

M MODERN LIVING



COURSES & WORKSHOPS

BY LIFESKILLS & LIFESTYLE DIVISION

@ PEOPLE'S ASSOCIATION

MAY - DECEMBER 2009



SINGAPORE CULINARY JOURNEY

- Popular Chefs share recipes of Singapore's Favourite Cuisines
- Culinary & Wine Appreciation Workshops @ Lau Pa Sat
- Wines, Cocktails, Beer & Whisky Appreciation Workshops
- Savour Gourmet Coffee, Teas and Learn to Make Healthy Beverages!

M MODERN LIVING

Modern Living is about living your life to the fullest. It is about keeping your mind and body active and healthy. Modern Living is designed to help you live well and stay connected through our wide variety of courses and workshops conducted by our quality PA trainers and guest trainers. From culinary art demonstrations to various fitness courses, there is always something for everyone. Check out what is available at a Community Club near you and start leading a well-balanced life today!

SINGAPORE CULINARY JOURNEY 2009

Uniquely Singaporean – that is the only way to describe the cuisines we are presenting here. Nowhere else in the world can one find Asian dishes as culturally niche, rich and varied as found among our ethnic and dialect groups.

What should bring true joy to the hearts of gourmets is that the cuisines are constantly evolving. The best dishes are nothing if not the masterpieces of creative chefs who push the envelope to bring cutting edge fare to satisfy the most fussy diners. These mouth-watering dishes utilize ingredients that are readily found, inexpensive and easy to prepare.

M members NM non-members

* Each registered participant will receive a goodie bag.

Information correct at time of print



culinary workshops
@ lau pa sat



TRADITIONAL HOKKIEN DELIGHTS BY **CHEF ERIC TEO**

This is like a complete ethnic set meal extraordinaire. You can't get Hokkien noodles in claypot nowadays in many hawker centres. The one with a potpourri of seafood, comes enhanced by a delicious gravy stock and is infinitely more varied in tastes than the more basic Hokkien fried noodles.

As a "side dish", *hae chor* would be hard to beat. These are prawn rolls. They are crunchy to the bite when spiced up by the right sauce.

And for dessert, the *tau suan* (split mung beans) should wrap up a great meal with some flourish. Getting the beans in a not too watery and not too gluey mix and topping it off with fresh and crispy *yu char kway* (fried fritters) is the trick.

ABOUT: Chef Eric Teo is the Executive Chef of the Mandarin Oriental, Singapore and the President of the Singapore Chefs Association. He was named the Best Executive Chef of the Year at the World Gourmet Summit Awards in 2006, 2008 and 2009. He has been actively involved in judging at culinary competitions around the world and mentoring rising chefs as Team Advisor for the Singapore Culinary Team. He also appeared in TV shows like World Kitchen 2, Star Chef and I Cook for You. The most recent shows are Dad @ Home and SuperMum Kitchen.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$10 (M) \$15 (NM)
COURSE VENUE | LAU PA SAT

DATE / DAY	TIME	REGISTER WITH
16 may / sat	2.30pm - 5.30pm	Geylang Serai CC



TEOCHEW MEMORIES BY CHEF ERIC LOW

We take you into the authentic way of retaining the Teochew flavour. Come learn how to prepare Chaozhou spiced pork fritters and fried diced chicken with Sichuan pepper. It is accompanied by radish and spring onion cake.

ABOUT: Chef Eric Low has mastered many different Asian cuisines in the course of his various appointments around the world. In 2005, he was presented with the World Gourmet Summit At-Sunrice Global Chef Award.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$10 (M) \$15 (NM)
COURSE VENUE | LAU PA SAT

DATE / DAY	TIME	REGISTER WITH
6 jun / sat	2.30pm - 5.30pm	Ulu Pandan CC



CANTO INNOVATION BY CHEF PETER TSANG

Your familiar Cantonese restaurant cuisine cooked in home-style. This is essentially a seafood meal. Braised seabass comes with eggplant and mushroom. Top that up with braised vegetables, shredded chicken and beancurd skin. Wash the meal down in style with crabmeat soup.

ABOUT: Chef Peter Tsang is the Chinese Executive Chef of Shang Palace, Shangri-La Hotel. He has conducted innumerable food promotions and healthy culinary demonstrations for Shangri-La Hotel. He has won awards in Hongkong for his culinary skills and helped in efforts to promote healthy Chinese dishes.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$10 (M) \$15 (NM)
COURSE VENUE | LAU PA SAT

DATE / DAY	TIME	REGISTER WITH
4 jul / sat	2.30pm - 5.30pm	Cairnhill CC



HAKKA SIGNATURE DISHES BY CHEF HIEW GUN KHONG

Discover three delicious dishes that are distinctly Hakka. The fried rice comes with some unusual ingredients. Other favourite dishes include braised pork with fermented beancurd and chicken cooked with ginger and rice wine.

ABOUT: Chef Hiew Gun Khong is the Executive Chef at Cherry Garden, Mandarin Oriental, Singapore. Some of his favourite ingredients to work with are seafood and new exotic ingredients. He loves to seek out new seasonal ingredients, to see what's new in the industry.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$10 (M) \$15 (NM)
COURSE VENUE | LAU PA SAT

DATE / DAY	TIME	REGISTER WITH
1 aug / sat	2.30pm - 5.30pm	Geylang Serai CC



HAINANESE ALL-TIME FAVOURITES BY CHEF PUNG LU TIN

Two Hainanese staples are featured. The braised pork is a Hainanese family favourite. So is the mutton soup, which comes with lots of herbs. The two dishes are complemented by stir-fried Chinese chives with dried cuttlefish and vermicelli.

ABOUT: Chef Pung Lu Tin is the Director of Food & Beverages Division, Seafood International Market & Restaurant. He derives satisfaction from creating new recipes that excite diners while enhancing their appetite and health. A culinary consultant at the Singapore Culinary Institute, he spearheads efforts to develop Chinese cuisine.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$10 (M) \$15 (NM)
COURSE VENUE | LAU PA SAT

DATE / DAY	TIME	REGISTER WITH
5 sep / sat	2.30pm - 5.30pm	Chong Pang CC, Sembawang CC, The Jelutong @ Canberra CC, Woodlands CC



TEOCHEW RECOMMENDATIONS BY CHEF JOHN SEE

This is as Teochew as it can get. Teochew favourites, such as preserved cabbage and minced pork, are part of the dishes – braised Teochew fish head with yam and Chinese wine, oyster omelette and seasonal beans with minced pork and preserved cabbage.

