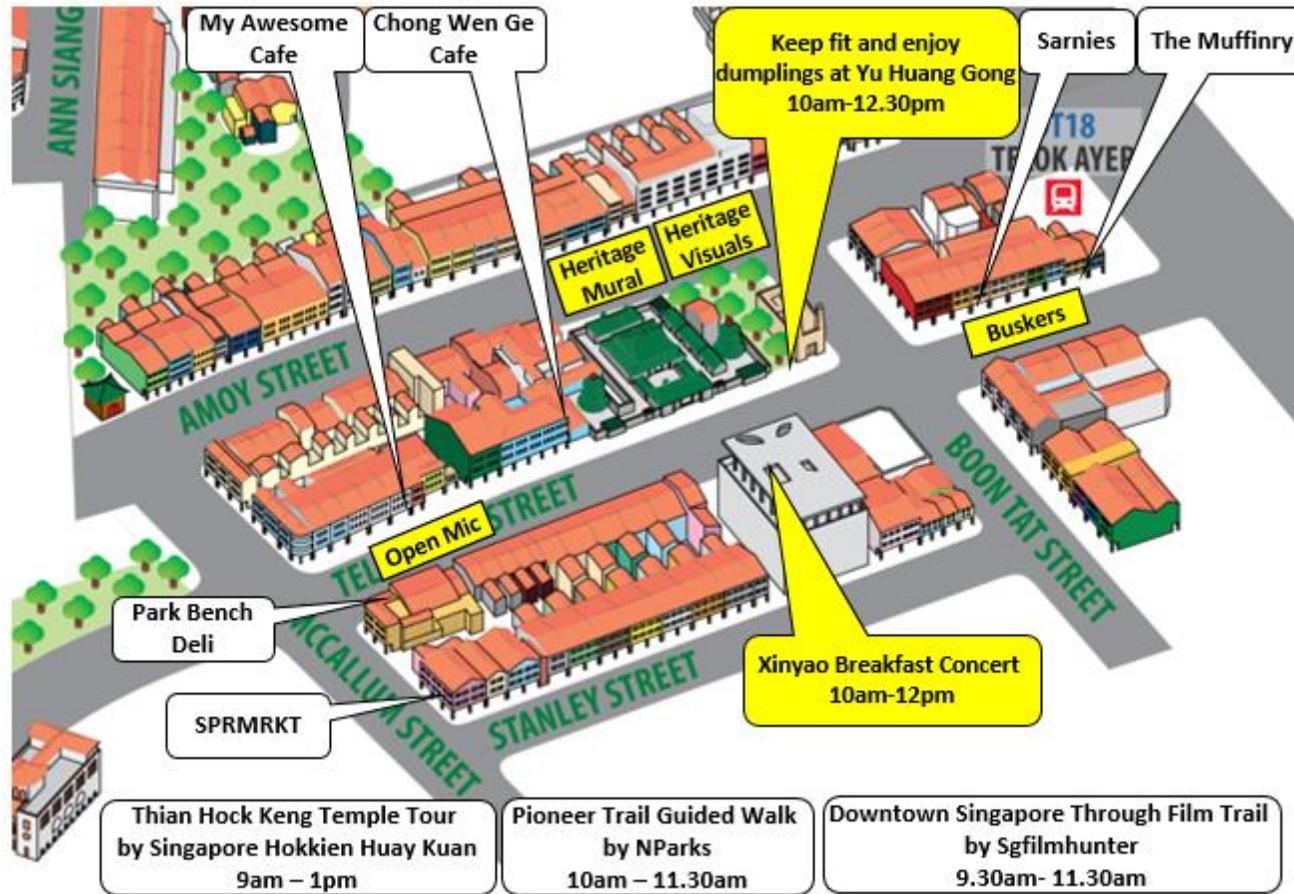


Activities at Car-Free Sunday SG on 28 May 2017 (Civic District)



Activities at Car-Free Sunday SG on 28 May 2017 (Telok Ayer)



FEATURED ACTIVITIES

Families for Life Celebrations 2017

Location: The Padang (Singapore Recreation Club)

Time: 8.00am to 9.30pm

Head down for a day of fun-filled activities at the Families for Life (FFL) Celebrations 2017 held in conjunction with Car-Free Sunday SG!

