

CELEBRATE WITH CARA

Enjoy exclusive rewards on the CARA SG app in celebration of Dementia Singapore's 35th anniversary.



Hello!

This exclusive collection of perks and offers has been specially curated for you as a token of appreciation for your continued support and commitment to building a more dementia-inclusive society.

From 1 September to 31 December 2025, all CARA members can enjoy more discounts and rewards from a wide array of participating brands and community-minded partners!

Whether you are living with dementia, caring for a loved one with the condition, or supporting the cause in your own way, we invite you to explore and celebrate with us. Every gesture of kindness, no matter how small, helps foster a more supportive and connected community.

Special treat for you!*

Be among the first 350 CARA members to scan this QR code and enter your email address to enjoy a one-year complimentary SPH Media digital subscription of your choice!

Redeem Your News Subscription Today



Enjoy exclusive content and stay informed with trusted news!

Proudly brought to you by:



*Terms & Conditions:

Open to both existing and new CARA members • Limited to the first 350 redemptions • Valid during September 2025 only, while stocks last.



Message from CEO

Dear CARA Members,

As we commemorate Dementia Singapore's 35th Anniversary, I'm pleased to introduce *Celebrate with CARA*, a campaign that reflects our heartfelt thanks to the community we serve and those who support it.

Since CARA's launch in 2021, we have grown to over 12,000 members, united by a shared goal to uplift those impacted by dementia. Every new member strengthens our community, as each play a vital role in our efforts to build a more dementia-inclusive society.

We trust this rewards campaign will bring you and your loved ones a little cheer. It also coincides with World Alzheimer's Month, which is primarily dedicated to raising awareness about Alzheimer's disease and other types of dementia, and growing support for those impacted by the condition.

We extend our deepest appreciation to the partners who have contributed so generously. Your support not only brings added value to the programme but also demonstrates a strong commitment to social impact and inclusivity.

To our members, partners and enablers, thank you for helping us make a difference.

Jason Foo,
Chief Executive Officer,
Dementia Singapore





中和保健養生堂

CHONG HOE HEALTHCARE
EST. 1957

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Heal, save & rejuvenate!

Enjoy 50% off
your first acupuncture treatment,
and **10% off** your next two
acupuncture treatments.

(U.P. \$60-\$70 per session)

Consultation fees apply. No hidden charges.

About Chong Hoe Healthcare

With more than 65 years of history, Chong Hoe Healthcare takes pride in providing professional TCM medical services as well as authentic and premium herbs.

Pulsating with innovation, we also seek to create novel, effective products infused with TCM to meet modern needs. For more information, please visit: chonghoehealthcare.com



Terms & Conditions:

Consultation fees and/or medicine are chargeable • No walk-ins, by appointment only. Whatsapp 8831 7963 (Clarke Quay) or 8512 9336 (Tampines) to make an appointment. Do show us the promotion deals when booking an appointment • Standard consultation 15 mins, chargeable if time exceeds • A physician will be assigned to you, choosing preferred physician is not allowed • Valid for one-time use only • Redemption has to be made in person and is non-transferrable • This voucher cannot be used in conjunction with any other promotions, discounts, or vouchers • Product is non-exchangeable, non-transferable and non-refundable • No cash or credit alternatives will be offered in exchange for the voucher • This voucher validity dates and redemption periods are strictly non-extendable • The management reserves the right to amend the terms and conditions without prior notice • Available at Clarke Quay Central and Tampines outlets only • Valid to redeem while stock lasts.





中和保健養生堂

CHONG HOE HEALTHCARE
EST. 1957

补 系列

补 系列

Limited time offer!

Buy any 6 soup or tea packs online and **get 1 box** of TCM Walnut Herbal Boost 补脑健智汤 (worth \$19) **for FREE!**



How to redeem:

Acupuncture promotion: Make an appointment at Tampines or Clarke Quay branch and present your physical CARA card or CARA SG app.

Free Walnut Herbal Boost soup:

At chonghoehealthcare.com/shop, add any 5 soups/teas plus 1 Walnut Herbal Boost to your cart; discount applies automatically.

