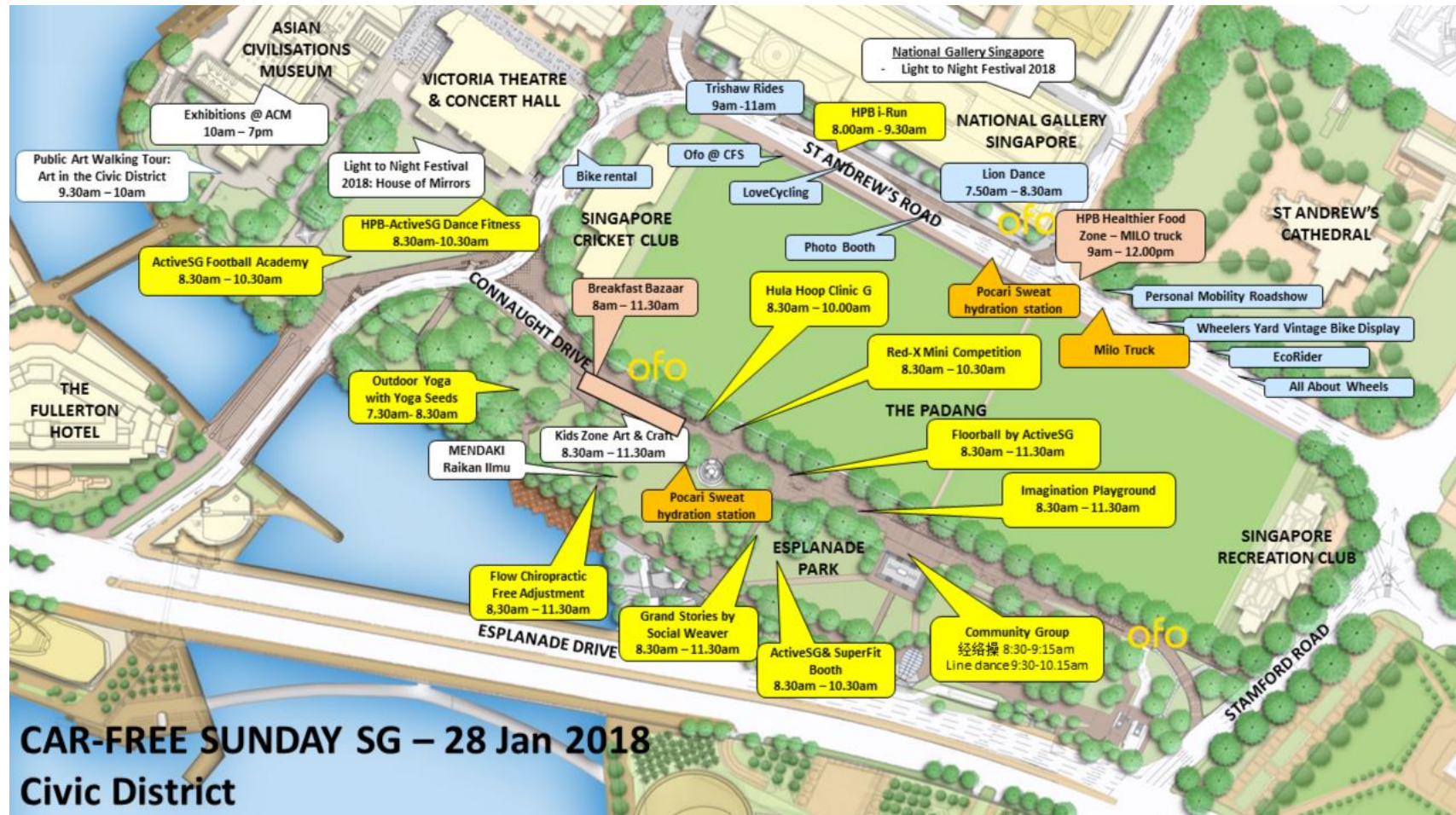