There is something for everyone – whether your family is into sports, food, arts and culture or simply enjoy chilling out! Register today at <https://www.familiesforlife.sg/unite-at-an-event/Pages/Families-for-Life-Celebrations-2017.aspx> to receive a goodie bag and a chance at the "sure-win" lucky dip to win prizes worth a total of \$30,000!

- *Family Walk (flag off at 8.45am at St Andrew's Road, in front of the National Gallery Singapore)*

Take a leisurely stroll down the Civic District's closed roads to Telok Ayer and Amoy Street with entertainment and activities to participate in along the way. The Family Walk is a great way to bond with your extended family, if your family is spotted as the "Largest Family Contingent", you will win \$500 worth of dining vouchers! Come dressed in similar outfits or accessories to be easily identified!

- *FFL Breakfast Picnic*

Enjoy a tantalising morning picnic at the Padang. There will be hawker delights with delicious local fare, organic produce at the Farmers' Market, freshly-brewed coffee from Coffee Bandits Food Truck. Keep a look out for the FFL Mobile Cafe for complimentary snacks and drinks!

- *Family Sports and Games*

A family that plays together stays together! Play together at the inflatable sports zone such as Basketball Hoops, Soccer Goal Kicks, Archery or the Giant Obstacle Course. Team up and challenge each other at the Human Foosball, Nerf Shoot Out, or gigantic versions of Ping Pong and Jenga. Get active and sweat it out at the Family Fitness

Party with Zumba, KPopXFitness and Laughter Yoga. There are also lots of bouncy castles for the little ones too! Free admission, no registration required.

- FFL "Drive-In" Movie Screening & Evening Picnic (5.00pm to 9.30pm)

Wind down and chillax as the sun sets and spend quality family time with an evening picnic. Get creative and design your own unique family cardboard car to enjoy a "drive-in" movie screening of Despicable Me 2. Groove to the tunes by music duo Jack and Rai and get your free popcorn from the FFL Mobile Cafe to complete your movie experience.

Experiencing Bencoolen Street (new)

Location: Bencoolen Street (between Bras Basah Road and Middle Road)

Time: 8am to 11am

Check out new commuter-friendly features such as wider footpaths, new bicycle parking facilities and sheltered walkways, and enjoy specially curated activities with something for everyone!

- Bencoolen Bites

Flash the event brochure to enjoy an exclusive 10% discount with selected F&B outlets, located near Bencoolen Street, such as Curious Palette, Crème Maison Bakery, Victor's Kitchen, Straits Café and Library Bar at Hotel Rendezvous, Hangout Café, Noobox, Boulangerie Asanoya, Merely Ice Cream, Le Bistrot de l' Olive and Food Republic.

- Local Corridor

Browse through artisanal, handcrafted merchandise and gourmet snacks from local homegrown brands that include Heartfelt Makan, Just Sketch, Beans to Bars, Pentomime, The Juicy Way, Spick Studio, MUSEUM LABEL by National Heritage Board, Botanica Culture, Made Real, Sibey Nostalgic, Miniature Asian Chef, Divine Fine Food, Mofo Chili and Cerana Honey.

- Family Art Jam

Unleash your creative juices with arts activities such as rubber stamp printing with ParadeMade, colouring activities with Scribolo and wood assembly with Arch Heritage.

- Arts & Heritage Trail

While heading towards Bencoolen Street, take advantage of the one-off road closure to embark on a free and easy Arts & Heritage Trail to nearby museums such as National Gallery Singapore and Singapore Art Museum.

