Talk of the Town

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DEC 2025

HOLLAND-BUKIT PANJANG TOWN COUNCIL

A PAP Town Council

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Opening of Lift Ceremonies at Bukit Panjang

Making everyday journeys a little easier

27 September 2025
At Blocks 228 and 233 Pending Road

1st November 2025
At Block 408 Fajar Road

Across three lift opening ceremonies held at different blocks, residents gathered within their neighbourhoods to celebrate a practical improvement that will soon enhance their daily routines as the new lifts open closer to home.

Event Highlights

Residents gathered at the lift lobbies as neighbours arrived from their homes, exchanging greetings and settling in for the ceremony. Families came together, seniors moved at their own pace, and the space gradually filled with familiar faces.

Mr Liang Eng Hwa (MP for Bukit Panjang SMC) joined residents to mark the opening of the new lifts, cutting the ribbon together with them. As the lift doors opened and the lifts began operating, residents stopped for photos and shared smiles as they looked forward to a change many would soon experience in their daily lives.

> **There were challenges along the way, but we stayed focused on what residents needed. I'm glad this improvement is now in place for the community.**
>
> Mr Liang Eng Hwa,
> MP for Bukit Panjang SMC

Community Spaces for Health and Family at Cashew

Facility Highlights

Pull-Up Bars
For upper body strength and muscle endurance.

Parallel Bars
For balance, stretching and light strength training.

Push-Up Bars
Support safer push-ups while strengthening arms and core.

Steppers (Different Heights)
For light cardio and leg strength at a comfortable pace.

Adult Fitness Corner at Block 145 Petir Road

Completed

Residents in Cashew can now enjoy the upgraded Adult Fitness Corner at Block 145 Petir Road, offering convenient access to simple and effective exercise facilities within the neighbourhood.

Safety Reminder

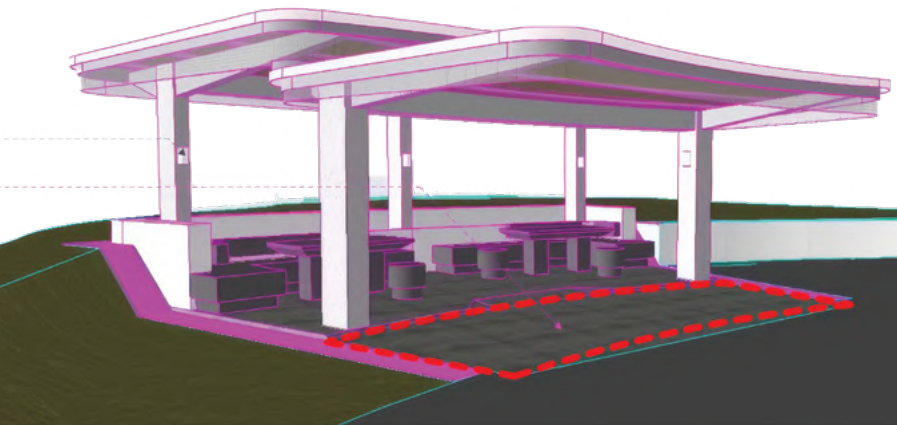
Residents are reminded to use the fitness equipment with care, follow the instructions provided, and exercise at a pace suitable for their own fitness level.

Family Corner Between Blocks 165 Gangsa Road and 167 Petir Road

Ongoing

Works are currently ongoing to develop a new **Family Corner** at the open space between Blocks 165 and 167.

The Family Corner is designed as a shared neighbourhood space for children, parents, caregivers and seniors, bringing different generations together in the same environment.



Community spaces are where daily life happens. Through these improvements, we hope residents will enjoy more opportunities to stay active and build stronger family and neighbourly bonds.

Dr Vivian Balakrishnan
MP for Holland–Bukit Timah GRC (Cashew)

Gym Tonic Arrives at Zhenghua!

Is This Right For Me?

We welcome all residents who meet the following:

- **Age:** 55 years old and above.
- **Mobility:** Able to walk and follow simple instructions.
- **Commitment:** Ready to invest in your health twice a week.

*Note: If you have a pre-existing medical condition, trainer may request for medical clearance before commencing package

Your best years are meant to be lived with strength and confidence. We are thrilled to announce that Gym Tonic is now open at 523 Jelapang Road! Proudly managed by **New Life Community Services**, this centre offers a senior-friendly strength training programme specially designed for our senior residents.

Known affectionately as the "Uncle Auntie Gym," Gym Tonic helps seniors stay strong, active, and connected through guided exercises in a safe and supportive community setting. Whether you are looking to improve your balance or simply want to stay mobile, the trainers are here to support your fitness journey.

The Gym Tonic Difference: Safe & Simple

Unlike traditional gyms with heavy weights, we use German-engineered hydraulic machines that are:

- Gentle on Joints: No heavy plates or clanking weights.
- Safe for Everyone: Move at your own pace; the machine stops when you do.
- Personalised Progress: Simply tap your Gym Tonic card, and the machine automatically remembers your settings and tracks your progress.
- Encouraging: Receive instant "Awesome!" and "Very Good!" messages on-screen as you train!

