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Building Stronger Communities, Together



MONTHLY HIGHLIGHT

Seasons of Love: A Golden Bond at Filos

In the spirit of December's *Seasons of Love*, we celebrate the stories of friendship from four seniors—**Mdm Tan, Mdm Koh, Mdm Elaine, and Mdm Faridah.**

Through Filos' *Golden Balance* exercise programme, they have not only found strength but also a supportive community filled with love.

Finding Strength, Gaining Confidence

Mdm Tan, 78, has discovered a new sense of independence. "Before, I couldn't walk for more than 15 minutes without needing to stop. Now, I can walk to the bus interchange without resting for over 30 minutes!" she shares with pride.

Mdm Elaine, 65, agrees: "I recently went to China for a holiday and realised I didn't tire as easily!"

For Mdm Koh, 75, what began as a simple desire to build strength turned into a commitment fuelled by progress and camaraderie. "I've improved and made new friends, like these ladies

here," she smiles.

Mdm Faridah, nearly 80, reflects on her recovery from a heart problem: "After joining Golden Balance, I feel stronger. This programme has truly improved my life."

Moments of Joy and Gratitude

Beyond physical health, the ladies are grateful for the emotional bonds they have built. "We didn't know each other before, but now we're friends," Mdm Elaine says, echoing the sentiment of the group.

Mdm Koh expresses her gratitude for the confidence she has gained: "I can go out on my own and meet my friends. That's happiness to me."

For Mdm Faridah, her involvement with Filos has deepened. Recently, she began volunteering as a *Call Buddy*, reaching out to other seniors. "It's my chance to give back and help others," she says.

The Meaning of Love

When asked about love in this season of their lives, their reflections were heartfelt.

"To care and encourage each other," adds Mdm Elaine. "In class, we motivate each other, and it feels good to see everyone improving."

Mdm Tan finds comfort in the friendships she's formed. **"I don't feel alone when I come to class. If an exercise is hard, they encourage me. That's love."**

"Supporting each other is love," Mdm Koh concludes simply.

These golden friendships remind us that love can be found in the simplest gestures—in shared laughter, words of encouragement, and the joy of lifting each other up along life's journey.

If you want to make a difference in seniors' lives, we welcome you to sign up as an [Activity Organiser/Facilitator](#) or [Exercise Group Facilitator](#) in our Active Ageing Centre today!



PROGRAMME HIGHLIGHTS

Reflections of Love: Rifna's Growth

At just 11 years old, Rifna has blossomed during her time at Filos, which began when she was in Primary 2. A regular participant in *Green Spot*, *the Reading Room*, and *Tuition*, she has not only gained valuable knowledge but also created unforgettable memories.

One standout experience for her was the mural painting project outside Filos' office. "I love painting, and this was my first time painting on walls. It was so fun doing it with my friends," she shared with a bright smile.

Another highlight was an outing to Dell Technologies Singapore, where Rifna discovered the world of coding. "I've never done coding before, so it was exciting to learn something new. I want to do more coding in the future!"

Beyond activities, Rifna treasures the friendships she has made, especially with Tabitha. "She's always smiling and friendly," Rifna said, reflecting on how her time at Filos has boosted her confidence to make friends and try new things.

When reflecting on Thanksgiving, Rifna spoke about her desire to give back in the future. ***"If someone needs help with something I know, like painting or coding, I want to help them. Helping others can grow relationships."***

She also expressed heartfelt gratitude to her tutor Ms. Grace, and staff members Ms. Intan and Ms. Clara, for their unwavering kindness and support.

In this season of love and gratitude, Rifna's journey shows how small moments of kindness, learning, and connection can brighten a child's world and inspire dreams for the future.

You can also play a part in building up our children and youth by volunteering for our [Reading Room \(Special\)](#) or [Green Spot](#) programmes next year!



