

03 #SHIOKFam

05 Tote Bag Sewing
(Beginners)

06 The Art of Tacos &
Quesadilla Making

Shiok SERIES OF COURSES



FOR

COUPLES

YOUTH AND
WORKING ADULTS

FAMILIES
BONDING!

SHIOK
555

5 selected courses • \$5 per class • 5 different locations

CONNECTING COMMUNITIES

SHIOK Series is supported by an ever-expanding network of Malay Muslim Organisations, celebrities and industry experts, coming together to co-curate exciting lifestyle courses for the community.

With a diverse suite of courses ranging from health and wellness, to career and interest-based courses, you can be sure there's always something for you and your family to kickstart your learning adventures!

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Courses will be conducted at respective Community Centres / Clubs (CCs) or Resident Networks (RNs)



Course will be held online.

Course Highlights

There's always a course to match your interest. Suite of courses are curated for couples, working adults, youths, and families to bond over while learning a new skill!

For couples out there who are running out of date ideas, join us in craft courses such as Message in Candle to customise a gift for each other.

For our Youths / working adults who would like to learn a new tech related skill, let our industry experts from The Freelancers Academy help you to be updated on the latest trends such as TikTok and IG Reels.

New parents or parents with little ones, check out the thematic story dates to keep your little ones occupied. Learn tips from our positive parenting series and build stronger family relationships!

Not only that, celebrate your love for cooking with the wide variety of cooking courses that promise to add many new pages to your recipe books.

With plenty of courses available, the only thing left for you to do is to take your pick!

Sign up for courses at www.onepa.gov.sg

For more information about PA, visit www.pa.gov.sg

PAassion Card Members are entitled to course discounts. (M) members (NM) non-members.

To achieve the mission of the People's Association (PA) in building and bridging communities to achieve one people, one Singapore, we initiate and offer a wide range of programmes and services to cater to the needs and interests of Singaporeans from all walks of life.

Information is accurate at the time of print.

Images used are for illustration only.

SHARING OF #SHIOKFAM EXPERIENCE

Buka Puasa with Liyana Musfirah



Halal Creative Pasta



Hand-Painted Cookie



**Mix Media Painting and
Slime Making (Parent-Child)**



Video Editing



Courses suitable for

Couples



Beeswax Lip Balm and Foot Soap Scrub



In need of a good and reliable lip care routine? Achieve it all at once here! Make your very own using the melt and pour process with nourishing ingredients such as shea butter and coconut oil. You'll love it!

Course Fees:	\$30 (M) / \$35 (NM)	Date:	Time:	Venue:
Material Fee:	\$11	04 Jun, Sat	10.30am - 11.30am	Gek Poh South RN
No. Of Sessions:	1	04 Jun, Sat	2.00pm - 3.00pm	Taman Jurong CC
Duration:	1 hour			

D.I.Y Cactus Candle



Replicate your cactus into a soy-wax candle to make a realistic home decoration! These candles look so real you can trick your friends and family with it!

Course Fees:	\$48 (M) / Pair \$58 (NM) / Pair	Date:	Time:	Venue:
Material Fee:	\$26 / Pair	05 Jun, Sun	2.00pm - 3.00pm	Hillview CC
No. Of Sessions:	1	13 Jun, Mon	11.00am - 12.30pm	Kallang CC
Duration:	1 - 1.5 hours			

Message in a Candle



Surprise a loved one with a secret customised message inside a candle. With the melt and pour process, that special message will only be revealed when the candle burns!

Course Fees:	\$30 (M) / \$35 (NM)	Date:	Time:	Venue:
Material Fee:	\$15	05 Jun, Sun	11.00am - 12.00pm	Hillview CC
No. Of Sessions:	1	11 Jun, Sat	2.00pm - 3.00pm	Toa Payoh Central CC
Duration:	1 hour	22 Jun, Wed	11.30am - 12.30pm	Kebun Baru CC

Courses suitable for

Couples



Mixed Media Abstract Painting



Learn more about different art mediums and techniques - in using acrylic paints, modelling clay, oil pastels and markers while creating abstract art on canvas. A therapeutic session that encourages self-expression and discovery.