Xinyao Breakfast Concert (new)

Location: Telok Ayer Square (opposite Thian Hock Keng)

Time: 10am to 12pm

Take a trip down memory lane with a breakfast concert by Xinyao veterans performing Xinyao classics at Telok Ayer Square this Car-Free Sunday SG. The concert is organised by Singapore Hokkien Huay Kuan to celebrate the launch of the “The Songs We Sang” book, a follow-up to the award-winning documentary “The Songs We Sang” produced by Eva Tang. Capturing and commemorating the spirit of Xinyao, the book aims to fill the heritage gaps and capture the essence of Xinyao that the documentary was not able to capture. Grab your copy at the event!

ACTIVE MOBILITY ACTIVITIES

iWheel4 Fun Obstacle Challenge

Location: Connaught Drive

Time: 8.00am to 11.30am

Personal mobility device enthusiasts looking for an adrenaline rush, give it a shot on our obstacle challenge!

Safe Recumbent Triking

Location: St Andrew’s Rd (outside Victoria Theatre & Concert Hall)

Time: 8.00am to 11.30am

Learn more about the benefits of recumbent trike-riding, and about safe-triking on the roads and on Park Connector Network.

Bikeshare @ Car-Free Sunday SG

Location: St Andrew's Rd
Time: 8.00am to 11.00am

Free bicycle rentals by bike share companies such as Mobike, oBike, and ofo on a first-come, first-served basis. Each company will be offering 10 to 15 free bicycle rentals to the public in 30-minute blocks. Come early to get your hands on a free ride!

Personal Mobility Roadshow

Location: St Andrew's Road
Time: 8.00am to 11.30am

Several vendors will be showcasing and selling personal mobility devices and bicycles to help you move towards a more car-lite lifestyle.

FAMILY-FRIENDLY ACTIVITIES

MENDAKI Raikan Ilmu – Reading @ The Park & #letspledgeabook

Location: Connaught Drive
Time: 8.00am to 12.00pm

As part of the year-long “Raikan Ilmu (Celebrate Knowledge)” campaign, Reading @ the Park was launched in January 2017 as a volunteer-led project that encourages the love for reading and provides a monthly platform for children of MENDAKI beneficiaries to read and experience related hands-on activities. Activities will include a 30-minute story-telling session as well as an art and craft session that will allow children to make keepsakes such as bookmarks and sock puppets.

Members of the public area also encouraged to participate in the #letspledgeabook initiative, a public book donation drive, by exchanging their books for those at the booth.

Trishaw Rides

Location: St Andrew's Road (in front of National Gallery Singapore)

Time: 9.00am to 11.00am

Here's a chance for the less mobile, in particular the elderly, to experience wind in their hair along the car-free route, in trishaws powered by volunteers! This initiative is funded by cycling enthusiast and founder of Jolly Riders, Mr Han Jok Kwang.

In addition, non-profit organisation Cycling Without Age is offering free rides on their custom-built trishaws.

Participants can choose to get a ride from volunteers to take in the sights of the city, or choose to operate the trishaw personally to ferry their elderly family members or friends. Priority will be given to those who are less mobile, in particular the elderly, and on a first-come, first-served basis.

Kids' Zone by NParks

Location: Esplanade Park (Heroes Lawn)

Time: 8.00am to 12.00pm

Join in various hands-on activities like pebble-painting and turn a simple pebble into an ornamental art piece! There will also be other family-friendly activities such as sketching and colouring.

Learn more about plants and their uses in different cultures by taking part in the 'Plants & Culture' plant propagation activity.

ActiveSG Kids Imagination Playground

Location: Connaught Drive

Time: 8.00am to 11.30am

Let your children explore and invent their own playgrounds with giant building blocks! They can build tunnels to crawl under, bridges to balance on, mountains to climb over,

castles to be a royal prince or princess for the day while developing cognitively, socially and physically and acquiring a range of motor skills!