ABOUT: Chef John See is the Executive Chef / Consultant of Screening Room and Coriander Leaf, from April 2007 to September 2008. He has worked in Paris and held a number of top culinary positions in Singapore, including being personal chef to the Australian High Commissioner.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$10 (M) \$15 (NM)
COURSE VENUE | LAU PA SAT

DATE / DAY	TIME	REGISTER WITH
3 oct / sat	2.30pm - 5.30pm	Cairnhill CC



HOKKIEN SPECIALTIES BY CHEF ERIC NEO BENG NUNG

Learn the local favourite Hokkien dishes and whet your appetite. The wok fried Hokkien mee is the feature dish here. Mix it up with deep fried meat and prawn roll wrapped in beancurd and braised five spice pork belly, and you have an unforgettable local feast.

ABOUT: Chef Eric Neo Beng Nung was appointed Executive Chef, Crowne Plaza Changi Airport, in January 2008. He has worked in some of the best restaurants in Singapore, including AquaMarine at Marina Mandarin. He is the honorary treasurer of the Singapore Chefs Association.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$10 (M) \$15 (NM)
COURSE VENUE | LAU PA SAT

DATE / DAY	TIME	REGISTER WITH
7 nov / sat	2.30pm - 5.30pm	Punggol Park CC



SIMPLIFIED MODERN EURASIAN FOOD BY IRENE JANSEN

Let Chef Irene Jansen show you her Eurasian home-cooked delights. The dishes are fern on toast, beef smore and the famous mini sugee cake.

ABOUT: Winner of a number of cooking competitions, Chef Irene Jansen has conducted many popular cooking demonstrations. These ranged from demos for schools and polytechnics to high-profile cooking shows with local magazines.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$10 (M) \$15 (NM)
COURSE VENUE | LAU PA SAT

DATE / DAY	TIME	REGISTER WITH
5 dec / sat	2.30pm - 5.30pm	Buona Vista CC



LAU PA SAT
18 Raffles Quay Lau Pa Sat Festival Market S048582



culinary workshops @ community clubs/off-site



LOCAL FAVOURITES BY **CHEF SAM LEONG**

Come join celebrity Chef Sam Leong where he will demonstrate his innovative cuisine. Chilli crab is cooked with orange juice. Mixing citrus with seafood is a good way to bring out the flavour of the seafood.

The second dish, steamed fish with red chilli and black bean, is a mouth-watering combination. The chilli and red bean enhance the taste of the fish.

And the real specialty in this gourmet meal would be "my grandmother's yummy steamed pork petites topped with salted egg yolk".

ABOUT: Chef Sam Leong has become an iconic personality in the Singapore culinary scene. He is the Corporate Chef/Director of Kitchens for Tung Lok Restaurants. Chef Leong has won numerous accolades. In November 2006, he was awarded 'Chef of the Year' in the Hospitality Asia Platinum Awards (HAPA) Singapore Series 2006-07, conceptualised to recognise the dedication and commitment of industry-related players beyond the call of duty. More recently, he was awarded the 'Five Star Diamond Award' by the American Academy of Hospitality Sciences 2008 - 2009. He also starred as the mentor in 'Star Chef', a reality 12-episode TV series, which ended its run in early March 2007. In November 2007, Sam hit another big TV show again with a 12-episode "Good Food Fun Cook" which ended its run in mid March 2008.

**NO OF SESSION | 1 DURATION | 3HRS FEE* | \$15 (M) \$20 (NM)
COURSE VENUE | JURONG SPRING CC**

DATE / DAY	TIME	REGISTER WITH
11 jul / sat	2.30pm - 5.30pm	Jurong Spring CC



MALAY HOME-STYLE FAVOURITES BY **CHEF ABDUL BIJI BIN KADIR**

Chef will demonstrate three dishes that you can impress your guests at the next party. The special dishes are papis tofu (beancurd), ayam rica-rica (chicken) and kueh bakar kentang (fried potato).

ABOUT: Chef Abdul Biji Kadir was a make-up artist before he ventured in his other passion - cooking - in the 1980s. He participated in the then SBC (now MediaCorp) show "Yok Makan Luar" in 1984-85. He has conducted many healthy food workshops on, for example, salad dishes, for private bodies and mosques.

**NO OF SESSION | 1 DURATION | 3HRS FEE* | \$15 (M) \$20 (NM)
COURSE VENUE | CHUA CHU KANG CC**

DATE / DAY	TIME	REGISTER WITH
30 may / sat	2.30pm - 5.30pm	Chua Chu Kang CC

HOKKIEN SPECIALITIES BY **CHEF ERIC NEO BENG NUNG**

If you have enjoyed the workshop at Lau Pa Sat, then you should sign up for this workshop! Learn three delectable and easy-to-prepare Hokkien dishes from the chef. You'll also get to sample the three dishes cooked by the chef & spend an enjoyable time interacting with him.

ABOUT: Chef Eric Neo Beng Nung was appointed Executive Chef, Crowne Plaza Changi Airport, in January 2008. He has worked in some of the best restaurants in Singapore, including AquaMarine at Marina Mandarin. He is the honorary treasurer of the Singapore Chefs Association.

**NO OF SESSION | 1 DURATION | 3HRS FEE* | \$15 (M) \$20 (NM)
COURSE VENUE | ZHENGHUA CC**

DATE / DAY	TIME	REGISTER WITH
13 jun / sat	2.30pm - 5.30pm	Zhenghua CC

HAKKA SIGNATURE DISHES BY **CHEF HIEW GUN KHONG**

If you have enjoyed the workshop at Lau Pa Sat, then you should sign up for this workshop! Learn three delectable and easy-to-prepare Hakka dishes from the chef. You'll also get to sample the three dishes cooked by the chef & spend an enjoyable time interacting with him.

ABOUT: Chef Hiew Gun Khong is the Executive Chef at Cherry Garden, Mandarin Oriental, Singapore. Some of his favourite ingredients to work with are seafood and new exotic ingredients. He loves to seek out new seasonal ingredients, to see what's new in the industry.

**NO OF SESSION | 1 DURATION | 3HRS FEE* | \$15 (M) \$20 (NM)
COURSE VENUE | JURONG SPRING CC**

DATE / DAY	TIME	REGISTER WITH
20 jun / sat	2.30pm - 5.30pm	Jurong Spring CC

HAINANESE ALL-TIME FAVOURITES BY **CHEF PUNG LU TIN**

If you have enjoyed the workshop at Lau Pa Sat, then you should sign up for this workshop! Learn three delectable and easy-to-prepare Hainanese dishes from the chef. You'll also get to sample the three dishes cooked by the chef & spend an enjoyable time interacting with him.

ABOUT: Chef Pung Lu Tin is the Director of Food & Beverages Division, Seafood International Market & Restaurant. He derives satisfaction from creating new recipes that excite diners while enhancing their appetites and health. A culinary consultant at the Singapore Culinary Institute, he spearheads efforts to develop Chinese cuisine.

