

Forward Planning for the Peace of Mind  
提早准备, 安枕无忧

2021 Oct | Volume 9 | Issue 4

## Welcome to

## Life Point@Sennett!

## 生命同行坊 (信立) 欢迎您!

**Join as Premier Member to enjoy club facilities!**

**加入特优会员 享受俱乐部设施**

Sheng Hong Active Aging Club (AAC) is equipped with various kind of facilities including table tennis, Rummikub, mahjong and interesting activities such as board games, exercise lesson, movie screenings etc.

We will be having a series of activities and programmes from **18 October to December 2021** for you to try out. **Life Point members can enjoy for free.**

As we need to follow government regulations on the latest COVID-19 measures, registration in advance is required.

You can upgrade your current Life Point membership to **Premier Membership** and enjoy the above facilities at an affordable annual fee of \$36, which is only \$3 per month!



城隍乐龄俱乐部(AAC)有各类设施包括乒乓球、拉米游戏(Rummikub)、麻将等。

我们也筹划了各种活动, 如桌面游戏、健身运动、电影放映会等。

为了让各位试用乐龄俱乐部里的设施及活动, **从2021年10月18日至12月, 所有生命同行坊会员可以免费享用。**

我们将根据最新的防疫规定, 限制场地容纳的人数, 请预先报名。

您可以把现有的会籍升级成为**特优会员**, 以享用以上的设施, 年费36元, 平均每个月才3块钱而已!

### Activity Time 活动时间:

Every Monday, Wednesday, Friday, 2pm-5pm, exclude public holidays

每个星期一、三、五, 下午两点至五点, 不包括公共假日

### Address 地址:

175 MacPherson Road Singapore 348537

175麦波申路 邮区348537

### Tel 电话:

6239 0936 / 9195 2006



## Schedule 活动节目表

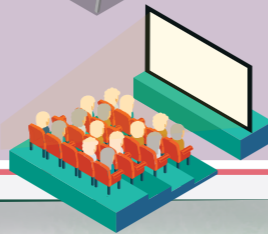
**Monday 星期一**  
2pm - 5pm  
Exercise fitness- equipment at hall,  
Group exercise lesson, Table Tennis, Darts  
在大厅使用健身器材、小组运动课程、打乒乓、玩飞镖



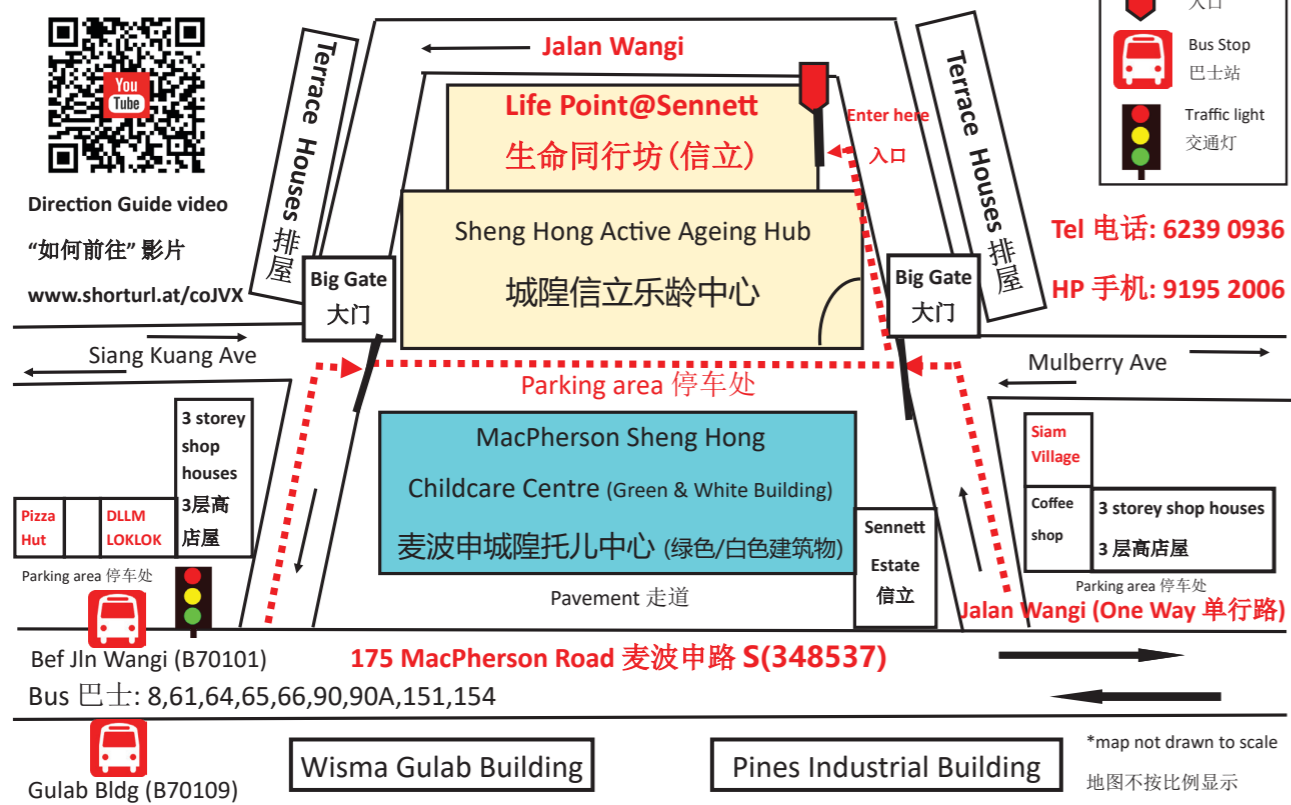
**Wednesday 星期三**  
2pm - 5pm  
Indoor board games, Mahjong, Rummikub, card games  
棋盘游戏、纸牌游戏、麻将等等



