and “Turkeys” that I lost track of them. Bowling is a sport that encourages team spirit and offers lots of opportunity for interaction even among competing teams. On a personal basis it is a form of exercise and it helps you to learn to focus your mind. I am encouraged to see all of your enthusiastic participation, and I am sure that your liveliness will be a positive influence on other residents to join us in future activities.

Indeed I must say everyone had their fun, and I am spurred to organize more such leagues in Nee Soon South. In fact I want to urge all residents to come forward in joining the many healthy lifestyle activities that we are going to hold in Nee Soon South. All our RCs/NCs have either set up the Healthy Lifestyle Clubs or are in the process of doing so.

To help us to plan for you, please tick the boxes below on the sporting activity that you would like us to organize in the future.

No.	Sport	Tick
1.	Archery	
2.	Badminton	
3.	Basketball	
4.	Bowling	
5.	Canoeing	
6.	Combat aerobics	
7.	Cycling	
8.	Jogging	
9.	Netball	
10.	Qigong	
11.	Roller blading	
12.	Sepak takraw	

No.	Sport	Tick
13.	Skateboarding	
14.	Soccer	
15.	Squash	
16.	Swimming	
17.	Table tennis	
18.	Tennis	
19.	Touch Rugby	
20.	Volleyball	
21.	Weight training	
22.	Woodball	
23.	Yoga	

Thank you for your support and let's make healthy lifestyle a characteristic of Nee Soon South residents.

Er. LEE BEE WAH  
 MP FOR ANG MO KIO GRC AND  
 ADVISER TO NEE SOON SOUTH GROs

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**Reply Slip - Games**

Name: \_\_\_\_\_

Tel no: \_\_\_\_\_ Hp: \_\_\_\_\_

Email: \_\_\_\_\_

Please kindly return this form to Nee Soon South Community Club, No 30 Yishun St 81 Singapore 768455. Or fax to 67522975. Or kindly email your interest to [Lee\\_Thiam\\_Hock@pa.gov.sg](mailto:Lee_Thiam_Hock@pa.gov.sg) or call Mr Lee at 67533121

**Thank You**