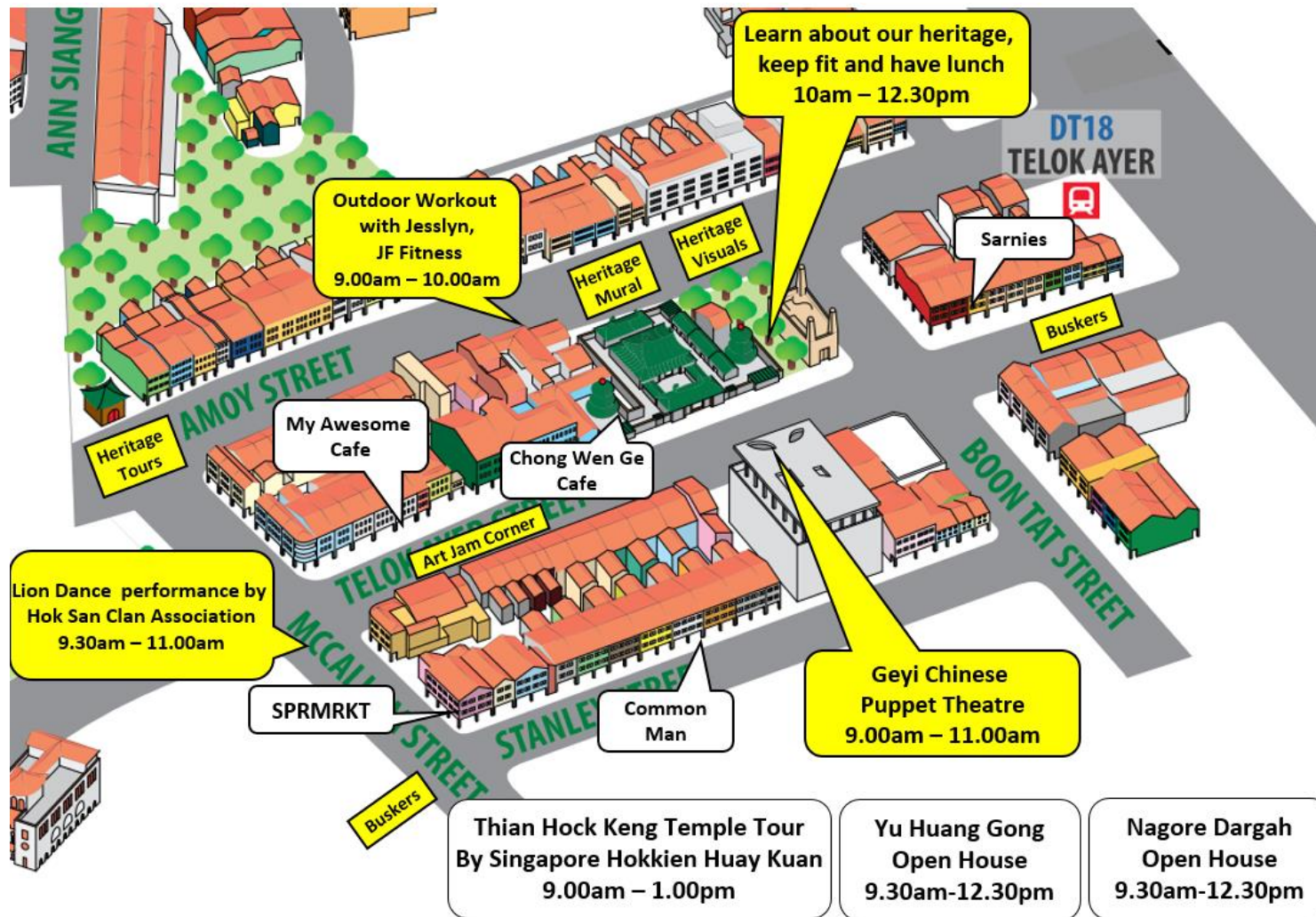