**Friday 星期五**  
2pm - 5pm  
Screening of Movies / Musical Concerts/ Documentary /  
Cultural Performance / Health and Wellness programmes  
电影 / 音乐会 / 纪录片 / 文化表演 / 健康保健节目 放映



### Directions to Life Point@Sennett 如何前往 生命同行坊(信立)





# Interfaith Forum 跨宗教论坛

## In Search of Life Amidst the Pandemic 疫情中探索生命



Please call 6538 9877 or scan the QR code to register

In the pandemic, what can we do to face the unknown future?

Life Point invites representatives of 5 religions (Taoism, Buddhism, Islam, Christianity, Catholicism) to share with us "In Search of Life Amidst the Pandemic".

**Date:** 16 Oct 2021 (Saturday)  
**Time:** 10:30am - 12:30pm  
**Language:** English  
**Mode:** Virtual Forum via Zoom; Live Broadcast on Life Point Youtube channel

疫情当下，我们到底可以做什么，面对未知的未来？

生命同行坊邀请五大宗教（道教，佛教，回教，基督教，天主教）的代表，与大家探讨“在疫情中探索生命”。

**日期:** 2021年10月9日 (星期六)  
**时间:** 上午10点半至下午12点半  
**语言:** 华语  
**形式:** Zoom 线上论坛; 同时在生命同行坊 Youtube 频道直播



请致电6538 9877或扫描二维码报名

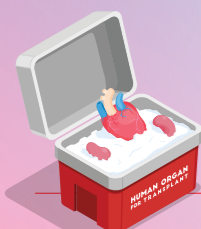
## Human Organ Transplant Act (HOTA) 人体器官移植法令 (HOTA)

- ▶ What is HOTA?
- ▶ How will the body be used?
- ▶ How to go about pledging for body donation?

**Date:** 9 Dec Thurs  
**Time:** 10:30am-11:30am  
**Language:** English  
**Format:** Virtual talk via Zoom

- ▶ 什么是人体器官移植法令？
- ▶ 器官将会如何被使用？
- ▶ 要捐献大体可以怎么做？

**日期:** 11月24日 (星期三)  
**时间:** 上午10点半至11点半  
**语言:** 华语  
**形式:** Zoom线上讲座



Please call 6538 9877 or visit our website to register  
请致电 6538 9877 或登上我们的网站报名



## Activities Open to Public 大众活动

### 迈向圆满人生讲座

- ▶ **无憾人生/规划晚晴** 10月12日 (星期二)  
学习如何为善终做准备，无后顾之忧，让自己有个圆满的人生
- ▶ **乐龄资源** 10月13日 (星期三)  
提供您社会福利与医疗服务的资讯，以便知道有需要时，向谁寻求援助