**NO OF SESSION | 1 DURATION | 3HRS FEE* | \$15 (M) \$20 (NM)
COURSE VENUE | ULU PANDAN CC**

DATE / DAY	TIME	REGISTER WITH
27 jun / sat	2.30pm - 5.30pm	Ulu Pandan CC



HAKKA TRADITIONAL DISHES BY IRENE YIP

In this workshop, you will learn how to prepare three classic Hakka dishes. Start with Hakka *Lei Char* (thunder tea rice) with brown rice. Tuck in Hakka rice wine chicken, accompanied by a special glutinous rice. The rich taste of the dishes lingers with the liberal use of rice wine.

ABOUT: Chef Irene Yip is a professional chef instructor and a co-owner of Chef's Secrets. She has 24 years of teaching and working experience. She holds a diploma in Dianxin awarded by Shantou Culinary School of China.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$15 (M) \$20 (NM)
COURSE VENUE | CHEF'S SECRETS COOKING AND BAKING
RESOURCE CENTRE | Blk 163 Bukit Merah Central #03-3579 S150163

DATE / DAY	TIME	REGISTER WITH
18 jul / sat	2.30pm - 5.30pm	Pek Kio CC

SIMPLIFIED MODERN EURASIAN FOOD BY IRENE JANSEN

If you have enjoyed the workshop at Lau Pa Sat, then you should sign up for this workshop! Learn three delectable and easy-to-prepare Eurasian dishes from the chef. You'll also get to sample the three dishes cooked by the chef & spend an enjoyable time interacting with her.

ABOUT: Winner of a number of cooking competitions, Chef Irene Jansen has conducted many popular cooking demonstrations. These ranged from demos for schools and polytechnics to high-profile cooking shows with local magazines.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$15 (M) \$20 (NM)
COURSE VENUE | SEMBAWANG CC

DATE / DAY	TIME	REGISTER WITH
25 jul / sat	2.30pm - 5.30pm	Sembawang CC



SHIOK SHIOK PERANAKAN BY CHEF PHILIP CHIA

Learn the tricks to preparing delicious Peranakan flavours. Whip up a complete meal with an appetising egg salad, accompanied by main course and soup to whet your appetite.

ABOUT: Chef Philip Chia's passion for cooking began at the age of 6, with him pounding spices with a "batu lesong" to make sambal belachan at Joo Chiat Road. His celebrity chef status was sealed when he was invited to present 12 Peranakan Wedding dishes for TV Sitcom "Sayang-Sayang". In 2008, Philip started Rice Cooking Studio (www.rice.sg).

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$15 (M) \$20 (NM)
COURSE VENUE | ULU PANDAN CC

DATE / DAY	TIME	REGISTER WITH
15 aug / sat	2.30pm - 5.30pm	Ulu Pandan CC



CANTO FAVOURITES BY CHEF FOK WING TIN

A feast for all. This seafood and poultry combination is a winner. First, we have deep fried crispy cod fish. There is also the unusual Chinese leek with mini abalone. The final dish is stir-fried egg white and diced chicken with minced vegetables.

ABOUT: Chef Fok Wing Tin is Director of Zi Yeon Restaurant. He has 45 years of culinary experience. He has worked in top restaurants in Taipei and Singapore, including at Yuan Ming Yuan (Taipei), Tung Lok and Raffles Hotel. He has judged several cooking competitions.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$15 (M) \$20 (NM)
COURSE VENUE | ZI YEAN RESTAURANT
Blk 56 Lengkok Bahru #01-443 S150056

DATE / DAY	TIME	REGISTER WITH
22 aug / sat	2.30pm - 5.30pm	Cairnhill CC

HAKKA TRADITIONAL DISHES BY IRENE YIP

Come learn another three different dishes from this affable chef. Chef Irene will share more cooking tips and show you how to whip up an impressive meal for your family and friends.

ABOUT: Chef Irene Yip is a professional chef instructor and a co-owner of Chef's Secrets. She has 24 years of teaching and working experience. She holds a diploma in Dianxin awarded by Shantou Culinary School of China.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$15 (M) \$20 (NM)
COURSE VENUE | CHEF'S SECRETS COOKING AND BAKING
RESOURCE CENTRE | Blk 163 Bukit Merah Central #03-3579 S150163

DATE / DAY	TIME	REGISTER WITH
29 aug / sat	2.30pm - 5.30pm	Bukit Merah CC

TEOCHEW MEMORIES BY CHEF ERIC LOW

If you have enjoyed the workshop at Lau Pa Sat, then you should sign up for this workshop! Learn three delectable and easy-to-prepare Teochew dishes from the chef. You'll also get to sample the three dishes cooked by the chef & spend an enjoyable time interacting with him.

ABOUT: Chef Eric Low has mastered many different Asian cuisines in the course of his various appointments around the world. In 2005, he was presented with the World Gourmet Summit At-Sunrice Global Chef Award.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$15 (M) \$20 (NM)
COURSE VENUE | THE FRONTIER CC

DATE / DAY	TIME	REGISTER WITH
12 sep / sat	2.30pm - 5.30pm	The Frontier



INDIAN FESTIVE FEAST BY CHEF MILIND SOVANI

Find out more about Indian cuisine from Chef Milind. The main Indian coastal dish here is the scrumptious fried fish – seabass fillet in Malvani marinade. It is accompanied by lahsooni babycorn, mushroom masala and hara bhara kebab (pint, peas and potato patty kebab).

ABOUT: Chef Milind Sovani is the best known Indian Chef who has won numerous awards including the Best Chef of Singapore and the Best Restaurant for The Song of India, where he is the Chef and Director. He arrived in the Singapore food scene in 2002 and since then, has consistently worked to give a new dimension to re-define Indian cuisine.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$15 (M) \$20 (NM)
COURSE VENUE | KAMPONG CHAI CHEE CC

DATE / DAY	TIME	REGISTER WITH
21 sep / mon	6.30pm - 9.30pm	Kampong Chai Chee CC

TEOCHEW RECOMMENDATIONS BY CHEF JOHN SEE

If you have enjoyed the workshop at Lau Pa Sat, then you should sign up for this workshop! Learn three delectable and easy-to-prepare Teochew dishes from the chef. You'll also get to sample the three dishes cooked by the chef & spend an enjoyable time interacting with him.

ABOUT: Chef John See is the Executive Chef / Consultant of Screening Room and Coriander Leaf, from April 2007 to September 2008. He has worked in Paris and held a number of top culinary positions in Singapore, including being personal chef to the Australian High Commissioner.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$15 (M) \$20 (NM)
COURSE VENUE | ANG MO KIO CC

DATE / DAY	TIME	REGISTER WITH
26 sep / sat	2.30pm - 5.30pm	Ang Mo Kio CC

CANTONESE INNOVATION BY CHEF PETER TSANG

If you have enjoyed the workshop at Lau Pa Sat, then you should sign up for this workshop! Learn three delectable and easy-to-prepare Cantonese dishes from the chef. You'll also get to sample the three dishes cooked by the chef & spend an enjoyable time interacting with him.