Your 12-Week Transformation Journey

Phase	What to Expect
Step 1: Assessment	A professional fitness assessment to understand your current strength levels.
Step 2: Orientation	4 Guided sessions to get you comfortable with the machines and your personalised plan.
Step 3: Training	20 supervised sessions (40–50 mins each) led by friendly wellness coaches.
Step 4: Results	A post-programme assessment. Most seniors see an average 20% increase in muscle strength!

Pro Tip: After the 12 weeks, stay strong by joining our Maintenance Training sessions to keep your momentum going!

Programme Fees

- $280 for 24 sessions
- Programmes typically run for 12 weeks, with a total of 24 sessions

(Programmes are not eligible for government subsidies or credits.)

Visit Us Today!

Location: Gym Tonic @ 523 Jelapang Road

We encourage our seniors to stay active in ways that are safe and sustainable. Strength training helps them stay strong, improve balance and mobility, and reduce the risk of falls, while programmes like Gym Tonic allow seniors to train safely under proper guidance within the community.

Mr Edward Chia,
MP Holland-Bukit Timah GRC (Zhenghua)

Growing Together in Bukit Timah

Toh Yi Drive Tree Planting

Residents gathered at Block 10 Toh Yi Drive on 26 October 2025 for a tree planting activity aimed at enhancing the greenery of the estate and promoting environmental stewardship.

With the participation of Ms Sim Ann, MP for Holland Bukit Timah GRC, residents planted 13 trees, contributing to the improvement of the estate's living environment. Residents from different age groups took part in the activity, reflecting environmental responsibility across generations.

Upgrading Improvement Works

Proposed Playground Upgrades at Toh Yi Drive

Good news for residents! Ms Sim Ann shared the proposals to upgrade the existing playgrounds at Toh Yi Drive during the Bukit Timah "Lets Talk About Playgrounds" held on 13 September 2025 at the Toh Yi Hardcourt, opposite Block 9 Toh Yi Drive.

The playground between Blocks 5 and 9 Toh Yi Drive will be upgraded with new play fixtures, including a sandpit, a swing, and a merry-go-round, to provide children with more play options.

In addition, the existing playground at Block 14 Toh Yi Drive will be upgraded with a partially sheltered playset, a trampoline and a swing, offering children a more comfortable play area while maintaining an open outdoor setting.

Improving Everyday Connections at Ulu Pandan

Welcome to Ghim Moh Precinct Marker at Block 29A Ghim Moh Link Completed

A new "Welcome to Ghim Moh" precinct marker has been installed at Block 29A Ghim Moh Link.

Beyond welcoming residents and visitors, the precinct marker serves as a clear visual identity for the Ghim Moh neighbourhood. It helps improve wayfinding for first-time visitors, delivery riders and guests, while giving residents a familiar reference point as they enter the precinct.

If you are passing by the area, do take a moment to notice the new precinct marker.

We continue to improve our neighbourhood step by step. I thank residents for their patience and cooperation during the sheltered linkway works, as we work together to make Ulu Pandan a more welcoming home.

Mr Christopher de Souza
MP for Holland–Bukit Timah GRC (Ulu Pandan)

Sheltered Linkway Between Blocks 20 and 21 Ghim Moh Completed

The sheltered linkway between Blocks 20 and 21 Ghim Moh now provides a direct and more comfortable walking route to **20 Ghim Moh Road Market & Food Centre**.

Residents can now walk to the market under shelter, be it rain or shine. This is especially helpful for seniors, families with young children, and residents carrying groceries or takeaway meals.

Let's Care for Our Lifts

A shared facility that supports daily living in our neighbourhood.

Why Is the Lift Not Working?

Seeing a lift temporarily out of service can be frustrating, but it doesn't always mean there is a breakdown.

Lifts may be unavailable due to:

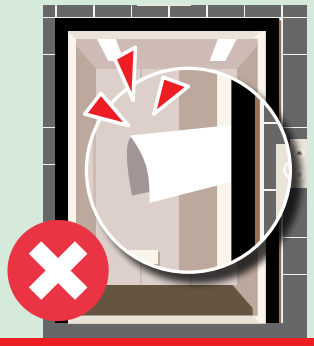
- Regular maintenance works
- Safety inspections
- Repair, upgrading or replacement works
- Automatic safety shutdowns when abnormal conditions are detected

These measures help ensure lifts are safe before they are returned to service.

Everyday Actions That Affect Lift Safety

Some common behaviours may unintentionally affect lift operations and lead to service interruptions:

- Forcing lift doors open or blocking them
- Placing objects near door sills
- Pressing buttons with sharp objects or excessive force
- Knocking lift doors with bicycles or trolleys
- Leaving loose objects or litter in the lift
- Pressing the alarm button when there is no emergency



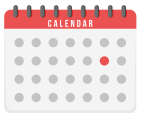
While these actions may seem minor, they can trigger safety systems or cause damage that requires repairs before the lift is returned to service.