- 🕒 上午10点至中午12点
- 📍 生命同行坊 (牛车水)
- 💰 **免费** 提供给50岁以上的人士参加
- 📞 请致电 6538 9877 或登上我们的网站报名

### Entering the 4<sup>th</sup> Age Talk Series

- ▶ **Life Without Regrets/ Forward Planning for Peace of Mind**  
**22 Nov (Mon)** (face-to-face)  
**28 Dec (Tue)** (Zoom)
- ▶ **Resource Kits for Silver Generation**  
**23 Nov (Tue)** (face-to-face)  
**29 Dec (Wed)** (Zoom)

Nurture relationships with your loved ones with effective communication skills and learn to plan for a good departure.

- 🕒 10:00am - 12:00 noon
- 💰 **FREE** for those over 50 years old to join
- 📞 Please call 6538 9877 or visit our website to register

## Free funeral arrangement for the needy 施棺服务

We assist people with financial difficulties and without next-of-kin to have the free funeral arrangement, e.g. simple farewell with dignity.

You are welcome to call Life Point for more details.

我们为经济有困难及没有亲人的人士提供施棺服务，简单及尊严的告别，协助他们面对这哀伤的时刻。

欢迎致电生命同行坊获取详情。

## Bereavement Support 丧亲辅导服务

If you know someone who recently lost their loved ones and require bereavement support and counselling service, please call Life Point at 6538 0884 for information and appointment.

生命同行坊为有需要人士提供丧亲辅导服务，陪伴丧亲者走过艰难时刻。

请致电生命同行坊 6538 0884 获知更多资讯及预约。

## "How to Pre-plan Funeral and Cope with Grief?" Talk

**Date:** 19 Oct Tue  
**Time:** 10:00am - 12:00 noon  
**Venue:** Life Point@Chinatown  
**Language:** English

Please call 6538 9877 or visit our website to register

FREE of charge

## 善别讲座：微笑道别，生死两相安

事先规划丧礼有窍门吗？丧亲如何让哀不再伤？

**日期:** 11月15日 (星期一)  
**时间:** 上午10点至中午12点  
**地点:** 生命同行坊 (牛车水)  
**语言:** 华语

请致电6538 9877或登上我们的网站报名

免费





# Here's how you can help to make a difference by donating to Life Point

支持生命同行坊，欢迎您作出捐款，使其服务持续发展

## By Cash 现金

Come to Life Point office and make donation  
前往生命同行坊办公室捐款

## Internet Banking, DBS/POSB ATM machine\*

网上银行、星展银行 (DBS) / 邮政储蓄银行 (POSB) 自动提款机\*



### Payee Name 收款人

SOCIETY OF SHENG HONG WELFARE SVCS

### Payee Bank Name 收款银行

DBS Bank Ltd

### Bank Account Number 账户号码

0239035680 (current account 支票账户)

### Bank Code 银行编号

7171

## PayNow\* :



Please take screen shot of the "transfer successful" page/bank slip, then whatsapp to 8171 9595 or email to lifepoint@shenghong.org.sg

请把“转账成功”画面或银行单的截图 whatsapp 至 8171 9595 或电邮至 lifepoint@shenghong.org.sg.

\* Please indicate donor name, contact number at the reverse side of the cheque, reference field or bank slip. Please also indicate your NRIC no. if you need tax deduction.

在支票背面、备注栏或银行单上，请注明捐款者的英文姓名和联络电话。如需获得减税，请注明您的身份证号码 (NRIC)。

## By Cheque 支票\*

Payable to 抬头请写:  
"SOCIETY OF SHENG HONG WELFARE SVCS"



This list is inclusive but not exhaustive, we would like to express our heartfelt gratitude for your generosity

尚有善长仁翁热心捐款未克一一尽录，感谢各位鼎力支持

The Centre for Inner Studies in Singapore Ltd	1000
Yeo Thiang Swee	500
Chooi Poh Chan	300
Lee Shyr Shyr	300
Toh Tiam Hock	250
Nee Yek Mei Peng	250
Lim Kim Choo	200
Anonymous	100
Koo Sai Keong	100
Late Ow Yew Seng	100
Lim Lian Kee	100
Tan Lee Cher	100
Tay Lan Mai	100
Boey Kwai Fun	71
Anonymous	50
S Naagappan	50
Foo Lee Fung	30
Chen Mu Kia	25

Thank you  
谢谢您!