SPORTS & FITNESS ACTIVITIES

Bollywood Kids by DanceMatazz Studios (new)

Location: Connaught Drive

Time: 8.00am to 11.30am

DanceMatazz Studios will bring to you an active dance workshop filled with fun, easy to follow dance steps to peppy Bollywood songs. It's perfect to kick start a lively Sunday morning with families, friends and young ones! Ps: There may be special performances in store too! All are welcome!!

Keep fit and enjoy dumplings at Yu Huang Gong (new)

Location: Telok Ayer Green

Time: 10.00am to 12.30pm

Singapore Yu Huang Gong is organising a community activity for the elderly. Participants can learn exercises to keep fit and enjoy free bento lunch at Telok Ayer Green. In conjunction with Dragon Boat Festival, dumplings will also be served. Limited to 150 places.

Elderly above 65 years old can be accompanied by one family member or friend. Interested participants can call Tel: 81614674 to register before 25 May 2017.

ActiveSG Kin Ball

Location: Esplanade Lawn

Time: 8.00am to 11.30am

Kin Ball is a team sport which uses a big size of the ball of about 1.5m in diameter. Played among three teams at the same time, this game is about collective effort and teamwork. If you have not tried it before, come join us!

Giant Kampong Games by ActiveSG

Location: Connaught Drive
Time: 8.00am to 11.30am

Join in the fun with your family and/or friends to try ActiveSG's Giant Kampong Games coming Car-Free Sunday SG.

Imagine being part of a life size Tick-Tack-Toe game! You'll never want to go back to playing your conventional games anymore!

ActiveSG Kids Yoga

Location: Esplanade Park (Heroes Lawn)
Time: 8.30am to 9.00am

Children yoga poses are fun and interactive moves that keep in mind the safety aspect of the children. It incorporates games, stories, music to expose kids to the "yama" and "niyama" of yoga. Children are also encouraged to use their imagination to gain ecological and anatomical knowledge as they imitate poses after animals and vehicles.

NOTE: Participants are required to bring their own yoga mats and be dressed in comfortable sporting attire. The session is subjected to weather conditions.

If your kids are between ages 5 and 12 years old, this is for them! Register at <http://members.myactivesg.com/programmes/view/program/3811/venue/2198>

ActiveSG Parent-Child Yoga

Location: Esplanade Park (Heroes Lawn)
Time: 9.30am to 10.00am

Join us at Car-Free Sunday SG for a session of yoga with your child! Bring your own yoga mat (1 mat per parent-child pair is required). Suitable for kids aged 3 and above. Register at

<http://members.myactivesg.com/programmes/view/program/3815/venue/2199>

Women's Tennis Association

Location: Connaught Drive
Time: 8.00am to 11.30am

WTA will be setting up activities for you to learn more about Tennis, opportunities to try out some strokes and find out about the players in the "Road to Singapore".

Share the Road Cycling Carnival

Location: Cecil Street / McCallum Street (gathering point)
Time: 6.00am to 7.30am

The Share the Road Criterium Series is an initiative spearheaded by the Singapore Cycling Federation and Cycosports. Criterium races are held on closed circuits around Robinson Road and Cecil Street.

The event aims to showcase the competitive cycling community and to provide an open environment to learn more about competitive cycling, as well as a greater understanding of cycling and safety on the roads.

HPB-Active SG Fitness Party

Location: Empress Lawn
Time: 8.00am to 8.50am (Zumba)
9.00am to 9.50am (K-Kardio)

Get Active with HPB & ActiveSG! Come and sweat it out with family-friendly workouts like Zumba and K-Kardio. It is a great way to bond with your family and friends.

Zumba:

"Ditch the Workout – Join the Party!" is a Latin-inspired, calorie-burning dance fitness programme that is easy to learn, and a blast to do. It is perfect for everybody!

