



1 December 2020

Dear Sirs/Madam

**TESTIMONIAL FOR MS CHEONG SEOK KUAN (SHIREEN)**

Ms Shireen Cheong Seok Kuan, PA Trainer, is and has been conducting classes at the Queenstown Community Centre since 2011. Her classes include Ladies' Dance Lite, Ladies' Solo Dance, Ballroom and Latin Dances for adults and seniors.

In 2015, Ms Cheong initiated a Community Kindness Project on a voluntary basis and of her own initiative, with the intention of engaging her class adult students in activities of kindness and goodwill to multi-racial communities. At the same time, the students would be able to put into practice what they had learnt in class by having the opportunity to perform the dances and entertain the Home residents.

She has been organizing numerous visits to the Homes of the Elderly and under-privileged in tandem with the Queenstown Community Centre until early this year due to Covid-19. Food and token gifts were sponsored by Ms Cheong and her students whilst transportation was arranged by Queenstown Community Centre. Additionally, Ms Cheong's adult students entertained the residents with dancing and singing performances. These Homes are:

1. Singapore Leprosy Relief Association (SILRA) / Dignity Kitchen - Lunch was provided for the residents and purchased from the Dignity Kitchen Foodcourt operated by disadvantaged persons
2. United Medicare Centre, Queensway
3. Moral Welfare Home, Henderson Road
4. St. John's Home for Elderly Persons, Wan Tho Avenue
5. Lee Ah Mooi Old Age Home, Thomson Lane
6. Darul Ihsan Girls' Orphanage, Wan Tho Avenue
7. Pacific Healthcare Nursing Home, Lengkok Bahru
8. Singapore Christian Home, Sembawang Crescent
9. Chen Su Lan Methodists' Children's Home, Serangoon Gardens Way
10. Ling Kwang Home for Senior Citizens, Serangoon Gardens Way
11. United Medicare Centre, Elizabeth Drive
12. Darul Ihsan Boys' Orphanage, Mattar Road
13. Orange Valley Nursing Home, Clementi Avenue
14. Jamiyah's Children's Home, Guillemard Crescent

Additionally, Ms Cheong has spearheaded and organized outings and various initiatives for and with her class students and families to promote well-being and bonding. These activities include:

1. Workout at the Botanical Gardens
2. Health Talk by a Gynaecologist and Ladies' Dance Session, Queenstown CC
3. Cooking Demonstration and Tasting, Queenstown CC
4. Healthy Walking, Alexander Linear Park
5. Health Talk on TCM and Acupuncture, Queenstown CC
6. Nature Walk, Berlayer Creek
7. Durian Fiesta, Queenstown CC
8. Speed Walking Race, Queenstown Stadium
9. Health Talk on Depression and Anxiety, Queenstown CC
10. Fund-Raising Bazaar of Pre-Loved Clothes at Bukit Timah CC, in support of the Singapore Council of Women's Organizations (SCWO) Women's Shelter
11. Outdoor Discoveries, Tanglin Halt
12. Visit to the Singapore Chinese Cultural Centre in celebration of the Nation's Birthday
13. Dignity Mama Stall, One Kent Ridge - Collection/Donation of Pre-loved Books

Ms Cheong had also readily agreed to undertake the task of Interest Group Leader of the Social Dance Group, when invited by the late Mr Richard Gan, Senior Executive Committee Chairman of Queenstown CC in December 2010. She is still currently helping to manage the weekly sessions, which have enabled the members to gather as a community and dance as a healthy lifestyle.

For the past decade, Ms Cheong has demonstrated keen interest consistently in the community especially ladies' wellbeing beyond the call of duty. This dedication compliments her vocation as a PA Trainer in dance. Undoubtedly, her commitment will be lifelong considering that she has lived in the neighbourhood since 1995. She is a good inspiration to many.

I am more than happy to endorse her as a very competent, diligent, experienced and caring Trainer. We at Queenstown CC enjoy working with her and appreciate her invaluable support in keeping our community active and positively engaged.

Yours sincerely

Bryan Aw  
Deputy Constituency Director  
Queenstown Community Centre





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OF  
PROFESSIONAL TEACHERS OF DANCING

By virtue of having satisfactorily  
passed the Examination required by the  
Council of the United Kingdom Alliance,  
and of being a bona fide Teacher of  
Established Practice and Reputation.

This Diploma is hereby conferred on  
*Shireen Cheong Seok Kuan*

*Fellowship Latin American*

September 2010

Chief Executive

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Fellow

*Standard Ballroom and Roberts*  
March 2007  
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