PROGRAMME HIGHLIGHTS

Gift The Gift of Hope To Vulnerable Families in Need

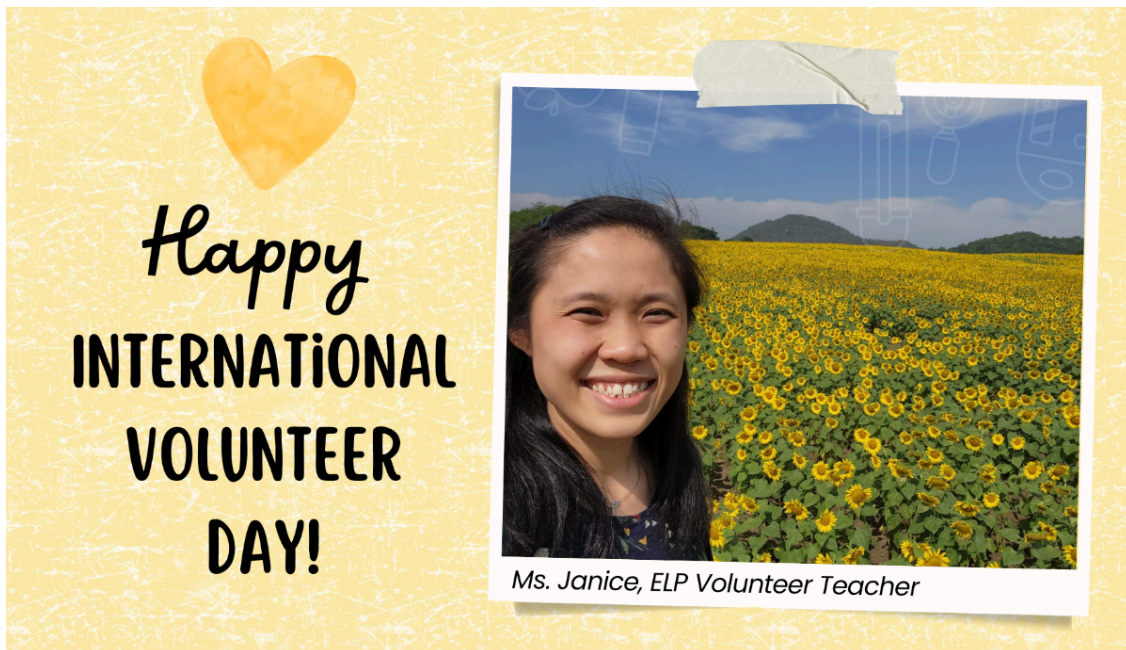
For many of us, Christmas is a time for feasting, gift-giving, and celebrating with loved ones. However, for low-income families, the rising cost of living makes even basic necessities feel out of reach. **At Filos, we believe this season should be about hope and love.** That is why we are committed to supporting vulnerable individuals, families, and children by providing essential relief and assistance.

Take Elizabeth, an 80-year-old colon cancer survivor, for example. *“Everything has gone up—electricity bills, groceries, daily costs—and we were short on money after Anthony stopped working. It was very difficult,”* she shares. As a caregiver to her 84-year-old husband, Anthony, Elizabeth faces the daily stress of making ends meet. ***“My husband and I are so thankful for the help we receive from Filos. Receiving diapers for myself each month makes a big difference, and we don’t have to worry about transportation for Anthony’s medical appointments, thanks to the Gojek vouchers that Filos provides.”***

Elizabeth and Anthony’s challenges are shared by many in our community. Like Nurul, for instance. Raised by a single mother after losing her father, Nurul was able to complete her diploma with the help of Filos’ bursary programme, lightening her load as she balanced school and work to support her family.

This Christmas, you can make a difference. Through our **‘Hold Out Hope’** campaign, you can bring hope and love to vulnerable families by providing vital financial assistance and food security to those who need it most. For every \$250 raised, you can support five isolated seniors or low-income individuals for a month through grocery packs or fund a bursary for a primary school child. This bursary helps cover school expenses, including books and uniforms for the upcoming school year. Your gift, whether big or small, is more than just financial support; **it’s a powerful reminder to these families that they are not alone.**

Give the Gift of Hope today: <https://bit.ly/HoldOutHope2024>



STORY OF THE MONTH

Serving with Love: Doctor at Work, Volunteer at Heart

As we celebrate the festive spirit of December and **International Volunteer Day on 5 December**, we are reminded of the extraordinary volunteers who embody love in our community. One such volunteer is **Janice**, a dedicated volunteer with Filos since 2021.

By day, Janice works in Emergency Medicine as a doctor, but in her spare time, she's a volunteer teacher and friend to children in our *Early Learning Programme (ELP)*.