ABOUT: Chef Peter Tsang is the Chinese Executive Chef of Shang Palace, Shangri-La Hotel. He has conducted innumerable food promotions and healthy culinary demonstrations for Shangri-La Hotel. He has won awards in Hongkong for his culinary skills and helped in efforts to promote healthy Chinese dishes.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$15 (M) \$20 (NM)
COURSE VENUE | ANG MO KIO CC

DATE / DAY	TIME	REGISTER WITH
31 oct / sat	2.30pm - 5.30pm	Ang Mo Kio CC



CANTO-FUSION DELIGHTS BY CHEF CHUNG HO SHI

Learn how to do this three-in-one meal. The main dish is the sumptuous golden fried sea perch with avocado. The complementary items are braised beancurd with crab and egg white as well as refreshing prawn and fruit salad.

ABOUT: Chef Chung Ho Shi is the Executive Chef of Golden Peony, Conrad Centennial Singapore. He is well-known for his Cantonese dishes and has won accolades for the restaurants he has worked with. His impressive credentials also include conducting many successful cooking classes, to share his knowledge and expertise with local and international guests.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$15 (M) \$20 (NM)
COURSE VENUE | ZI YEAN RESTAURANT
Blk 56 Lengkok Bahru #01-443 S150056

DATE / DAY	TIME	REGISTER WITH
21 nov / sat	2.30pm - 5.30pm	Zhenghua CC

SHIOK SHIOK PERANAKAN BY CHEF PHILIP CHIA

Come learn another three different dishes from the rich Peranakan culture. Chef Philip will share more cooking tips and show you how to whip up an impressive meal for your family and friends.

ABOUT: Chef Philip Chia's passion for cooking began at the age of 6, with him pounding spices with a "batu lesong" to make sambal belachan at Joo Chiat Road. His celebrity chef status was sealed when he was invited to present 12 Peranakan Wedding dishes for TV Sitcom "Sayang-Sayang". In 2008, Philip started Rice Cooking Studio (www.rice.sg).

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$15 (M) \$20 (NM)
COURSE VENUE | BUKIT PANJANG CC

DATE / DAY	TIME	REGISTER WITH
12 dec / sat	2.30pm - 5.30pm	Bukit Panjang CC

OLD HOKKIEN FLAVOUR - TEO PECK LENG



A street hawker favourite is featured here – Hokkien prawn noodle (soup). The other two are a bit more unusual – fried Fujian yam roll and red date paste.

ABOUT: Teo Peck Leng has more than 10 years of teaching and practising experience. He holds a Cook's Diploma in Chinese cooking and a Certification in Dianxin Making.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$10 (M) \$15 (NM)
COURSE VENUE | AT RESPECTIVE CCs

DATE / DAY	TIME	REGISTER WITH
16 jun / tue	6.30pm - 9.30pm	Chong Pang CC
25 jun / thu	6.30pm - 9.30pm	Kampong Chai Chee CC

MALAY SPICY FIERY - PATIMAH IBRAHIM



The baked chicken here comes with tomato and home-made chilli padi sauce. It is served with celery rice.

ABOUT: Patimah Ibrahim has a Diploma in Baking from the Baking Industry Training Centre. She has always been passionate about cooking and is continuously striving to upgrade her skills in cooking and baking.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$10 (M) \$15 (NM)
COURSE VENUE | AT RESPECTIVE CCs

DATE / DAY	TIME	REGISTER WITH
8 jul / wed	6.30pm - 9.30pm	Toa Payoh West CC
17 jul / fri	6.30pm - 9.30pm	Chong Pang CC

TEOCHEW TRADITIONAL - ER TECK GIN



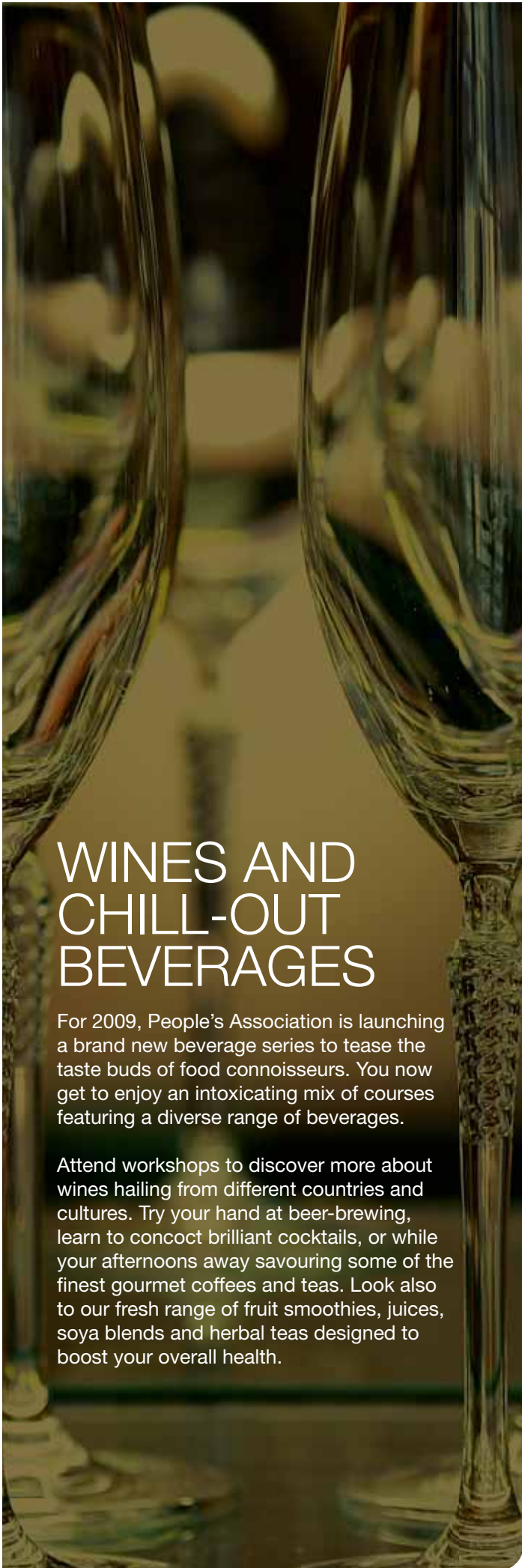
Cook the authentic Teochew way. The main dish is the braised five spices duck, Teochew style. It is accompanied by fish soup in claypot and pumpkin on mashed yam.

ABOUT: Er Teck Gin is someone who does not rest on her laurels. Not content to impart her skills in the community clubs for two decades, she even creates numerous recipes for cooking magazines and food companies. Her food and beverage experience when working at the Raffles Hotel has also given her a decidedly professional touch.