K-Kardio:

K-Kardio dance is a cardio dance workout to K-pop music. It incorporates simplified MTV moves, yet retaining the original feel of each song which is distinct with different

moods, styles and movements. There are cardio elements such as aerobics, kickboxing and hiphop. It is fun yet intense and suitable for all ages, with or without dance background.

Bottled water will be provided to each participant. Register at <https://cprmsadfs.hpb.gov.sg/HPBOnline/events.aspx?program=faw>

HPB i-Run

Location: St Andrew's Road

Time: 8.00am to 9.30am

With cars off the roads, the streets will come alive for joggers and runners!

Grab your friends and family and run with pacers for 3km, 5km or 7km distances.

Bottled water will be provided to each participant. Pre-register at <https://cprmsadfs.hpb.gov.sg/HPBOnline/events.aspx?program=irun>

ActiveSG Membership and Programme Promotion

Location: Connaught Drive

Time: 8.00am to 11.30am

Approach the friendly staff and promoters to find out what ActiveSG has lined up for you! Sign up for the free membership and receive ActiveSG \$100 credit to enjoy a variety of sports and fitness programmes. Terms and conditions apply. Visit <https://www.myactivesg.com/about-activesg/membership> to find out more.

ActiveSG Functional Fitness

Location: Grand Steps at National Gallery Singapore

Time: 8.30am to 10.00am

Suitable for anyone of any fitness level, functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports.

ActiveSG Inline Skating

Location: Connaught Drive (Near to Singapore Cricket Club)

Time: 8.00am to 11.30am

Inline Skating is an exhilarating sport in which you and your child can learn basic techniques such as balance, move, turn, stop and safe fall while having fun skating on wheels in a safe environment. Suitable for all ages!

ActiveSG Jump Rope

Location: Connaught Drive

Time: 8.00am to 11.30am

Join us for a morning session of rope skipping. Exciting Jump Rope demonstration and fun jump rope activities to engage everyone.

ActiveSG Floorball

Location: Connaught Drive

Time: 8.00am to 11.30am

Come by to learn simple Floorball techniques and try out a new sport! Suitable for all ages.

ActiveSG Basketball Academy

Location: Connaught Drive

Time: 8.00am to 11.30am

Learn basic basketball drills including footwork, dribbling, passing, shooting and layups. Or simply gather your friends for a friendly game.

Outdoor Yoga with Yoga Seeds

Location: Esplanade Park

Time: 7.30am to 8.30am

Kickstart your day with a morning Hatha Yoga session at Esplanade Park. Register for free at <http://carfreesundayyoga.eventbrite.sg/>!

ARTS AND CULTURAL ACTIVITIES

Children's Biennale: Dreams & Stories (new)

Location: National Gallery Singapore

Time: 10am to 7pm

Calling the young and young at heart! The first edition of the Children's Biennale, a four-month-long festival organised by the Gallery, invites you to discover art in a whole new way. Explore dreams and stories through site-specific installations, interactive artworks and a stimulating line-up of music performances, film showcases and art-inspired programmes designed especially for kids and families.

Free, \$5 for art pack at ticketing counters.

Singapore International Children's Film Festival 2017 (new)

Location: National Gallery Singapore, Ngee Ann Kongsi Auditorium

Time: 10.15am, 11.30pm, 2.30pm, 3.45pm

Showcasing short films carefully curated for specific age groups, this film festival brings children on a magical journey through film that is sure to enrich and inspire!

\$12.90 per ticket. Tickets are required for admission for children ages 1 and above and may be purchased at www.bigeyesbigminds.com. Children ages 12 and below must be accompanied by an adult.

Joseon Korea: Court Treasures and City Life (new)

Location: Asian Civilisations Museum

Time: 10am to 7pm

Intrigued by sets and costumes from Korean historical dramas and films? Then you will want to see actual furniture, fashion, and decorative arts from Korea's Joseon era

(1392–1897). Spanning some 500 years, Joseon was Korea's last dynasty, and the legacy of its courtly culture and vibrant city life lives on in South Korea today. Treasures from the National Museum of Korea, the National Palace Museum of Korea, and the Daegu National Museum will be displayed for the first time in Singapore.