Validity:

1 September 2025 - 31 December 2025

Find us at:

📍 **Chong Hoe Healthcare @ Clarke Quay**
6 Eu Tong Sen Street,
#04-67, Singapore 059817

☎ 8831 7963

📍 **Chong Hoe Healthcare @ Tampines**
9 Tampines Grande,
#01-18, Singapore 528735

☎ 8512 9336

🌐 www.chonghoehealthcare.com

Terms & Conditions:

To redeem the free TCM Walnut Herbal Boost, simply ensure your cart contains a total of 6 items (soup or tea packs), with one of them being the TCM Walnut Herbal Boost, and the promotion will be applied automatically when you cart out • Valid for one-time use only • This promotion cannot be used in conjunction with any other promotions, discounts, or vouchers • Product is non-exchangeable, non-transferable and non-refundable • No cash or credit alternatives will be offered in exchange for the voucher • This promotion validity dates and redemption periods are strictly non-extendable • The management reserves the right to amend the terms and conditions without prior notice • Valid to redeem while stock lasts.

foodrepublic
FOOD JUNCTION

Two Treats, One Price **Just \$3.50!**

This September, enjoy double the indulgence with two traditional desserts from Food Republic and Food Junction.

Food Republic:
Red Bean Ginkgo Nut Soup & Tau Suan (U.P. \$5.20)



Food Junction:
Green Bean Sweet Potato Soup & Pulut Hitam (U.P. \$5.20)

How to redeem:

Simply present your physical **CARA card** or show the **CARA SG app**.

Validity:

1 September 2025 - 30 September 2025

Find us at:

- 📍 All Food Republic & Food Junction outlets
- 🌐 [Food Republic](#)
- 🌐 [Food Junction](#)

Terms & Conditions:

Valid at all Food Junction and Food Republic dessert stalls from 1 to 30 September 2025 only • While servings last • Not valid with other discounts, vouchers, privileges, offers or cashbacks • The Management reserves the right to amend any terms & conditions without prior notice • Images used are for illustrative purposes only.



fort sanctuary



For just \$35, you can indulge in a premium tea experience and take home a **complimentary** box of Bliss tea worth \$15!

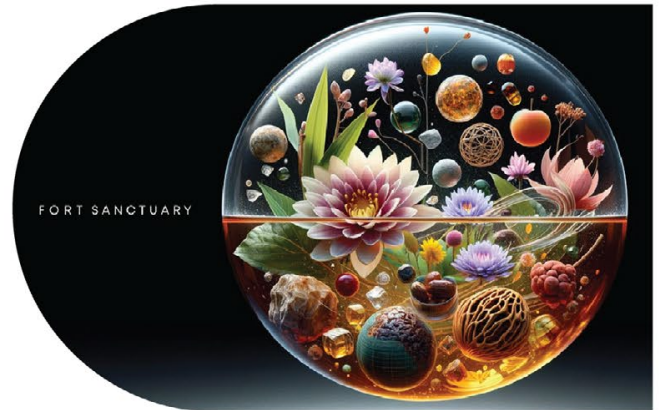
Exclusive for CARA Caregivers:

As a CARA Caregiver, you have the option to elevate your experience with a mindfulness tea session. Brew your own tea under the guidance of a tea ambassador — a soothing ritual to restore and recharge.

A tranquil tea experience awaits at Fort Sanctuary

Enjoy not just a beverage, but a transformative journey, a moment of peace and rejuvenation where time softens, and the senses are enlightened in every cup of tea.

For more information, please visit: fortsanctuary.com



How to redeem:

Simply present your physical **CARA card** or show the **CARA SG app** when dining in.

Validity:

1 September 2025 – 30 September 2025

Find us at:

📍 **respecT by Fort Sanctuary**
8 Raffles Avenue #02-01, Esplanade Mall, Singapore 039802

📞 6254 8048

🌐 www.fortsanctuary.com





Discover Southeast Asia's natural heritage in just one place!