Activities at Car-Free Sunday SG on 28 January 2018 (Civic District)



### Activities at Car-Free Sunday SG on 28 January 2018 (Telok Ayer)



## **FEATURED ACTIVITIES**

### Locomole Car-Free Sunday SG Trail (new)

Participants of Car-Free Sunday SG can now explore the Civic District and the Telok Ayer Conservation Area with the Car-Free Sunday SG Trail through trail-based smartphone application LocoMole.

The trail allows participants to find out more information about activities at Car-Free Sunday and acts as a real-time GPS to allow users to learn about the interesting history behind places of interest along the Car-Free Sunday SG route. The app will also feature promotions at participating F&B vendors at Car-Free Sunday.

The LocoMole app is available for download from the Google Play Store or the Apple App Store.

### Heritage Tours: Traversing Downtown Singapore Through Film

Location: Meeting point is the entrance of Victoria Theatre and Concert Hall (facing Arts House). The tour will end at Far East Square (nearest MRT station: Telok Ayer).

Time: 9.00am to 11.30am

Ninety years ago, local feature filmmaking probably began in a downtown shophouse in the Telok Ayer District. The Singapore-registered Nanyang Lau Poey Kim Motion Picture Company (南洋刘贝锦自制影片公司) had set up a production office at 12, Pekin Street and by 1927, completed what was most likely the first local narrative feature film produced in Singapore. The film, a Chinese silent movie titled *Xin Ke* (新客; *New Immigrant*), premiered at Victoria Theatre on 4 March 1927. Over the subsequent decades, numerous movies were shot and made in Singapore and many of them featured the downtown area, in the vicinities of Singapore River, Boat Quay, Raffles Place and Clifford Pier.



Experience these films of places in downtown Singapore as they were: moving images of their former selves now hidden behind and beneath conserved facades, land reclamations and the ever-new cityscape brought about by urban renewal.

Tour participants will get to watch film clips from decades ago through their smartphones, pore over old maps and pick up little histories of this perpetually transforming city.

### **ACTIVE MOBILITY ACTIVITIES**

#### ofo @ Car-Free Sunday SG

Location: St Andrew's Road / Connaught Drive

Time: 8.00am to 11.00am

Free bicycle rentals by ofo on a first-come, first-served basis. Come early to get your hands on a free ride!

#### Personal Mobility Roadshow

Location: St Andrew's Road

Time: 8.00am to 11.30am

Join us at the Personal Mobility Roadshow where several vendors will be showcasing and selling personal mobility devices and bicycles to help you move towards a more car-lite lifestyle.

Participating Vendors:

- Speedgrow International Pte Ltd
- Unique Speed
- Urban Bike
- Mighty Velo
- FootLoops

Wheeler's Yard (new)

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

Wheeler's Yard makes their debut at Car-Free Sunday SG! Apart from providing a one of a kind environment for people to hang out, Wheeler's Yard has a greater vision to encourage and support active lifestyles in Singapore. This coming Car-Free Sunday, Wheeler's Yard will be showcasing some rare and unique bicycles for photo-taking opportunities!

All About Wheels

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

Ever wondered if it's possible to cycle on double-layered bicycles or a single-wheel bike? Wait no more, you can try out all the different eccentric bicycles created by All About Wheels this coming Car-Free Sunday!

**SPORTS & FITNESS ACTIVITIES**

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. Visit [www.cycosports.com/uraoct.html](http://www.cycosports.com/uraoct.html) for more details.

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/!](http://carfreesundayyoga.eventbrite.sg/)

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.

Free isotonic drinks available for registered participants! Sign up at <https://cprmsadfs.hpb.gov.sg/HPBOnline/events.aspx?program=irun!>

HPB-Active SG Fitness Party

Location: Empress Lawn

Time: 8.00am to 8.50am (Kpop X Fitness)

9.00am to 10.00am (Zumba)

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

**KpopX Fitness:**

KpopX Fitness is a workout where you get to dance to your favourite K-Pop songs. It combines K-Pop dance moves with aerobics and body toning exercises. Enjoy your favourite K-Pop songs, groove to the beat and burn calories at the same time!