# Life Point @Sennett One Stop Services 生命同行坊 (信立) 一站式服务

You can visit our website and Facebook page for the latest updates.

各位可以浏览生命同行坊的网站和面簿专页，查阅最新活动详情

Public Talk (Pre-registration required) 公开讲座 (需要预先报名)	Talk Fee 讲座费用	Assistance and Services 协助与服务	Service Fee 服务费用
<b>Time时间: 10:30am</b> <b>Advance Care Planning (ACP) &amp; Advance Medical Directive (AMD) (English)**</b> <b>Watch Live Zoom talk in Sennett:</b> 25/10/2021 (Mon), 17/11/2021 (Wed), 22/12/2021 (Wed) <b>预先护理计划 (ACP) &amp; 预先医疗指示 (AMD) (华语)**</b> <b>在信立观看 Zoom 网上讲座:</b> 26/10/2021 (星期二), 16/11/2021 (星期二), 20/12/2021 (星期一)	Member \$3 Non-member \$5 会员 \$3 非会员 \$5	ACP signing by appointment with Life Point Staff at 6239 0936 请致电6239 0936与生命同行坊职员预约面谈。	Free ACP Facilitation 免费起草和签署预先护理计划
<b>Time时间: 10:30am</b> <b>Lasting Power of Attorney (LPA) (English)**</b> <b>Sennett:</b> 11/10/2021 (Mon), 03/11/2021 (Wed), 10/12/2021 (Fri) <b>Zoom Talk:</b> 06/12/2021 (Mon) <b>持久授权书 (华语)**</b> <b>信立:</b> 08/10/2021 (星期五), 10/11/2021 (星期三), 07/12/2021 (星期二) <b>Zoom 网上讲座:</b> 13/11/2021 (星期六)	<b>Sennett:</b> Member \$3 *Senior \$5 Non-senior \$10 <b>Zoom talk:</b> Free of charge <b>信立:</b> 会员 \$3 *乐龄 \$5 非乐龄 \$10 <b>线上讲座:</b> 免费	Service includes Form checking and Lawyer Signing of LPA Only for participants who attended LPA talk conducted by Life Point 服务包括检查表格以及安排律师签署持久授权书 只限出席生命同行坊相关讲座的人士	<b>Legal Fee:</b> *Senior \$50, Non-Senior \$100 <b>Admin Fee:</b> Member \$5 *Senior \$15, Non-Senior \$30 <b>Application Fee:</b> For Singaporean, waived till 31 Mar 2023 <b>律师费:</b> *乐龄 \$50, 非乐龄 \$100 <b>行政费:</b> 会员 \$5, *乐龄 \$15, 非乐龄 \$30 <b>申请费:</b> 新加坡公民豁免至 2023年3月31日
<b>Time时间: 10:30am</b> <b>Introduction of Will Making (English)</b> 18/10/2021 (Mon), 8/12/2021 (Wed) <b>遗嘱须知 (华语)</b> 08/11/2021 (星期一)	Member \$3 *Senior \$5 Non-senior \$10 会员 \$3 *乐龄 \$5 非乐龄 \$10	Will making by appointment Only for participants who attended Will Making talk organised by Life Point 订立遗嘱需要事先预约 只限出席生命同行坊相关讲座的人士	<b>Legal Fee:</b> \$200 (for simple will) <b>Admin Fee:</b> Member \$5, Non-member \$10 <b>律师费:</b> \$200 (简单遗嘱) <b>行政费:</b> 会员 \$5, 非会员 \$10

\*Senior: 50 years old and above 乐龄: 50岁及以上 Registration/Enquiry Tel. 咨询电话: 6239 0936 Whatsapp: 9195 2006

### Address 地址:

175 MacPherson Road, Singapore 348537 (Enter via Jin Wangi)  
新加坡麦波申路175号 邮区 348537 (经惹兰万宜进入)

Bus 巴士: 8, 61, 64, 65, 66, 90, 151, 154

### Opening hours: Mon- Fri, 9am - 6 pm.

Closed on Saturday, Sunday and Public Holiday.