Explore towering dinosaur fossils, rare wildlife specimens, and more!

Whether you are visiting with loved ones or on your own, there is something for everyone.

All CARA members enjoy
35% off tickets from
now till 31 December 2025



About Lee Kong Chian Natural History Museum

The Lee Kong Chian Natural History Museum is Singapore's only natural history museum, and a leading institution in Southeast Asian biodiversity research, education, and outreach.

Located at the National University of Singapore, the Museum houses over a million natural history specimens, field notes, drawings, and photographs from Southeast Asia in its iconic rock-shaped building.

For more information, please visit:
lkcnhm.nus.edu.sg

How to redeem:

Simply present your physical **CARA card** or show the **CARA SG app**.

Validity:

1 September 2025 - 31 December 2025

Find us at:

📍 **Lee Kong Chian Natural History Museum**
National University of Singapore,
2 Conservatory Dr, Singapore 117377

☎ 6601 3333

🌐 www.lkcnhm.nus.edu.sg

Terms & Conditions:

Offer available at Lee Kong Chian Natural History Museum counter • Tickets may not be re-sold • Offers are not valid in conjunction with each other and with other discounts, vouchers, promotions, privileges, membership/loyalty programmes unless otherwise stated • Lee Kong Chian Natural History Museum reserves the right to conduct verification checks and deny entry to visitors suspected of breach of Terms & Conditions of sale and entry • Lee Kong Chian Natural History Museum reserves the right to make changes and modifications to the promotion at any time and without prior notice • Promotion is subject to Terms & Conditions of Lee Kong Chian Natural History Museum, which may be updated from time to time at its sole discretion.



Preserve your memories



Enjoy 30% off
a premium subscription
with MemoryLane!

Hire a digital caregiver to help your parents navigate digital technology independently.

About MemoryLane

MemoryLane is dedicated to enhancing the quality of life for older adults in our connected world. We use AI to provide an on-demand digital caregiver that transforms their relationship with technology from frustrating to empowering.

For families, we deliver peace of mind through our proactive on-screen guide that helps seniors navigate any app independently. For seniors, we offer a suite of engaging tools, including biography writing, health tracking, and call reminders, all wrapped in a simple, conversational journey that fosters connection and preserves legacy.

For more information, please visit:
memorylane.co



How to redeem:

Simply enter the promo code 'CARA' at Stripe checkout in the MemoryLane app.

Validity:

1 September 2025 – 31 December 2025

Find us at:

 www.memorylane.co





Savour the flavours of Peranakan Heritage!

Get a taste of tradition with Nana Dolly's signature dish, **Mengkabo at \$3.50.**

About Nana Dolly's

Nana Dolly's, founded by fourth-generation Baba Alvin, was born from his desire to share the beloved flavours of his childhood, reimagined with a modern twist.

For more information, please visit: nanadollys.com



How to redeem:

Simply present your physical **CARA card** or show the **CARA SG app**.

Validity:

1 September 2025 - 30 September 2025

Find us at:

📍 **Nana Dolly's**
10 Perak Rd, Singapore 208131

☎ 8068 001

🌐 www.nanadollys.com

Terms & Conditions:

Dine-in only • Limited to 1 redemption per CARA member • While stocks last.





PAN PACIFIC
SINGAPORE



Feast for less:

35% off

**Edge's lunch and
dinner buffets!**

Enjoy exclusive weekday savings
throughout the month of September 2025

About Pan Pacific Singapore

Situated in the prestigious Marina Bay area, Pan Pacific Singapore features 790 guestrooms and suites, and a diverse selection of award-winning restaurants, featuring Cantonese, Japanese, international and Asian cuisines, alongside a destination cocktail bar.

For more information, please visit:
panpacific.com/singapore



How to redeem:

Simply present your physical CARA card or show the CARA SG app.