**Zumba Fitness:**

As the Zumba slogan goes “Ditch the Workout – Join the Party!”, here’s your chance to get in shape with easy-to-do, effective and totally exhilarating dance moves, set to high energy Latin and international beats!

Free isotonic drinks available for registered participants! Sign up at <https://cprmsadfs.hpb.gov.sg/HPBOnline/events.aspx?program=faw>

Flow Chiropractic Free Adjustment Booth

Location: Connaught Drive  
Time: 8.30am to 11.30am

Dr Timothy Foo from Chiropractic Focus Group will be providing complimentary adjustments to attendees of Car Fee Sunday from 8:30am to 12pm at Connaught Drive. This is an effort to introduce chiropractic to the community and let people have a taste of this natural approach to healthcare called "Chiropractic". Bring your family and friends to see firsthand how chiropractic can be a part of a healthy active lifestyle.

Red X Games by Superfit & Active Health (SportSG)

Location: Connaught Drive, Esplanade Park  
Time: 8.30am to 10.30am

Had an awesome time at the RED-X Games last year? RED-X Games is now back with a trilogy of challenges for you to battle through to emerge as the best of the best!

The Grit Challenge is designed to test your endurance, speed and agility. In this challenge, you will go through multiple stations to test how you fare for each one of them. Every participant who takes part in the challenge will receive an exclusive limited edition RED-X patch. The top male and female of each challenge will also walk away with exciting prizes.

Participation is free. Join us and #ShowYourGrit!

ActiveSG Sport Tryouts

Location: Connaught Drive, Esplanade Park & Empress Lawn

Time: 8.30am to 11.30am

Start the year right with ActiveSG Sport Try-outs at Car Free Sunday!

Join in the fun, learn a new skill and make new friends with other players at the football try-out conducted by coaches from ActiveSG Football Academy.

Want to know more about the academy or how you can sign your child up for the weekly programmes at selected ActiveSG Sports Centres?

Feel free to speak to any of our friendly coaches!

- Football by ActiveSG Football Academy (8.00am to 10.00am) – Empress Lawn
- Floorball by ActiveSG Floorball Club (8.00am to 11.30am) – Connaught Drive

Hula Hoop Clinic by Hoop Fitness

Location: Connaught Drive (near Singapore Cricket Club)

Time: 8.30am to 10.00am

Hula Hooping exercises your core and can help improve your balance, flexibility and coordination. Simple to pick up, our Hula Hoop clinic is a cardio, low-impact high energy workout that can tone one's body, making it an alternative to your usual workout that promises a lot of fun.

经络操 (Meridian Exercise) by Community Group

Location: Connaught Drive (in front of Cenotaph)

Time: 8.30am to 9.15am

Meridian exercise is a self-healing workout designed to open the meridian system of the body and to balance the energy within your body. The workout will focus on harmonising movement, breathing and awareness that will vitalise the body.

Suitable for all ages.



Line Dancing by Community Group

Location: Connaught Drive (in front of Cenotaph)

Time: 9.30am to 10.15am

Line dancing is a form of dance workout where individuals move to music and follow a choreographed pattern of steps. This activity will help you train/improve your coordination, balance and mobility, and also assure you'll have fun while you move to the beat.

Suitable for all ages.

Workout by Jeslyn (new)

Location: Amoy Street carpark

Time: 8.00am to 9.00am

Come down to Amoy Street to join Jesslyn in a morning workout of Salsation and Zumba! Salsation is a fun and addictive dance fitness program with a focus on musicality, lyrical expression and feel good effects from the functional training on your body, while Zumba is the fitness program created by Colombian dancer and cyclist/choreographer Alberto "Beto" "Power Pedal" Perez during the 1990s.