开放时间: 星期一至星期五, 早上九点至下午六点。

星期六, 星期日及公共假期休息

\*\* Lasting Power of Attorney (LPA) 持久授权书 / Advance Care Planning (ACP) 预先护理计划

Arrangement can be made to watch pre-recorded talks in Life Point@ Sennett by appointment at your convenience.

可安排在生命同行坊 (信立) 观看预先录制的讲座，请提前预约

Member 会员 \$3 Non-member 非会员 \$5



# Life Point@Chinatown One Stop Services 生命同行坊 (牛车水) 一站式服务

You can visit our website and Facebook page for the latest updates.

各位可以浏览生命同行坊的网站和面簿专页，查阅最新活动详情



www.shenghong.org.sg/life-point



www.facebook.com/lifepointshenghong



www.shorturl.at/fkoyO

Public Talk (Pre-registration required) 公开讲座 (需要预先报名)	Talk Fee 讲座费用	Assistance and Services 协助与服务	Service Fee 服务费用
<p><b>Time 时间:</b> 10:30am</p> <p><b>Advance Care Planning (ACP) &amp; Advance Medical Directive (AMD) (English)</b></p> <p><b>Chinatown Point:</b> 28/10/2021 (Thurs), 12/11/2021 (Fri), 01/12/2021 (Wed)</p> <p><b>Zoom Talk:</b> 25/10/2021 (Mon), 17/11/2021 (Wed), 22/12/2021 (Wed)</p> <p>You can log in our Facebook page to watch the pre-recorded video of the talk anytime.</p> <p><b>预先护理计划 (ACP) &amp; 预先医疗指示 (AMD) (华语)</b></p> <p><b>牛车水唐城坊:</b> 27/10/2021 (星期三), 25/11/2021 (星期四), 21/12/2021 (星期二)</p> <p><b>Zoom 网上讲座:</b> 26/10/2021 (星期二), 16/11/2021 (星期二), 20/12/2021 (星期一)</p> <p>你也可以登入生命同行坊的面簿专页，随时收看事先录制的讲座视频。</p>	<p><b>Chinatown Point:</b> Member \$3 Non-member \$5</p> <p><b>Zoom Talk:</b> Free of charge</p> <p><b>牛车水唐城坊:</b> 会员 \$3 非会员 \$5</p> <p><b>Zoom 网上讲座:</b> 免费</p>	<p>ACP signing by appointment with Life Point Staff at 6538 9877</p> <p>Only for participants who attended ACP talk</p> <p>请致电6538 9877与生命同行坊职员预约面谈</p> <p>只限曾出席ACP讲座的人士</p>	<p>Free ACP Facilitation</p> <p>免费起草和签署预先护理计划</p>
<p><b>Time 时间:</b> 10:30am</p> <p><b>Lasting Power of Attorney (LPA) (English)</b></p> <p><b>Chinatown Point:</b> 06/10/2021 (Wed), 02/11/2021 (Tue), 08/12/2021 (Wed)</p> <p><b>Zoom Talk:</b> 05/10/2021 (Tue), 03/11/2021 (Wed),</p> <p><b>持久授权书 (华语)</b></p> <p><b>牛车水唐城坊:</b> 07/10/2021 (星期四), 01/11/2021 (星期一), 03/12/2021 (星期五)</p> <p><b>Zoom 网上讲座:</b> 08/10/2021 (星期五), 07/12/2021 (星期二)</p>	<p><b>Chinatown Point:</b> Member \$3 *Senior \$5 Non-Senior \$10</p> <p><b>Zoom Talk:</b> Free of charge</p> <p><b>牛车水唐城坊:</b> 会员 \$3 *乐龄 \$5 非乐龄 \$10</p> <p><b>Zoom 网上讲座:</b> 免费</p>	<p>Service includes Form checking and Lawyer Signing of LPA</p> <p>Only for participants who attended LPA talk conducted by Life Point</p> <p>服务包括检查表格以及安排律师签署持久授权书</p> <p>只限出席生命同行坊相关讲座的人士</p>	<p><b>Legal Fee:</b> *Senior \$50, Non-Senior \$100</p> <p><b>Admin Fee:</b> Member \$5, *Senior \$15, Non-Senior \$30</p> <p><b>Application Fee:</b> For Singaporean, waived till 31 Mar 2023</p> <p><b>律师费:</b> *乐龄 \$50, 非乐龄 \$100</p> <p><b>行政费:</b> 会员 \$5, *乐龄 \$15, 非乐龄 \$30</p> <p><b>申请费:</b> 新加坡公民豁免至 2023年3月31日</p>