NO OF SESSION | 1 DURATION | 3HRS FEE* | \$10 (M) \$15 (NM)
COURSE VENUE | AT RESPECTIVE CCs

DATE / DAY	TIME	REGISTER WITH
3 aug / mon	6.30pm - 9.30pm	Pasir Ris East CC
13 aug / thu	6.30pm - 9.30pm	Kallang CC





WINES AND CHILL-OUT BEVERAGES

For 2009, People's Association is launching a brand new beverage series to tease the taste buds of food connoisseurs. You now get to enjoy an intoxicating mix of courses featuring a diverse range of beverages.

Attend workshops to discover more about wines hailing from different countries and cultures. Try your hand at beer-brewing, learn to concoct brilliant cocktails, or while your afternoons away savouring some of the finest gourmet coffees and teas. Look also to our fresh range of fruit smoothies, juices, soya blends and herbal teas designed to boost your overall health.



wines & chill-out beverages



ALL ABOUT COFFEE

It's a multiple treat. Become a coffee expert and pick up delightful cooking and baking recipes incorporating coffee and Borges olive oil. Get insights and learn fascinating facts about coffee from the experts. Learn how to brew the perfect cuppa and differentiate coffees through sensory evaluation. Volunteers will be invited to create their own special blend. And then let Rendezvous Hotel's chefs show you how to use coffee and Borges olive oil to prepare creative and healthy dishes. You will learn how to prepare an appetizer of grilled scallops and squids, a main course of pan-fried chicken with macadamia nuts and delicious chocolate and coffee mousse dessert. There will be noodles, fruit tartlets, sandwiches and freshly brewed coffee/tea served during the break. Participants will each receive an attractive goodie bag, sponsored by Borges.

TRAINERS: A Coffee Specialist and Master Roaster will guide you to deepen your appreciation of coffee. He has rich expertise and experience in the coffee industry.

Chefs of Rendezvous Hotel Singapore will showcase their culinary creativity. John Ow, the Sous Chef, is an award-winning chef in the Food and Hotel Asia Culinary Cooking Competition. The pastry chef of the Straits Cafe, Penny Heong, has been to Shanghai to represent Singapore in a food promotion event.

Supported by



RENDEZVOUS
HOTEL SINGAPORE



Sponsor



NO OF SESSION | 1 DURATION | 3.5HRS FEE | \$29 (M) \$35 (NM)
COURSE VENUE | RENDEZVOUS HOTEL SINGAPORE
Straits Ballroom (Level 2) at 9 Bras Basah Road S189559

DATE / DAY

TIME

REGISTER WITH

13 jun / sat

1.00pm - 4.30pm

Geylang Serai CC



WINE GOURMET MATCH MAKING

In the west, wine and food grew up together. They have been adjusting to each other to live in romantic harmony. In the east, the story is different. Asian food developed largely without the influence of wine. So can Mr Wine on his voyage to Asia find his new love here? Find out as you go through the fun of helping Mr Sauvignon Blanc, Mr Riesling, Mr Pinot Noir and Mr Shiraz look for their brides in one of Singapore's most iconic food sites. There will be popular local fare like satay, braised duck, tandoori chicken, prawns and stingray served with wines.

TRAINER: Malcolm Tham is a PA wine trainer. He also lectures for Singapore Polytechnic's Science and Art of Wine Programme and at the Singapore Chinese Chamber of Commerce. He is the programme director of Wine for Asia.

Sponsors



NO OF SESSION | 1 DURATION | 2HRS FEE | \$21 (M) \$26 (NM)
COURSE VENUE | LAU PA SAT
 18 Raffles Quay Lau Pa Sat Festival Market S048582

DATE / DAY	TIME	REGISTER WITH
18 oct / sun	4.00pm - 6.00pm	Jurong Spring CC, Jurong Green CC



wines

KOREAN TRADITIONAL LIQUOR & WINE APPRECIATION

Koreans use fruits, flowers, herbs and other ingredients to flavour their alcoholic beverages. They enjoy a wide variety of traditional alcoholic beverages that include yakju, distilled liquors (including soju), takju, fruit wines, flower wines and medicinal wines. Find out more about this myriad of Korean traditional alcoholic beverages and make the right selection of side dishes to go with them.

Sponsor



NO OF SESSION | 1 DURATION | 1.5HR FEE | \$15 (M) \$25 (NM)
COURSE VENUE | JU SHIN JUNG KOREAN RESTAURANT
 451 Joo Chiat Rd #01-01 Katong Junction

DATE / DAY	TIME	REGISTER WITH
11 jul / sat	3.00pm - 4.30pm	Mountbatten CC

OLD WORLD AND NEW WORLD WINES



There are differences in these two wine varieties – from the techniques of making these wines to their characteristics and appellations. Educate yourself on these differences. Get tips on how to match appropriate food with these wines. The session includes practical tasting. The trainer is George Wong, an accredited wine lecturer from Bordeaux Wine School, who has an MBA in Wine. He was the speaker, moderator and wine judge for masterclasses in the World Gourmet Summit and a speaker at Wine for Asia.

NO OF SESSION | 1 DURATION | 2HRS FEE | \$25 (M) \$30 (NM)
COURSE VENUE | BUKIT TIMAH CC

DATE / DAY	TIME	REGISTER WITH
4 jul / sat	3.00pm - 5.00pm	Bukit Timah CC

SEVEN-COURSE CHINESE DINNER CUM WINE PAIRING WORKSHOP

Learn the basic principles of Chinese food and wine pairing over a sumptuous seven-course dinner of live seafood, including fresh oysters from Canada, giant garoupa and live prawns. Conducted in a traditional restaurant setting, this workshop teaches you how to wisely select wines from a sample restaurant list and pair them effectively with Chinese cuisine, based on different cooking methods. It is supported by Chin Huat Live Seafood.

TRAINER: Cher Lim has a Master degree in wine technology and marketing. She is a regular guest on 100.3FM, a columnist for Lianhe Zaobao and the contributing wine editor of Grandeur Magazine.



NO OF SESSION | 1 DURATION | 2HRS FEE | \$50 (M) \$55 - \$60 (NM)
COURSE VENUE | CHIN HUAT LIVE SEAFOOD AT SUNSET WAY
 Blk 105 Clementi Street 12 #01-30 S120105

DATE / DAY	TIME	REGISTER WITH
8 jul / wed	7.00pm - 9.00pm	Jalan Besar CC
19 aug / wed	7.00pm - 9.00pm	Siglap South CC
21 oct / wed	7.00pm - 9.00pm	Sembawang CC

SHOCHU APPRECIATION

Shochu has been enjoying a boom in Japan and is becoming very popular with younger drinkers. This workshop introduces you to shochu, which has remarkably negligible counts of calories, is known to promote longevity and better blood circulation. Get to taste five different types of shochu with four accompanying dishes.