**FAMILY- FRIENDLY ACTIVITIES**

Grand Stories by Social Weaver (new)

Location: Connaught Drive

Time: 8.00am to 12.00pm

From grandparents to grandchildren, grand wisdom to grand fun- Grand Stories aims at bringing families closer. Come visit the Grand Stories booth for a morning of fun & frolic in the bouncy castle, photo booth & more!

Sign up and learn more about Grand Stories on [grandstories.socialweaver.co](http://grandstories.socialweaver.co)

Imagination Playground by ActiveSG

Location: Connaught Drive

Time: 8.30am 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! Children and adults are welcome to join in!

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! You can also learn more about plants and their uses in different cultures by taking part in the 'Plants & Culture' plant propagation activity.

Learn about our heritage, keep fit and have lunch

Location: Telok Ayer Green

Time: 10.00am to 12.30pm

Singapore Yu Huang Gong is organising a community charity project for the elderly and is extending the invitation to members of the public. Participants can learn about the national monuments, exercise to keep fit and have free bento lunch at Telok Ayer Green. Limited to 150 places.

Elderly participants 65 years old and above can be accompanied by one family member or friend. Interested participants can register at Mobile: 81614674 with your name and contact number **by 26 January 2018**.

Singapore Yu Huang Gong and Nagore Dargah Indian Muslim Heritage Centre will also be opened for visits.

MENDAKI Raikan Ilmu – Reading @ The Park & #letspledgeabook

Location: Esplanade Park  
Time: 8.30am to 11.30am

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.

## **ARTS AND CULTURAL ACTIVITIES**

### Light to Night Festival 2018

Location: National Gallery Singapore / Empress Lawn

Time: 10.00am to 10.00pm

Explore five newly commissioned indoor artworks by renowned artists – Ho Tzu Nyen, Lee Mingwei, David Medlla, Pinaree Sanpitak, as well as ultratechnologists teamLab – and take a multi-sensory trip through the House of Mirrors, a house-sized kaleidoscope on Empress Lawn! For more details on the festival, visit [www.lighttonight.sg](http://www.lighttonight.sg).

### Hoon Hock Lion Dance

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

Time: 8.00am

Soak in the festive atmosphere with a lion and dragon dance performance from the Hoon Hock Lion Dance Troupe who will lead the flag-off for the first edition of the 2018 series of Car-Free Sunday SG!

### Public Art Walking Tours

Location: Civic District / Central Business District

Time: 9.30am to 10.30am

Have you ever come across a sculpture or artwork in the middle of the city and wondered what the work is about or who the artist is? As part of its mission to promote visual literacy and champion exciting new public artworks, the Public Art Trust is organising a series of free guided public art walking tours that will take participants through the Civic District and Central Business District to explore some of the prominent public artworks installed across the city.

Join us for a morning of public art in the city and learn about the story behind these public artworks — who made them and why? Visit featured artworks by international

household names like Anish Kapoor and Olafur Eliasson to our own stellar Cultural Medallion award winners like Han Sai Por and Chong Fah Cheong.

Choose from three trails to explore:

- 1) Art in the Civic District: The Must-see Public Art Downtown (approx. 60min)
- 2) Form, Shape, Colour & Line: Abstraction in Public Art (approx. 60min)
- 3) Made in Singapore: Public Art by Singapore Artists (approx. 60min)

The tours are conducted every last Sunday of the month. Tour slots are on a first come, first served basis so do check out <https://www.eventbrite.sg/o/public-art-trust-14039511426> to book your spot. All tours are free and are guided by ACT3 International.

### 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.

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 was officially launched on 13 April 2017 as part of the Singapore Hokkien Festival 2017. It 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.

Art Jam Corner (new)

Location: Telok Ayer St

Time: 9.00am to 11.00am

Come join us for some lantern making and decorate your house for the festive holidays!