Visit <http://acm.org.sg/exhibitions/joseon-korea> for ticketing details and more information.

The Enchanted Tree House by Sandra Lee

Location: Keppel Centre for Art Education – Art Playscape

Time: 10am to 7pm

A fantastical play area inspired by the idea of “entering a painting”, The Enchanted Tree House invites young visitors to explore a magical forest, roam through a labyrinth and survive a dangerous river. Thrown out of the sea by a tornado, Fynn, the Fish-on-Sticks, and his forest friends go on a journey to save their forest home from destruction. Discover mysteries, unexpected surprises and stories of friendship and courage along the way!

*Children taller than 100 cm are not allowed to enter the tree house.

*Registration is required at Keppel Centre for Art Education Family Reception

Thian Hock Keng Mural

Location: Thian Hock Keng rear wall along Amoy St

Time: Anytime

Commissioned by Singapore Hokkien Huay Kuan and painted by artist Yip Yew Chong, the heritage mural for Thian Hock Keng depicts the voyage of the early Hokkien immigrants; their early lives when they settled in Telok Ayer and Amoy Street; their struggles; their tenacity and resilience; and their contribution towards Singapore's nation building.

The mural now comes with an Augmented Reality feature – simply point your mobile phones at various parts of the mural to see digital photos, videos and interesting facts of that era.

Scherzando – Let's Play!

Location: Victoria Concert Hall Atrium

Time: 10.00am and 11.00am

This Car-Free Sunday SG, join us at the Victoria Concert Hall Atrium for two sessions of delightful music-making! Led by conductor Sin Jin How, Scherzando is a musical ensemble of home-schooled children who will perform classics tunes such as Schubert's Ave Maria and Like the Flow of a River.

You can perform too! Audience members are invited to bring their own portable instruments to play with the performers during the second half of the programme! If you don't have your own, percussion instruments made from recycled materials will be provided – so make a date and come down to VCH, Home of the SSO!

Pioneer Trail along Ann Siang Hill and Telok Ayer Green by NParks

Location: Tanjong Pagar MRT station (Exit G)

Time: 10.00am to 11.30am

Learn about the trade and ways of life of Singapore's early immigrants in this walking trail around a quiet enclave amidst the hustle and bustle of Chinatown. Visit places of worship and old shophouses built in the 1800s. Spice up your walk with a close look at interesting fruit and spice trees planted along the way and visit the old well at the foot of Ann Siang Hill.

Register at <https://www.nparks.gov.sg/activities/events-and-workshops/2017/5/pioneer-trail-28-may-2017>

Heritage Visuals

Location: Telok Ayer Green facing Amoy St

Time: 8.00am onwards

While making your way through the quaint street, make pauses to find out more about the evolution of Telok Ayer from the heritage visuals.

Thian Hock Keng Tours

Location: Thian Hock Keng main entrance

Time: 9.00am to 1.00pm

Thian Hock Keng is one of Singapore's oldest and most important temple for immigrants from southern China's Fujian province. Completed in 1842 and standing on what used to be the shoreline, it is dedicated to the worship of Ma Zu Po, the Goddess of the Sea. While most of the building materials came from China, the temple incorporates cast-iron railings from Scotland and tiles from England and Holland. In 1973, it was gazetted as a National Monument. The restoration project received the 2001 Architectural Heritage Award and the Honorable Mention in the 2001 UNESCO Asia-Pacific Heritage Award.

Volunteers will be conducting temple tours at regular intervals. To join a guided tour, please meet at the entrance of the temple!