Course Fees: **\$30 (M) / \$35 (NM)**

Material Fee: **\$12**

No. Of Sessions: **1**

Duration: **1.5 hours**

Date:

05 Jun, Sun

Time:

3.30pm - 5.00pm

Venue:

Kebun Baru CC

Tote Bag Sewing (Beginners)



Join this session and learn how to make a simple reversible tote bag. Get to take home a good-sized bag for your shopping even if you have no prior sewing experience.

Course Fees: **\$40 (M) / \$45 (NM)**

Material Fee: **\$5**

No. Of Sessions: **1**

Duration: **2 hours**

Date:

12 Jun, Sun

18 Jun, Sat

25 Jun, Sat

28 Jun, Tue

24 Jul, Sun

Time:

11.00am - 2.00pm

2.30pm - 5.30pm

2.00pm - 5.00pm

10.00am - 12.30pm

10.00am - 1.00pm

Venue:

Paya Lebar Kovan CC

Hwi Yoh CC

Pioneer Zone 12 RN

Woodlands Galaxy CC

Ang Mo Kio CC

Courses suitable for

Couples



Opor Ayam Nangka Chicken and Young Jackfruit Stew



Opor Nangka is a traditional Malay/Indo dish that is rarely cooked at home. Join in this session to learn and create this dish through a step by step cooking demonstration.

Course Fees: **\$25 (M) / \$30 (NM)**

Material fee: **\$8 - \$10**

No. Of Sessions: **1**

Duration: **2 hours**

Date:

04 Jul, Mon

24 Jul, Sun

Time:

2.00pm - 4.00pm

11.00am - 1.00pm

Venue:

Woodlands Galaxy CC

Jurong Spring CC

The Art of Tacos & Quesadilla Making



A perfect fun time for beginners and family as you learn to make Tex-mex Tacos & Quesadilla. It's all about Tacos & Quesadilla recipes, fillings, dips and perfect side dishes.

Course Fees: **\$28 (M) / \$33 (NM)**

Material fee: **\$7**

No. Of Sessions: **1**

Duration: **2.5 hours**

Date:

04 Jun, Sat

02 Jul, Sat

Time:

10.30am - 1.00pm

10.30am - 1.00pm

Venue:

Gek Poh Ville CC

Keat Hong CC

Traditional Ayam Percik (Charcoal Smoked Chicken)



Satisfy your nostalgic craving by making your very own Ayam Percik right in the comfort of your home! A traditional Kelantanese charcoal grilled chicken made famous by our pasar malam vendors, you'll love it!

Course Fees: **\$25 (M) / \$30 (NM)**

Material fee: **\$8 - \$10**

No. Of Sessions: **1**

Duration: **2 hours**

Date:

26 Jun, Sun

31 Jul, Sun

Time:

11.00am - 1.00pm

11.00am - 1.00pm

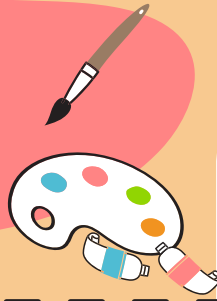
Venue:

Jurong Spring CC

Gek Poh South RN

Courses suitable for

FAMILIES



Creative Dance



This is a Dance and Movement session recommended for children aged 3 to 10 years old. Learn movement, dance, musicality, drama, choreography, and stretching.

Course Fees: **\$20 (M) / \$25 (NM)**

No. Of Sessions: **1**

Duration: **1 hour**

Date:	Time:	Venue:
30 May, Mon	11.00am - 12.00pm	Sembawang CC
03 Jun, Fri	2.00pm - 3.00pm	Punggol Vista CC

Hip Hop Dance (Kids)



This dance originated from the United States and comprises Funky, Break and Hip Hop. All these street dances are choreographed to upbeat music and appeal to teenagers and young adults.

Course Fees: **\$28 (M) / \$38 (NM)**

No. Of Sessions: **1**

Duration: **1 hour**

Date:	Time:	Venue:
01 Jun, Wed	2.00pm - 3.00pm	Hong Kah North CC
03 Jun, Fri	3.30pm - 4.30pm	Punggol Vista CC
17 Jun, Fri	4.00pm - 5.00pm	Chua Chu Kang CC
19 Jun, Sun	11.00am - 12.00pm	Nee Soon South CC

Palette Knife Floral Canvas Painting



Enjoy this session as you learn the basic techniques of palette knife painting. Discover how you can create a sweet floral acrylic on canvas.