NO OF SESSION | 1 DURATION | 2HRS FEE | \$75 (M) \$80 (NM)
COURSE VENUE | SATSUMA

1 Nanson Road #01-10/ #02-10 The Gallery Hotel S238909

DATE / DAY	TIME	REGISTER WITH
1 aug / sat	2.00pm - 4.00pm	Taman Jurong CC

JAPANESE SAKE APPRECIATION FOR BEGINNERS

Sake is enjoyed with Japan's popular cuisines and is part and parcel of most Japanese festivities. Arm yourself with basic knowledge of the traditional Japanese wine – its history and how it is made. You get to savour six types of sake from Niigata, the prefecture in Japan renowned for premium rice and sake. The trainer is Ting Mei Lin, director of Inter Rice Asia Pte Ltd, a sake distributor.

NO OF SESSION | 1 DURATION | 2HRS FEE | \$33 (M) \$36 (NM)
COURSE VENUE | KALLANG CC

DATE / DAY	TIME	REGISTER WITH
13 aug / thu	7.00pm - 9.00pm	Kallang CC

A TASTE OF MARGARET RIVER

The success of Margaret River as a wine region started humbly in 1967, with the first planting of vines. Now regarded as one of the significant wine-producing regions of the world, Margaret River is endowed abundantly with a good natural environment that allows it to produce more than 20 per cent of Australia's premium wines. Experience the wines of Margaret River and learn how different varietal and wine-making styles affect their tastes. Tasting session includes four different types of wines. Trainer Ian Lim is the wine sommelier of Denise The Wine Shop.

NO OF SESSION | 1 DURATION | 1HR FEE | \$25 (M) \$30 (NM)
COURSE VENUE | DENISE THE WINE SHOP (United Square Branch)
 101 Thomson Rd #B1-21 United Square S307591

DATE / DAY	TIME	REGISTER WITH
27 aug / thu	8.00pm - 9.00pm	Ulu Pandan CC

WINE APPRECIATION AND FOOD PAIRING

Delve into the essential techniques of wine and food pairing. Learn how elements in wine and food can complement or clash with one another. Interesting bites will be served. You can join the Wine Gourmet Interest Group after the workshop to embark on a whirlwind journey to pair wines with local delights with wine trainer, Malcolm Tham.



NO OF SESSION | 1 DURATION | 2HRS FEE | \$26 - \$30 (M) \$32 - \$35 (NM)
COURSE VENUE | AT RESPECTIVE CCs

DATE / DAY	TIME	REGISTER WITH
13 sep / sun	3.00pm - 5.00pm	Tanglin CC
6 nov / fri	7.30pm - 9.30pm	Katong CC
7 nov / sat	2.00pm - 4.00pm	Mountbatten CC

A LOVE AFFAIR OF WINE AND CHEESE @ DEMPSEY



Participants will explore and sample fine wines over a selection of cheese and parma ham in a classy restaurant setting - Culina @Dempsey, known for its quality produce and fine wines. The trainer will also touch on the much sought after pairing of Late Harvest wine with cheese. Understand how climate and winemaking techniques can affect the final wine style and choice of cheese.

Trainer Cher Lim has a Master degree in wine technology and marketing. She is a regular guest on 100.3FM, a columnist for Lianhe Zaobao and the contributing wine editor of Grandeur Magazine.

NO OF SESSION | 1 DURATION | 2HRS FEE | \$50 (M) \$55 (NM)
COURSE VENUE | CULINA Blk 8 Dempsey Road #01-13 Tanglin Village S247696

DATE / DAY	TIME	REGISTER WITH
23 sep / wed	7.00pm - 9.00pm	Punggol Park CC

A TASTE OF ADELAIDE HILLS



The Adelaide Hills, dotted with quaint villages, lush gardens and wineries, is the perfect setting for the enjoyment of the good life. One of South Australia's largest and most lovely wine regions, it is home to numerous premium wine producers. Its cool climate nurtures the vines to yield fruit of fresh, pure and unforgettable flavour. Come on a journey to discover wines from this region with a tasting of four types of wines. Trainer Ian Lim is the wine sommelier of Denise The Wine Shop.

NO OF SESSION | 1 DURATION | 1HR FEE | \$25 (M) \$30 (NM)
COURSE VENUE | DENISE THE WINE SHOP (United Square Branch)
 101 Thomson Rd #B1-21 United Square S307591

DATE / DAY	TIME	REGISTER WITH
5 nov / thu	8.00pm - 9.00pm	Whampoa CC



cocktails

THE A TO Z OF COCKTAILS



You no longer have to serve nondescript, standard drinks when you entertain. You can add zing into your parties. Get the insider's peek into mastering the art of home cocktail mixing. Learn the history of cocktails, find out about alcohol varietals and master the mechanics of using proper mixer equipment. You will be able to consume your own cocktails at the end of the lesson.

Trainers Ben Ng and Zac Mirza are experienced professional bartenders. Ben has served dignitaries and celebrities such as Craig David. Zac is an international, multi-award winning bartender who was Singapore's Funkiest Bartender and Speed Bottle Opening Champion.

NO OF SESSION | 1 DURATION | 2HRS FEE | \$27 - \$30 (M) \$32 - \$40 (NM)
COURSE VENUE | AT RESPECTIVE CCs

DATE / DAY	TIME	REGISTER WITH
25 jul / sat	2.00pm - 4.00pm	Chong Pang CC
1 aug / sat	2.00pm - 4.00pm	Ci Yuan CC
5 sep / sat	2.00pm - 4.00pm	Mountbatten CC
21 nov / sat	2.00pm - 4.00pm	Katong CC

BE A BARTENDER THIS CHRISTMAS!



Are you seeking training for a bartending job or just wish to bartend for your own house parties? This hands-on course covers the basics from making festive cocktails and mocktails to serving them with style. Learn how to make the famous Magarita, incorporate fresh fruits to make zesty drinks and set up a basic home bar. The trainer, Pio Parthiban Subramaniam, heads the catering events team at Timbre.

NO OF SESSION | 1 DURATION | 2HRS FEE | \$30 - \$35 (M) \$35 - \$45 (NM)
COURSE VENUE | AT RESPECTIVE CCs

DATE / DAY	TIME	REGISTER WITH
14 nov / sat	2.00pm - 4.00pm	Hougang CC
21 nov / sat	2.00pm - 4.00pm	Mountbatten CC
28 nov / sat	2.00pm - 4.00pm	Taman Jurong CC
12 dec / sat	2.00pm - 4.00pm	The Serangoon CC



beer

BEER BREWING CUM TASTING @ BREWERKZ



Renowned for its award-winning fresh beers, Brewerkz Microbrewery & Restaurant is hosting a beer brewing workshop that gives you an insight into what makes great beers. Get to see how beer is made and also get to taste it! Try your hand at home-brewing which you will learn from Brewerkz' experienced brewer.