Under Wraps: Traversing Downtown Singapore Through Film by Sgfilmmhunter

Location: Entrance of Victoria Theatre & Concert Hall (facing Arts House)

Time: 9.30am to 11.30am

Sgfilmmhunter aka Toh Hun Ping, a video artist and film researcher is organising a special walking tour of Downtown Singapore. The tour will showcase sites that form a part of Singapore's filmmaking history, making pit stops at past film locations such as the vicinities of Singapore River, Boat Quay, Raffles Place and Clifford Pier. These were where celluloid stories were conjured up as part of 1930s Hollywood features; WWII documentaries; classic films from the golden era of Malay cinema (1950s-60s); and the dozen Hong Kong and Euro-American films that found this tropical city to be a heady and enticing backdrop. Starting from the entrance of Victoria Theatre and

Concert Hall, the tour will end at Telok Ayer. Ticket price: Pay as you wish (recommended \$10) Limited to 20 places only.

Email sublime4199@hotmail.com by 26 May 2017 to register!

Civic District Tree Trail by NParks

Location: Raffles Landing (white Raffles statue behind Asian Civilisations Museum)

Time: 9.30am to 11.00am

The Civic District Tree Trail takes you through Singapore's historic Civic District where you will be awed by many majestic and interesting trees, some of which have stood tall for many generations and witnessed the transformation and progress of Singapore through the years. Join us as we take you through part of the trail starting from the entrance of the Raffles Landing to CHIJMES.

Register at <https://www.nparks.gov.sg/activities/events-and-workshops/2017/5/civic-district-tree-trail-28-may-2017!>

To explore the entire 3km tree trail on your own, download the DIY trail [e-guide](#) on NParks' website.

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Resonates With: Tribal Tide featuring Reggie Perera and Mohamed Noor

Location: Padang Atrium, National Gallery Singapore

Time: 2pm, 3pm, 4pm

Spend an afternoon with this talented world music duo! Enjoy their original compositions and learn about the history of their instruments and unique art form.

Drop In Activity: Art Works

Location: Keppel Centre for Art Education, National Gallery Singapore

Time: 11am to 6pm

Celebrate Labour Day by exploring how labourers of different kinds are depicted in art. Pick up an activity sheet and get to work!

Ages 4 and above. No registration required.

Prelude: I'm a seed though a different one from you

Location: The Arts House, Level 1, Print & Film Gallery

Time: 10am to 10pm

I'm a seed though a different one from you is an investigative visual project by Lavender Chang that pursues the possibilities of life and existence. It launches Prelude, an exhibition series staged along the Print & Film Gallery of The Arts House, which highlights significant works-in-progress by Singapore-based photographers.

The Parliament in Singapore History Exhibition

Location: The Arts House, Level 2

Time: 10am to 1pm

View the story of a house that has witnessed the birth of a nation as well as the development of a legislature that has contributed to Singapore's growth and progress as a multi-racial parliamentary democracy. Through rare archival images and spoken words of pioneer Parliamentarians such as Singapore's founding Prime Minister Lee Kuan Yew, Dr Goh Keng Swee and Mr S Rajaratnam, the exhibition captures the spirit of our nation-building journey. Free admission, no registration required.

FOOD & BEVERAGE

A Taste of Heritage at Telok Ayer: Breakfast Beats

Location: Telok Ayer Street

Time: 8.00am to 11.30am

Soak in the heritage at Telok Ayer Street while enjoying your breakfast at our participating eateries such as My Awesome Café, SPRMRKT, Park Bench Deli, Sarnies, The Muffinry and Chong Wen Ge Café!

Join in the singing with our Open Mic stage near My Awesome Café and enjoy performances from local busking talents!

HPB – Healthier Food Zone

Location: St Andrew's Rd

Time: 9.00am to 12.00pm

Energise your day with a nutritious cup of MILO from the iconic MILO Van!

Coffee Trucks

Location: Connaught Drive

Time: 8.00am to 11.30am

Start your day off with freshly-brewed coffee and drinks from Coffee Bandits and The Typical Drink.