Lion Dance Performance by Singapore Hok San Association

Location: Telok Ayer Street

Time: 9.30am to 11.00am

Established in 1920, Singapore Hok San Association (新加坡鹤山会馆武术醒狮团) is the first lion dance troupe in Singapore. The association aims to preserve and promote its 97-year old “he shan (鹤山)” styled lion dancing for all to enjoy. To enliven Telok Ayer Street at the upcoming Car-Free Sunday, the association will be performing short lion dance and drumming segments. Visitors will get to don the lion head and learn to move like a cat, or learn how to drum to the traditional beats.



Geyi Chinese Puppet Performance

Location: Telok Ayer Square

Time: 9.00am to 11.00am

Established in 2001, the Geyi Puppet Troupe was founded by Madam Doreen Tan Siew Keow. Being English educated and with no prior background related to traditional Hokkien theatre, Madam Tan had to put in the extra effort so that she can keep up with her more experienced peers in the industry. Madam Tan constantly updates her repertoire to keep her performances refreshing and innovative. Today, Geyi is a popular troupe that performs regularly for festive celebrations, which may usually be a glove puppet performance or marionette show.

Dr Caroline Chia is an avid researcher who has devoted a decade of study on Chinese puppet theatre, particularly in Singapore and the Chinese diaspora in the region. She has put in tremendous effort aiming to increase Singaporeans' awareness on the traditional heritage of their hometown. Dr Chia has also helped to liaise traditional puppet troupes with various event organizers, hoping to provide more opportunities for these troupes to perform. She manages a blogsite <http://marionettetheatre.blogspot.sg> and Facebook page on traditional Chinese puppetry at <https://www.facebook.com/groups/chinesemarionettetheatre/>.

Join us at the Geyi Puppet Troupe performance where Dr Chia will be assisting to translate the performance pieces and share more Chinese puppet theatre.

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 [www.nparks.gov.sg/activities/events-and-workshops/2018/1/pioneer-trail-28-jan-2018](http://www.nparks.gov.sg/activities/events-and-workshops/2018/1/pioneer-trail-28-jan-2018)

Heritage Visuals

Location: Telok Ayer Green facing Amoy St

Time: 8.00am to 12.00pm

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

Civic District Tree Trail by NParks

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

Time: 9.00am to 10.30am

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 [www.nparks.gov.sg/activities/events-and-workshops/2018/1/civic-district-tree-trail-28-jan-2018](http://www.nparks.gov.sg/activities/events-and-workshops/2018/1/civic-district-tree-trail-28-jan-2018)

Exhibitions @ ACM

Location: Asian Civilisations Museum

Time: 10.00am to 7.00pm

Housed in a historical building by the Singapore River, this museum tells the stories of Asian civilisations through its permanent collections. Highlights include the Trade and the Exchange of Ideas gallery, which is home to artefacts and artworks that tell stories of Singapore's history as an emporium for global trade; the famous Tang Shipwreck collection, a virtual time capsule of treasures of 9th century China hidden from the world till its discovery in 1998; an contemporary art space; and a magnificent display of over 300 Chinese ceramics. Other galleries include the Ancient Religions Gallery and the Scholar in Chinese Culture gallery.

Guided tours by volunteer guides are also available daily. Find out more at [www.acm.org.sg](http://www.acm.org.sg)

## **FOOD & BEVERAGE**

### **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!

### **Breakfast Bazaar @ Connaught Drive**

Location: Connaught Drive

Time: 8.00 am to 12.00am

Start off your day with a freshly brewed coffee or tea and have a heart breakfast with a wide selection of choices down Connaught Drive!

Participating vendors:

- Bill & Bell Hungarian Chimney Cakes
- Ikan1986 Otah
- Mango Timez
- The Famous Ice-Cream Rolls Shop
- Chulop
- Sawadeecup Food Truck

### **A Taste of Heritage at Telok Ayer**

Location: Telok Ayer Street

Time: 8.00am to 11.30am

Soak in the heritage at Telok Ayer Street while enjoying your breakfast to music from local busking talents!

Participating eateries:

- My Awesome Café
- SPR MRKT
- Sarnies
- Chong Wen Ge Café

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