NO OF SESSION | 1 DURATION | 1.5HR FEE | \$24 (M) \$29 (NM)
COURSE VENUE | BREWERKZ RIVERSIDE POINT
30 Merchant Road #01-05/06 Riverside Point S058282

DATE / DAY	TIME	REGISTER WITH
24 jun / wed	7.30pm - 9.00pm	Pasir Ris East CC



whisky

KNOW YOUR WHISKIES



Whisky, popular among Westerners, has long been a staple drink in cosmopolitan Singapore. Discerning customers appreciate its smooth and classic taste. Understand its production and appreciate the differences between malt and blended whiskies. Find out about the various whiskies of Scotland, Canada, Ireland and the United States. The session includes the tasting of the "Regional Malts of Scotland" featuring four different whiskies. The Whisky Store will also showcase its range of specialty whiskies.

NO OF SESSION | 1 DURATION | 2HRS FEE | \$33 - \$34 (M) \$38 - \$39 (NM)
COURSE VENUE | AT RESPECTIVE CCs

DATE / DAY	TIME	REGISTER WITH
27 jun / sat	3.30pm - 5.30pm	Ulu Pandan CC
15 aug / sat	3.30pm - 5.30pm	The Serangoon CC



coffee

DISCOVER COFFEE THE AUTHENTIC ITALIAN WAY

Segafredo Zanetti Espresso is the latest hot Italian coffee brand to arrive in Singapore. Find out how the Italians enjoy this national beverage. Simon Seah, trained by one of the grand Italian baristas, will introduce you to interesting aspects of Italian-styled coffees. Also, be treated to traditional liquor coffees. After all, Il caffe italiano e molto buono (Italian coffee is very good)! In this session, participants get to taste one gourmet coffee, one liquor-based coffee and a crossiant or cake.



NO OF SESSION | 1 DURATION | 2HRS FEE | \$28 (M) \$33 - \$38 (NM)
COURSE VENUE | SEGAFREDO ZANETTI ESPRESSO
51 Telok Ayer St #01-06 S048441

DATE / DAY	TIME	REGISTER WITH
4 jul / sat	4.00pm - 6.00pm	Pasir Ris East CC
12 sep / sat	4.00pm - 6.00pm	Bukit Merah CC



tea

HERBAL TEA FOR WELLNESS



Be inducted into the world of herbal teas and you will likely be won over by their health benefits. Get to touch, smell and taste some of these herbs. Pick up useful common folk remedies through the medium of herbal teas like Mulberry Tea and Cat's Whisker. Get to taste three to five different types of organic herbal teas. Trainer Martin Cheng is the resident herbalist of Growell Herb Sanctuary.

NO OF SESSION | 1 DURATION | 2HRS FEE | \$18 - \$20 (M) \$24 - \$30 (NM)
COURSE VENUE | AT RESPECTIVE CCs

DATE / DAY	TIME	REGISTER WITH
4 jul / sat	3.00pm - 5.00pm	Pek Kio CC
25 jul / sat	2.30pm - 4.30pm	Yew Tee CC
1 aug / sat	3.00pm - 5.00pm	Punggol 21 CC
16 aug / sun	3.00pm - 5.00pm	Ci Yuan CC
22 aug / sat	1.30pm - 3.30pm	Tanglin CC
29 aug / sat	3.00pm - 5.00pm	Whampoa CC
24 oct / sat	3.00pm - 5.00pm	Geylang West CC
31 oct / sat	3.00pm - 5.00pm	Chong Pang CC
14 nov / sat	2.00pm - 4.00pm	Jalan Besar CC

CHINESE TEA APPRECIATION (CONDUCTED IN MANDARIN)



Tea appreciation is growing in popularity. Learn "Cha Dao", the art of preparing Chinese Tea. Learn how to brew a good cup of tea, the etiquette of drinking tea and the proper use of drinking utensils. Along with appreciating the rich heritage of Chinese customs that complements this refined art form, you will also discover the many health benefits of tea drinking and the myriad of intricate Chinese Tea flavours available. Trainer Zhu Wen Hua is the Tea Master of Tian Fu Teahouse. She has extensive knowledge and rich experience working in the tea industry in China. This workshop is supported by Tian Fu Teahouse at Hotel Parkroyal on Beach Road.

NO OF SESSION | 1 DURATION | 1HR FEE | \$18 (M) \$24 (NM)
COURSE VENUE | TIAN FU TEAHOUSE LOCATED AT PARKROYAL ON BEACH ROAD 7500 Beach Road S199591

DATE / DAY	TIME	REGISTER WITH
15 aug / sat	3.00pm - 4.00pm	Chong Pang CC

TEA APPRECIATION: A JOURNEY AROUND THE WORLD



Demystify the ritual of tea drinking. In this light-hearted and informative session, you will traverse across various countries to discover a trove of tea treasures. Also, pick up fun tips on how you can possibly use tea in cooking and how to pair teas with appropriate food. Trainer Lim Tian Wee owns Gryphon Tea Company and is an expert in tea selection, tea sensorial evaluation and blending.

NO OF SESSION | 1 DURATION | 1.5HR FEE | \$24 - \$25 (M) \$28 - \$30 (NM)
COURSE VENUE | AT RESPECTIVE CCs

DATE / DAY	TIME	REGISTER WITH
15 aug / sat	3.30pm - 5.00pm	Taman Jurong CC
22 aug / sat	3.30pm - 5.00pm	Hougang CC
5 sep / sat	3.30pm - 5.00pm	Whampoa CC
12 sep / sat	3.30pm - 5.00pm	Katong CC
19 sep / sat	3.30pm - 5.00pm	Sembawang CC

THE ART OF APPRECIATING TRADITIONAL ENGLISH AFTERNOON TEA

The English tea is a sacred Western institution. In war or in peace, in hail or sunshine, no English would forgo this elegant afternoon repast. This workshop teaches you the history of the institution, the etiquette associated with it, the various types of Twinings Tea and brewing techniques. Get to sip freshly brewed Twinings Tea complete with traditional English-style refreshments of scones, cake and sandwiches. Each participant will receive a door gift of Twinings Tea worth \$12. Ms Raelene Tan is the trainer. She is an etiquette consultant, author and food and travel writer. Often heard on radio programmes, Raelene has been featured on BBC World and was once invited to have tea in Buckingham Palace with English royalty.



Sponsor



NO OF SESSION | 1 DURATION | 2HRS FEE | \$18 (M) \$24 (NM)
COURSE VENUE | FOSTERS THE ENGLISH ROSE CAFÉ
277 Holland Avenue Holland Village S278994

DATE / DAY	TIME	REGISTER WITH
26 sep / sat	3.30pm - 5.30pm	Tanglin CC, West Coast CC, Siglap South CC

CHINESE TEA AND FOOD-PAIRING (CONDUCTED IN MANDARIN)

Enjoy a pleasurable afternoon, pairing three types of teas with six delectable Chinese snacks. Learn the various aspects of Chinese Tea and food pairing, discovering in the process the rich heritage of customs behind this exquisite practice. Discover the secret of effective pairing by paying close attention to the pertinent food flavours and textures as well as each tea's unique characteristics. Trainer Zhu Wen Hua is the Tea Master of Tian Fu Teahouse. She has extensive knowledge and rich experience working in the tea industry in China. This workshop is supported by Tian Fu Teahouse at Hotel Parkroyal on Beach Road.