Validity:

1 September 2025 - 30 September 2025

Where to use:

Edge, Pan Pacific Singapore
(Advance table reservation is required, [click here.](#))

Find us at:

📍 Pan Pacific Singapore
7 Raffles Boulevard,
Singapore 039595

☎ 6826 8240

🌐 www.panpacific.com/singapore

Terms & Conditions:

The dining offer is applicable only for dine-in at Edge, Level Three of Pan Pacific Singapore • The dining offer applies to lunch and dinner buffets from Monday to Thursday • The discount does not apply to alcoholic or non-alcoholic beverages • The dining offer is not applicable to any other promotion categories or products unless explicitly stated • Pan Pacific Singapore reserves the right to modify or terminate the promotion at any time with prior notice • Dining offers cannot be used in conjunction with other VIP/membership privileges, promotions, discounts, or offers unless explicitly stated • Pan Pacific Singapore will not be responsible for any errors or discrepancies in discount application during checkout if the membership card or staff pass is not presented prior to payment • Pan Pacific Singapore reserves the right to make changes to menu availability or pricing without prior notice • Advance table reservation is required; otherwise, tables are subject to availability • For reservations, please contact +65 6826 8240 or email dining.ppsin@panpacific.com





ROYAL PALMTM
@ Orchid Country Club



Savour, socialise & strike! **Dine 1-for-1 at Royal Palm!**

Enjoy more than just a buffet, treat yourself to a free bowling session when you dine at Royal Palm @ OCC!

About Royal Palm

Tucked away in the peaceful grounds of Orchid Country Club, Royal Palm offers a tranquil dining experience surrounded by nature. This halal-certified buffet restaurant is perfect for relaxed gatherings, weddings, or celebrations with family and friends.

Enjoy a sumptuous spread featuring local and international favourites, from aromatic nasi biryani and spicy black pepper prawns to fish head curry, beef rendang, satay, and seafood on ice. Don't miss the array of desserts, including traditional Malay kuih and indulgent cakes.

With warm hospitality, generous servings, and a bonus bowling session thrown in, Royal Palm @ OCC promises a unique and delightful day out for everyone.

For more information, please visit:
royalpalmocc.com.sg/about-us/



How to redeem:

Simply present your physical **CARA card** or show the **CARA SG app**.

For the free bowling session, present your dining receipt at the bowling counter.

Validity:

1 September 2025 - 31 December 2025

Find us at:

📍 **Royal Palm @ Orchid Country Club**
1 Orchid Club Road, #01-21/22,
Social Clubhouse, Orchid Country Club
Singapore 769162

☎ 6555 2165

🌐 www.royalpalmocc.com.sg





Stay cognitively active with SilverActivities!

Enjoy fun and meaningful activities designed for seniors!

From September to December 2025, enjoy these offers for your loved ones:

\$35 off the SilverPad and Cogniverse App

35% off all printable activity sheets

About SilverActivities

SilverActivities is a Singapore-based company that develops easy-to-use products and applications for seniors to enable increased independence, avoid social isolation and stay engaged.

For more information, please visit: silveractivities.com



How to redeem:

Simply enter these codes at checkout when shopping at the online shop:

- 'SACARA35APP' - \$35 off SilverPad + Cogniverse App
- 'SACARA35ACT' - 35% off printable activity sheets

Validity:

1 September 2025 - 31 December 2025

Where to use:

<https://shop.silveractivities.com>

Find us at:

📍 Silver Activities
#34-04, Tower 1, One Raffles Place,
Singapore 048616

🌐 www.silveractivities.com





Nourishing double-boiled soup at just \$3.50!

Enjoy a heartwarming bowl of traditional double-boiled soup for only \$3.50 this September.

About Soup Restaurant

Founded in 1991 by a group of Singaporean friends, Soup Restaurant brings the comforting flavours of traditional double-boiled soups and heritage dishes to today's diners.

Inspired by the Samsui women of Chinatown's past, the brand celebrates the values of integrity, diligence, learning, and creativity.

Its signature Samsui Ginger Chicken and nourishing soups are lovingly prepared, staying true to the spirit of reunion and simple, hearty meals shared with loved ones.

For more information, please visit: souprestarant.com.sg



How to redeem:

Simply present your physical **CARA card** or show the **CARA SG app**.