<p><b>Time 时间:</b> 10:30am</p> <p><b>Introduction of Will Making (English)</b></p> <p><b>Chinatown Point:</b> 04/10/2021 (Mon), 10/11/2021 (Wed), 14/12/2021 (Tue)</p> <p><b>Zoom Talk:</b> 11/10/2021 (Mon), 09/11/2021 (Tue), 13/12/2021 (Mon)</p> <p><b>遗嘱须知 (华语)</b></p> <p><b>牛车水唐城坊:</b> 01/10/2021 (星期五), 05/11/2021 (星期五), 15/12/2021 (星期三)</p> <p><b>Zoom 网上讲座:</b> 15/10/2021 (星期五), 08/11/2021 (星期一), 17/12/2021 (星期五)</p>	<p><b>Chinatown Point:</b> Member \$3 *Senior \$5 Non-Senior \$10</p> <p><b>Zoom Talk:</b> Free of charge</p> <p><b>牛车水唐城坊:</b> 会员 \$3 *乐龄 \$5 非乐龄 \$10</p> <p><b>Zoom 网上讲座:</b> 免费</p>	<p>Will making by appointment</p> <p>Only for participants who attended Will Making talk organised by Life Point</p> <p>订立遗嘱需要事先预约</p> <p>只限出席生命同行坊相关讲座的人士</p>	<p><b>Legal Fee:</b> \$200 (for simple will)</p> <p><b>Admin Fee:</b> Member \$5, Non-member \$10</p> <p><b>律师费:</b> \$200 (简单遗嘱)</p> <p><b>行政费:</b> 会员 \$5, 非会员 \$10</p>
<p><b>Time 时间:</b> 10:30am</p> <p><b>Deputyship Application (English)</b></p> <p><b>Zoom Talk:</b> 29/11/2021 (Mon)</p> <p><b>代理人申请 (华语)</b></p> <p>请直接致电查询详情</p>	<p>Free of charge</p> <p>免费</p>	<p>For family members or next-of-kin of those who have lost mental capacity</p> <p>我们协助丧失心智能力人士的家人和亲属</p>	<p>Service fees depend on the complexity of the case</p> <p>服务费用将根据个案的复杂程度而定</p>
<p><b>*NEW*</b></p> <p><b>Time 时间:</b> 10:30am</p> <p><b>Human Organ Transplant Act (HOTA) (English)</b></p> <p><b>Zoom Talk:</b> 09/12/2021 (Thurs)</p> <p><b>人体器官移植法令 (HOTA) (华语)</b></p> <p><b>Zoom 网上讲座:</b> 24/11/2021 (星期三)</p>	<p>Free of charge</p> <p>免费</p>	<p>Provide relevant forms</p> <p>提供相关表格</p>	

\*Senior: 50 years old and above

乐龄: 50岁及以上

Subject to GST 另加消费税

For enquiry, please call 6538 9877 询问电话: 6538 9877

**Address 地址:** 133 New Bridge Road  
Chinatown Point #04-08  
Singapore 059413

新加坡新桥路133号唐城坊  
4楼8号邮编059413

**Telephone 电话:** 6538 9877

**Email 电邮:** lifepoint@shenghong.org.sg

**Website 网址:** www.shenghong.org.sg/life-point

**Facebook Page 面簿专页:** Life Point by Sheng Hong

**Opening Hours 开放时间:** Mon-Fri 星期一至星期五:  
9.00am - 1.00pm / 2.00pm - 6.00pm  
2nd & 4th Sat of each month  
每月第二和第四个星期六:  
9.00am - 1.00pm

Closed on Sunday & Public Holiday  
星期日与公共假期休息



Life Point whatsapp



Life Point Telegram