NO OF SESSION | 1 DURATION | 1HR FEE | \$26 (M) \$32 (NM)
COURSE VENUE | TIAN FU TEAHOUSE LOCATED AT PARKROYAL ON BEACH ROAD 7500 Beach Road S199591

DATE / DAY	TIME	REGISTER WITH
31 oct / sat	3.00pm - 4.00pm	Tanglin CC



health beverages

SUPER JUICES TO ALLEVIATE AILMENTS (CONDUCTED IN MANDARIN)

Fruit juices, known for their kaleidoscope of fresh flavours, have long been highly recommended by dietitians. Now, you can actually experience their healing properties by knowing how to use them to counter common ailments. Trainer Anna Phua will touch on the specific healing properties of fruit juices. Learn how to concoct different fruit beverages for overall vitality, to counter indigestion, increase calcium absorption and prevent the onset of cancer.



NO OF SESSION | 1 DURATION | 2HRS FEE | \$25 (M) \$30 (NM)
COURSE VENUE | AT RESPECTIVE CCs

DATE / DAY	TIME	REGISTER WITH
24 jun / wed	7.30pm - 9.30pm	Hougang CC
21 aug / fri	7.30pm - 9.30pm	Punggol 21 CC

SOY GOOD! (CONDUCTED IN MANDARIN)



Soya bean has always been associated with significant health benefits, including the prevention of chronic diseases. Usually touted as a health beverage, it is packed with loads of vitamins and has antioxidant properties. Trainer Anna Phua will show you how to make ice-blended versions of this local beverage. Incorporate tasty ingredients like black sesame and other fruits to make an updated soya ice blend that all can enjoy.

NO OF SESSION | 1 DURATION | 2HRS FEE | \$26 - \$28 (M) \$32 - \$38 (NM)
COURSE VENUE | AT RESPECTIVE CCs

DATE / DAY	TIME	REGISTER WITH
4 jul / sat	2.00pm - 4.00pm	Bukit Merah CC
28 aug / fri	7.30pm - 9.30pm	Pasir Ris East CC
3 oct / sat	2.00pm - 4.00pm	The Frontier CC

FRUIT JUICES FOR SLIMMING (CONDUCTED IN MANDARIN)



For ladies who desire a svelte and slim figure, look to fruits which are packed with all of nature's goodness. Learn different juice recipes that you can easily incorporate into your weekly diet. These juices can help you detoxify and purge excessive calories so as to achieve wholeness for your overall digestive system. Let fruit juices, the new beauty and slimming miracle worker, do wonders for your physique.

NO OF SESSION | 2 DURATION | 2HRS FEE | \$48 (M) \$53 (NM)
COURSE VENUE | AT RESPECTIVE CCs

DATE / DAY	TIME	REGISTER WITH
10 jul / fri & 17 jul / fri	7.30pm - 9.30pm	Pasir Ris East CC
7 aug / fri & 14 aug / fri	7.30pm - 9.30pm	Jalan Besar CC
18 sep / fri & 25 sep / fri	7.30pm - 9.30pm	The Frontier CC

DIY SMOOTHIES (CONDUCTED IN MANDARIN)



Smoothies are the trendy favourites served up at cafes. Learn how to do your own smoothie and enjoy this lovely thirst-quenching and frothy beverage in the comfort of your own home. Using healthy ingredients like fresh fruits and yoghurt, trainer Anna Phua will impart smoothie recipes in this session and allow you to indulge in this wholesome, health-enhancing beverage.

NO OF SESSION | 1 DURATION | 2HRS FEE | \$26 (M) \$32 (NM)
COURSE VENUE | AT RESPECTIVE CCs

DATE / DAY	TIME	REGISTER WITH
24 jul / fri	7.30pm - 9.30pm	Pasir Ris East CC
5 sep / sat	2.00pm - 4.00pm	Chong Pang CC

DRINK ACCORDING TO YOUR BLOOD TYPE



Find out about this relatively novel concept advocated by Dr. Peter D'Adamo which has started a health revolution in America. He recommends a diet tailored to one's blood type. Learn how best to tap on your genetic inheritance and revamp your beverage diet accordingly. Be guided on how to make juices to suit different blood types. These nutritional juices can help in slimming, detoxification and blood circulation. The trainer, Caline Chew, is a master certified blood type practitioner trained in the US.

NO OF SESSION | 1 DURATION | 1.5HR FEE | \$18 (M) \$23 (NM)
COURSE VENUE | MY TYPE RESTAURANT
50 Market Street #01-29 Golden Shoe Car Park S048940

DATE / DAY	TIME	REGISTER WITH
8 aug / sat	3.00pm - 4.30pm	Tanglin CC
10 oct / sat	3.00pm - 4.30pm	Chong Pang CC
12 dec / sat	3.00pm - 4.30pm	Mountbatten CC



COMMUNITY CLUBS

Ang Mo Kio	64529644	Jurong Green	65671374	Tanglin	62513922
Bukit Merah	64741097	Jurong Spring	65690484	The Frontier	67958229
Bukit Panjang	67695802	Kallang	62984582	The Jelutung@Canberra	67556369
Bukit Timah	64662912	Kampong Chai Chee	62419878	The Serangoon	62824369
Buona Vista	67785163	Katong	63458258	Toa Payoh West	63530577
Cairnhill	67379537	Mountbatten	63447387	Ulu Pandan	64637333
Chong Pang	67588258	Pasir Ris East	65842798	West Coast	67791098
Chua Chu Kang	67691694	Pek Kio	62990565	Whampoa	62547060
Ci Yuan	63863717	Punggol 21	63120508	Woodlands	63689938
Geylang Serai	67472919	Punggol Park	63873036	Yew Tee	67693672
Geylang West	67483024	Sembawang	67584183	Zhenghua	63106702
Hougang	62828887	Siglap South	62411925		
Jalan Besar	62986110	Taman Jurong	62651711		

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LAU PA SAT FESTIVAL MARKET

Lau Pa Sat (or "old market" in the Hokkien dialect) was Singapore's very first wet market. It is now a famous gourmet paradise and has been gazetted as a national monument since 1973.

Lau Pa Sat is open 24 hours daily and has a colourful assortment of food stalls featuring perennial local favourites and international fare. Be entertained by live band performances from 8pm to 11pm daily. Dine under the stars, alfresco-style, in the evenings along Satay Street to enjoy delicious charcoal grilled satay - the old fashion way.



Lau Pa Sat Festival Market
 18 Raffles Quay S048582
 Tel 62202138 Website www.laupasat.biz

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