Course Fees: **\$50 (M) / \$55 (NM)**

No. Of Sessions: **1**

Duration: **1.5 hours**

Date:	Time:	Venue:
21 May, Sat	10.00am - 11.30pm	Paya Lebar Kovan CC
06 Jun, Mon	1.00pm - 2.30pm	Kebun Baru CC



D.I.Y Mosaic Coaster

Make your own mosaic art cup coasters with real mosaic tiles! Combine different-coloured tiles to create patterns and design your own unique mosaic coaster in this session.



Halal Stuffed Crab Shell with Crab Meat Kemaman Style

This is a perfect fun class for beginners and family. Learn how to make Halal Stuffed crab shell with crab meat, a famous Chinese dish in Kemaman, Terengganu, Malaysia.



Lemon Meringue Tart

Join this course and learn to make tangy and sweet Lemon Meringue Tart. Buttery crust filled with creamy lemon filling and topped with sweet meringue.



Terms and Conditions Apply

- For Singaporeans and PRs only.
- Only applicable for selected CC courses.
- Registration is on a first-come-first-served basis and subject to availability.
- As information may be subject to change, please check with the respective Community Centres/Clubs for more information.
- The Terms and Conditions are subject to change without prior notice. To find out more, visit www.onpa.gov.sg or www.facebook.com/Shiokseries.



Allys' Adventure - Let's Play and Learn (English and Malay Medium)

Enjoy an hour of learning through play with the author of the bilingual Ally's Adventures series!

Learn Malay in a vibrant and friendly environment through:

1. Singalong
2. Interactive storytelling
3. Mystery craft



Poster Design Via Canva

This session is for non-designers who want to create aesthetic graphics quickly and easily using the online software Canva.

The trainer(s) will demonstrate step by step on how you can start:-

- Navigating Canva interface
- Using ready made templates to design posters
- Designing posters from scratch
- Saving in social media-friendly formats



Participating CCs

**Tampines North CC • Tampines East CC • Tampines West CC
Hillview CC • Chua Chu Kang CC • Keat Hong CC • Nanyang CC**

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Courses suitable for

FAMILIES



Air Dry Hanging Planters



Learn how to make a beautiful hanging planter for your home using air dry clay step by step! You will be taught how to measure, tie the string and hang your finished masterpiece.

Course Fees: **\$45 (M) / \$50 (NM)**

Material Fee: **\$15**

No. Of Sessions: **1**

Duration: **1.5 hours**

Date:

21 May, Sat

Time:

12.00pm - 1.30pm

Venue:

Paya Lebar Kovan CC

Make Your Very Own Stuffie Unicorn!



Who doesn't love the Unicorn? This session is perfect for kids - from 6 years old to adults! We will guide you all the way to make this cute Unicorn Pillow.

Course Fees: **\$90 (M) / \$95 (NM)**

Material Fee: **\$20**

No. Of Sessions: **1**

Duration: **3 hours**

Date:

05 Jun, Sun

26 Jun, Sun

17 Jul, Sun

Time:

6.00pm - 9.00pm

2.00pm - 4.00pm

10.00am - 1.00pm

Venue:

Sengkang CC

Kallang CC

Ang Mo Kio CC

Sew Your Very Own Stuffie



A fun way for any beginner to hand make a stuffie using a sewing machine. Choose a Puppy, Bunny, Cat, Fat Cat, Dino, Elephant, Owl or Teddy. Choose your fabrics and you'll be so proud you can do it!

Course Fees: **\$50 (M) / \$55 (NM)**

Material Fee: **\$15**

No. Of Sessions: **1**

Duration: **2.5 hours**

Date:

23 Jul, Sat

Time:

3.00pm - 5.30pm

Venue:

Chua Chu Kang CC

Courses suitable for

FAMILIES



Rainbow Macrame Keychain



This session is the best place for beginners. Be guided through the looping process of macramé-making and take home a rainbow keychain you'll be proud of!