If You Are Trapped in a Lift, Please Remain Calm.

- Press the **alarm** inside the lift to alert for assistance.
- If you are able to make a call, contact:
  - **EMSU (24-Hour Hotline): 1800 275 5555**
- Stay inside the lift and wait for trained personnel to arrive.

Lifts are equipped with safety features and ventilation. Once assistance is alerted, help will be arranged.

Lift Maintenance Schedule



Holland–Bukit Panjang Town Council conducts regular lift checks to ensure residents' safety.

Maintenance Frequency:
Once a month

For planned maintenance, advance notice will be shared to help residents plan their commutes, while onsite notices will be displayed in the event of urgent repairs or unexpected breakdowns.

Have Feedback or Observations?

If you notice any issues or would like to share feedback regarding lift conditions, please scan the QR code.

Your feedback helps us identify issues early and improve maintenance planning.

Look Out For Your Neighbours Below!

Keep Our Estate Safe and Clean

High-rise littering may seem minor, but items thrown from height can cause serious injuries, create hygiene issues and increase cleaning workload in our estate. Let's play our part to keep our neighbourhood safe and pleasant for everyone.

Common items thrown from windows include:

- Tissue paper
- Cigarette butts
- Leftover food (food source for birds and pests)

What Happens If You Litter?

High-rise littering is a serious offence under Singapore law.

Penalties increase with repeated offences:

- **First offence:** Fine of up to **$2,000**
- **Second offence:** Fine of up to **$4,000**
- **Third or subsequent offence:** Fine of up to **$10,000** and may include a **Corrective Work Order (CWO)**

If you spot any high-rise littering. Here's What You Can Do

Stay Safe
Do not approach or confront the person throwing items.

Gather Information (if safe to do so)
Take note of:

- Date and time
- Block and location
- Description of the incident or item

Report the Incident

National Environment Agency (NEA):

6225 5632 OneService App

If there is immediate danger or injury, please call **999**.

Let's dispose it the right way!

1. Household Trash
Dispose all household waste in the bins or chutes provide

2. Cigarettes

- Ensure cigarettes are fully extinguished before disposal
- Prevent fire hazards and avoid harming others

3. Furniture & Large Items
Use the **Bulky Item Removal Service** to safely dispose of large objects.

Please call us at 1800 766 9100 to fix an appointment.

4. Recyclables
Place paper, plastics and cans in the recycling bins near your block to help protect the environment and reduce waste.

Need to Dispose of Bulky Household Items?

Residents are reminded that the Town Council provides a **bulky item removal service** to support the proper disposal of large, movable household items. This helps keep common areas clear and ensures safe and orderly estate conditions.

Service details:

- Booking hours: Monday to Friday, 8 am to 5 pm
- Collection time slots: Monday to Saturday, 2 pm to 5 pm
- Each appointment is limited to **3 movable items per month**
- Please allow **3 working days** for arrangement

To arrange a bulky item collection, please call **1800 766 9100**

Items Not Accepted for Bulky Item Removal

- Items requiring more than 2 conservancy workers to handle
- House moving or shifting services
- Renovation debris
- Built in fixtures such as cabinets, doors and cupboards
- Dismantling of items
- Fish tanks, glassware and other fragile items
- Pianos, large musical instruments
- Gym or fitness equipment
- Safe deposit boxes

Do Not Leave Items in Common Areas

Please do not leave bulky items overnight at corridors, lift lobbies, staircases, void decks or refuse chute areas. Bulky items can block escape routes and pose fire safety risks.

Compliments

Vicky is a Helpful, kind lady. Help arrange my bulky removal when she happen to see me moving the item alone.

-Pang Chun

I wish to compliment the new lady estate officer that took over from the previous gentleman staff. She is very hard working and dedicated to her job. She patrol the estate under her care frequently and listen to our feedbacks. She put up a plastic cover floor level sign immediately to our floor after hearing our feedback. Well done. We need this type of civil servant who care and help our community.

-H W Hui

I'm writing to compliment Ms Laiha for her fantastic work in promptly resolving a ponding issue outside my flat.

Laiha took over, first contacted me on Dec 22, then whatsapped me the very next day to say workers would arrive to complete the work the following day on X'mas eve.

Laiha's professionalism, excellent service standards, efficiency and sense of responsibility is to be highly commended.

Kudos to her!

-TLS

Dear TC Admin,

Thank you very much for the speedy response.

Mr Kumar has reached out and made a trip to the unit, he inspected and replaced the corroded old metal pipe with PVC.

Attached photos he shared with me.

Kudos to him for speed works done too!

-Guanbin

Dear Mr Subramaniam,

I refer to your earlier 2 calls to me this morning and your below email message of condolences.

Thank you for your message of condolences to myself and my family.

On behalf of my family, I would like to express our utmost appreciation to you and the Town Council for your understanding and granting our request favourably on compassionate grounds.

Thank you and the Town Council so much once again 🙏🙏

May God bless you, your family and all staff working at Holland Bukit-Panjang Town Council always ❤️❤️

-Mr Edwin

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