Validity:

1 September 2025 - 30 September 2025

Find us at:

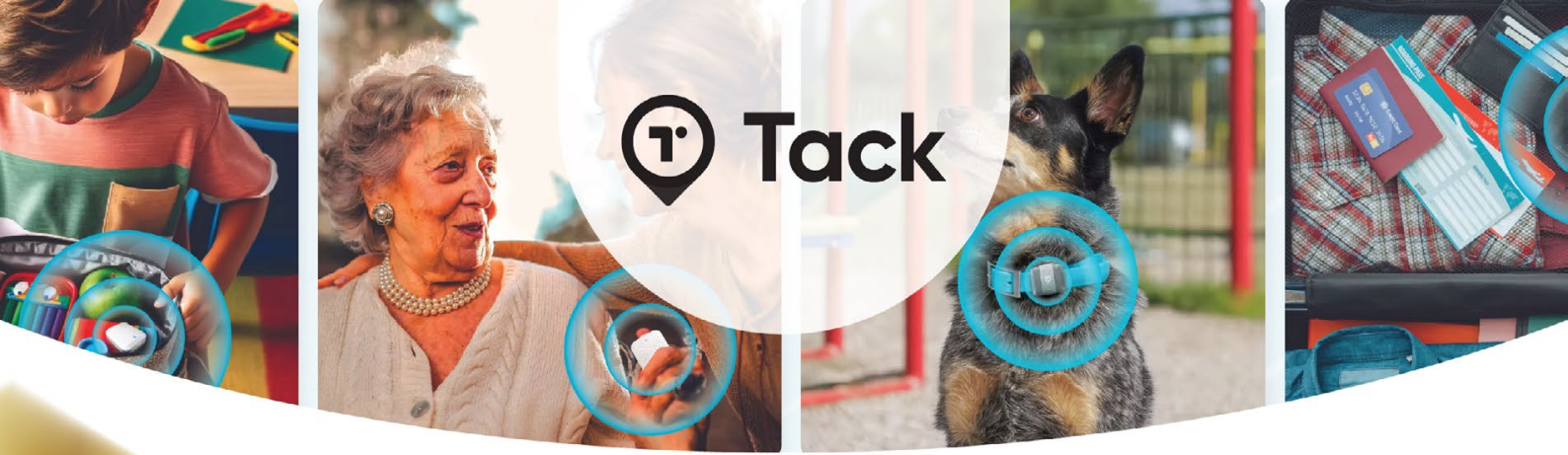
📍 All Soup Restaurant Outlets

🌐 www.souprestarant.com.sg

Terms & Conditions:

Enjoy any double-boiled soup at \$3.50* (*Excludes Double-Boiled Whole Coconut with Black Chicken Soup) • Valid for dine-in only • Limited to 1 redemption per CARA member, while stocks last.





Tack



**Enjoy 25% off
all Tack devices
and accessories!**

Keep your loved ones safe with smart location technology designed for everyday peace of mind.

About Tack

At Tack, we're a proud Singapore-based company dedicated to helping families stay connected and safe. Our GPS trackers are thoughtfully designed to support caregivers with real-time location updates, so you'll always know where your loved ones are through a simple, easy-to-use app.

Trusted by families across Singapore and beyond, Tack combines reliable technology with a sleek, compact design to deliver peace of mind without complexity.

Whether at home or out in the community, Tack helps reduce wandering risks and empowers safer independence.

For more information, please visit: tackgps.app



How to redeem:

Simply enter the code 'TackCARA25' at checkout when shopping on Tack's official store.

Validity:

1 September 2025 - 31 December 2025

Where to use:

<https://shop.tackgps.app/discount/TackCARA25>

Find us at:

Tack One Pte Ltd
8 Kallang Sector, Level 4 COINS,
Singapore 349282

8883 7268

www.tackgps.app



Ultra Long Battery Life

Rechargeable & up to 30
Days on Standard Mode



Track Indoors & Outdoors

With Tack GPS Hybrid
Location Technology



Elevation Finder™

World's First Indoor Elevation
Tracking Capability



Futureproof Network

NB-IoT/Cat M1/GPRS For
Maximum Connectivity



Global Coverage

Data Roaming in Over 120
Countries included



Spice up your day! Get 20% off at Tarboush!