Course Fees: **\$30 (M) / \$35 (NM)**

Material Fee: **\$10.30**

No. Of Sessions: **1**

Duration: **1 hour**

Date:

22 Jun, Wed

Time:

2.00pm - 3.00pm

Venue:

Kebun Baru CC

Nasi Dagang and Gulai Ikan Tongkol



This is a fun session perfect for beginners and family where you will learn to make the ultimate recipe for authentic 'Nasi Dagang' or Trader's Rice - a very common breakfast in Kelantan and Terengganu.

Course Fees: **\$28 (M) / \$33 (NM)**

Material Fee: **\$7**

No. Of Sessions: **1**

Duration: **2.5 hours**

Date:

09 Jul, Sat

Time:

10.30pm - 1.00pm

Venue:

Keat Hong CC

Nasi Impit dan Kuah Kacang Ayam Di Raja (Royal Compressed Rice and Chicken Peanut Sauce)



An interactive session for family and beginners. Learn how you can make the ultimate and authentic 'Nasi Impit Kuah Kacang Ayam Di Raja' - a compressed rice with Chicken peanut sauce.

Course Fees: **\$28 (M) / \$33 (NM)**

Material Fee: **\$7**

No. Of Sessions: **1**

Duration: **2.5 hours**

Date:

16 Jul, Sat

30 Jul, Sat

Time:

10.30am - 1.00pm

10.30am - 1.00pm

Venue:

Keat Hong CC

Hong Kah North CC

Courses suitable for

FAMILIES



Positive Parenting - Cyber Wellness for Families (Online)



Acquire valuable tips to inculcate a healthy and positive cyber-wellness home environment. Understand the social media platforms and identify the risk factors out there in protecting your children. Learn how you can role model positive cyber wellness practices for your children.

Course Fees: **\$20 (M) / \$25 (NM)**

No. Of Sessions: **1**

Duration: **2 hours**

Date:

28 May, Sat

02 Jul, Sat

Time:

2.00am - 4.00pm

2.00am - 4.00pm

Organising CC:

Nee Soon South CC

Sembawang CC

Positive Parenting - Raising Resilient Kids (Online)



Learn theories of Positive Psychology to raise confident and resilient children. Build stronger relationships and have better conversations with them revolving around their unique strengths. Learn techniques to help your children pick up positive emotions which they can harness to overcome life challenges.

Course Fees: **\$20 (M) / \$25 (NM)**

No. Of Sessions: **1**

Duration: **2 hours**

Date:

26 May, Thu

Time:

7.30pm - 9.30pm

Organising CC:

Nee Soon South CC

Story Date (Storytelling + Playdate) (2yr - 3yr) (Parent - Child)



This session gets your kids mentally stimulated through storytelling. It develops their language skills, engages them emotionally as well as through simple motor activities such as Music and Movement or Dramatisation.

Course Fees: **\$25 (M) / \$30 (NM)**

No. Of Sessions: **1**

Duration: **1 hour**

Date:

25 Jun, Sat

Time:

10.30am - 11.30am

Venue:

Nanyang CC

Interactive Storytelling - It's Okay To Be Different



A session that talks about diversity and inclusiveness based on the book "It's Okay To Be Different" by Todd Parr. The Arts & Crafts segment involves doing a self-portrait using jumping clay with clay techniques like rolling, pinching etc.

Course Fees: **\$25 (M) / \$30 (NM)**

Material Fee: **\$5**

No. Of Sessions: **1**

Duration: **1.5 hours**

Date:

17 Jun, Fri

Time:

2.00pm - 3.30pm

Venue:

Bukit Batok East CC

Courses suitable for

YOUTHS / WORKING ADULTS



Introduction to Reels on Instagram



PHYSICAL

Learn to enhance your visibility on Instagram by doing what Tiktok can do but with Reels! Discover the power of Reels features, its editing capability and understand the app. You need to have an Instagram account and the Instagram App for this workshop.

Course Fees: **\$25 (M) / \$30 (NM)**

No. Of Sessions: **1**

Duration: **1.5 hours**

Date:

17 Jun, Fri

Time:

8.00pm - 9.30pm

Venue:

Yuhua CC

Introduction to Tiktok



PHYSICAL

Heard so much about it but have no idea how to make Tiktok work? This session will teach you the ropes behind the Tiktok app. You will learn to edit within the app and understand the algorithm. You need to have a Tiktok account and download the app for this session.

