



TG25 PTE LTD

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Content

1. MSK Workshop
2. Free Water Bottle for all Residents
3. Dental Screening
4. Anti- Littering Talk
5. Fire Drill at CL3
6. STL Dinner and Dance

SUNGEI TENGAH LODGE

1. MSK (Musculoskeletal) Workshop

Organised in collaboration with The Salvation Army, the Musculoskeletal (MSK) Workshop started this month with two highly engaging sessions held on **11 January** and **25 January 2026** at the Multi-Purpose Hall.

The workshop aimed to equip residents with essential knowledge on preventing common workplace injuries, strengthening muscles, and maintaining good physical health.

Participants were guided through practical stretching techniques, safe lifting methods, and simple daily exercises. The response was enthusiastic, with strong turnout for both sessions.



2. Free Water Bottle for all Residents



On **23 January 2026**, residents received a thoughtful gift from the Sian Chay Charity Organisation, which distributed free reusable water bottles across Sungei Tengah Lodge.

This initiative encouraged residents to stay hydrated, adopt healthier living habits, and reduce the use of disposable plastics.

STL extends our appreciation to Sian Chay for their contribution to resident welfare and sustainability.



3. Dental Screening by MOM and NUS



STL partnered with the MOM ACE and NUS to host a comprehensive dental screening for migrant workers.

Held at the Multipurpose Hall from 3:00 PM to 8:00 PM, the event provided preventive dental checks, oral hygiene education, and professional advice for residents.

The screening supported STL's ongoing efforts to promote the health and well-being of migrant workers.



4. Anti-Littering Talk

An Anti-Littering Awareness Talk was conducted by the MOM ACE Engagement Team on 25 January 2026.

Residents were briefed on the importance of maintaining a clean-living environment, proper waste-disposal habits, and community responsibility.

The session served as a timely reminder that cleanliness is a shared duty and that every resident plays a part in keeping STL safe, hygienic, and welcoming.



5. Fire Drill Exercise at Cluster 3 (Blk 510 /512)

A scheduled fire drill and evacuation exercise took place at Cluster 3 on 19 January 2026 at 10:00 AM.

All participating staff assembled at 9:30 AM for a final briefing before the simulated emergency began. The exercise strengthened emergency preparedness, reinforced proper evacuation procedures, and ensured that both staff and residents are equipped to respond effectively during fire-related incidents.

STL thanks our staff personnel for their cooperation and professionalism during the drill.



6. STLodge Dinner and Dance 2026



The highlight of the month was the vibrant **TG25 Dinner & Dance 2026**, held on **30 January 2026** at the Multi-Purpose Hall.

Staff came together for an evening filled with food, fun, team-building games, and attractive lucky draw prizes.

The event celebrated the dedication and hard work of all STL employees throughout 2025. STL would also like to extend our heartfelt gratitude to all partners and sponsors for their generous contributions, which helped make the night truly memorable.