Janice initially joined Filos while searching for meaningful ways to contribute close to home. Helping young children holds a special significance to her, and she quickly found that her time with Filos brought invaluable moments of connection and growth—not only for the children but for herself as well. **Volunteering, she says, “is like a hobby”** and something we can all do to **“contribute in small ways to do good.”**

Over the years, Janice has become deeply involved with one child in particular. She fondly recalls the progress he has made, moving from a hesitant start to becoming fully engaged in each session.

“When he first joined, he was too shy to participate, and we spent more than half the session encouraging him just to sit with his dad. Now, he arrives eager to learn, and I see improvement in his literacy skills.” Watching him flourish has been a source of joy and fulfilment for Janice, who treasures these small, impactful moments of growth.

For Janice, volunteering is more than a weekly commitment; it is a way to bring hope and love to those who may be struggling. She believes in Filos' mission to provide children with a space where they can “grow, play, and learn in healthy, engaging environments.”

As we approach the holiday season, Janice reminds us of the power of showing love through service. **“Whether in small or big ways, we bring love to others through our actions, words,**

and thoughts,” she shares. Quoting Aesop, she encourages others to take the first step today: “No act of kindness, no matter how small, is ever wasted.”

Check out the volunteering opportunities, at the end of this newsletter, or **Filos’ Volunteer Portal** at <https://bit.ly/FilosVMS> to start your volunteering journey today!

VOLUNTEERING OPPORTUNITIES

Make a difference in someone's life and volunteer with us today!

If you are thinking of ways to give back to the community, you could consider making a donation or sharing your skills and time for a great cause.

Check out the various volunteering opportunities at Filos and within Bedok Town below!

“We make a living by what we get, we make a life by what we give.”

- Winston Churchill



WE'RE ON TELEGRAM!

<https://t.me/BedokVC>



Filos Community Services

Family, Children, Youth

- [Green Spot \(Activity Organiser\)](#)
- [House Cleaning for Low-income Families/Seniors](#)
- [Reading Room \(Special\) - \(Activity Organiser & Storyteller\)](#)

Community Mental Health

- [Care Buddy](#)
- [Care Buddy for Mr B \(Mandarin-speaking\)](#)

Eldercare

- [Active Ageing Programme Organiser](#)
- [Exercise Group Facilitator \(Active Ageing Centre\)](#)
- [Fetch Kakis](#)
- [Health Awareness Outreach](#)
- [Senior Befriender](#)

Skills-based

- [Drivers for Ad-hoc Collections](#)

SG Cares Volunteer Centre @ Bedok

Family, Children & Youth

- [Morning Star Community Services - CareNights Facilitator, Tutor, Reading Room](#)

Multi-service

- [SG Cares VC @ Bedok - Adopt a Repair](#)
- [Various Organisations - Haircut Services](#)
- [Various Organisations - Meals On Wheels](#)

Seniors

- [Active Ageing Centres - Befriender](#)
- [LC Nursing Home - Befriender](#)
- [NTUC Health Senior Day Centre - Senior Chit-Chat Befriender](#)
- [NTUC Health Nursing Home \(Chai Chee\) - Befriender](#)
- [SG Cares VC @ Bedok - Clean & Shine \(House-cleaning for seniors\)](#)
- [SG Cares VC @ Bedok - Medical Escort](#)
- [SGO - Silver Generation Ambassador](#)

Persons with Disabilities

- [AWWA School @ Bedok - Classroom & CCA Support](#)
- [MINDS Towner Garden School - Community Mobility Training](#)
- [St Andrew's Autism Centre - Class Support Volunteer](#)
- [SUN-DAC - Activity Befriender](#)
- [THK Home for Disabled Adults at Chai Chee - Activity Facilitator](#)

[Volunteer with Us Today!](#)

DONATE

Giving Hope to the Community

If you believe in our cause and would like to further our efforts in reaching out to the community, do [donate now!](#)

[Donate Today!](#)



Get in Touch

About Filos

Filos Community Services is a not-for-profit social service organisation. We focus on building the strengths of the community we live in. We work towards empowering individuals and families to live more fulfilling, meaningful and happier lives.

Get the latest updates on our different platforms via this link: <https://linktr.ee/filosCS>



Or scan the QR code above for more details!

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