Course Fees: **\$25 (M) / \$30 (NM)**

No. Of Sessions: **1**

Duration: **1.5 hours**

Date:

02 Jun, Thu

18 Jun, Sat

21 Jun, Tue

Time:

2.00pm - 3.30pm

12.00pm - 1.30pm

2.00pm - 3.30pm

Venue:

Punggol Vista CC

Yuhua CC

Toa Payoh Central CC

Salsation



PHYSICAL

Salsation is a dance workout that converts functional training protocols into innovative dance moves. Salsation is carefully designed to integrate functional body movements into dance routines using all planes of motion. Fun and easy, it improves the mobility and stamina for all ages.

Course Fees: **\$15 (M) / \$20 (NM)**

No. Of Sessions: **1**

Duration: **1 hour**

Date:

03 Jun, Fri

04 Jun, Sat

14 Jun, Tue

20 Jun, Mon

23 Jun, Thu

Time:

8.30pm - 9.30pm

3.00pm - 4.00pm

7.30pm - 8.30pm

7.30pm - 8.30pm

8.00pm - 9.00pm

Venue:

Sengkang CC

Taman Jurong CC

Pioneer Zone 9 RN

Nanyang CC

Woodlands Galaxy CC

Courses suitable for

YOUTHS / WORKING ADULTS



Basic Poster Making Via Canva (Online)



For non-designers who wish to create aesthetic graphics using the online software Canva. Participants will learn to navigate Canva interface, design posters from scratch using templates as well as saving works in social media friendly formats.

Course Fees:	\$25 (M) / \$30 (NM)	Date:	Time:	Organising CC:
No. Of Sessions:	1	29 May, Sun	10.00am - 11.30am	Sembawang CC
Duration:	1.5 hours	04 Jun, Sat	10.00am - 11.30am	Toa Payoh Central CC
		18 Jun, Sat	10.00am - 11.30am	Woodgrove CC
		06 Jul, Wed	3.00pm - 4.30pm	Woodlands Galaxy CC

Introduction to Reels on Instagram (Online)



Learn to enhance your visibility on Instagram by doing what Tiktok can do but with Reels! Discover the power of Reels features, its editing capability and understand the app. You need to have an Instagram account and the Instagram App for this session.

Course Fees:	\$25 (M) / \$30 (NM)	Date:	Time:	Organising CC:
No. Of Sessions:	1	29 May, Sun	3.00pm - 4.30pm	Woodgrove CC
Duration:	1.5 hours	08 Jun, Wed	7.30pm - 9.00pm	Toa Payoh Central CC

Introduction to Tiktok (Online)



Heard so much about it but have no idea how to make Tiktok work? This session will teach you the ropes behind the Tiktok app. You will learn to edit within the app and understand the algorithm. You need to have a Tiktok account and the app for this session.

Course Fees:	\$25 (M) / \$30 (NM)	Date:	Time:	Organising CC:
No. Of Sessions:	1	04 Jun, Sat	3.00pm - 4.30pm	Woodgrove CC
Duration:	1.5 hours	18 June, Sat	2.00pm - 3.30pm	Bukit Batok East CC
		24 Jul, Sat	10.30am - 12.00pm	Hillview CC

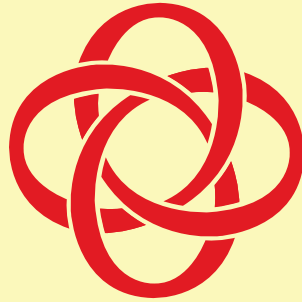
Podcasting for Beginners (Online)



Thinking of starting your own podcast? Tap on this rising trend and let our trainer(s) demonstrate to you how you can start and edit your podcast episodes on Anchor platform step-by-step. You'll need to have an Anchor account and a recorded self-introduction audio for session.

Course Fees:	\$25 (M) / \$30 (NM)	Date:	Time:	Organising CC:
No. Of Sessions:	1	10 Jun, Fri	10.00am - 11.30am	Woodgrove CC
Duration:	1.5 hours			

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MESRA

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Shiok Series



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