Savour Middle Eastern flavours with
20% off when you join the Tarboush family!



About Tarboush

Tarboush is a contemporary Middle Eastern restaurant that blends rich tradition with modern flair.

With outlets at Village Hotel Bugis and Orchard Rendezvous Hotel, it offers a warm, ambient setting perfect for gatherings, business meals or date nights. Indulge in signature mezze platters, slow-cooked lamb shank, grilled kebabs, and more, each dish crafted with authentic spices and finesse. Complete your experience with Arabic coffee or a refreshing mocktail.

For more information, please visit: tarboush.com.sg

How to redeem:

Simply present your physical **CARA card** or show the **CARA SG app** and receive a complimentary Tarboush Membership Card on the spot.

Validity:

1 September 2025 - 31 December 2025

Find us at:

- 📍 **Tarboush @ Village Hotel Bugis**
390 Victoria Street, #03-12A,
Singapore 188061
- ☎ 8322 0477
- 📍 **Tarboush @ Orchard Rendezvous Hotel**
1 Tanglin Road # 01-09 /10,
Singapore 247905
- ☎ 8205 6182
- 🌐 www.tarboush.com.sg





Treat your loved ones to
a **1-for-1 buffet!**

Celebrate with food, family and friends
this September to December 2025!

About The Landmark

The Landmark Restaurant Singapore, located in Village Hotel Bugis, is a popular halal buffet destination offering a wide selection of local, Mediterranean, Western, and Indian cuisines. Certified halal, it features a spacious and elegant dining area ideal for families, celebrations, and corporate events.

Guests enjoy live cooking stations, warm hospitality, and a memorable dining experience. Signature dishes include beef rendang, fish head curry, juicy grilled satay, pasta, beriyani, and sup tulang, among many other flavourful options.

The Landmark is well-loved by both Muslim and non-Muslim diners for its variety, quality, and vibrant buffet spread in the heart of the city.



How to redeem:

Simply present your physical **CARA card** or show the **CARA SG app**.

Validity:

1 September 2025 - 31 December 2025

Find us at:

 **The Landmark @ Village Hotel Bugis**
390 Victoria Street, #05-01,
Singapore 188061

 6299 7786

 www.landmark.com.sg





TINBOX
ティンボックス GROUP



Get ready for a **spicy good time!**

This September, spice up your night out at Tin Box Group. Spend a minimum of \$100 per table at any participating outlet and receive one FREE plate of Sichuan Spicy Chicken!

From retro beats, mandopop, vinyl tunes to electrifying live entertainment, there's something for everyone at:

CHIJMES
simply retro
シンプリー レトロ TINBOX

CLARKE QUAY
simply retro
シンプリー レトロ TINBOX

simply live
シンプリー ライブ TINBOX

retroholics
レトロホリック TINBOX



About Tin Box

Tin Box Group is a multi-concept lifestyle brand that owns and operates live entertainment and dining venues across Singapore, Malaysia, Hong Kong, Thailand and China.

For more information, please visit: tinboxgroup.sg

How to redeem:

Simply present your physical CARA card or the CARA SG app upon ordering.

Validity:

1 September 2025 - 30 September 2025

Find us at:

www.tinboxgroup.sg

Where to redeem:

Online reservations are strongly encouraged to secure your booking. Select your preferred outlet to make a reservation.

- [Simply Retro by Tin Box @ CHIJMES](#)
- [Simply Live by Tin Box](#)
- [Simply Retro by Tin Box @ CQ](#)
- [Retroholics by Tin Box](#)





35 Years



FOLLOW US:



Find us @DementiaSingapore

CONTACT US:

 20 Bendemeer Road, #01-02,
BS Bendemeer Centre,
Singapore 339914

 cara.sg

 +65 6377 0700

 cara@dementia.org.sg